

Healthy Living

Making Meal Times Social



Task

Do children at your setting enjoy meal times?

How can you make meal times a more sociable, learning experience?

What experiences of eating outdoors do you provide?

Using a story, (maybe one of the ones listed on the reverse of this card) talk about:

- Different foods
- Balanced meals
- Healthy foods, treats etc

Why not get the children to make their own dinner plates. Give them lots of pictures from magazines, supermarket recipes, boxes and packets. Let them cut them out and stick them on a paper plate or a card which can be coated in PVA to make an exciting placemat that the children can use at meal times.

Task

Take your children to a local library and let them find as many stories as they can about food.

Resources

Below are some exciting books to look out for:

- Lima's Red Hot Chilli by David Mills and Derek Brazell
(ISBN No: - 10-1852694203)
- Ketchup on your Cornflakes by Nick Sharratt
(ISBN No: 0439950643)
- I went to the Zoopermarket by Nick Sharratt
(ISBN No: 05905 41773)
- Handa's Surprise by Eileen Browne
(ISBN No:0744536340)
- Ellies Breakfast by Sarah Garland
(ISBN No: 0099692619)
- Olivers Milkshake by Vivian French and Alison Bartlett
(ISBN No: 0340754540)
- A Pumpkin Soup Story by Helen Cooper
(ISBN No: 0385604939)