

Support your child's learning – Food and health

English version	Gaelic version
Food and health	Biadh agus Slàinte
Simple ideas to help your child learn about food and how it might affect their health.	Beachd-smuaintean sìmplidh gus ur pàiste a chuideachadh gu planadh pearsanta agus sgilean co-dhùnaidh ionnsachadh, agus am mothachadh a thogail do roghainnean teachdail.
Early level	Tràth-Ìre
<i>Note: children in their early years and Primary 1, as well as some older children, will be working at the Early level¹ of Curriculum for Excellence.</i>	<i>Bidh clann sna tràth-bhliadhnaichean agus Prìomh 1, a thuilleadh air cuid de chloinn nas sine, ag obair aig Tràth-Ìre² a' Churraicealaim airson Sàr-mhathais.</i>
<ul style="list-style-type: none"> Plant some seeds and try growing some vegetables or fruits. Get your child to water the plants, and take some photographs as the plants grow. Talk about the things that help a plant to grow. Talk about the reasons for washing hands after working in the garden/vegetable bed, before we start working with food in the kitchen or eating. 	<ul style="list-style-type: none"> Cuiribh sìol agus feuchaibh ri beagan glasraich no measan fhàs. Thoiribh air ur pàiste na planntaichean uisgeachadh, agus togaibh deilbh mar a bhios na planntaichean a' fàs. Bruidhnibh mu dheidhinn nan nithean a tha a' cuideachadh phlanntaichean gu fàs. Bruidhnibh mu dheidhinn nan adhbharan airson làmhnan a nighe an dèidh a bhith ag obair sa ghàrradh/leabaidh glasraich, mus tòisich sinn ag obair le biadh sa chidsin no ag ithe.

¹¹ <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-levels/>

² <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-levels/>

<ul style="list-style-type: none"> Let your child help prepare fruit and vegetables for snacks or meals. Encourage them to try little bits of the foods they are preparing – put little bits into a small container for them to eat when they have finished. Talk with your child about where the food comes from, how it got to the shop; the colours, textures and tastes of foods. 	<ul style="list-style-type: none"> Leigibh le ur pàiste cuideachadh le measan is glasraich ullachadh airson biadh no greimean-bidhe. Brosnaichibh iad gu bhith a’ feuchainn pìosan beaga bidhe a tha iad ag ullachadh – cuiribh pìosan beaga ann an soitheach dhaibh a dh’itheas iad nuair a bhios iad deiseil. Bruidhnibh ri ur pàiste mu dheidhinn cò às a tha am biadh a’ tighinn, mar a fhuair e don bhùth; na dathan, inneach agus blas diofar bhiadhan.
<ul style="list-style-type: none"> Encourage and support your child to brush their teeth properly. Your child may be taking part in tooth brushing at their early learning and childcare setting; ask for advice if you’re not sure. 	<ul style="list-style-type: none"> Thoiribh taic agus brosnachibh ur pàiste gu bhith a’ glanadh am fiaclan ceart. Dh’fhaodadh gum bi ur pàiste a’ gabhail pàirt ann an glanadh fhaclan san t-suidheachadh tràth-ionnsachaidh no cùram-chloinne aca; iarraibh comhairle mura h-eil sibh cinnteach.
<ul style="list-style-type: none"> Help your child understand why taking care of ourselves is important and that it's okay to have some help to do this if we need it. Talk about how you took care of them as a baby, about the changes they have gone through since then, and all the things they can now do for themselves. 	<ul style="list-style-type: none"> Cuidichibh ur pàiste gu tuigsinn carson a tha e cudromach coimhead às ar dèidh fhìn, agus gu bheil e ceart gu leòr beagan cuideachaidh fhaighinn airson seo a dhèanamh ma bhios feum againn air. Bruidhnibh mu dheidhinn mar a choimhead sibh às an dèidh nuair a bha iad nan leanabh, mu dheidhinn nan atharrachaidhean tron deach iad on uair sin agus na nithean uile as urrainn dhaibh a dhèanamh dhaibh fhèin a-nis.
<ul style="list-style-type: none"> At meal times, ask your child why they think that you, or another adult, has a bigger serving than they do. Talk about the different amounts of food that we need as we grow. 	<ul style="list-style-type: none"> Aig amannan bidhe, faighnichibh do ur pàiste carson a tha iad den bheachd gu bheil barrachd bidhe agaibhse no aig inbheach eile, seach iadsan. Bruidhnibh mu dheidhinn na diofar uireadan bidhe air a bheil feum againn mar a bhios sinn a’ fàs.