

ACTIVITY TIME

I Spy Food

By Raising Literacy Australia and Fiona Bowden

Peer through the magnifying glass with your child to identify the five food groups as they grow, ripen, graze, forage and are harvested with our food friends Penny Pear, Casper Carrot, Annie Apple, Eric Egg, Chester Cheese and Betty Bread.

Let's Go Shopping!

You will need:

- You and your child
- I Spy Food game sheet
- Pencil, pen or crayon.

What to do

1. What can you see when you go shopping? Play a game of I Spy at the supermarket with your child.
2. Use the game sheet as a guide to describe different types of food you are looking for. You can use colours, shape, texture and taste.
3. For example, "The food we are looking for is red, can you see any red foods?"
"Now we are looking for something that is round. What can you see?"
"I spy a vegetable that is yellow and is bumpy, can you see it? Yes, it's corn!"
"I spy a fruit that is very sweet, can you spot it?"
4. As you find each food on the game sheet, you can check it off together.

Other ideas

Use all the yummy foods you bought from the supermarket to cook a recipe together. Talk with your child about all the different ingredients you are using, the measurements, colours and shapes of food.

You can use the book to talk with children about where food comes from. For example, apples and pears grow on trees, carrots and potatoes grow underground, while milk and eggs come from certain animals.

STEM focus

Children develop their early maths skills through play, including cooking with you in the kitchen. Creating a recipe together is helping them learn and practice their counting, sorting, matching and measuring. They are also learning about colour and shape. Maths and numeracy are in so many aspects of daily life. Young children will learn to count and identify shapes very early, and long before they learn to read.

Songs to sing

We're Going On A Bear Hunt (change the word bear to your child's favourite fruit or vegetable), *Fruit Salad* by *The Wiggles*, *Watermelon* by Justine Clarke.

Key message

Good nutrition, health and exercise are critical.



Adult supervision is essential. Involve and talk with your child as much as possible.



***You can introduce simple Science Technology, Engineering & Maths (STEM) concepts to children aged 2+ years through everyday play.**

I Spy Food game

vegetables & fruit



carrot



kale



string beans



kiwifruit



broccoli



orange



tomato



bananas



red apple



asparagus



green apple



spinach



strawberries



mushrooms



mango



zucchini



capsicum



watermelon



potato



star fruit



I Spy Food game

dairy, protein & grain



milk



wholemeal spaghetti



red kidney beans



green lentils



eggs



yoghurt



pearl barley



wholemeal English muffins



oats



soybeans



black-eyed beans



polenta



cheese slices



wheat flakes



fettuccine



faba beans



tofu



fetta



ricotta



rices

