

HEALTHY EATING ACTIVITY

FOOD PREPARATION

Activities Include:

- In a designated outside environment or a fruit and/or vegetable garden involve older children in a range of activities.
- Include choosing and/or picking appropriate food products to later prepare.
- In an appropriate area involve the children in how to properly wash and prepare food which has been chosen.
- Include an activity which involves products being categorised into appropriate food groups.
- Include a question and discussion time for the children regarding any questions they have. In particular include a discussion revolving around the size, shape and colour of the food products.



Children will learn to:

- Develop the ability to appropriately choose food from their natural environment.
- Develop skills to clean and prepare different foods.
- Appropriately categorise products into different food groups.
- Develop the ability to communicate and interact with others.
- Develop skills to work with others in a group or as part of a team.

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 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 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

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