

## ANSWER SHEET

### Activity 1 – Pre-FoodChecker checklist

The questions starting from page 2 help assess elements of the Menu planning guidelines for long day care that are otherwise unable to be assessed through the foods and drinks you enter in FoodChecker. These questions generally relate to your overall menu rather than assessing individual foods and drinks. They seek information on:

- Feeding babies under 12 months of age
- Catering to children with allergies and intolerances
- Providing a varied menu

**Below are the questions and answers of the FoodChecker one week menu assessment for long day care:**

1. Breast milk and/or infant formula should be the main drink for infants under 12 months of age. Is expressed breast milk or infant formula available for children under 12 months to drink?
  - ✓ Yes
  - No
  - We don't have children under 12 months of age.

Yes, breast milk and/or infant formula should be the main drink for infants under 12 months of age. "We don't have children under 12 months of age" is also an acceptable answer for centres that do not have children under 12 months of age.

2. From around 6 months, small amounts of cooled, boiled tap water can supplement breast milk or infant formula. Do you provide any of the following drinks to children under 12 months of age?
  - Cow's milk\*\*
  - Milk alternatives (e.g., rice, soy, oat)
  - ✓ Cooled, boiled tap water
  - Juice
  - Other
  - Nothing
  - We don't have children under 12 months of age.

Only "cooled, boiled tap water" should be selected. Children under 12 months should not be given cow's milk as a drink, small amounts may be provided with cereals or in meals. Milk alternatives, juice or other drinks are not suitable for babies under 1 month of age.

"We don't have children under 12 months of age" is also an acceptable answer for centres that do not have children under 12 months of age.

## Top tip!

\*\*The World Health Organisation recently updated their guidelines to advise that cow's milk could be provided to infants from 6 months of age. The National Health and Medical Research Council (NHMRC), who advise on the Australian Infant Feeding Guidelines, have not adopted this change. In Australia, it is not recommended to introduce cow's milk, as a main drink, before 12 months of age.

3. Children **between 12 months and 2 years of age** should be provided with full fat milk as reduced fat milk and skim milk are not appropriate for children under 2 years. Children who are unable to consume dairy milk due to medical or cultural reasons should be provided with a calcium-fortified alternative that meets their specific needs. What type of milk do you provide for children between 12 months to 2 years of age?
- Full fat milk only (or calcium-fortified alternatives if required for specific children).
  - Full fat milk and reduced fat milk (or skim milk).
  - Reduced fat milk or skim milk only.
  - We don't provide milk to children 12 months to 2 years of age.
  - We don't have children between 12 months and 2 years of age.

Only "Full fat milk only (or calcium-fortified alternatives if required for specific children)" should be selected.

"We don't have children under 12 months of age" is also an acceptable answer for centres that do not have children under 12 months of age.

4. To prevent iron deficiency, nutritious foods that contain iron should be among the first foods introduced to babies. Do you provide meat, poultry, fish, tofu, legumes, eggs, or iron-fortified cereal every day for children under 12 months of age?
- Yes
  - No
  - We don't have children under 12 months of age.

Yes, iron-rich foods should be provided every day to children under 12 months (who have started solids).

"We don't have children under 12 months of age" is also an acceptable answer for centres that do not have children under 12 months of age.

5. Increasing and varying the texture of foods is important for babies' development. How do you vary the texture of food for children under 12 months of age?
- We only provide pureed or mashed food.
  - We change the texture according to the child's age and development (lumpy, chopped, finger food).
  - We don't have children under 12 months of age.

Only "We change the texture according to the child's age and development" should be selected. Avoid providing pureed or mashed foods for all children under 12 months of age.

“We don’t have children under 12 months of age” is also an acceptable answer for centres that do not have children under 12 months of age.

6. Children with allergies should be offered suitable alternatives. How do you cater for allergies and intolerances?

- We have one allergy friendly menu for all children with allergies and food intolerances.
- We remove the allergenic food from the regular menu for specific children.
- ✓ We remove the allergenic food in our regular menu and replace it with a suitable alternative according to each child’s health needs.
- We ask parents to provide for their children with allergies.

Only “We remove the allergenic food in our regular menu and replace it with a suitable alternative according to each child’s health needs” should be selected. Menus should be modified for each child’s dietary needs rather than having one allergy menu.

It is also acceptable for parents to provide food for their children with allergies if this is the centre’s practice.

7. The menu for children from around 6 months of age should be varied and meet the social and cultural needs of children. Select all the options below that describe how your menu provides variety for the children.

- ✓ The menu provides a variety of meals from different cultures.
- ✓ The menu provides a variety of foods with different textures, flavours and colours.
- ✓ The menu is tailored for specific children with religious and cultural needs.
- ✓ Our two week cycle provides a different main meal every day.
- ✓ The main ingredient (red meat, pork/poultry, fish, vegetarian) in a meal is not repeated on the same day each week (e.g. fish Friday).
- None of the above

All of the options except “none of the above” should be ticked in order to fully meet the variety requirements of the Menu planning guidelines for long day care.

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