

AT HOME LEARNING GUIDE

FOR PARENTS AND GUARDIANS (FOUNDATION - YEAR 6)

Fab Five

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.

