

What's on My Plate?

Talk * Taste * Count * Cook

Healthy eating is a topic that interests most families. Eating well is an enjoyable experience that supports good health and more.



Key messages:

- Literacy is part of everyday life.
- Children's literacy skills are developed through daily routines.
- Healthy eating can build a range of skills, including literacy.
- Parents can help their children develop literacy skills and healthy eating habits.

What can children learn while eating healthy food?

A Language

- Names for food, including unfamiliar food
- Words that describe food and what the words mean
- Oral communication skills, including learning to express likes and dislikes

B Thinking skills

- Concepts such as size, colour, number, taste, texture, and sound
- Decision making, including what and how much to eat
- Confidence, through learning by doing

C Physical development

- Healthy eating builds healthy bodies
- To try a variety of foods
- Small muscle control and coordination, by feeding themselves and preparing food

D Social-emotional skills

- Eating together connects them to other people
- Family traditions and culture
- To feel secure through daily routines

For more playful family fun ideas, visit www.decoda.ca

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Why do this as a family?

Healthy eating is an accessible way for parents to support early learning. It grows from parents' interest in their children's development and parents' strengths as experts about their child. And, with a variety of ways to eat a healthy diet, there are opportunities for all families to participate.

Where can I learn more about healthy eating for children?

The following online resources have reliable information on healthy eating for children:

- [Food Flair Early Learning Practitioners Resource](#) - Decoda Literacy Solutions
- [Food Guides and Healthy Eating](#) - Government of Canada
- [Healthy Eating for Children](#) - HealthLink BC
- [Healthy Families BC](#)
- [The Ellyn Satter Institute](#)

Where can I find more child-friendly food activities?

There are lots of food activities for children available. Here are a few online sources.

- [Food Flair Early Learning Practitioners Resource](#) - Decoda Literacy Solutions
- [Food Flair Activity Cards](#) - Decoda Literacy Solutions
- [Eating and Learning: Fun tips, crafts, and recipes for good health](#) - NWT Literacy Council
- [Jbrary YouTube Channel](#) - Food Storytime

Are there pamphlets for parents with more information on healthy eating?

Here's a sample:

- [Food, Fingers and Fun](#) - BC Dairy Foundation
- [Healthy from the Start: How Feeding Nurtures Your Young Child's Body, Heart and Mind](#) - from Zero to Three
- [How to Build a Healthy Toddler and Preschooler](#) - EatRightOntario

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