

## Let's explore healthy foods

**Positive early years experiences give children the best start in life and form a large part of routines and habits for their future.**

Support a positive approach to healthy eating and explore healthy foods with our activities - plus get creative with cranberries!

### Learning aims

- For children and adults to discuss their favourite food and which foods are good for our bodies.
- Introduce new words, foods and textures to the children.

### Resources

- Paper and card
- Coloured pencils, crayons, felt tips or paints
- Glue and paint
- Food magazines or printed food images
- Scissors.



### Activity outline

- Begin by asking the children to talk about their favourite foods, and talk to them about your favourite food
- Explain about food being the fuel for our bodies to move and grow
- Lead a discussion on healthy foods and help children to decide which foods you have discussed are the healthiest
- Make a poster or display about favourite foods, and discuss which foods are good for us and which foods are not as healthy but okay in moderation as a treat.

## Extending the activity

### Get creative with cranberries

It's Thanksgiving this Thursday across the pond. In the run-up to this national holiday, National Cranberry Relish Day is celebrated in America on 22 November each year, followed by National Eat a Cranberry Day the following day. We might traditionally think about cranberries being in a sauce served with turkey at Christmas or Thanksgiving, but cranberries are in fact a versatile superfood that can be used all year round. Nutrition experts say that cranberries are one of the best natural sources of antioxidants.

- You might want to focus on the American cranberry celebrations and explore the taste and texture of cranberries (or other fruits/foods). For example, some cranberries can taste quite bitter whilst others can taste sweeter
- You could make smoothies or fruit juices with the children or bake. Cranberry and banana bread is a nice recipe to try - or what about cranberry lemonade? Search online for recipes and tips.
- Be aware of food allergies, allergens and choking when you plan and risk assess this activity.

## Working with Babies

Weaning can be a worrying time for parents. A baby's digestive system needs time to develop and to produce the enzymes needed to cope with the introduction and digestion of solid foods. It is important that we share our knowledge of how to introduce babies and young children to a range of food tastes and textures.