

Healthy Eating Activity

HOME CORNER/PRETEND PLAY AREA

Activities include:

- Use a variety of pretend food from varying cultures – fabric, such as cloth and silicone.
- Also use play dough and coloured water
- Add appropriate cooking utensils – wok, saucepans, ladle, mixing bowls, weighing scales, chop sticks, cutlery, measuring cups and spoons
- Other equipment such as aprons, tea towels, tea set, tablecloths and placemats may help set the scene
- Divided food into ‘fuelling foods’ and ‘occasional foods’
- Convert the home corner into a restaurant, café or supermarket
- Add recycled or reused items to extend play further – empty cartons, boxes, lids
- Decide on a scenario – are children ‘cooking’ for a special occasion?



Children Learn To:

- Learn about healthy food choices and occasional food choices
- Interact, learn from others and form friendships
- Learn from other children’s language and knowledge of the world
- Imitate educators healthy eating role modelling behaviours
- Develop fine and gross motor skills through movement and use of materials provided
- Developing their imagination and creative thinking through imaginative play

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 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

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