

Are you hungry?

Yeah!

Maybe we could make some rice mice. Would you like to do that?

Yeah and then we can eat them!

Then you can eat them, promise. What are we gonna use to make our mice today?

Carrots!

Sultanas!

Cucumber!

Hi I'm Kate from St. Stephen's Preschool Bellevue Hill and today we had a learning experience for healthy eating from *Munch & Move*, and we made some rice mice with the children.

At the centre we try to encourage healthy eating daily. We would do healthy learning experiences twice weekly where it's incorporated into everything, from the garden to the classroom to lunchtime.

The benefits of the healthy eating experiences with the children are that the children are directly involved in the learning. They create their own meals and it encourages them to create healthy eating meals at home with their families, with their brothers and sisters, and it becomes an experience for the whole family, for the school, for everyone.

The children have their own vegetable patch in the garden so we can grow our own vegetables and use them for cooking. The children have a worm farm so we have a compost bin, and the children are involved with vegetables, and they know about the healthy eating and what can go into the compost bin, what the worms can and can't eat.

We have linked literacy to our *Munch & Move* as well. I think the children enjoy making it and they enjoy telling their friends that they've made it and they enjoy eating it.

The best thing about making the rice with the children is it encourages them to eat their fruit and vegetables in a fun learning environment.

When we communicate this experience with the parents through a daily diary we always get a very positive response from our daily diaries, and a lot of the parents would use some of the activities that we do in school at home.

Other healthy learning eating experiences that we've done with the children, we made a Gruffalo bread for afternoon tea. We read a story and the children decided that they wanted to make a Gruffalo so we decided as a group to make an edible Gruffalo. We made a wholemeal bread and we used certain fruits and vegetables for his face. We used a banana, oranges, apples and there was grapes, tomatoes. We used potatoes for his different facial features and the children ate it for afternoon tea.

It was a really big success of all the children. They loved it and all the parents loved it as well.