

## Healthy Eating Activity

### OUTDOOR ACTIVITIES

#### Activities Include:

- Create a designated area where children can engage in sustainable practices.
- Design a vegetable or herb garden, a wormery or compost bin, bird bath or feeder that encourages children to act safely and responsibly.
- Combine activities such as the compost bin with the vegetable garden as children will learn to engage in sustainable and recycling practices.
- Other alternatives include a designated area where children learn about the natural world and how to appropriately look after it. This could include a demonstration on littering and why this is not appropriate.



#### Children will learn to:

- Understand and appreciate the importance of the natural environment.
- Develop the ability to engage in sustainable practices.
- Skills to interact and work with others.
- Develop the skill of responsibility and how to appropriately apply that in the natural environment.
- Learn about recycling and sustainability through the limitation of role modelling behaviours.

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

This activity covers 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
	Standard 2.2 – Each child is protected
Quality Area 3 – Physical Environment	Standard 3.2 – The service environment is inclusive, promotes competence and supports exploration and play-based learning.
Early Years Learning Framework (EYLF)	
Outcome 2: Children are connected with and contribute to their world	Children become socially responsible and show respect for the environment
Outcome 3: Children have a strong sense of wellbeing	Children become strong in their social, emotional and mental wellbeing
Outcome 4: Children are confident and involved learners	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)