

# HEALTHY EATING ACTIVITY

## GROWING FOOD

### Activities Include:

- In a learning area include older children in a discussion time.
- Include strategies and methods of how children can develop an understanding and responsibility towards sustainable food practices in and out of the classroom environment.
- Include how different foods can be grown at a low, affordable cost during different seasons throughout the year.
- Involve various recipe books for children to look through and to discuss how foods from particular recipes can be planted and grown using proper sustainable practices.



### Children will learn to:

- Learn to communicate and interact with others.
- Learn about sustainable food practices.
- Understand the importance of appropriate food practices.

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

This activity includes the following:

ACECQA Quality Area	ACECQA Standards
Quality Area 1 – Educational Program and Practice	Standard 1.2 – Educators facilitate and extend each child’s learning and development
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)