

## WAVE healthy eating and oral health programme for ECE

Kai Kōrero is a WAVE healthy eating and oral health programme for ECE in South Canterbury. Kai Kōrero supports ECE to **promote healthy eating and oral health to the whole ECE community** (teachers, whānau and children), and is a great tool for ECE to **engage with whānau**.

As part of Kai Kōrero, the WAVE healthy eating team hold an interactive display session at your ECE once a week, for approximately an 1 hour, at a time that best suits whānau, for 4 weeks. The displays are kept with the ECE until the following Kai Kōrero session, to assist the ECE to continue having the healthy conversations with whānau and children.

### Each Kai Kōrero display session includes:

- A different healthy eating topic and display
- Various resources and handouts for whānau and teachers
- Taste tester (for whānau, children & teachers to try) and the recipe to take home
- Opportunity for whānau to ask questions

### Teaching staff promote healthy eating to children and whānau each week through:

- Teaching activities (games, arts and crafts etc.) and conversations with the children (utilising WAVE resources)
- Conversations with whānau (and recording their feedback)
- Making the taste tester recipes with children and other healthy recipes
- Writing learning stories about healthy eating, and sharing snippets and recipes on Facebook/Learning Platform/ website/newsletter/noticeboards.
- Participate in the WAVE ECE 5+ A Day Challenge
- Plan a Healthy Celebration for the final week of Kai Kōrero
- Gather together all the pamphlets and handouts from Kai Kōrero
- Use the information from Kai Kōrero and feedback from whānau and teachers to develop or update your ECE nutrition guidelines.

### NOTE:

- WAVE attends a staff meeting before Kai Kōrero, as well as a quick de-brief with a teacher after each weekly Kai Kōrero session, and a follow-up meeting 1-2 months after Kai Kōrero.
- There are also staff surveys before, after, and six-months from Kai Kōrero; and whānau surveys before and after Kai Kōrero.

**Kai Kōrero can also help your ECE to achieve the WAVE Healthy Eating and Oral Health award.**

## Here is what Kai Kōrero looks like:

	WAVE does:	ECE does:
<b>Staff Meeting &amp; Baseline survey</b>	<b>WAVE attends staff meeting prior to Kai Kōrero</b> <ul style="list-style-type: none"> <li>• Discuss what Kai Kōrero consists of</li> <li>• Set dates for Kai Kōrero and Celebration</li> <li>• Book WAVE Resource Centre (RC) resources</li> <li>• Staff &amp; whānau baseline surveys collated</li> </ul>	<ul style="list-style-type: none"> <li>• Complete staff and whānau surveys</li> <li>• Set dates for Kai Kōrero and Celebration</li> <li>• Make an internal plan for Kai Kōrero</li> <li>• Inform whānau about Kai Kōrero and dates</li> </ul>
<b>Kai Kōrero Week 1</b>	<b>Daily Food Requirements Display</b> <ul style="list-style-type: none"> <li>• The four food groups</li> <li>• Children's daily food requirement</li> <li>• Food Pyramid, Māori Food Kit (WAVE RC)</li> <li>• Taste tester with recipes</li> </ul> <b>De-brief with a teacher after Kai Kōrero session</b>	<b>Each week ECE:</b> <ul style="list-style-type: none"> <li>• Talk to whānau about the Kai Kōrero displays</li> <li>• Make the taste testers or other healthy recipes with the children</li> <li>• Include the WAVE resources in teaching</li> <li>• Write a learning story about healthy eating/oral health</li> <li>• Share a healthy eating/oral health snippet with whānau (e.g. on social media or newsletter)</li> <li>• Inform whānau the topic/dates for next week's Kai Kōrero session</li> <li>• Keep a record of feedback received</li> <li>• Prepare for healthy whānau celebration day in week 4 (e.g. prepare food, do artwork, practice songs with the children, organise display etc.)</li> </ul> <b>De-brief with WAVE after each Kai Kōrero session</b>
<b>Kai Kōrero Week 2</b>	<b>Lunchbox Ideas</b> <ul style="list-style-type: none"> <li>• Real lunchbox cost comparison display</li> <li>• Label reading tips</li> <li>• Ka Pai Kai lunchbox board, Lunchbox ideas for children kit, Lunchbox Game (WAVE RC)</li> <li>• Taste tester with recipes</li> </ul> <b>De-brief with a teacher after Kai Kōrero session</b>	
<b>Kai Kōrero Week 3</b>	<b>Oral Health Display</b> <ul style="list-style-type: none"> <li>• Healthy Teeth display</li> <li>• Sugars in drinks display (WAVE RC)</li> <li>• Oral Health Kit, Happy Tooth Book, Brush Your Teeth Activity, Mana Ngau Kemu (WAVE RC)</li> <li>• Taste tester with recipes</li> </ul> <b>De-brief with a teacher after Kai Kōrero session</b>	
<b>Kai Kōrero Week 4 &amp; Evaluation survey</b>	<b>Healthy Celebration</b> - A shared whānau event <ul style="list-style-type: none"> <li>• Healthy dish provided with recipes</li> <li>• Healthy celebration display provided</li> <li>• Pretend Birthday Cake (WAVE RC)</li> <li>• Certificate of participation awarded to ECE</li> <li>• Evaluation surveys for whānau &amp; staff provided</li> <li>• Set date for follow-up meeting</li> </ul>	
<b>Follow-up Meeting</b>	<b>WAVE meets with a lead teacher (or attends ECE staff meeting) 1-2 months after Kai Kōrero</b> <ul style="list-style-type: none"> <li>• Collated survey results provided</li> <li>• Review updated ECE nutrition guidelines</li> <li>• Provide ongoing support as needed</li> </ul>	<ul style="list-style-type: none"> <li>• Share staff and whānau feedback on Kai Kōrero outcomes and changes made since Kai Kōrero</li> <li>• Copy of updated ECE nutrition/oral health guidelines provided</li> <li>• Seek ongoing support as needed</li> </ul>
<b>Six-month Survey</b>	Six-month surveys for staff sent to ECE, collated results provided to ECE, and support as needed.	Complete six-month staff survey; seek ongoing support as needed.

**CONTACT:** your WAVE Facilitator (Debbie or Andrea) if your ECE would like to participate in Kai Kōrero:  
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