

EVENTS AND PLACES

ALIA SCHOOL

2010 - 2011

Identifying Healthy Foods and the Senses We Use



Description -

To compliment the efforts of our Social Worker, KG1 participated in 3 weeks of recognizing foods that are good for us. Any healthy foods that the children could bring to school, for their snack and lunch, ones they were likely to try to eat. Also, encouraging them to start thinking about what senses they use when they are eating and drinking.

We looked at, tasted, touched, smelt and heard the different sounds each fruit or vegetable makes when we eat it. For week 1 we used fruit, a different fruit each day, on Thursday the children bring in their favourite out of them all. Week 2 was about vegetables, we complimented this by going to the garden to see how the vegetables grow. Each day was a different vegetable or salad item. They brought in their favourite on Thursday. For week 3 we brought in wheat products. As we were reading about how to make pizza and talking about what other things we can eat that are made from wheat. To keep with the healthy theme we looked at savoury wheat products, not sweet.

Comments from the children -

Some comments include - I loved it, I really like strawberries, Cucumber is my favourite, Pizza is yummy, I love carrots. They all enjoyed the experience.

By Ms Jane KG1 Teacher