

Upper primary and high school

1. As a family, discuss the healthiness of the recipes on television cooking shows.
2. Older children and adolescents could do many of the activities suitable for younger children with them.
3. Encourage the family to examine food labels for fat content (in addition to the sugar content). Compare the full fat with the low fat products and compare sugar content.
4. Many high schools are developing kitchen gardens. Encouraging your child to be involved in these activities (some are after school) would be of benefit to their understanding of biology. There is research to show that some children have a definite preference and ability related to the natural world and these activities would help them pursue their passion.



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.