



# At Home Learning Guide

For Parents and Guardians  
Foundation - Year 6





## (FOUNDATION - YEAR 6)

### Overview

This At Home Learning Guide is designed for parents and guardians and includes practical and creative ideas to support children in learning about nutrition and the connection between healthy eating and exercise. The guide is accompanied by 25 recipes and includes a range of activities to experiment with cooking at home. The activities provide opportunities for young learners to experience the process of following a recipe and encourages creativity through the acts of preparing, cooking and presenting food. This guide supports the Coles Healthy Kicks school program for Foundation to Year 6 students.

### The activities in this guide:

- Encourage creativity
- Stimulate conversation
- Build knowledge of healthy eating and nutrition
- Support literacy and numeracy development
- Link to the Coles Healthy Kicks school program

### A Note to Teachers

Teachers may wish to share this entire document directly with parents and guardians. Alternatively, you might like to have students complete these tasks over a number of weeks by cutting up the weekly 'At Home Activities'. Also, you have the option to print and send the task cards home with your students, post them on your school communication platforms, add them to your school newsletter, or email directly to parents and guardians. Other suggestions include using these cards to supplement your current homework program, or you could consider using the tasks in the classroom for extension purposes.

### Background for Parents and Guardians

The Coles Healthy Kicks program is a fun and engaging educational offering for primary school students.

It is designed to help children understand the importance of nutrition for overall health and wellbeing through five classroom lessons. Throughout the program, students learn nutrition principles that allow them to make informed food decisions before and after exercise. In addition, students explore the benefits of eating a balanced diet through the aid of meal planning and recipe writing. The program also gives students the opportunity to investigate international cuisines and explore how food is an integral part of cultural identity.

A copy of the Coles Healthy Kicks schools program can be accessed [here](#).

### Considerations

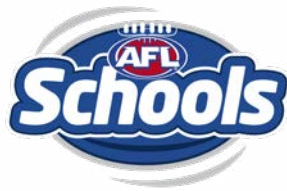
This At Home Guide focuses on understanding the nutritional benefits of food and how to achieve balance when eating from a variety of food groups through practical cooking activities. Parents and guardians are encouraged to adapt the activities and/or recipes to ensure all children feel that they can participate in the activities in a meaningful way.

Many of the activities included in this guide are practical and involve cutting, preparing and cooking food. Adult supervision is required at all times. It is also advised that adults check the recipes before commencing to ensure no food allergies are present.

**Note:** Recipes include; dairy, nuts, eggs, fish and gluten products. Substitutions or omissions can be made for allergies and/or dietary requirements and parents/guardians are advised to make these adjustments as required.

### Activities

Preparing, cooking and sharing food provides a hands-on opportunity for children to learn about the benefits of healthy eating, nutrition, community and identity. Below is a selection of activities and conversation starters for parents and guardians to use alongside the Coles Healthy Kicks recipe cards.



## Fab Five

### WEEK 1

#### At Home Activities

- Select a recipe that includes ingredients from the five food groups (fruit, vegetables, protein, dairy, grains). Try Extra Vegetables Bolognese, Tuna Pasta Bake or Roast Pumpkin, Chickpea and Sage Sausage Rolls.
- As an added challenge, ask children to select the recipe themselves by reading through the cards and choosing one with ingredients from each of the five food groups.

- Younger children can sort ingredients into the five food groups and assist in measuring – this is the perfect opportunity to incorporate numeracy into the kitchen.
- The AFL & AFLW Grand Finals are big events that we like to celebrate – ask children to design a ‘Fantastic Fab Five Footy Feast’ for the special day!

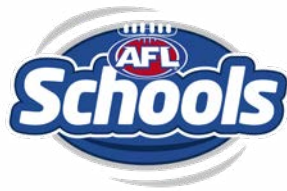
#### Conversation Starters

- Can you name the five food groups?
- Why is it important to eat from all five groups?
- If you are a vegetarian or vegan, what are some options to replace dairy products and animal proteins? *Dairy: coconut oil or cashew cheese. Vegan proteins: chickpeas, tofu, lentils, tempeh.*

#### Read More

Download the [Australian Guide to Healthy Eating](#) to learn more about the five food groups.





# Protein Power Up

## WEEK 2

### At Home Activities

- Prepare a meal high in protein. Try Beef and Vegetable Tacos, Carrot Hummus and Kale Chips or Easy Greek Chicken and Vegetable Kebabs.
- While preparing your meal, discuss the benefits of consuming proteins after a big game or training session.

### Did you know?:

1. Protein is important for recovery after exercise.
2. Beans and legumes offer many of the key nutrients that are also found in eggs, lean meat, fish and poultry.\*

### Conversation Starters

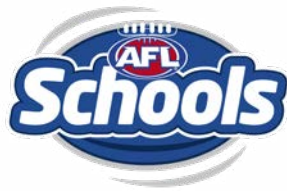
- Athletes need a lot of protein for energy production and nutrition. Do you know which nutrients we can get from protein rich foods? B12, iron, zinc, iodine and essential fatty acids.
- Protein comes from both plants and animals. How many proteins do you know?
- Can you name some proteins that are vegetarian or vegan friendly?
- What do you like to eat to power up after training, a big game or some exercise?

### Read More

Learn about the power of proteins: [Five Food Groups – Proteins](#).

Read about the benefits of protein when training, playing and recovering from exercise: [Sporting Performance and Food\\*](#).





