

Eating the Rainbow

We have been exploring using our 5 senses in Kākano this term. As a part of this, we have been discovering a whole lot of foods we may not normally be exposed to. Eating the rainbow has been exciting and we wonder which foods we will get to explore the following weeks for the children and the kaiako.

This has so far included dragonfruit, lemon, cucumber, lychee, capsicum, tamarillo, guava, blackberries, strawberries, blueberries, raspberries, coconut, plum, carrot and orange. With more being added each week.

On the table we let the children explore how the whole food looks, how it feels, smells, sounds and finally after cutting it up with them, how it tastes. There were some definite favourites, the dragonfruit was a favourite along with the orange and berries. We talked about the sweet and sour tastes especially as some of the strawberries and the lemons were sour while the lychees and orange were sweet. We have been mindful in our exploration, taking time to use all of our senses to explore, talk about and learn something new about the food we are serving.

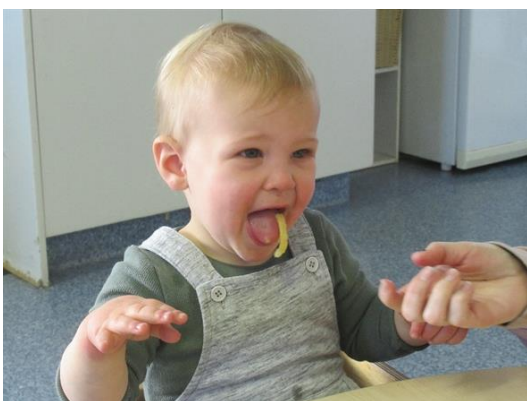


Through our curiosity, we have touched some foods that are slimy, hard, rough and smooth. We have talked about the different colours and how these hua whenua and hua rākau can help our bodies nutritionally. Red foods for our strong hearts, blue and purple foods for strong brains and white foods give us energy. This is Mātauranga-a time of growth and new learning.





Tamariki are experiencing an environment where their health is promoted. They are learning about how to keep themselves healthy and are empowered to try new foods. No expectations are on them to like the food and it is fun and exciting. Trying new foods can be really hard but they have all really enjoyed this process and we can't wait to revisit some of these foods and continue to mindfully eat alongside each other. Developing an awareness of hauora and healthy lifestyles.





Strawberries and Courgette

As part of learning about keeping ourselves healthy and exploring through our senses, we have begun to plant some food in the garden. Travis and Nellie helped to plant the strawberry plants while Sonny and Olivia helped to plant the yellow courgette. We have been talking about the fruit and vegetables the plants will produce and watering them every day, even on the days it has rained already. It is great to see the tamariki feeling a sense of responsibility for the living world and developing the knowledge about how to care for it.

We hope that we will grow enough produce to be able to send it home with our kindergarten families. All the hard mahi/work the children are putting into growing these plants is awesome to see.

