



At Waimate Childcare Centre we support our tamariki to explore a variety of hua whenua me hua rākau (exploring a variety of fruit and vege) by providing opportunities to learn how to care for our soil , plant our vegetables and have respect for our earth. We have been focussing on growing and taking care of our seedlings and our garden. We have had mat times that have supported this topic, through showing different types of fruit and vegetables, learning the names and making learning about mindful eating fun.. Amanda visited the 5adayeducation.org website and we found lots of resources to display in our centre and some healthy tips and tricks for our Mums and Dads. We created a tasty soup made with vegetables and the tamariki all gave it a go. What a fantastic sight to see them all chopping, grating and experiencing how to create a tasty soup from vegetables.



