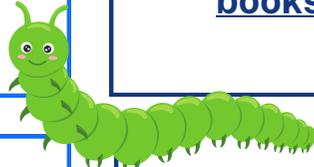


Food Learning Activities



ARTS & CRAFT	GROUP GAMES	COOKING	EXPERIMENTS	GARDENING	BOOKS & MUSIC
<p><u>Colouring in</u></p> 	<p><u>Food memory game</u></p> 	<p><u>Loaded celery sticks</u></p> 	<p><u>Flower water experiment</u></p>	<p><u>Learn to compost</u></p> 	<p><u>Story books</u></p>
<p><u>Fruit & veg stamping</u></p> 	<p><u>Guess the fruit/veg</u></p> 	<p><u>Fruit kebabs</u></p> 	<p><u>Floating sultanas</u></p>	<p><u>Growing chia seeds</u></p> 	<p><u>Make your own books</u></p> 
<p><u>Make a fruit and veg person</u></p>	<p><u>Celebrity Foodie Head</u></p>	<p><u>Jacket potatoes</u></p>	<p><u>Seed experiment</u></p>	<p><u>Water the garden</u></p> 	<p><u>Fruit and veg rap</u></p>

Illawarra Shoalhaven Local Health District, 2023.



Munch & Move



Food Learning Activity Planner Template



JANUARY

FEBRUARY

MARCH

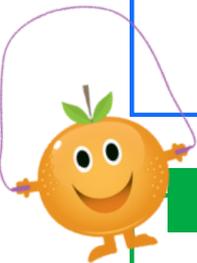
APRIL

MAY

JUNE

JULY

AUGUST



SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



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Arts & craft

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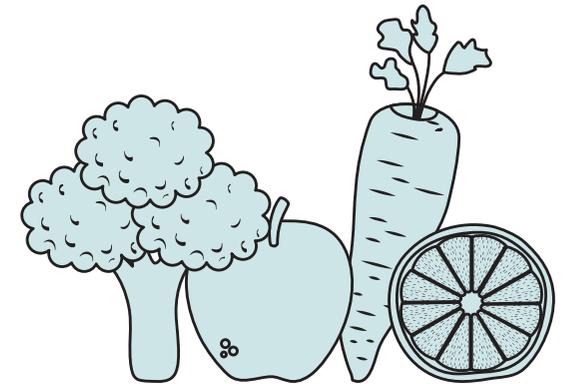


Arts & craft

Colouring in

Let the children be creative and colour in some characters made of fruit and vegetables.

Click the links for templates - [Fruit Man](#) & [Veggie Shark](#)



Fruit and veggie stamping

Simply set up a large sheet of paper, a plate with a few colors of paint, and some scrap pieces of fruit and vegetables and watch the children explore! This activity is a wonderful opportunity to discuss the names of different fruits and vegetables, colors, shapes, textures, and more.



Make a fruit and veg person

This activity allows children to learn about different fruits and vegetables, what they look like, what they feel like. Expose children to new fruits and vegetables in a fun and playful way, with no pressure to eat.

Create a fruit and veg placemat

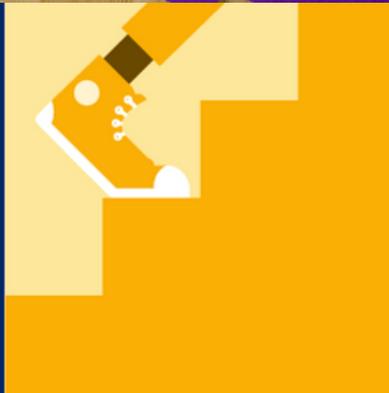
This activity encourages children to explore different fruits and vegetables through art and promotes their creativity!





Group games

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Group games

Memory game

Similar to the card game 'Memory' but with pictures of fruit and veg instead! These experiences promote memory recall skills in a playful environment, being able to explore and discuss the properties of different fruits and vegetables.



Lucky dip

Fill a canvas bag with 5-10 models of fruit & veg. Ask the children to pop their hand in the bag, feel for an item and try to identify it before pulling it out of the bag.



Fruit & vegetable matching game

Play as a group - children take turns turning a card over, attempting to match it to their card or provide the resources for the children to match individually.



