Online nutrition training

For students, staff and volunteers working in Early Childhood

The Tasmanian Community Nutrition Service is pleased to offer a FREE online training package:

* Food and movement in ECEC services

What is it?

* Interactive training programs with activities, practical tips and ideas.
* Features videos of early childhood workers sharing how they are helping young children.

Aims

* Increase knowledge and skills.
* Increase confidence in understanding the nutrition needs of children, and managing physical activity and food safety while meeting the national framework criteria.

Who is it for?

* All students, staff and volunteers who work with children under five years in early childhood.

How long does it take?

* The three sections take 45-60 minutes each.

Where do I find it?

* Anyone can access the training on the [Health Learning Online site](https://dhhs.sproutlabs.com.au/login/index.php)[[1]](#footnote-1)
* Create a login, then select the ‘community and cultural care’ folder.
* You can the select ‘Food and movement in ECEC services’ to begin your training.
* The training can be accessed on the [Healthy Kids website](http://www.health.tas.gov.au/healthykids)[[2]](#footnote-2) under Early Childhood as well.

Important notes

* The training can be completed each year as part of your annual training schedule.
* Turn off “pop-up blocker”.
* The training is compatible with PCs or laptops. Accessing via iPad, smart phone or tablet is not recommended.
* Internet Explorer and Google Chrome are preferred web browsers to access the training.

1. dhhs.sproutlabs.com.au/login/index.php [↑](#footnote-ref-1)
2. www.health.tas.gov.au/healthykids [↑](#footnote-ref-2)