

# ACTIVITY TIME



## My Mini Meals

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### Introduction

As parents and carers it is important to ensure that your child receives a range of nutritious foods, every day. To support you and your child to achieve this we have created a simple series of picture books, a family cookbook with matching recipes and a meal plan that incorporates these resources. All the resources have been carefully designed with Wellbeing SA to support you in preparing healthy everyday meals.

### Picture books

The set of 5 mini meal lift-the flap picture books come in their very own carry bag, which your child will be sure to love! Each book represents 5 children and 5 meals over the course of a day. Help your child discover the surprise of each meal as you lift the flap. As you explore each book, talk about the pictures and the different every day foods, such as the fruit, vegetables, breads, pastas dairy and meats and how these can add up to make a meal. Ask questions like, Which foods have you tried? What are your favourite foods? Which foods will you try next?

### Your Family's Favourite Cookbook

This is a great family cookbook! Each yummy recipe is easy to prepare and shows step by step instructions so that everyone in the family can help to shop, cook and share every meal!

- Cookbook available at [www.littlebookpress.com.au](http://www.littlebookpress.com.au)



### Meal plan:

Try our weekly meal plan to support your family's healthy eating and to easily organise your weekly meals. The meal plan is only a guide and can be adjusted to suit your family's needs. The plan is designed to make things easier, so there is no need to be anxious about eating a set amount or worrying if you didn't get to try absolutely everything on the menu over the seven days. Based on Australian Guide to Healthy Eating [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) The meal plan is set out in two different formats to suit your preference. The first layout gives an overview of the week, while the second layout is designed to use in discussion with your child, and allows you to look at pictures of the meals included throughout the week.

### 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.



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

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