

ACTIVITY TIME



My Mini Meals

By Raising Literacy Australia, Ali Durham and Fiona Bowden

Cooking with children

Cooking with children involves time and patience. So it's a good idea to choose short and simple cooking tasks that match your child's skills and attention span.

For example, your child could help with:

- Making a shopping list and shopping
- Washing fruit and vegetables
- Getting things from the fridge
- Handing over utensils
- Measuring, mixing, stirring or tossing salads.

Simple recipes like pita bread pizza, fruit salad and green salad are good because they're simple to prepare, don't take long to make, and involve lots of interesting colours and textures. http://raisingchildren.net.au/articles/cooking_with_kids.html

Tips for trying new foods

To help your child develop a liking for a wide variety of foods, try the following tips:

- Be flexible as children grow at different rates and appetites can vary from day to day
- Provide regular meals, morning tea and afternoon tea times with a range of nutritious foods
- Create relaxed mealtimes with talking and positive interactions
- Food fads or refusal are part of normal child development, so be relaxed during meal times and avoid mealtime battles
- It is your child's role to decide whether they will eat and how much, as most healthy children will eat when they are hungry and stop when they are full
- Discuss different colours, textures and tastes of fruits and vegetables in a fun way – for example use the Eat a Rainbow every day.

Search for Eat a Rainbow resources at www.sahealth.sa.gov.au/

Weblink:

- www.ellynsatterinstitute.org/how-to-feed/the-division-of-responsibility-in-feeding/

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.**

Proudly supported by

The Advertiser



Government of
South Australia

raisingliteracy.org.au • littlebookpress.com.au