MAKE YOUR OWN BOOKS

RECOMMENDED AGES: **BIRTH TO 3 YEARS**

Equipment

- ✓ Photographs/Pictures of a range of different fruits and/or vegetables. Be sure to include cut fruits/vegetables as this often looks different to the whole item (and nature makes some truly beautiful and intricate patterns);
- ✓ Drawings, paintings, collage, photographs or other representations that the children have made and/or fruits or vegetables;
- ✓ Photographs of the children enjoying different foods;
- ✓ Any images related to healthy eating; and/or
- ✓ Images of fruits and/or vegetables of all colours – 'eat a rainbow'.

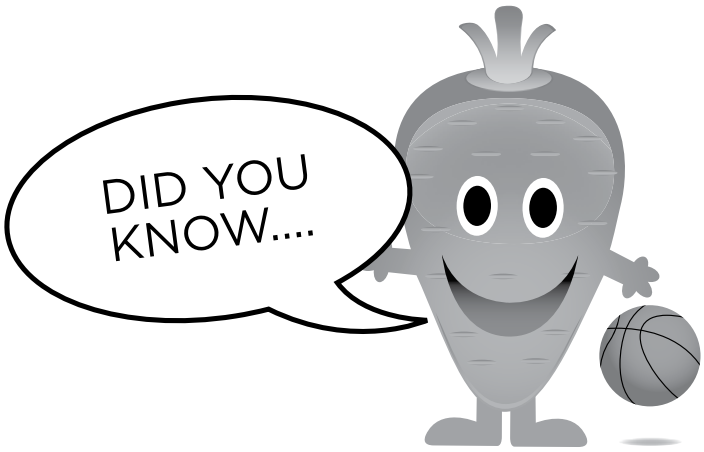
Activity

1. Place the images in a plastic ringbound folder, or

   Paste the images into a scrap book, or

   Laminate the images and bind with string/spiral/rings.

2. Use the books in a variety of different ways – adult led, child initiated and free play are all wonderful opportunities to promote children's interest, wonder and understanding of these different food items.



Research shows that newborn babies enjoy looking at high contrast images. Babies develop positive feelings towards books and images as they enjoy the comfort of being close to you and hearing your voice as you read.

Encourage children ages 3 to 5 years to describe individual pages, or to create stories around the images. Write the comments in the book so children can return to the story again and again!

SPHN (CPH)160209

MAKE HEALTHY NORMAL

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts *Healthy Eating and Active Play at Playgroup manual* and case studies, and the NSW Ministry of Health *Munch and Move* program and Local Health District resources.

www.healthykids.nsw.gov.au

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