



UNPACKING

THE NATIONAL QUALITY STANDARDS:

QUALITY AREA 2

How can educators support nutrition and physical activity in the classroom?

Integrated Learning

Incorporate lessons on healthy eating and physical activity through interactive activities, storybooks & games.

Hands-On Experiences

Engage children in planting gardens, cooking healthy snacks, and participating in group exercises or yoga.

Family Engagement



Partner with families to reinforce healthy habits at home with resources, recipes, and active play tips.

Role Modelling

Demonstrate healthy behaviours by eating nutritious meals and participating in physical activities with children.

Supportive Environment

Offer nutritious snacks and meals, and provide opportunities for active play indoors and outdoors.

Educational Resources



Use books, posters and videos to teach about food groups, portion sizes and the benefits of exercise.

Holistic Approach

Address physical, mental and emotional health by teaching stress management, mindfulness and self-care.

