

Support your child's learning – Food and health

English version	Gaelic version
Food and health	Biadh agus Slàinte
Simple ideas to help your child learn about food and how it might affect their health.	Beachd-smuaintean simplidh gus ur pàiste a chuideachadh gu planadh pearsanta agus sgilean co-dhùnaidh ionnsachadh, agus am mothachadh a thogail do roghainnean teachdail.
Early level	Tràth-Ìre
<i>Note: children in their early years and Primary 1, as well as some older children, will be working at the Early level¹ of Curriculum for Excellence.</i>	<i>Bidh clann sna tràth-bhliadhnaichean agus Prìomh 1, a thuilleadh air cuid de chloinn nas sine, ag obair aig Tràth-Ìre² a' Churraicealaim airson Sàr-mhathais.</i>
<ul style="list-style-type: none"> Plant some seeds and try growing some vegetables or fruits. Get your child to water the plants, and take some photographs as the plants grow. Talk about the things that help a plant to grow. Talk about the reasons for washing hands after working in the garden/vegetable bed, before we start working with food in the kitchen or eating. 	<ul style="list-style-type: none"> Cuiribh sìol agus feuchaibh ri beagan glasraich no measan fhàs. Thoiribh air ur pàiste na planntaichean uisgeachadh, agus togaibh deilbh mar a bhios na planntaichean a' fàs. Bruidhribh mu dheidhinn nan nithean a tha a' cuideachadh phlanntaichean gu fàs. Bruidhribh mu dheidhinn nan adhbharan airson làmhnan a nighe an dèidh a bhith ag obair sa ghàrradh/leabaidh glasraich, mus tòisich sinn ag obair le biadh sa chidsin no ag ithe.
<ul style="list-style-type: none"> Let your child help prepare fruit and vegetables for snacks or meals. Encourage them to try little bits of the foods they are preparing – put little bits into a small container for them to eat when they have finished. Talk with your child about where the food comes from, how it got to the shop; the colours, textures and tastes of foods. 	<ul style="list-style-type: none"> Leigibh le ur pàiste cuideachadh le measan is glasraich ullachadh airson biadh no greimean-bidhe. Brosnaichibh iad gu bhith a' feuchainn piosan beaga bidhe a tha iad ag ullachadh – cuiribh piosan beaga ann an soitheach dhaibh a dh'itheas iad nuair a bhios iad deiseil. Bruidhribh ri ur pàiste mu dheidhinn cò às a tha am biadh a' tighinn, mar a fhuair e don bhùth; na dathan,

¹ <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumlevels/index.asp>

² <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumlevels/index.asp>

	inneach agus blas diofar bhiadhan.
<ul style="list-style-type: none"> Encourage and support your child to brush their teeth properly. Your child may be taking part in tooth brushing at their early learning and childcare setting; ask for advice if you're not sure. 	<ul style="list-style-type: none"> Thoiribh taic agus brosnachibh ur pàiste gu bhith a' glanadh am fiaclan ceart. Dh'fhaodadh gum bi ur pàiste a' gabhail pàirt ann an glanadh fhiaclan san t-suidheachadh tràth-ionnsachaidh no cùram-chloinne aca; iarraibh comhairle mura h-eil sibh cinnteach.
<ul style="list-style-type: none"> Help your child understand why taking care of ourselves is important and that it's okay to have some help to do this if we need it. Talk about how you took care of them as a baby, about the changes they have gone through since then, and all the things they can now do for themselves. 	<ul style="list-style-type: none"> Cuidichibh ur pàiste gu tuigsinn carson a tha e cudromach coimhead às ar dèidh fhìn, agus gu bheil e ceart gu leòr beagan cuideachaidh fhaighinn airson seo a dhèanamh ma bhios feum againn air. Bruidhribh mu dheidhinn mar a choimhead sibh às an dèidh nuair a bha iad nan leanabh, mu dheidhinn nan atharrachaidhean tron deach iad on uair sin agus na nithean uile as urrainn dhaibh a dhèanamh dhaibh fhèin a-nis.
<ul style="list-style-type: none"> At meal times, ask your child why they think that you, or another adult, has a bigger serving than they do. Talk about the different amounts of food that we need as we grow. 	<ul style="list-style-type: none"> Aig amannan bidhe, faighnichibh do ur pàiste carson a tha iad den bheachd gu bheil barrachd bidhe agaibhse no aig inbheach eile, seach iadsan. Bruidhribh mu dheidhinn na diofar uireadan bidhe air a bheil feum againn mar a bhios sinn a' fàs.
Primary	Bun-sgoil
First level (approximately P2 to P4)	Chiad ìre (timcheall air P2 gu P4)
<ul style="list-style-type: none"> Before putting the shopping away, ask your child if they can identify the foods that are high in fat, sugar or salt. Find out if they know what foods give them energy/build muscle and repair the body/help their bodies to work well and grow. 	<ul style="list-style-type: none"> Mus cuirear an siopadaireachd air falbh, faighnichibh do ur pàiste an urrainn dhaibh na biadhan a tha àrd ann an geir, siùcar no salann, a chomharrachadh. Faighibh a-mach a bheil fios aca dè na biadhan a tha a' toirt dhaibh neart/togail fèithean agus a' càradh na bodhaig/cuideachadh am bodhaigean ri obrachadh gu math agus fàs.
<ul style="list-style-type: none"> When putting foods away, show your child what goes where on the fridge shelves and why. Follow hygiene and safety advice. 	<ul style="list-style-type: none"> Nuair a thathar a' cur biadhan air falbh, seallaibh do ur pàiste càite a bheil dè a' dol air sgeilpichean an fhuaradair, agus carson. Leanaibh comhairle slàinteachais is sàbhailteachd.
<ul style="list-style-type: none"> Encourage your child to make snacks for themselves and friends. For example, help them to work out how much 	<ul style="list-style-type: none"> Brosnachibh ur pàiste gu bhith a' dèanamh greimean-bidhe dhaibh fhèin agus do charaidean. Mar eisimpleir,

