



Related Activities

Food & Healthy Eating 🍎

🌟 Activity: Fruit & Veggie Taste Test

- Bring in a variety of fruits and vegetables for children to **see, touch, smell, and taste**.
- Encourage them to describe textures and flavors (e.g., crunchy, sweet, juicy).
- **Extension:** Create a simple graph showing which foods were most and least popular.

🌟 Activity: Grow Your Own Food

- Plant easy-to-grow foods like cress, carrots, or strawberries.
 - Let children take turns watering them and observing how they grow.
 - **Extension:** Compare their plant to pictures of the full-grown version in a shop or on a farm.
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Sustainability & Caring for Our Planet 🌍

Activity: Food Waste Superheroes

- Set up a "waste watch" challenge at snack time – who can finish their food without wasting?
- Discuss where leftovers go (compost, bin, or animal feed).
- **Extension:** Make a **composting bin** for food scraps and observe how it changes over time.

🌟 Activity: Recycling & Sorting Game

- Provide pretend food items and packaging.
 - Have children **sort** them into bins (compost, recycling, rubbish).
 - **Extension:** Create a poster together about how we can help the planet at mealtimes.
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Culture & Diversity 🌐

🌟 Activity: Around the World Food Tasting



- Offer small samples of foods from different cultures (e.g., naan bread, plantain, rice, sushi).
- Look at a globe or world map and **match the food to the country**.
- **Extension:** Invite families to share recipes from their cultures.

🌟 Activity: Mealtime Role Play

- Set up a "**restaurant**" or "**café**" **role-play area** with menus, different utensils (e.g., chopsticks, forks, spoons).
- Encourage children to take turns "ordering" and "serving" food.
- **Extension:** Learn simple words for "thank you" in different languages.

Mealtime Manners & Social Skills 🏠

🌟 Activity: Kindness Table Cards

- Make **cue cards** with different phrases like "Can I have some, please?" and "Thank you!"
- Encourage children to **use polite words** at mealtimes.
- **Extension:** Play a "kindness at the table" game where they earn a sticker for good manners.

🌟 Activity: Gratitude Plate Craft

- Give each child a paper plate to decorate with drawings of their favorite meal.
- Discuss **who helps bring food to their plate** (farmers, cooks, parents).
- **Extension:** Create a thank-you card for a school cook or parent.

Exploring Senses & Fun with Food 🎨

🌟 Activity: Food Texture Mystery Box

- Place different foods in a covered box (banana, pasta, cereal) and let children **guess the food by touch**.
- **Extension:** Use words like rough, smooth, hard, or soft to describe them.

🌟 Activity: Food Painting

- Use fruits and veggies (e.g., apple halves, celery sticks) to make **stamps for painting**.
- **Extension:** Create patterns using different colors and shapes.