# Sensory Rainbow

## WEEK 3

### At Home Activities

- Choose a recipe that uses a variety of colourful ingredients. Try Rainbow Stir-Fry with Soy-Honey Chicken, Five Vegetable Salad with Spiced Yoghurt Dressing or Rainbow Rice Noodle Lettuce Cups.
- As you prepare the recipe, ask children to sample each food and describe the appearance, taste, smell, texture and sound of each ingredient. Get creative when it comes to sound; for example, when they shake the silverbeet what sounds can they hear? Does it rustle like trees in the wind, or perhaps it sounds like a maraca?

- Why not make some footy- themed fruit kebabs? Choose fruits that correspond with the colours of your household or child's favourite footy team. Try bananas dipped in dark chocolate for the Tigers, or blueberries and strawberries for the Demons.

### Conversation Starters

- Why is it important to eat foods that are different colours?
- Can you name a healthy food item for every colour of the rainbow? *Stuck for pink? Try dragon fruit!*
- Who is your favourite AFL team? Can you name a fruit or vegetable for each letter of the club?

E

Eggplant



A

Apple



G

Grapes



L

Lettuce



E

Edamame beans



S

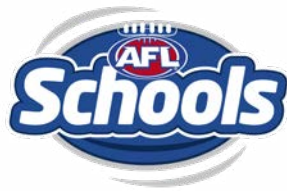
Spinach



### Read More

Download the factsheet, [Eat a Rainbow](#), for more information on the nutritional benefits of eating colourful fruit and vegetables.





# Prepare for the Game

## WEEK 4

### At Home Activities

- It's Friday night and there's a game on the weekend. Make a before or after game snack at home. Try Almond, Coconut and Cranberry Muesli Bars, a Yummy Healthy Smoothie or Healthy Muffins – they are quick, easy, nutritious and the perfect snacks to fuel or refuel the body.

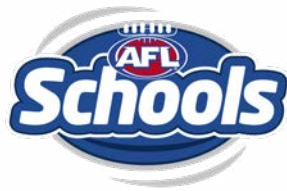
### Conversation Starters

- Which food group provides energy and the right nutrients to help our brains switch on to make the right decisions during a game? *Carbohydrates!*
- How many carbohydrates can you name?
- What do you know about low GI (*glycaemic index*) foods? *Low GI (glycaemic index) foods are carbohydrates that break down slowly and help to release energy at a gradual rate, that's why it can be beneficial to eat them before a game or other types of physical activity.*
- Can you name a fruit with a low GI that athletes would benefit from eating before a game? *Banana!*

### Read More

Discover the science behind eating the right foods prior to, during and after exercise: [Sporting Performance and Food](#)





## Sweet Treats

### WEEK 5

#### At Home Activities

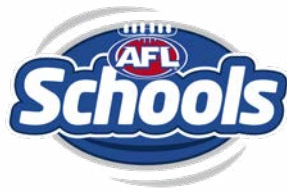
- Prepare a healthy and nutritious sweet treat. Try Avocado Chocolate Mousse or Snack Fruit Salad with Honey Yoghurt.
- Does someone in your household have a birthday to celebrate? Perhaps your team has won their latest match, or maybe you just want to get creative in the kitchen. Bake a cake in the shape of a footy, or cut your favourite healthy biscuits into bite-sized footies for the little ones. Try decorating the biscuits with icing that matches your favourite team's colours! For natural alternatives to food colouring try the following: Turmeric or saffron for yellow, beetroot powder or juice for red/pink, matcha powder for green and cacao for brown/black.

#### Conversation Starters

- Is an avocado a fruit or a vegetable? *They are a unique fruit – we know this because of the large seed that sits in the centre of the flesh.*
- How do you like to enjoy avocados?
- Ask children to research dates and maple syrup – can they discover which trees provide such sweet treats? *Date palm and sugar maple, red maple, or black maple trees.*
- Is drinking fruit juice as nutritious as eating fruit? *No, raw fruit is preferred as fruit juice is high in kilojoules and low in fibre.*

#### Read More

Know the recommended servings of fruit for children and why eating raw fruit is considered better than drinking fruit juice: [The Five Food Groups: Fruit.](#)



## Go Further

### Work Together

Create a weekly dinner plan for your household. This could include allocating roles to each person such as preparation, cooking and clean up.

### Leverage Literacy

Read recipes aloud to children or ask them to read to you. Reading instructional texts is a great way to bring literacy into your kitchen. Ask and demonstrate what it means to dice, grate, shred, peel, pour, drizzle, fry, slice and bake.

### Kitchen Numeracy

Encourage children to help with the counting and measuring of food. Discuss the different methods and ways of measuring, including how this differs for liquids and solids.

### Resources

#### AFL Max Education Programs

<https://aflmax.com.au>

#### Better Health

<https://www.betterhealth.vic.gov.au/health/healthyliving/sporting-performance-and-food#pre-event-meal>

#### Eat for Health

<https://www.eatforhealth.gov.au/food-essentials/five-food-groups>

#### Heart Foundation

<https://www.heartfoundation.org.au/heart-health-education/fruit-vegetables-and-heart-health>

#### Nutrition Australia

<https://nutritionaustralia.org/fact-sheets/eat-a-rainbow>

#### Stephanie Alexander Kitchen Garden Foundation

<https://www.kitchengardenfoundation.org.au>