

# 3 to 5 Year Olds Food Pyramid Collage

## Learning Outcomes Achieved (EYLF)

### **OUTCOME 1: CHILDREN HAVE A STRONG SENSE OF IDENTITY**

Children develop their emerging autonomy, inter-dependence, resilience and sense of agency - Be open to new challenges and discoveries.

### **OUTCOME 3: CHILDREN HAVE A STRONG SENSE OF WELLBEING**

Children take increasing responsibility for their own health and physical wellbeing - Recognise and communicate their bodily needs (for example, thirst, hunger, rest, comfort, physical activity)

## Duration Estimated:

Over a week period to get a collection of food, then an hour to put together the pyramid with the children

**\*\*Note\*\*** The time can vary depending on how interested in the task the children are.

## Size of Group

About 4-5 children per group. The smaller the group, the better.

## Lesson Resources

- \* Colour Card
- \* Colour Paper
- \* Crayons
- \* Scissors \* Glue
- \* Large card to create a food pyramid

## Background to Learning

Children will learn to: review and learn about shapes, they will improve their cutting and gluing skills. They learn about collage by creating their own food collage using overlapping of shapes

## Content of Lesson

The idea of this lesson is to teach children about healthy eating. You will be creating a collage food pyramid with the children. The children will make their own collage food and then put it in a class pyramid.

## Instructions

Done on a table with all the equipment spread out so that the children can make their own food. The only instructions the children should be given is make your own piece of food. Don't tell them what to make or how to make it. You are only there to assist them if they ask.

1. Ask the child what food they will make and ask them about the colours that are in that food.
2. Have them cut out the shape of the food.
3. Get the children to cut out small pieces of the colour of the food and get them to stick it onto the cut out shape. This way they are create depth and texture with their collage, even if it is the same colour.
4. Once all the food is made and dried, gather the children around, small groups each time, and have them stick their food in the space it belongs in the food pyramid