

# ACTIVITY TIME



## My Mini Meals

By Raising Literacy Australia, Ali Durham and Fiona Bowden

A set of 5 mini lift-and-flap picture books, each Mini Meals book represents 5 children and their meals over the course of a day. Each child's day of meals is different with a surprise behind every lift-the-flap.

Children will have fun exploring the beautiful illustrations which show every day foods including fruit, vegetables, breads, pastas, dairy and meats and how these foods end up being a full meal.

## Dinosaurs for lunch!

### You will need:

- Some salad ingredients (tomato, lettuce, cheese, cucumber, carrot, boiled egg, etc)
- Bread (could be pita bread, wrap or ordinary sliced loaf).

### What to do

1. Spend time helping your child prepare the salad ingredients depending on their age and ability, such as washing vegetables, tearing lettuce leaves, peeling boiled eggs, etc.
2. Ask your child how many people are eating and count out that number of plates.
3. Make dinosaur shaped salad sandwiches and encourage your child to explain their ideas, for example "What are you using the green cucumber for?"
4. Enjoy eating your dinosaur salad sandwiches together while chatting about what part to eat next!

### Other Ideas

Everyday activities are perfect opportunities to build your child's vocabulary. Look for opportunities to discuss, explore, count and have fun together. Talk about the shapes that make up your dinosaur.

Try making other simple recipes together such as pita bread pizzas, fruit salad or including your child in choosing what vegetables to have with dinner. You can use each Mini Meal book to talk about the different foods that we eat at different times of the day. If your child has a favourite page in one of the books, try making that meal together.

Talk about where fruit and vegetables come from, bananas grow on palm trees, carrots grow under the soil, corn is wrapped in a husk and grows on a plant that looks a bit like grass. Try choosing your child's favourites and let them guess where each one grows.

### Songs to sing

*Fruit Salad* by The Wiggles, *Watermelon* by Justine Clarke, *Polly Put The Kettle On*, *Pat-a-Cake*.

### Key message

Good nutrition, health and exercise are critical.



**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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