



Smiles 4 Miles Newsletter

Term Two, April 2016

Smiles 4 Miles Term Two

Eat Well

Welcome to Smiles 4 Miles for Term Two. Each term we focus on one of the three key oral health and healthy eating messages. This term, we are encouraging children at Early Year's Services to Eat Well!

Eat Well aims to promote:

- Enjoying a wide variety of nutritious foods
- Enjoying healthy snacks
- Limiting sugary foods and sweets, especially between meals.



Tips to get your children to eat more fruit and vegies!

- Role modelling is essential. Children need to see their parents, carers and siblings enjoy fruit and vegetables as part of their everyday life.
- Offer fruits and vegetables in a variety of ways. Children sometimes need to be offered a new food over 10 times before they are ready to try it!
- Children may refuse new foods if the meal time is stressful, so focus on the positives and try to avoid arguments over food.
- Take time to eat together and relax at mealtimes.
- If possible, avoid offering alternatives to the meal you have prepared. Children will learn to accept the meal offered if nothing else is available.
- Always include vegetables with every meal. Children should be encouraged to try vegetables, but left to decide whether to eat them or not.

Smiles 4 Miles

Smiles 4 Miles is a program that promotes good oral health through healthy eating, drinking and brushing.

“Smiles 4 Miles promotes the key messages of Drink Well, Eat Well and Clean Well.”

Smiles 4 Miles is an initiative of Dental Health Services Victoria (DHSV) which works in partnership with organisations to improve the oral health of children, their families, early childhood staff and the wider community.

Questions?

Contact your local Smiles 4 Miles Coordinators:

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Dental Appointments

Colac Dental Clinic

13 Miller Street, Colac

Phone: 03 5232 5352

Office Hours: 8.30am-4.30pm

Free for all children aged

0-12 years.



Healthy Recipe

Healthy eating is a part of overall good health. Here is a healthy dinner recipe that you can make together with your child.

INGREDIENTS:

- 12 wooden skewers
- 1 zucchini
- 1 onion
- 2 red capsicums
- 12 button mushrooms
- 600g chicken breast fillets
- 12 cubes fresh pineapple



INSTRUCTIONS:

1. Preheat oven to 180°C. Line a baking tray with baking paper. Place skewers into a bowl of cold water to soak for at least 15 minutes.
2. Meanwhile, cut zucchini into 12 slices. Peel onion and chop into large chunks. Remove capsicum seeds and chop flesh. Cut chicken into bite-sized chunks.
3. Thread ingredients onto skewers and arrange on tray. Cook for 20 minutes, or until chicken is cooked through.

Recipe and Image Courtesy of Australian Healthy Food Guide

How much dairy should children consume?

The Australian Dietary guidelines recommend children aged up to 8 years consume 1 ½ to 2 serves of dairy per day. Examples of one serve include:

- 1 cup (250ml) plain milk or
- ¾ cup (200g tub) yoghurt or
- 2 slices (40g) cheese.

The Australian Dietary Guidelines recommends reduced fat dairy products over the age of two years.

As children under 2 years are growing rapidly and have high energy (kilojoule) needs, reduced fat milks are not recommended as a main milk food for this age, but are suitable after 2 years of age.



What to look for in your child's teeth!



Munch Girl

Munch Girl is one of the three Smiles 4 Miles 'Defenders of the Tooth' characters and she encourages everyone to Eat Well.

Munch Girl encourages us to choose 'everyday' foods, such as fruits, vegetables, lean meats, dairy and wholegrain breads and cereals.

Eating well is important for protecting our teeth from tooth decay and ensuring our teeth and bodies grow healthy and strong.

To make sure we are eating well like Munch Girl, we should:

- Choose a variety of nutritious foods. Nourishing foods fuel our bodies and give us the energy to grow and be active.
- Enjoy healthy snacks- this could include fruit, low fat cheese or yoghurt.
- Limiting sugary foods and sweets, especially between meals. These foods can lead to tooth decay and are only 'sometimes' foods.

MUNCHGIRL
SAYS



eat
well



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