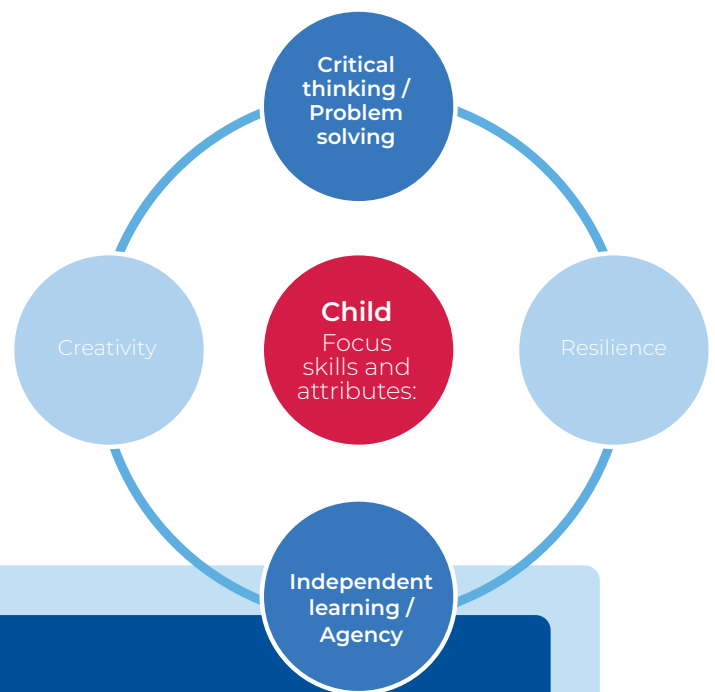




Developing healthy eating habits



Learning Goal

To familiarise children with qualities associated with different kinds of food, such as the taste, texture and appearance of food, to increase the likelihood of acceptance of food and better support children in choosing food that is right for them.

Learning Objectives: (What will children learn?)

- To identify the difference between 'healthy foods' and 'sometimes foods'.
- To build confidence in choosing 'healthy foods' and 'sometimes foods' from available options.
- To build knowledge of the expectations of recess and lunch breaks within the school day.
- To experience the taste, smell or look of food that might be unfamiliar to them.
- To develop awareness and respect of food allergies.

Suggested Activities

Developing familiarity with food

Invite children to learn the similarities and differences between foods, considering the possible smell, texture, taste and appearance of different food items.

- Introduce a tasting plate of food items for the children to explore and discuss.
- Create an experience where children can choose the ingredients to make a sandwich (perhaps using image representations for food items). Engage in discussion with children regarding their choices. Supplement with the book 'The Magic Lunchbox', a picture book from NSW Health, as a thought starter.
- Group food into various categories – for example, by colour, sound or letters.

Magic Lunchbox book

<https://www.healthpromotion.com.au/wp-content/uploads/2020/08/Magic-Lunchbox-Book-updated.pdf>

Magic Lunchbox educator resource

<http://www.healthpromotion.com.au/wp-content/uploads/2018/12/CC11691M-ECEC-educator-resource-2018.pdf>

Suggested Activities

Lunch box week

Invite children to bring a lunch box for a week to introduce children to the routine expected in a school day.

- Encourage discussion about items found in a lunch box.
- Discuss choices of which foods to eat first out of the options in the lunch box.
- Encourage children to get their own lunchboxes out of their bags and open them up.

Understanding food allergies

It is very important children understand and respect food allergies amongst their peers.

- Reiterate the importance of not sharing food at school, due to the risk of allergies.
- Discuss the types of food that might make our friends sick.
- Create role play opportunity with a doctor's surgery or emergency room.

Refer families to the following websites for more ideas on packing healthy lunches and for great recipe ideas

www.healthykids.nsw.gov.au

munchandmove.com.au

www.eatforhealth.gov.au

Links to Approved Learning Frameworks

Early Years Learning Framework:

- 1.1 Children feel safe, secure and supported.
- 1.2 Children develop emerging autonomy, interdependence, resilience and sense of agency.
- 1.3 Children develop knowledgeable and confident self-identities.
- 2.1 Children develop a sense of belonging to groups and communities and an emerging understanding of reciprocal rights and responsibilities.
- 4.3 Children transfer and adapt what they have learned from one context to another.
- 4.4 Children resource their own learning through connecting with people, place, technologies and natural and processed materials.