Celebrity foodie head

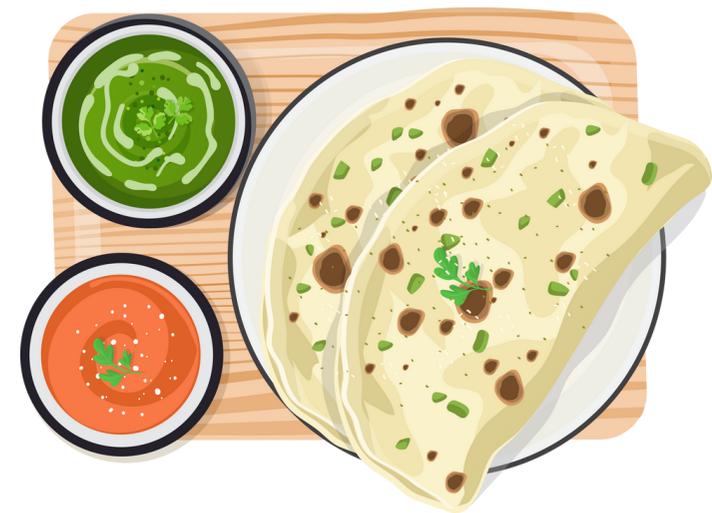
Similar to the game 'Celebrity heads' but with food from the five food groups. Think of a food and allow children to take turns to ask 'yes' or 'no' questions until the item is guessed correctly. Give clues about shape, colour, texture.

Group games continued

Cultural exploration

In Australia we are so fortunate to have access to so many multicultural culinary delights!

We can explore foods from different cultures in many different ways. Taste test and explore one food type and how this varies in different cultures, or example bread and dip. Perfect opportunity to get families involved



Farm to table

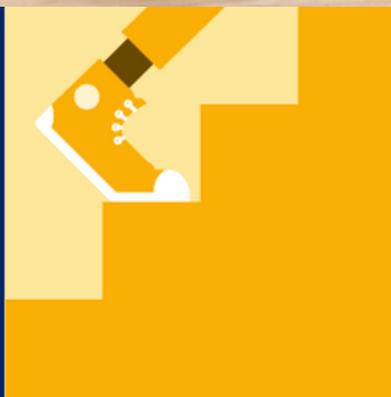
Attach the pictures of a cow, chicken and plant to baskets. Then, place food pictures face down in the centre of the circle, allowing children take turns picking a card and placing it in the basket where they think the food originates.





Cooking experiences

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Cooking experiences

Stuffed celery boats

Educators (or older children) trim the ends of the celery sticks. Children wash each stick, then children take turns to combine ingredients, placing fillings such as ricotta, hummus or yoghurt along celery stick and top with sultanas.



Fruit kebabs

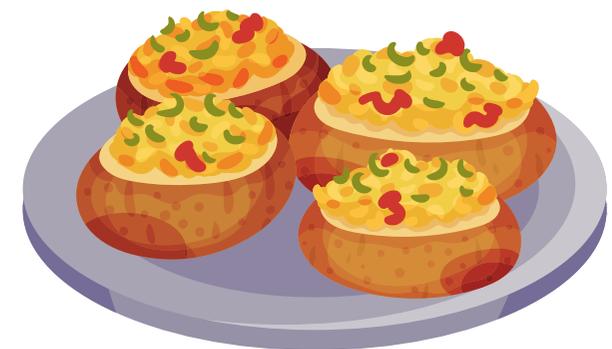
Let kids get hand on and help thread kiwifruit, watermelon and pineapple onto a paddle pop stick.



Jacket potatoes

Steam or bake medium-sized potatoes/sweet potatoes as normal. Prepare fillings such as natural yoghurt, peas and corn, creamed corn, grated cheese, salsa, coleslaw, lean ham, canned pineapple and baked beans while potatoes cook. When cooked and cooled, cut potatoes in half & scoop out some of the contents to make room for fillings.

Bring potatoes and fillings to the table and let children get creative!



Science experiments



Munch & Move



Science experiments

Coloured carnations or celery

Place white flowers or cut celery into a glass with water and some food colouring. Over the next few days, observe the colour move up into the flower or celery. Discuss how all living things, including our bodies, need water.



