

HEALTHY EATING ACTIVITY

TREASURE BASKETS

Activities include:

- Create a designated area where babies and toddlers can engage in activity but can still be monitored by staff.
- Create a row or corners/sections to place different baskets or boxes.
- Within each basket or box combine a variety of different child safe cutlery and cooking utensils of different shapes and sizes – pots, pans, wooden spoons to make plenty of noise.
- Create discovery food baskets containing a variety of foods, textures, smells and tastes for babies and toddlers to explore.
- Food baskets/boxes should ideally only include a variety of healthy food choices.

Children will learn to:

- Develop and use explorative and investigative skills.
- Learn about appropriate cooking utensils and objects.
- Learn and understand about the importance of healthy food choices.
- Develop the ability to interact and share with others



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 3: Children have a strong sense of wellbeing	Children become strong in their physical learning and mental wellbeing Children are aware of and develop strategies to support their own mental and physical health and personal safety
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)