

LEARNING KIT/GAME

Merenda a colori

What a colourful snack



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Goals

The learning programme aims to increase the consumption of healthy food, to reduce the calorie intake and improve the nutritional quality of children's snacks.

Contents

“MERENDA A COLORI” is a food education programme aimed at supporting teachers who want to help children to discover fruit and vegetables through games, imagination, stories, sensory activities and by preparing and eating simple fruit snacks.

Users

The learning kit has been designed for teachers and primary school children. However, it can be used by everyone who wants to help young people to develop correct eating habits, by encouraging them to eat more fruit and vegetables. (e.g. teaching farms, entertainers, etc).

Settings

All activities can be carried out indoors or outdoors, in a class as well as in a teaching farm.

Language

Thanks to its educational dynamic approach children can learn on many levels: doing things, being themselves, enjoying new things while learning and tasting fruits.

Tools

“MERENDA A COLORI” is made up of:

- a teacher's guide
- a video course (DVD)
- a “mysterious story” introducing the game
- a map
- cardboard templates to cut out in order to build a full set of armour

Teachers can use the video course and follow a self-training programme allowing them to develop the project without the help of an expert. The DVD is divided in two parts: the first one which describes the learning programme and the second, showing how to prepare a fruit snack.

Structure

Every activity suggested in the kit aims to raise children's curiosity, encourage their willingness to taste new food and promote a positive relationship with it. The activity will be divided into 5 stages: reading the mysterious story, analysing the map, sensory analysis of fruit, kitchen laboratory and group snack. The activity can be undertaken in one morning or, with more benefit, carried out over a period of time, starting with a survey and questioning the children on their eating habits before the learning programme, and doing the same at the end of the programme, so as to evaluate the impact on the daily consumption of fruit and vegetables.

