

Health and Well-being – January to March 2019

Our Health and Well-being focus over the next couple of months will be Food and Health.

We will be exploring and discovering where foods come from, as well as choosing and preparing different foods to taste.



The Importance of Food and Health

Having a good understanding of food and health is important.

As consumers children should have an understanding of their food and where it comes from. Whether it be from a plant or animal sources.

Knowing where your food comes from bridges the gap between farm to table. Having this connection develops healthy relationships with food allowing children to appreciate and respect that food is not indispensable.

If children have an understanding of how vegetables are grown, how cows are raised, or how flour is produced they will develop an understanding of how food can nourish the body.

They can then develop an appreciation that eating can be an enjoyable activity and understand the role of food within social and cultural contexts.

They can begin to develop an awareness that food practices and choices depend on many factors including availability, sustainability, season, cost, religious beliefs and culture.

Dietary habits established in childhood often carry into adulthood, so teaching children where their food comes from at an early age will encourage the link.

Ways to explore food and health at home

Plan a fun trip to a super market or farmers market with your child.

Allowing children to have a say in what food is picked can be helpful in encouraging them to eat it once you are home.

Here are a few creative activities to try:

- Beforehand, give your child cookbooks or cooking magazines and have them look for recipes they would like to try. For older children, you can even ask them to help plan a meal.
- While shopping, allow them to pick out the "best" apples, broccoli or whichever produce interests them.
- As you walk the shop aisles, encourage children to name the fruits and vegetables in the produce, canned food or frozen food aisle, or to say the colours of foods they know.
- Find foods that are new to them; talk about their colour, shape, size and feel.
- Take advantage of food samples when you are at the store to taste-test new foods.

Growing your own foods from seeds in your garden can be a rewarding experience.

Perhaps start the seeds in paper cups on your windowsill. Children enjoy eating foods they grow themselves — and it's a great science lesson!