

## Lesson 14 (Midaaswi shi niiwin): Healthy Eating



### Lesson Objective

- The child will experience preparing food with their family
- The child will be exposed to the connection between food and well-being
- The family will be prepared to receive and use the supplement sheets

### Medicine Wheel Wisdom

Food is medicine that fuels our mind, body and spirit. Food comes from our land; eating food from our land reminds us who we are and where we come from. Knowing who we are and where we come from keeps our spirit strong. Our spirit is represented by the Eastern direction in the medicine wheel.

#### Family Outcomes (PICCOLO):

- Attends to the child's actions
- Is physically close to the child

#### Child Behavior Outcomes (LOLLIPOP):

- The child attends to symbols on food labels
- The child attends to letters and words on written recipes and food labels
- The child attends to numbers on written recipes

## Home Visitor Lesson Overview

### **Materials Needed:**

- Medicine Wheel Early Learning Journey Sheet
- Leave behind materials
  - White board and magnets
  - Introduction to the 13 Moons
  - Turtle activity
  - My Anishinaabe Calendar
  - Food Activity
  - Supplement sheets (choose 1 or 2 to provide to family based on needs/interest)

## **Lesson:**

1. With the family, discuss the information presented in the Introduction to the 13 Moons handout:
  - Ask the family about their experiences with meal preparation and food
  - Discuss ways that children can be included in meal preparation
    - Include ideas for supporting numeracy, language, and literacy development throughout meal preparation activities
2. Present My Anishinaabe Calendar to the family
  - a. Ask the child to pick a weather magnet and place on the calendar
  - b. Home visitor can demonstrate placing the magnet on the turtle's back
3. Present food activity to family
  - a. Explain food activity 1 to family
  - b. Home Visitor can demonstrate food activity 2 by placing food on chart
  - c. Parent can demonstrate to child activity 1 (or 2) by placing food on chart
  - d. Ask the child to select their favorite food and place on the chart
4. Ask family about interest in recipes and provide supplemental sheet that best matches their interest.



**It is important to give the child opportunities to learn by observing first and then provide opportunities for the child to engage in hands-on activities.**

### **Lesson Wrap-Up:**

- Let the parent know that if they have an interest in a particular food or moon there is a supplement sheet for every moon that the Home Visitor can give it to them.