



5+ A Day[®] for Early Childhood Education Centres

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A cartoon character named Fredge, whose body is a green cucumber. He has a friendly face with large eyes, a red nose, and a wide smile showing a slice of orange. He is wearing a brown shirt with three red buttons, green pants, and brown shoes. He is standing on a large purple cabbage in a field of green grass under a blue sky.

Fredge[™]

WELCOME

to our 5+ A Day® Early Childhood Education Resource featuring our mascot Fredge

This new-look 5+ A Day Tool Kit has been developed in response to the sector's feedback from our recent resource evaluation.

The 5+ A Day Charitable Trust has committed to the development of a range of more permanent, ready to use resources. It is our intention to develop a new resource each year to complement the existing tool kit. We have chosen to introduce Fredge as our central character and build all present and subsequent resources around him.

Check 5+ A Day and Fredge out on our website www.5aday.co.nz, Facebook and Twitter.



In your kit you will find:

- Fredge Playing Cards
- Fredge party kit to have a fun and healthy celebration with your children
- Fredge's Flavourite Friends – A growing activity



These activities will provide helpful teaching aids around the topic of healthy eating as well as promote the development of language and literacy, numeracy skills, an understanding of the living world, motor skills, social development and physical wellbeing.

It is our sincere hope that these learning experiences, along with Fredge's key messages, will encourage young children to adopt positive attitudes and behaviours towards fresh fruit and vegetables.

Te Whāriki Early Childhood Curriculum Links

Principles:

Holistic Development / Kotahitanga: recognising the importance of sustained health food choices and their impact on physical, cognitive, social, emotional and spiritual development.

Empowerment / Whakamana: to create learning opportunities for young children that promote critical thinking and enable children to learn and grow.

Family and Community / Whānau Tangata: involving the wider world of family/whānau and community in creating healthy food environments.

Relationships / Ngā Hononga: experiencing responsive and reciprocal relationships with friends, teachers, and whānau with regard to healthy food choices.

Links To The Essential Areas Of Learning And Development:

Strand 1. Well-being / Mana Atua

Children are actively involved in understanding fundamental concepts of nutrition in relation to eating both a plentiful and wide variety of fruit and vegetables.

Strand 2. Belonging / Mana Whenua

Children and their family/whānau will feel a sense of belonging as they support their child's learning, celebrate cultural diversity around food choices and connect links with the wider world regarding nutrition.

Strand 3. Contribution / Mana Tangata

Children are affirmed as individuals by having their fruit/vegetable preferences acknowledged and respected. Children are encouraged to contribute to activities that involve food choice, preparation and service.

Strand 4. Communication / Mana Reo

Children will have opportunities to express themselves and interact with others as they engage with a variety of resources that support different learning styles.

Strand 5. Exploration/ Mana Aotūroa

Children will have a variety of opportunities to actively explore both familiar and new concepts and ideas around fruit and vegetables.

Links To The Essential Learning Areas Of The Nzc Framework:

Mathematics: numeracy, sequencing, classifying, matching shapes, seriation, measuring skills, use of symbols and markers on measuring tools.

Language and Languages: acquisition of new vocabulary e.g. description of shape, texture, properties of seriation e.g. small, smaller, smallest. Children can identify links to social and cultural contexts.

Science: investigation and exploration; e.g. texture and taste, explaining and making sense of the natural and physical world e.g. growing activities.

Technology: using many materials for different purposes enables children to recognise that different technologies may be used in various places and settings e.g. garden herbs and lettuces may be grown in a tin can, wheel-barrow, pot, hanging basket, etc.

Social Sciences: opportunities to develop social skills through participating in social and cultural settings e.g. party celebrations, collaborative group work.

Health and Physical Education: fostering healthy attitudes and behaviours towards food and nutrition within and beyond the centre, developing movement concepts and motor skills.



Fredge's Flavourite Friends

Choose a range of garden herbs and vegetables to grow - parsley, mint and different coloured lettuces are good choices.

Talk about how eating 5+ A Day can provide health properties for our bodies as well as giving added flavour and colour to our food.

1. Each child has a clean empty food tin can, with edges smoothed off (if necessary).
2. Use a hammer and nail to poke holes in the bottom of the can (consider safety issues).
3. Paint the exterior of the can with sealer and allow it to dry.
4. Children create Fredge themed label and glue to containers.



5. Spray the outside of the completed can with acrylic sealer spray or paint with some sort of polyurethane. Let dry.
6. Place a single layer of shells or stones in the bottom of the tin and fill the can to two thirds with potting mix.
7. Label can or attach a plant poker.



Children transplant chosen herb plant into the can.



Talk about what the plants need to become strong and healthy:

- aeration
- drainage
- sunlight
- moisture
- soil composition

Children can begin to understand the importance of minimising damage to the seedling or plant when transplanting

- Water seedlings well before transplanting
- Make hole in the soil that is 7cm deep
- Gently ease seedlings out of container, ensure soil surrounds each plant to minimise root damage
- Press the soil gently around it making a small depression to allow water to directly penetrate the roots
- Place can on a tray or saucer (to catch any water drainage) place in a sunny space and water regularly

(The use of biodegradable pots e.g. egg cartons/shells that you can place directly into the ground, inhibits root disturbance altogether and contributes to sustainability)



Party the 5+ A Day® way with Fledge

Celebrations and parties with Fledge can be interactive and great fun for children with great tasting and colourful party food.

We have included party invitation and name card templates to get you started and you can download more at 5aday.co.nz.

Remember November is always 5+ A Day Fruit and Vegetable Month so it's the perfect time to hold a shindig at your place. Here are some ideas to get the party started.

Fledge's favourite party food ideas:

- Slice up cucumber, lettuce, sprouts, tomato wedges and grated carrots and the children make their own sandwiches, pita pockets or wraps
- Chop up kiwifruit, apples, pears and oranges and set up a station where the children can make their own fruit kebabs
- A sushi station works really well with avocado, sliced carrots, red peppers, cucumber and lettuce
- 5+ A Day Faces - Cut up fruit and vegetables into shapes that can be used to create faces. Add a few nuts and cheese slices so the children can really get creative
- Prepare a colourful fruit platter to share, include chopped pineapple, orange wedges, apple quarters, mangoes, papaya, grapes, bananas
- Make smoothies by blending berries, bananas or oranges with low fat milk, yoghurt or fruit juice
- Chop up plums, strawberries, blueberries, raspberries and oranges then mix in a handful of chopped mint and some honey for something a bit different – you can use the mint from your garden



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