fruit to prepare and which items to serve. Get them to think about which drinks to offer and how to prepare and serve these.	cuidichibh iad ag obrachadh a-mach na dh'fheumas iad de mheasan ullachadh agus dè na nithean a fhritheileas iad. Thoiribh orra smaoinichadh mu dheidhinn nan deochan a thairgseas iad agus mar a dh'ullaicheas agus a fhritheileas iad iad sin.
<ul style="list-style-type: none"> Look at the labels on fresh foods and see which countries they come from. Find these countries on a map of the world and talk about the journey they have taken to get to your house. Find out with your child what the weather is like in these countries compared with Scotland. 	<ul style="list-style-type: none"> Coimheadaibh ris na bileagan fiosrachaidh air biadhan ùra agus faicibh dè na dùthchannan às a bheil iad. Lorgaibh na dùthchannan sin air mapa den t-saoghal agus bruidh nibh mun t-slighe a tha iad air a ghabhail airson faighinn chun an taighe agaibh. Faighibh a-mach còmhla ri ur pàiste, cò ris a tha an t-side coltach sna dùthchannan sin, ann an coimeas ri Alba.
<ul style="list-style-type: none"> Ask your child if food/a toy/other item advertised looks anything like the real thing they have seen. What are the differences? Which one looks better? How did they feel about the advert when they saw the real item? 	<ul style="list-style-type: none"> Faighnichibh do ur pàiste a bheil biadh/dèideag/nì eile air a shanasachadh, coltach ris an fhìor nì a tha iad air fhaicinn. Dè na diofaran a th' ann? Ciamar a bha iad a' faireachdainn mun t-sanas nuair a chunnaic iad an fhìor nì.
Second level (approximately P5 to P7)	Dàrna ìre (timcheall air P5 gu P7)
<ul style="list-style-type: none"> Try working out a menu for the evening meal for a week with the help of your child. Use the Eatwell plate³ to come up with a menu that gives variety and a balance of all the food groups. 	<ul style="list-style-type: none"> Feuchaibh ri clàr-bidhe obrachadh a-mach airson biadh feasgair fad seachdaine le cuideachadh bho ur pàiste. Cleachdaibh truinnsear Eatwell⁴ airson clàr-bidhe a dhealbhadh a tha measgaichte agus cothromach a thaobh gach aon de na buidhnean bidhe.
<ul style="list-style-type: none"> Using the menu created, go shopping with your child and enlist their help to buy only items that are on the shopping list. Get them to count how many offers they spot for things that are high in fat, sugar or salt. 	<ul style="list-style-type: none"> A' cleachdadh a' chlàir-bidhe a chaidh a chruthachadh, theirigibh do na bùithtean le ur pàiste agus iarraibh orra cuideachadh gus nithean a cheannach a tha air an liosta ceannaich a-mhàin. Iarraibh orra cunntadh cia mheud tairgse a lorgas iad airson nithean a tha àrd ann an geir, siùcar agus salann.
<ul style="list-style-type: none"> Look at foods sections for baby food/gluten free/vegetarian choices. Find out if your child can find 	<ul style="list-style-type: none"> Coimheadaibh ris na roinnean bidhe airson roghainnean biadh leanabain/saor bho ghluhan/glasraicheach.

