



*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](http://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](http://www.appetitetoplay.com)



HEALTHY EATING &  
PHYSICAL ACTIVITY  
IN THE EARLY YEARS



KIDS

# LOVE

TO COOK!

And, it's a great way to learn about  
healthy eating. Learn more at  
[www.appetitetoplay.com](http://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](http://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, leaning over a table. She is smiling and looking down at a young child with dark curly hair who is sitting at the table. The child is holding their hand to their mouth, possibly eating. To the left, another child with curly hair is partially visible, also looking down at the table. On the table, there are some white dishes and a glass. 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](http://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](http://www.appetitetoplay.com)



HEALTHY EATING &  
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