

TIME TO EAT

What's important ?
Having a predictable routine for eating and turning the routine into a ritual.

A ritual is a special time, an event created by spending time and care in the preparation of and carrying out of it... spend time preparing to eat...

find a spot to eat...in the garden...at the table...on the verandah... set the table with a home made place mat or plant a little succulent..choose the lunchbox or crockery you will use

make eating a special time...a slowing down time ... then rest ... and slow a bit more...



Eating a rainbow is a fun way to try different fruit
You can 'eat' through the rainbow in a week!

Eating and learning are linked.

Good eating supports optimum learning by feeding brains and feeding bodies.

Children often need to RECHARGE with food and drinks.

Is your child a grazer?

Have a space in your house where a drink of water is always available (at kindy we have the coloured spots in the lockers)

Water is required by every cell in the body and important for all body functions. It helps transport oxygen and nutrients critical to the brain for optimal functioning.

Have a space with some healthy snacks, or 'Brain Food' for your child to access when they are hungry



I've never been a fan of playing with food but having fun with food is a bit different...check out this bento box for the gold medal and the rainbow fruit sticks for the silver medal and the cranberry arrangements for the bronze (still lots of fun though!!)



It is always fun to pick straight from the garden.



Plant some mini varieties because they are quick to grow and quick to eat!

Pick carrots as they grow - making space for others to grow bigger and enjoying the little ones as mini healthy snacks