

# Food Learning Activities



## ARTS & CRAFT

Colouring in

Fruit & veg stamping

Make a fruit and veg person

## GROUP GAMES

Food memory game

Guess the fruit/veg

Celebrity Foodie Head

## COOKING

Loaded celery sticks

Fruit kebabs

Jacket potatoes

## EXPERIMENTS

Flower water experiment

Floating sultanas

Seed experiment

## GARDENING

Learn to compost

Growing chia seeds

Water the garden

## BOOKS & MUSIC

Story books

Make your own books

Fruit and veg rap

Illawarra Shoalhaven Local Health District, 2023.

Munch & Move

# Food Learning Activity Planner Template



JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

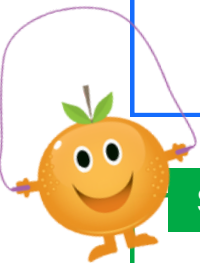
AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



Munch & Move

