

AT HOME LEARNING GUIDE

FOR PARENTS AND GUARDIANS (FOUNDATION - YEAR 6)

Sensory Rainbow

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?

Read More

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



E

Eggplant



A

Apple



G

Grapes



L

Lettuce



E

Edamame beans



S

Spinach

