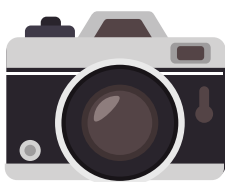


Using Aboriginal perspectives to embed healthy eating and physical activity ideas into ECEC curriculum

This handout was developed to compliment the email Good for Kids sent to Early Childhood Education and Care services in 2021 in relation to Indigenous Literacy Day

Locally, there are ways that you can support *Munch & Move* work through literacy and numeracy. Once child-centred approach could involve working with children to write their own books or books with other children in the service. We have worked with Cheree Dean, a Kamilaroi woman, to brainstorm some potential experiences that involve *Munch & Move* activities and literacy and numeracy work. Three examples of these activities are below:

EXAMPLE 1



If families are willing, ask them to take a picture of their child doing their favourite physical activity that doesn't involve any equipment e.g. jumping, running, hopping, a dance move, and more. Your service can then compile a story book to send out or post five images per day on their social media account. Encourage other children to complete these physical activities throughout the day.

EXAMPLE 2



If families are willing, create a story book relating to food. For example, you might make a story book of fruit, and use the story to build on numeracy and/or literacy skills. Click [here](#) for a copy of the story book *Fruit and Cars* by Cheree and her son, Harry. In this book, Harry took the pictures, made up the story and Cheree put it all together for him in a word document.

Cheree suggested that in these books or social media posts, you can use local language to count fruit, ask a question, or to name local fruit and vegetables in your region. You can also use different themes relating to Aboriginal culture. For example, you might create a story about a special place on Country and all the things you like doing on Country.

EXAMPLE 3

The photo below was taken by Chontel Gibson, a Kamilaroi woman. Photos like this can be used to promote knowledge about local fruit and healthy eating. For example, the questions below encourage literacy and numeracy skills as well as learning about healthy eating.



Look at this photo and tell me what you see.

What colour is the flower?

The flower is yellow.

Do you know what fruit this flower will produce?

This flower belongs to the Bumbal tree and it will produce a fruit that is sometimes called a native orange.

What fruit have you eaten today?

**Do you know the colour of these fruits' flowers,
before they produce the fruit?**