

HEALTHY EATING ACTIVITY

ART / CREATIVE

Activities include:

- Engage children in pretend cooking activity that can include play dough or other pretend cooking ingredients.
- Include a variety of cooking utensils and tools such as spoons, cups, mixing bowls and weighing measurements.
- Incorporate proper cooking demonstrations for children to partake in to encourage the introductions of new foods and to engage children in healthy eating.
- Include a question/discussion time at the end to ask the opinions and thoughts of the children on the food and activities.



Children will learn to:

- Skills to interact and work with others.
- Develop the ability to communicate in a group environment.
- Develop skills to appropriately measure different foods and liquids.
- Learn about the importance of eating and maintaining a healthy diet.
- Engage in activities that incorporate the introduction of new healthy foods.

ACECQA Quality Standards and Early Years Learning Framework (EYLF):

This activity includes the following:

ACECQA Quality Area	ACECQA Standards
Quality Area 2 – Children’s Health and Safety	Standard 2.1 – Each child’s health and physical activity is supported and promoted.
Quality Area 3 – Physical Environment	Standard 3.2 – The service environment is inclusive, promotes competence and play-based learning.
Quality Area 5 – Relationships with children	Standard 5.2 – Each child is supported to build and maintain sensitive and responsive relationships.
Early Years Learning Framework (EYLF)	
Outcome 1: Children have a strong sense of identity	Children feel safe, secure and supported.
Outcome 2: Children are connected with and contribute to their world	Children develop a sense of connectedness to groups and communities and an understanding of their reciprocal rights and responsibilities as active and informed citizens.
Outcome 3: Children have a strong sense of wellbeing	Children become strong in their physical learning and mental wellbeing.
Outcome 4: Children are confident and involved learners	Children develop a growth mindset and learning dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.
Outcome 5: Children are effective communicators	Children interact verbally and non-verbally with others for a range of purposes. Children develop a range of learning and thinking skills and processes such as problem solving, inquiry, experimentation, hypothesising, researching and investigating.

Acknowledgement: All images used in this learning activity were created using Dall-E (Version 3.8)