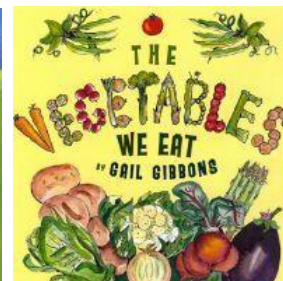
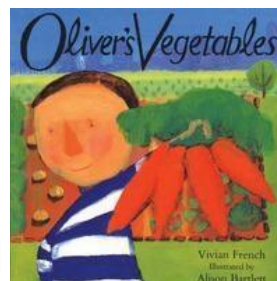
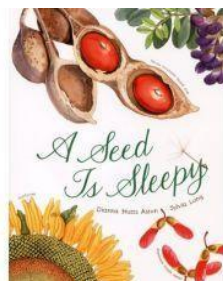
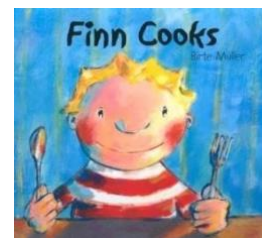
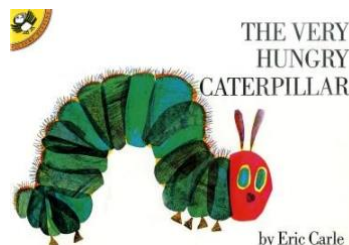
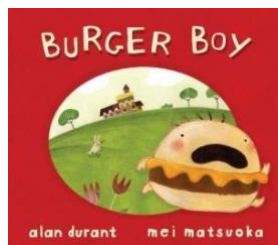


HEALTHY EATING ACTIVITY

STORYTELLING

Activities Include:

- Use a variety of picture books for babies, toddlers and older children.
- Use a variety of books which incorporate pictures to communicate positive themes and messages to children. Books can also tell a story.
- Incorporate a discussion/question time at the end for the children. What did they enjoy most about the book? What were the foods involved within the book? Were they healthy? What was the key message of the story?



Children will learn :

- About the importance of eating healthy food.
- The ability to communication and interact with others while developing friendships.
- Learn from other children's language and knowledge of the world
- Develop knowledge to make healthy food choices.

Books

A Fruit is a Suitcase for Seeds, Jean Richards	Oliver's Fruit Salad, Vivian French
A Seed Is Sleepy, Dianna Hutts Aston & Sylvia Long	Oliver's Vegetables, Vivian French
Avocado Baby, John Burningham	Pancakes, Pancakes!, Eric Carle
Bread and Jam for Frances, Russell Hoban	Possum Magic, Mem Fox
Burger Boy, Alan Durant	Stone Soup, Marcia Brown
Caterpillar Butterfly, Vivian French	Strega Nona, Tomie de Paola
Collecting Colour, Kylie Dunstan	Strega Nona Meets Her Match, Tomie de Paola
Eating the Alphabet, Lois Ehlert	Supersonic Tonic, Stephanie Rosenheim
Finn Cooks, Birte Muller	Ten Juicy Vegetables, J. Radford
Fruit, Sara Anderson	The Carrot Seed, Ruth Krauss
Green, Mark Sperring	The Giant Jam Sandwich, John Lord
Growing Vegetable Soup, Lois Ehlert	The King's Taster, Kenneth Oppel
Handa's Surprise, Eileen Browne	The Lighthouse Keeper's Lunch, R. Armitage
How a Seed Grows, Helene Jordan	The Potato People, Pamela Allen
How Do I Eat It? S. Watanabe	The Rainbow Serpent, Dick Roughsey
How My Parents Learned to Eat, Ina Friedman	The Vegetables We Eat, Gail Gibbons
I Can Eat a Rainbow, Annabel Karmel	The Very Hungry Caterpillar, Eric Carle
I Eat Vegetables!, Hannah Tofts	Toes, Ears and Nose!, Marion Bauer
I Will Not Ever Never Eat a Tomato, L. Child	Tops and Bottoms, Janet Stevens
Let's Eat, Ana Zamorano	Up, Down and Around, Katherine Ayres
Mealtime, M. Roffey	Vegetables, Sara Anderson
Michael Recycle, Ellie Bethel	Vegetable Glue, Susan Chandler Wombat
One Watermelon Seed, C. Lottridge	Stew, Marcia Vaughan

The above sources are available for purchase through either of the following links

Dymocks

<http://www.dymocks.com.au/>

QBD Books

<https://www.qbd.com.au/>

Angus and Robertson

<http://www.angusrobertson.com.au/>

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 Children develop their emerging autonomy, inter-independence, resilience and agency
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 social, emotional 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)