

AT HOME LEARNING GUIDE

FOR PARENTS AND GUARDIANS (FOUNDATION - YEAR 6)

Sweet Treats

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.](#)

