

**CRC Article 28 - All children have the right to learn.**

**CRC Article 12 – All children have the right to be listened to.**

**CRC Article 24 – All children have the right to healthy food.**

### **Learning Objectives**

**To recognise that all children need (have the right to) nutritious food for good health.**

**To know that children eat different foods, prepared in different ways.**

**To understand that we all enjoy food and have favourite foods.**

**To understand that differences are a normal part of life.**





## Activities

Can you remember, from the last session, what we thought the mother was cooking for her family?

Do all children eat the same foods?

Let's look at another photograph and talk about the different foods that you can see.

\*Let's investigate safely with our senses and talk together about our reactions to the different foods on offer. Do you know where these foods are traditionally eaten? (Mango, nut-free mini poppadum, some Greek Feta cheese or olives, grissini/breadsticks.)

\*Foods could possibly be tasted here if allergies and dietary requirements have been checked.

The children could be told that it is ok to safely explore the dried spices on offer today too, using their sense of smell.





## Activities continued ...



Let's look at some images of foods from around the world. Does anyone like Chinese, Greek, Indian or Italian food?

Remember that people have different tastes and that they may like their food prepared in different ways.

It is fine if food is prepared safely in different ways as people have different tastes, likes and dislikes. For example, some people like spicy food, while some people prefer their food without spice. Chillies can make food taste hot. Some people like the heat from chillies; other people don't like to add this to their meals. Does everyone in your house like the same foods?



## **Conclusion**

**All children need (have the right to) food and have different favourite foods.**

**Many different healthy foods are eaten around the world.**

**Food eaten around the world may look and taste different but is enjoyed by the people that eat it, so it is different, not better or worse, than the food we enjoy eating.**