Floating sultanas

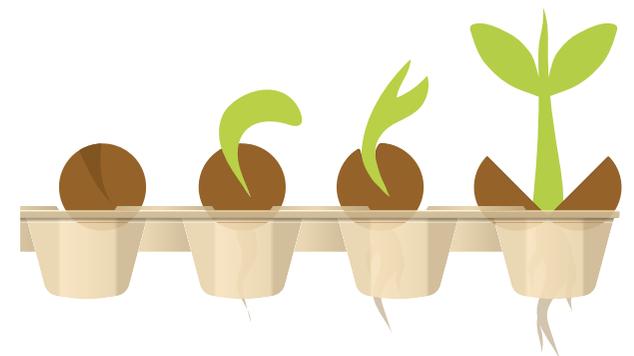
Pour a glass of soda water and have the children drop in a few sultanas. Watch as sultanas are raised by the air bubbles and then sink as the bubbles burst. Talk about how our bodies need tap water to keep healthy



Plant seeds in cotton wool

Discuss the conditions that seeds may need to grow, such as water and light. Test the conditions by placing some seeds in sunlight and some in a dark space. Grow some with water and some without.

Observe which seeds germinate and which do not. Talk about how our bodies need water and to play outside (with a hat and sunscreen) to keep healthy.





Gardening

Munch & Move



Gardening

Composting

Starting a compost heap is easier than many people think, and presents many opportunities for learning. Compost is made by layering plant and other organic materials, then turning regularly to create oxygen, and keeping moist to encourage decomposition. Most local councils provide information about composting and worm farms, and some will even offer financial support for you to get started.

[Shoalhaven City Council](#) & [Wollongong City Council](#)



Growing carrot plants from carrot tops

Growing carrot tops is easy, rewarding and fun! The leaves will grow and flower, but it is important to understand that the actual carrot itself will not grow again. They make pretty houseplants, and the leaves are actually edible (but quite bitter).



Watering the garden

Watering the garden together provides a perfect opportunity to explain that food comes from the garden and the garden needs water to grow, just like us!



Books & literature

Munch & Move



Books & literature

Books

Create ongoing discussions about food using books and stories:

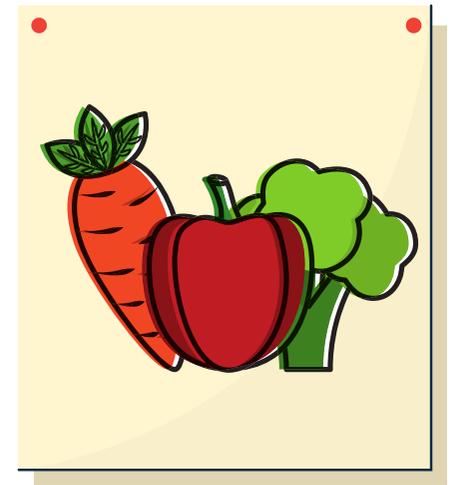
- *I'm Having a Rainbow for Dinner*, Author: NAQ Nutrition
- *We're Growing a Rainbow*, Author: NAQ Nutrition Australia
- *Jasper McFlea would not eat his tea*, Author: Lee Fox and Mitch Vane
- *Cool as a Cucumber*, Author: Sally Smallwood
- *I Can Eat a Rainbow*, Author: Annabel Karmel



Make your own books

Incorporate collage, drawings & paintings that the children have created as well as any other images that represent healthy eating. Laminate and bind with string, spiral or ring.

Use the books in a variety of ways - spontaneous and planned, adult led or children initiated.



Posters

Display posters about healthy foods and drinks around the room:

- [Australian Guide to Healthy Eating](#)
- [Foods for good moods](#)
- *Make your own fruit and veg posters*

Eat a rainbow

Different coloured fruits and vegetables contain different vitamins. Therefore it is important to 'eat a rainbow' every day! Lay or paint a rainbow on the floor and ask children to match fruit & veg to the range of colours.

Identify those that children haven't yet tried and arrange a taste testing!



Songs, music & rhymes

Munch & Move



Songs, music & rhymes

Fruit and veg rap

In the tune of “I’m a little teapot” and get the children to clap their hands to the beat of “we will rock you”.

“I’m a crunchy apple, in your fruit bowl Cut me into pieces or eat me whole When you’re feeling hungry And want something to crunch Reach in the fruit bowl and munch munch munch I’m a crunchy apple.....” (Repeat twice).



Songs & rhymes

Use the songs and rhymes spontaneously at any time throughout the day, during meal times, or during intentional teaching experiences. They create wonderful teaching and learning opportunities. It is easy to make up or adapt your own songs or rhymes related to food or nutrition.



Songs to sing and groove to CD

Munch & Move CD designed to support the key messages in a fun, play based manner. You can download the songs and songbook on the Healthy Kids website -

www.healthykids.nsw.gov.au/campaigns-programs/munchmove-resources/music.aspx