



A RAINBOW PLATE?

DEEE- LICIOUS!

Snacking on colourful vegetables and fruits at every meal and snack is a great way to get the vitamins, minerals and fibre we need!
Learn more at www.appetitetoplay.com

**appetite
to play** 

HEALTHY EATING &
PHYSICAL ACTIVITY
IN THE EARLY YEARS



WHAT DOES ENERGETIC PLAY MEAN?

HUFFING AND PUFFING

Try running, dancing, hopping, swimming, biking, galloping or cartwheeling to get your heart rate up!
Get more ideas at www.appetitetoplay.com



HEALTHY EATING &
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KIDS

LOVE

TO COOK!

And, it's a great way to learn about
healthy eating. Learn more at
www.appetitetoplay.com

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A man with a beard and glasses, wearing a dark blue shirt and jeans, is leaning over a large cardboard box in a grassy field. A young child with blonde hair, wearing a brown aviator hat with goggles and a blue and white checkered shirt, is also holding a cardboard box and looking towards the camera. The background shows rolling green hills under a clear sky.

BE A ROLE MODEL

PARTICIPATE IN PLAY WITH THE KIDS

Learn ideas on how to be a role model for
physical activity at www.appetitetoplay.com



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A photograph of a woman with dark hair and bangs, wearing a blue denim shirt over a white t-shirt, sitting at a table with two young children. The child on the right is a toddler with curly hair, wearing a grey shirt, and is eating with their hands. The child on the left is partially visible, wearing a white shirt and blue overalls. They are all looking down at the table, which has a white cup and some food items. The background is bright and out of focus.

TIME TO EAT

AND TALK TOGETHER

Meal and snack times are an important time to eat and talk together! Learn more at www.appetitetoplay.com



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CHILDREN LOVE SPACES

WHERE THEY CAN MOVE!



Learn how to make your space fun to move
and play at www.appetitetoplay.com



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CURIOUS BY NATURE

Imagine the possibilities!
Natural elements inspire us and bring joy.
Learn more at www.appetitetoplay.com



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LET KIDS CHOOSE

HOW TO USE

Children deciding how to use equipment will help build problem solving, decision making and risk management skills! Learn more at www.appetitetoplay.com



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RELATIONSHIPS **BLOOM** IN OUTDOOR ENVIRONMENTS

Outdoor play helps children build skills in socialization, teamwork and conflict resolution!
Learn more at www.appetitetoplay.com



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