

Practical Activity 7: We eat healthy! – Activity meant to develop independence

Description of the Practical Activity: Beforehand there is a discussion about what a balanced and healthy diet means. The teacher presents the ingredients needed to make a salad and the stages for its preparations. The kids are invited to follow instructions – parents can also get involved. At the end of the activity, each kid will have his/her own salad. Some more complex recipes can be followed- it depends on the age of the kids.

Link to file to be downloaded: <https://growing-minds.org/documents/cooking-with-children-in-licensed-child-care.pdf>

Do's and Don'ts on how to deal with children: A fundamental aspect is the consumption of the end results – that way, kids have the satisfaction of their own work and so the future degree of their involvement grows as a results.

Example:

<https://www.facebook.com/EuroEdlasi/photos/a.1912166912368141.1073741936.1431804217071082/2004044289847069/?type=3&theater>

