

# HEALTHY EATING ACTIVITY

## MINIATURE FAIRY HERB GARDEN

### Activities Include:

- In a designated outside environment or a fruit/vegetable garden involve older children in the creation of a fairy herb garden
- Include the children in planting the herbs and creating the fairy garden with stones, flowers and twigs
- Include the children in picking the herbs to prepare later
- In an appropriate area involve the children in how to properly wash the herbs which have been chosen
- Include a question and discussion time for the children regarding any questions that they have. In particular including a discussion revolving around the colour and smell of the herbs.

### Children will learn to:

- Learn to communicate and interact with others
- Learn about sustainable food practices and how healthy food can be grown inexpensively
- Pick, choose, wash and prepare the food they have grown. This offers opportunities to promote learning and development about healthy eating and teaching them how to classify food groups.
- 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 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).