



MUNCH & MOVE

South Western Sydney



APRIL 2025

What's Happening:

Nature Play Week - 2 to 13 April



Lay in the grass, jump in a puddle or go for a stroll. These are some fun ways that children and families can go outside and play, imagine, relax and explore.

Nature play does not have to be expensive or time consuming. It can be as simple as getting out into the backyard or visiting a local park.

Share a list of nature play ideas with the families at your service.



To read more about Nature Play Week, [click here](#).



Easter holidays- 18 to 21 April



Easter is a great time to do some fun and themed activities at your service. You can munch on some carrots like the Easter Bunny, enjoy colouring-in and craft activities or have an egg hunt and hide things for the children to find. You don't have to use chocolate eggs.

You can also make Easter Bunny pikelets. Make or buy the pikelets for children to decorate with fruit and yoghurt.



For the recipe, [click here](#).



Fundamental Movement Skill of the Month- galloping

Step forward
with one foot



Toe to
heel

Second foot
pushes the
front foot in
the air

Galloping is a locomotor skill that is used in various playground games and traditional dances.



Watch this Mini Moves video to learn more. [CLICK HERE](#)

1 2 3

Gallop around the numbers

1 2 3

A great practice game that also helps number recognition.

- Draw or lay out numbers on the ground and call one out at random.
- Children then gallop to that number.
- You can also play the game using colours, shapes or letters.



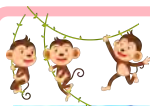
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Spotlight on Munch & Move training - Module 4

This month for the Spotlight on Munch & Move training, we encourage you to complete Module 4: Healthy Eating Learning Experiences.

Module 4 covers learning experiences for children from age 18 months to five years. The module includes reflections, resources and a fundamental movement skill activity like all other modules.

To register for access to this module and the rest of the Munch & Move training package, [click here](#).



Monkey in the middle



Celebrate one of the popular sports played in Australia in autumn - rugby. Put a rugby twist on the classic game Monkey in the middle. Group children into teams of four, with one standing in the middle. The monkey in the middle throws the ball to each child.

For all the rules and to make it easier or harder to suit the children's abilities, [CLICK HERE](#)



Growing healthy eaters to enjoy meal times

Early Childhood services have an important role in helping children to learn to eat food and get the vitamins they need to grow. The Growing Healthy Eaters tool lists some helpful tips to take the stress out of meal times. Tips include:

- Focus on quality over quantity from the five food groups.
- Let children listen to their body's cues.
- Serving 'safe' foods with new ones.
- Understand the role of adults and children in the feeding process.
- Offer food at least 10-15 times!

Remember, it takes time for children to get used to different tastes and textures! Let them have fun learning about food!



Growing Healthy Eaters is a tool from Illawarra Shoalhaven Local Health District.



Autumn recipe - beetroot burgers



Beetroot is in season right now. You can add this vibrant vegetable to classic burgers for a twist. This burger is loaded with vegetables and served with a zesty apple cabbage slaw.

Burger pattie ingredients:

- 200g beetroot, grated.
- 200g tofu, crumbled.
- 1/2 red onion, finely chopped.
- 1/2 garlic clove, crushed.
- 1 teaspoon thyme leaves, dried.
- 1 teaspoon parsley, chopped.
- 1 quarter lemon zest.
- 1/3 cup breadcrumbs or oats.
- Egg.
- Black pepper, to season.
- Olive oil.



For the full recipe including how to make the apple slaw, [click here](#).

Method:

1. Combine all ingredients.
2. Form into patties and refrigerate for two hours.
3. Preheat oven to 180C. Cook burgers on trays for 20 minutes.
4. To serve, halve bread rolls, spread with tahini, add a burger pattie and top with apple slaw.

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