

Middle primary students



1. Search the web for *Healthy recipes for kids*. Let your child choose a recipe, check and write the shopping list and then assist in the cooking. You could also discuss who is paying for the sites (food magazines).
2. Middle primary children could prepare and conduct a survey of each family member's favourite meal and then assess its healthiness.
3. For sporting activities, when in **season**[T M 1] take oranges or mandarins to have at half time. (Cheap, full of vitamin C and no plastic).
4. Try a recipe from another culture, especially those that have a high vegetable content, for example Thai, Asian, stir fries.
5. Have your teens help the younger ones to cook a healthy meal.
6. Show children how to check for sugar content of products whilst shopping and then ask them to check some products (drinks, cereals, yoghurts and canned products) and help decide which ones have the least sugar. You could send them ahead, do some other shopping, and then meet for the decision.
7. You may like to consider growing indigenous food. Read information carefully as some foods require careful preparation to avoid poisoning. You could also broaden your family's taste buds through trying the already prepared sauces, toppings, herbs, and spices available commercially.
8. Younger children could draw pictures of cooking or gardening to give to relatives and **friends**[T M 2].
9. Knowledge about this area of the school curriculum could make your child feel more comfortable in health and cooking lessons. This experience would also support the work of those schools that have kitchen gardens.

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.