



# MUNCH & MOVE

## South Western Sydney



FEBRUARY 2025

### What's Happening:

#### Cooking with Children 0-5 years webinars - 17, 19 and 21 February



Note: Each webinar contains the same content. You only attend one.

We are inviting educators and service providers from Early Childhood Services in south west Sydney to join our free online webinars about cooking with children up to age 5.

You'll learn:

- Age-appropriate recipes and activities.
- How to overcome barriers to cooking with children in a service environment.
- Tips to help families cook together.

Register now:

- Monday, 17 February, 6.30pm-7.30pm.
- Wednesday, 19 February, 6pm-7pm.
- Friday, 21 February, 10am-11am.

#### Register now for Vegie Month - Starts 10 March

This year 'Be a Veg Explorer' is the theme of Vegie Month. Now is the time to register to join Vegie Month, which runs from 10 March to 4 April.

Vegie Month is a fun way to encourage children to eat these foods every day.



Scan the QR Code or

[CLICK HERE](#)



## Fundamental Movement Skill of the Month - hopping and skipping



For hopping teaching tips, [click here](#).

There are two Fundamental Movement Skills for the month of February, hopping and skipping.

**Hopping** (left) involves standing on one foot and lifting off the ground by leaning slightly on the hopping foot side. It's a skill used in basketball and high and long jump.

**Skipping** (right) starts with a step-hop on one foot, and then transfers weight to the other foot to repeat the pattern. It's used in rugby and gymnastics.



To watch a video about skipping, [click here](#).



- Use the [Fundamental Movement Skills Observation Tool](#) to help children learn these skills.
- Play the Fruit and Vegetable Relay Game to practice skipping and hopping. Find the rules on page 25, [here](#).

## Sign up for Spotlight on Munch & Move training

We are launching a new Munch & Move training option for all early childhood services and educators in 2025!

Spotlight on Munch & Move is a training package that contains 12 modules that can be completed in your staff meetings. Each module takes 10 to 15 minutes to complete. You can complete the modules at your own pace, however we suggest you complete at least one module each month.

In 2025, we will promote a new module in this newsletter each month.

This month, we recommend two modules:

- Introduction and Breastfeeding.
- Encouraging water and Infant feeding.

To access these modules and the Spotlight on Munch & Move training package, [REGISTER NOW](#)







## Pick a letter of the week!



For more healthy eating games,

[CLICK HERE](#)

Games and activities are fun play-based ways to teach children about healthy eating. One activity is Letter of the Week, which will also help their vocabulary and literacy skills.

### How to play:

- Pick a letter of the week.
- Talk to children about all the foods they can think of that start with that letter and draw or write a list. Focus on foods from the five food groups. For example, M is for mushroom, mango, milk and meat.
- Go back to your list throughout the week to see if anyone can think of more foods.
- You can pick a letter or colour of the month.



## Recipe: lamb and vegetable pasta



### Ingredients:

- 500g lamb.
- 1 onion.
- 1 green apple.
- 2 large carrots.
- 2 sticks celery.
- 1 large tomato.
- 1 medium orange sweet potato.
- 420g canned condensed meat and vegetable soup.
- 250g small shell pasta, or your choice of pasta.
- Oil spray.



### Method:

- Dice the onion into small pieces. Chop the apple, carrot, celery, tomato and sweet potato into bite-sized pieces. Set aside in a bowl.
- Chop the meat into bite-sized chunks.
- Spray a large saucepan with oil and add meat and vegetables. Add 1 cup water and bring to the boil. Turn the heat down and cook for 45 minutes.
- Cook pasta, drain and set aside.
- When meat and vegetables are cooked, stir in pasta. Reheat and serve.

**Preparation:** 90 minutes.

**Serves:** Four to six people.

**Full recipe:**

[CLICK HERE](#)



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