

Learning Area Checklists of activities focussing on healthy eating and, health and wellbeing

<p>HEALTHY EATING</p> <p>6/9 Collecting the vegetables tops to place in containers ready for our vegetable garden. To show and educate the children how to use our recycled vegetables</p> <p>15/9/23 making fruit kebabs to explore the colours of the different fruits and make patterns with our peers from the kangaroos room.</p> <p>20/9/23 E.I Using extra apples given to us to use before going off from the kitchen we decided to make our own slinky apples with a apple corer for a fun healthy experience</p> <p>29/9/23 Continuing to use different fruits and vegetables in our "corer" by making our own potato chips on the sticks, learning about how we can use different technology items to do cooking such as "air fryer, corer and mods"</p> <p>Plan 11/9/23 15/9/23 Quokkas Weekly Curriculum Plan by Danae Milentis 04 Sep 23</p> <p>Plan 4/9/23 8/9/23 Quokkas Weekly Curriculum Plan by Melissa Mongan 28 Aug 23</p> <p>Plan 18/9/23 -22/9/23 Quokkas Weekly Curriculum Plan by Melissa Mongan 07 Sep 23</p> <p>Plan 25/9/23 29/9/23 Quokkas Weekly Curriculum Plan by Melissa Mongan 14 Sep 23</p>	<p>6/10 Cooking Flippino recipe to expose the children to other cultures (sticky rice)</p> <p>12/9/23 Making Healthy Broccoli bites, learning about healthy snacks that support our health and well being (event)</p> <p>20/10/23 Making a poster about healthy and sometimes food. Using magazines and scissors ,glue sticks. To help look and see what foods we can find.</p> <p>27/10 Making healthy fruit popsicles to help expose the children to healthy eating</p> <p>Plan Quokkas Mental Health Week W C - 9/10/23 13/10/23 by Melissa Mongan 29 Sep 23</p> <p>Plan 16/10/23 20/10/23 Quokkas Weekly Curriculum Plan by Melissa Mongan 06 Oct 23</p> <p>Plan 23/10/23 27/10/23 Quokkas Weekly Curriculum Plan by Melissa Mongan 16 Oct 23</p> <p>Plan 2/10/23- 6/10/23 Weekly Curriculum Plan 2022 by Amy Andrijich 26 Sep 23</p>	<p>9/11 Going to our Vegetable Patch to further explore our senses, smell the different types of vegetables, feeling the textures of the leaves from the silverbeet/carrots etc, looking at the size comparisons of vegetables and taste foods if ready!</p> <p>13/11 Going to the kindy room to watch and help Marissa share her Indian culture through cooking as we make chicken curry and roti for Diwali at 9.45/10.10 and share lunch as a whole centre</p> <p>16/11 Cooking up silverbeet and carrots for the children to see how our garden project food tastes. (Ask Shaz for silverbeet from her garden)</p> <p>Plan 6/11/23 10/11/23 Quokkas Weekly Curriculum Plan by Melissa Mongan 29 Oct 23</p> <p>Plan 13/11/23 -17/11/23 Quokkas Weekly Curriculum Plan Recycle Week by Melissa Mongan 02 Nov 23</p>
<p>HEALTH AND WELLBEING</p> <p>13/9/23 Explore the colour yellow and other painting methods with paint doobers, thick brushes and sponges to create "R U OK signs/banners" to use on our walk! (Educators to add "r u ok in Permanent marker when dry.</p> <p>14/9/23 R U OK day walk We will wear yellow and go for a walk with our Dingo peers in the park and spot and identify different emotions that we see</p> <p>19/9/23 painting different happy face rocks and writing "r u ok on them" and placing them in the community park and bushland for community members to find and have open discussions about.</p> <p>21/9/23 Continue to make happy banners to place in our foyer. To show our concern and empathy to our friends. ☺☺</p> <p>Plan 11/9/23 15/9/23 Quokkas Weekly Curriculum Plan by Danae Milentis 04 Sep 23</p> <p>Plan 18/9/23 -22/9/23 Quokkas Weekly Curriculum Plan by Melissa Mongan 07 Sep 23</p>	<p>6/10 Doing a feelings check in and morning greetings check in with peers and Arlo at drop off to support Arlos social emotional development.</p> <p>3/10 making a "drop off help box" filled with items that Archie likes to play with or do so we can assist with his emotional skills and language skills.</p> <p>26/10 Each making our own Stop, Go and Wait signs out of paper plates, paints and cardboard for the handles! For children to use in their play and continue to embed this behaviour technique into the room by having discussions about good behaviours and the meanings of these signs!</p> <p>Plan 2/10/23- 6/10/23 Weekly Curriculum Plan 2022 by Amy Andrijich 26 Sep 23</p> <p>Plan 23/10/23 27/10/23 Quokkas Weekly Curriculum Plan by Melissa Mongan 16 Oct 23</p>	<p>16/11 Interactive walk through in the bathrooms/toilet naming the items in the bathroom we need to use for toilet training and Talking about where we sit for the wees/poos, and asking educators when we need to go to the toilet.</p> <p>14/11/23 water play- science experiment with glitter water and liquid soap to explore why we need to use soap to wash our body and hands to make ourselves clean and free from germs that can make us sick.</p> <p>Plan 13/11/23 -17/11/23 Quokkas Weekly Curriculum Plan Recycle Week by Melissa Mongan 02 Nov 23</p>

Pictures of our vegetable garden that the children utilise weekly and of ongoing healthy habit activities.



