

Ages 3-6

1. Print the colouring in pages. Children can colour in, cut and stick them to make a food pyramid. Display in kitchen or in a bedroom or give to a relative or friend.
2. Cut out pictures of healthy food from magazines and make a food pyramid on the fridge.
3. Use the downloadable signs to label areas of the kitchen and the food shelves. Great for helping your child to read. This is a great strategy to help your child develop literacy skills.
4. Rearrange/tidy the pantry/fridge where each shelf represents a layer of the food pyramid. A sign could be made for each shelf if you do not wish to organise your pantry according to the healthy guidelines order.
5. Help plan a meal using the food pyramid, check the pantry and then write the list together.
6. Divide up a paper plate to reflect recommended portion size. Have your child cut and paste pictures of the relevant food group onto the segment.
7. Put up a "star" chart on the fridge and target a time of day where your child tends to eat too much sugar and/or fat. Have treats with less sugar and/or fat available. Each time the child gets through the 'danger' time, a star is awarded. No consequences if he/she doesn't make it. When seven (or other number of times have been reached), give them an award - preferably something outdoors and healthy, definitely not a sweet treat! Many children value "alone time with mum".
8. Grow herbs and/or vegetables and involve youngsters in discussions about their value to the diet. Tastings could be fun. Add parsley into vegetable smoothies.

Does your child have learning difficulties or a disability? He or she could well enjoy watching or being involved in the growing of vegetables. Emphasis on the stages of growth would be useful in helping him/her to understand sequencing.