

# Fun food experiments

For early childhood educators



## Colourful flowers or celery

Place white flowers or cut celery into a glass with water and some food colouring. Over the next few days, observe the colour move up into the flower or celery. Discuss how all living things, including our bodies, need water.



## Floating sultanas

Pour a glass of soda water and have the children drop in a few sultanas. Watch as sultanas are raised by the air bubbles and then sink as the bubbles burst. Talk about how our bodies need tap water to keep healthy.

## Natural dyes

Explore the different colours and textures of vegetables and how these vegetables change the colour of scones or muffins. Consider using roasted pumpkin, beetroots or finely-chopped spinach with cheese.



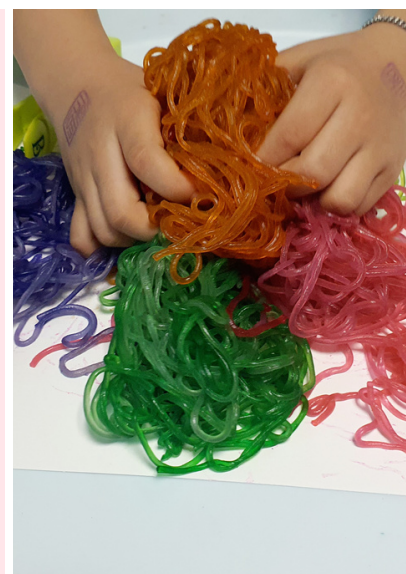
## Plant seeds in cotton wool

Discuss the conditions that seeds may need to grow, such as water and light. Test the conditions by placing some seeds in sunlight and some in a cupboard. Try growing some with water and some without water.

Observe which seeds germinate and which do not. Discuss how our bodies need water and to play outside (with a hat and sunscreen) to keep healthy.

## Sensory spaghetti

Provide experiences where children can play with or explore food outside of mealtimes. For example, a spaghetti sensory experience or using fruit and vegetable offcuts as painting stamps, such as carrot head or left over broccoli stalks/ florets.



## Grow a pizza garden

Use a large, round tub to grow a variety of vegetables that can be added to a pizza. Discuss what different vegetables or herbs could be used. Consider capsicum, cherry tomato, basil, spring onion, spinach or garlic.



Have the children make their own pizza using the vegetables they have grown on an English muffin or Lebanese bread. Share the recipe with parents to make again at home.

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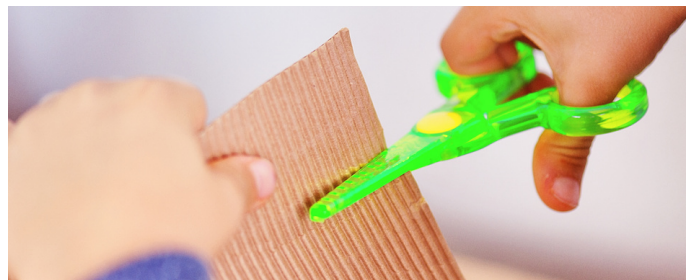
## Apple slinky

Have the children make their own slinky using a slinky apple corer (under supervision).



## Explore different fruits & vegetables

Explore the different colours, textures, smells and tastes. Ask children to record their experience using face charts next to pictures of the foods they have tried.



## Everyday & sometimes foods

Have the children sort the different foods into everyday and sometimes foods using food card pictures cut from supermarket catalogues.

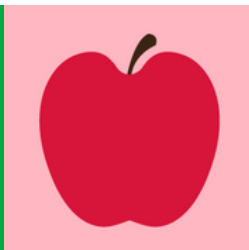
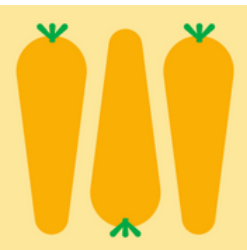


## Sweet or sour

Have the children taste different fruits to identify which ones are sweet and which are sour.

- **EYLF Outcome 4.2: CHILDREN ARE CONFIDENT AND INVOLVED LEARNERS:** Children use processes such as exploration, collaboration and problem solving across all aspects of curriculum. Developing dispositions such as curiosity, persistence and creativity enables children to participate in and gain from learning.
- **NQF Quality Standard 6.2: COLLABORATIVE PARTNERSHIPS:** Collaborative partnerships enhance children's inclusion, learning and wellbeing.
- **NQF Quality Standard 2.2. HEALTHY LIFESTYLE:** Healthy eating and physical activity are promoted and appropriate for each child.

Produced by Illawarra Shoalhaven Local Health District, 2023.



Munch & Move

