

ACTIVITY TIME



My Mini Meals

By Raising Literacy Australia, Ali Durham and Fiona Bowden

Everyday foods

Looking, touching, smelling and talking about new foods will help your child to become familiar with different foods, and prepare them to taste it. Use this re-useable and simple food chart to explore familiar foods and introduce new foods to try.

How to use

Look at the foods on the chart and help your child identify what they ate today. You might say...

- Let's think about the foods we ate today. Can you see any of those foods here?

Next, encourage your child to point to a food, or foods they would like to try tomorrow.

- Once they choose, give them some information about the new food. For example, This is a crunchy food or this is a type of bread, it tastes similar to the bread you ate today.

Involve your child in the process as much as possible! Talk together about how you plan to prepare the new food. What part of the day you will plan to try it?

It doesn't matter if you keep trying the same food over and over again – it can take lots of attempts of trying a new food before it becomes a preference.

More ideas:

- Group the foods into categories. Help your child point to all the fruits. Then point to the vegetables... dairy foods... etc.
- Play a game of I spy e.g. 'I spy something that is green, and it is a vegetable'
- Talk about where each food grows or where it comes from
- Expand on the idea of the food chart and create your own chart with more food choices!

Songs

One Potato, Two Potato, Apples and Bananas, Watermelon by Justine Clarke.

Key message

Children's well-being is critical to brain development and learning.



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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Today I ate . . .



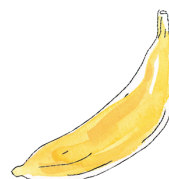
yoghurt



tomato



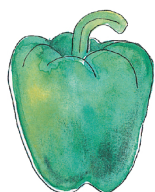
egg



banana



beef steak



green capsicum



peaches



strawberries



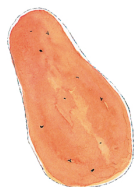
cheese



mushroom



corn



sweet potato



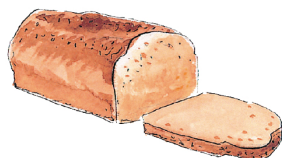
chicken



pasta



celery



wholemeal bread



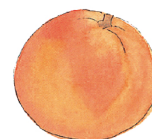
apple



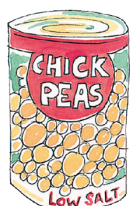
tuna



brown rice



orange



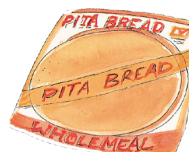
chickpeas



milk



potato



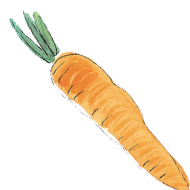
pita bread



cereal



snow peas



carrot



mixed vegetables



hummus



lettuce

Tomorrow I will try . . .