



What did I learn today...?

Hello!

At childcare, your child is learning about foods and nutrition and how they are important for healthy living and a healthy body.

"Why...." is every child's favourite question, and asking questions is one of the ways children learn about the world in which they live in. The natural curiosity of a child leads to opportunities for learning in their everyday life. As a parent or caregiver, you have more chances than anyone else to teach your child by answering questions, playing with your child and by setting a healthy example for your child.

You can use everyday events as valuable learning times for your child. Keep it fun! Discover what they have learned at childcare and take time to talk to them about it. Below are some suggestions and resources for building on what your child has learned this week at childcare. These can be used during story time, play time, at mealtimes and when preparing food or cleaning up.

Please feel free to share resources you find helpful with other parents and caregivers as they could support the activity and extend your child's learning environment.

Today I learnt about... THE PARTS OF PLANT WE EAT

Optional At-home Activity:

- 1) Whilst preparing a meal with fruits and vegetables ask your child to identify different parts of the plant e.g. 'leaves are used in the salad and can be eaten too.' Explain to your child if the plant can be eaten raw, cooked or both.
- 2) Take your child shopping for fruits and vegetables and discuss different parts of the plant. You may talk about whether you can eat the different part e.g., 'a beetroot has stems and leaves and we eat the leaves too.'

