

Fun food learning experiments

Keep this list of quick ideas where staff can easily access it. Always consider children's safety and allergy risks.

- **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.
- **Plant some seeds on to cotton wool pads.** Discuss the conditions that seeds may need to grow, such as water and light. Test the conditions by placing some in sunlight and some in a cupboard; and 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.
- **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.
- **Sugar investigation.** Compare the amount of sugar in different drinks, including water. Using drink bottle labels, calculate the amount of sugar in each drink (5 grams equals 1 teaspoon of sugar). Have the children measure the number of teaspoons in each drink. Explore how this may add up over a day, week or even a month. Display the results for parents to see.
- **Everyday and sometimes foods.** Using food cards or pictures cut from supermarket pamphlets, have the children sort the different foods into *everyday* and *sometimes* foods.
- **Explore the tastes of different vegetables or fruits.** Explore the different colours, textures, smells and tastes. Ask children to record their experience using face charts next to pictures of the foods they tried.
- **Investigate which fruits are sweet or sour.** Have the children taste different fruits to identify which ones are sweet and which are sour.
- **Apple slinky.** Have the children make their own using an apple corer with supervision.
- **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.
- **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.



Go to your *Munch & Move* manual for more Munch learning experiences. If your service doesn't have a manual, please contact Julie Parkinson julie.parkinson@sesiahs.health.nsw.gov.au.

EYLF Outcome 4.2: Children develop a range of skills and processes such as problem solving, inquiry, experimentation, hypothesizing, researching and investigating.

NQF Quality Area 6.1.2: Families have opportunities to be involved in the service and contribute to service decisions.

NQF Quality Area 2.2.1 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.