



Physical Activity & Nutrition Outside School Hours

MENU PLANNER ACTIVITY

This is a great way for children to get involved with Educators in planning the breakfast and afternoon tea menu for your OSHC. This activity includes:

- Menu templates – including a choice of styles
- Food cards - breakfast options
 - Afternoon tea options
 - Fruit options
 - Vegetable options
 - Occasional food options
 - Cultural food options

Menu Template

There are two menu template designs to choose from, or you could make your own!!

- Print out the menu template of your choice on A3 size paper.
- Laminate it and find a place to put it on the wall for families and children to see.

Food Cards

- Print out the food cards, cut out the pictures and laminate them.
- Using bluetak or tape, attach the food and/or drinks pictures to the menu template, changing them daily or weekly according to the menu.

Using the food cards, educators can engage children in conversations about healthy food choices. Educators can facilitate the menu planning as an activity with the children being able to offer their own suggestions and ideas.

Learning can be extended by providing opportunities for children to create their own food cards based on regular items served in your service menu.