³ <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

⁴ <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

<p>specific foods around the shop that are for babies, are gluten free or vegetarian products. Does your child know anyone who would need these foods - why might this person not eat some of the foods you have bought?</p>	<p>Faighibh a-mach an urrainn do ur pàiste biadhan sònraichte a lorg a-staigh mun cuairt na bùtha a tha do leanabain, saor bho ghlutan no glasraicheach. An aithnich ur pàiste neach sam bith a dh'fheumadh na biadhan sin – carson nach itheadh an neach seo cuid de na biadhan a tha sibh air a cheannach?</p>
<ul style="list-style-type: none"> Experiment with the brands you buy. Select a brand below or above your preferred brand. Have some fun and do a blind taste test together with your child. See if you can detect your favourite brand. Talk about the way it is packaged and advertised - does this influence your buying choice? 	<ul style="list-style-type: none"> Feuchaibh a-mach na diofar bhrannan a tha sibh a' ceannach. Taghaibh brannd a tha os cionn no fon a' bhrann as fheàrr leibh. Biodh beagan spòrs agaibh agus dèanaibh deuchainn blasaich gun fhios ro-làimh, còmhla ri ur pàiste. Feuch an lorg sibh am brannd as fheàrr leibh. Bruidh nibh mun dòigh a tha e pacte agus air a shanasachadh – a bheil seo a' toirt buaidh air ur roghainn ceannach?
<ul style="list-style-type: none"> Explore and celebrate different customs and festivals with your child. Ask them to think of the foods that they associate with significant festivals/events. Find out if they can think of other times that people have specific types of food as part of an event/celebration/ceremony. 	<ul style="list-style-type: none"> Rannsaichibh agus comharraichibh diofar nòsan is fhèisean còmhla ri ur pàiste. Iarraibh orra smaoinichidh air na biadhan a tha iad a' ceangal ri fèisean/tachartasan cudromach. Faighibh a-mach an urrainn dhaibh smaoinichidh air amannan eile a bhios seòrsaichean sònraichte bidhe aig daoine mar phàirt de thachartas/subhachas/seirbheis.
<ul style="list-style-type: none"> Read labels, look at packing and watch adverts on television and in magazines/online. What is the purpose of a sell-by date? How much is too much salt/fat/sugar in a product? Where is this information found? 	<ul style="list-style-type: none"> Leughaidh bileagan-ainme, coimheadaidh ri stuth pacaidh agus sanasan air telebhisean agus ann an irisean/air-loidhne. Dè an t-adhbhar airson ceann-latha reic? Dè an uiread a th' ann an cus salann/geir/siùcar ann am biadh? Càite an lorgar am fiosrachadh seo?
Secondary	Àrd-sgoil
Third-fourth level (S1 to S3)	Treas-ceathramh ìre (ÀS1 gu ÀS3)
<ul style="list-style-type: none"> Set your child a challenge to produce a balanced meal for a set number of people, within a set budget and shopping for the ingredients themselves. 	<ul style="list-style-type: none"> Stèidhichibh dùbhlàn do ur pàiste gu biadh cothromaichte a dhèanamh do dh'àireamh sònraichte de dhaoine, an taobh a-staigh buidseat air a shuidheachadh agus a' ceannach nan tàth-chuidean iad fhèin.
<ul style="list-style-type: none"> Ask your child to do a safety check on the contents of your fridge to ensure foods are stored safely. 	<ul style="list-style-type: none"> Iarraibh air ur pàiste sgrùdadh sàbhailteachd a dhèanamh air na tha san fhuaradair gus a dhèanamh

	cinnteach gu bheil biadhan air an stòradh ceart.
<ul style="list-style-type: none"> Encourage your child to take notice of the standard of hygiene they can see before consuming food from an unknown source. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste a bhith mothachail don ìre slàinteachais a chì iad mus ith iad biadh à tùs nach eil aithnichte dhaibh.
<ul style="list-style-type: none"> Set your child a challenge of taking responsibility for planning a family meal suitable for vegetarians/food intolerance/specific allergy. 	<ul style="list-style-type: none"> Stèidhichibh dùbhlann do ur pàiste uallach a ghabhail airson biadh teaghlaich a phlanadh a bhios freagarrach do ghlasraicheachan/neo-fhulangaich bidhe/fuath-bidhe sònraichte.
<ul style="list-style-type: none"> Discuss the latest report on dietary advice/research findings and how this might/might not influence a change in eating habits. 	<ul style="list-style-type: none"> Dèanaibh deasbad air an aithisg mu dheireadh sa bheil comhairle air riaghailtean-bidhe/toraidhean rannsachaidh, agus mar a dh'fhaodadh/nach fhaodadh seo buaidh a thoirt air atharrachadh ann an dòighean ithe.
Senior phase/post-16	Ìre Àrd/seachad air 16
<ul style="list-style-type: none"> Encourage the consumption of a balanced diet by asking for help in preparing meals. Discuss difficulties such as changes in meal times due to studying/work/travel and what your child might do to cope with these and still eat a varied diet. 	<ul style="list-style-type: none"> Brosnaichibh ithe air biadhan cothromach le bhith ag iarraidh cuideachadh ann an ullachadh bhiadhan. Dèanaibh deasbad air na duilgheadasan leithid atharrachaidhean ann an amannan bidhe mar thoradh air ionnsachadh/obair/siubhal agus na dh'fhaodadh ur pàiste a dhèanamh gus dèiligeadh leotha sin ach fhathast biadh cothromach ithe.
<p>'Food and health' is one of six areas that your child will learn about as part of the health and wellbeing curriculum.</p> <p>For more information on health and wellbeing, see http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp</p>	<p>Is e 'Biadh agus slàinte' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd.</p> <p>Airson tuilleadh fiosrachaidh mu shlàinte agus sunnd, faicibh http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp</p>