



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 in which children learn about the world in which they live. 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... SEEDS AND GRAINS

Optional At-home Activity:

1) Grow your own sprouts at home in as little as 5 days, then enjoy them in a salad or sandwich. Instructions are provided in the *Grow your own sprouts at home* instruction sheet attached.

This activity allows your child to nurture and grow the sprouts, and contribute a healthy home-grown product to a family meal. Sprouts can be enjoyed in a variety of ways including in a healthy salad or sandwich.

You may also like to take pictures of the progress of the sprouts on a daily basis, and discuss the changes in the seeds and sprouts each day as they grow with your child.



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Grow your own sprouts at home INSTRUCTION SHEET

Equipment for Growing Sprouts in a Jar

- Wide mouth jar (a Mason jar, or you can reuse a jar from peanut butter or pasta sauce).
- Sprouting seeds - alfalfa, beans, radish, peas, etc. The important thing to note about buying seeds for sprouting is that you should look for seeds specifically labelled as "sprouting seeds" or "for sprouting". You may find these at your local garden centre or online. Follow the Green Harvest website link to order online:

<https://www.greenharvest.com.au/SproutingAndMicrogreensOrganicSproutingSeeds.html>

- Fine mesh strainer or cheesecloth.
- Bowl with lid or plastic storage bag for storing sprouts.

How to Grow Sprouts in a Jar

Growing sprouts in a jar is easy. Here's how to do it:

1. Place one to two tablespoons of seeds in your jar and cover with approximately 10 centimetres of warm water. Let this sit overnight.
2. Drain the water, using a fine sieve or cheesecloth.
3. Rinse the seeds by adding water to the jar, swishing the seeds around, and draining. Place the seed on a widow sill with plenty of sunshine.
4. Repeat twice a day, every day until your sprouts are the desired size. This will take anywhere from three to seven days, depending on the variety of sprouts you're growing. Sprouts are best when they're still fairly small and just starting to turn green.
5. Store your sprouts in a covered bowl or food storage bag with a paper towel inside to absorb excess moisture. Use the sprouts within a week.