

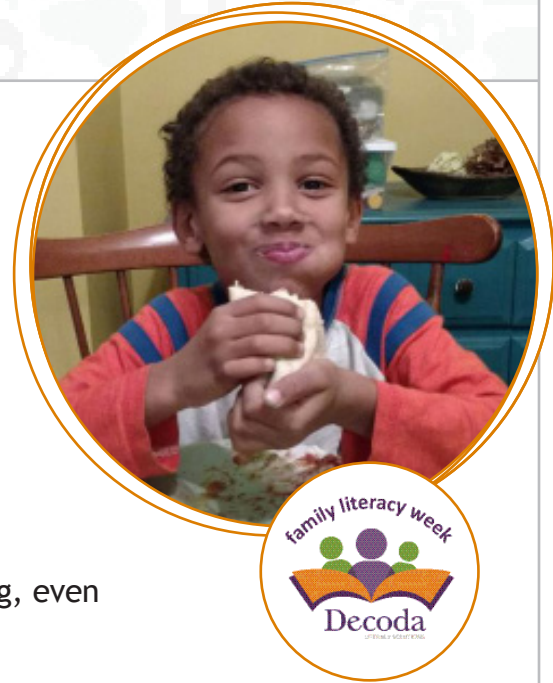
What's on My Plate?

Primary School Years
(6-8 years old)

Talk * Taste * Count * Cook

Try some family food fun

- **Write a grocery shopping list** together. The spelling doesn't need to be perfect.
- **Cook together.** It's a good time to talk, follow instructions, and practice pouring, measuring, counting and mixing.
- **Sit down and eat together** at snack and meal times, when possible.
- **Talk** about family food traditions.
- **Continue reading** books together about foods and healthy eating, even when your child can read on their own.



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Healthy food experiences at home can be practical ways to use skills that children are learning at school. By talking about, tasting, counting and cooking healthy foods with primary school children, you are helping them:

- Learn more complex words.
- Practice early writing, reading and math skills.
- Learn to enjoy new foods.
- Enjoy eating as a social experience.
- Have fun with you!

These skills are all important for reading, writing, working with numbers and being healthy.

Some Tips for Cooking with Children

- Adults should always be supervising.
- Cook together when you aren't rushed.
- Wash hands before beginning.
- Wear easy to clean clothing.
- Review the steps before starting.
- Use child-friendly utensils.
- Match the task to the child's ability.

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