

Eating Between The Lines



EBTL Module 01 - Activity 04

Activity: My Favourite Foods Placemat

Outcomes

Children will understand why it is important to eat a healthy diet.

Teacher Information

This is a good activity to get children talking about favourite food and food preferences. It is important to remind children that not everyone likes the same food. If you do this activity together as a group, it is likely to have an impact on others in terms of their own food preferences or willingness to try new and different foods.

You Will Need

- Heavy stock legal sized paper
- Pencils, markers
- Access to a laminator

Procedure

1. Ask the children to think of their favourite foods.
2. Remind children to think of foods that fit into the food guide.
3. Distribute a sheet of paper to each student.
4. Have children draw and colour some of their favourite foods.
5. Laminate the pictures and use them as placemats for snack time.

Teacher Tips: You could use magazine or flyer pictures if you wish.