

Nutrition and Child Development: Global Perspectives

by Jacqueline Hayden

Does our program promote good nutrition?

1. Do we have a nutrition policy that has been developed in conjunction with parents, staff, and professionals? no
a. Does this include facilitation of positive attitudes towards food by ensuring that food is never used to punish or reward behaviour and that meal times are always relaxed and pleasant? yes
 no
 yes
2. Do we provide nutritious, low fat, low sugar, low salt foods and/or those high on micronutrients? no
 yes
3. Do we teach our children about sound nutrition and nutritious food preparation?
a. Do we have a vegetable/fruit garden where we can model connections between healthy ways to grow and prepare food? no
 yes
 no
b. Do we use children to spread the word to peers, siblings, family members, and younger children when possible? yes
 no
 yes
4. Do we disseminate information to our parents about the importance of sound nutrition and nutritious food preparation? no
 yes
5. Do we ensure the availability of culturally appropriate and family-valued foods? no
 yes
6. Do we gather information from parents and ensure that their positive approaches to nutrition are incorporated in our program and shared with others? no
 yes
7. Do we provide a breakfast/late afternoon snack program for those children who need this? no
 yes
8. Do we allow children to watch and take part in preparation of foodstuffs? no
 yes
9. Do we take a stand against the promotion of unhealthy food/drinks? no
 yes
10. Do we raise awareness with our children and families about marketing devices and the packaging of food products that may be counter to good nutritional value? no
 yes

Adapted from: Queensland Health (2001). A toolbox for creating healthy places to learn, work, and play. Brisbane: Central Public Health Unit Network.