

ACTIVITY TIME

Food, Me and ABC

By Raising Literacy Australia

Food, Me and ABC is more than just a book to read! It is full of things to look at, talk about and learn about. Have fun exploring the different foods on every page... again and again!

Play games together with your child to help them to learn about rules, turn taking and playing together. This helps to build up their understanding of games, how they play fairly with other children and gives them ideas of how they can later make up their own games to play, or to modify the rules to favourite games.

Matching Card Game

You will need:

- *Food, Me and ABC* Matching Card Game template.

Instructions:

1. Cut out the cards from the template (optional stick to card).
2. Turn the *Food, Me and ABC* cards face down.
3. Take turns flipping 2 cards face up, if they match the player keeps the cards.
4. If they don't match, turn the cards face down and keep on playing until all the cards are gone.

STEM focus:

Toddlers are ready to move and love to learn about their growing bodies. In addition to a healthy diet, toddlers need at least 3 hours of active play, spread across the day. This helps develop their strength, co-ordination, balance and overall health.

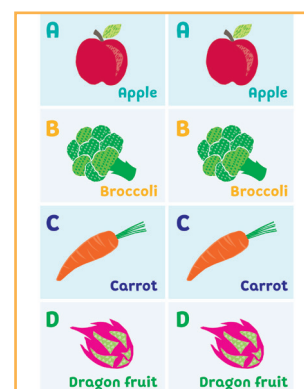
Outdoor play including running, rolling, jumping, climbing, chasing bubbles, exploring and dancing help them learn about what their body can do.

Songs to sing

Alphabet song and *One Potato*.

Key message

Children learn language by listening to it and using it.



Adult supervision is essential. Involve and talk with your child as much as possible.



***You can introduce simple Science Technology, Engineering & Maths (STEM) concepts to children aged 2+ years through every day play.**

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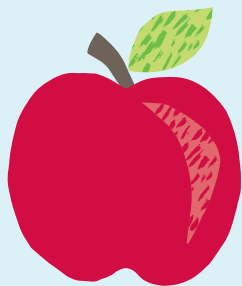
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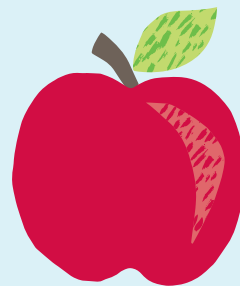
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A



Apple

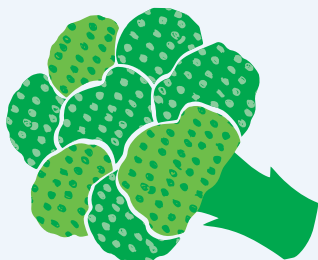
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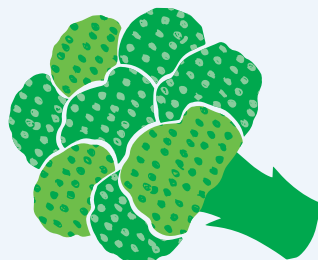


B



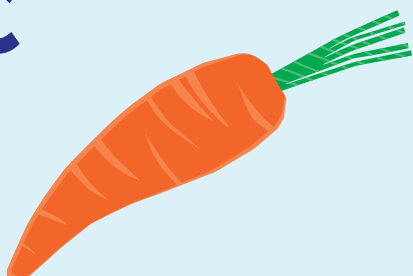
Broccoli

B



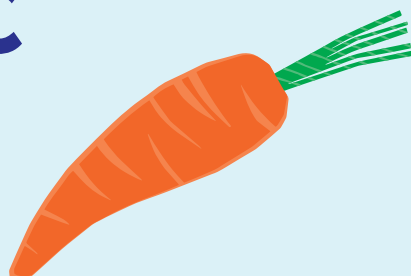
Broccoli

C



Carrot

C



Carrot

D



Dragon fruit

D



Dragon fruit