

## Support your child's learning – Food and health

English version	Gaelic version
<b>Food and health</b>	<b>Biadh agus Slàinte</b>
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.

Primary <sup>1</sup>	Bun-sgoil <sup>2</sup>
<ul style="list-style-type: none"> <li>Before putting the shopping away, ask your child if they can identify the foods that are high in fat, sugar or salt. Find out if they know what foods give them energy/build muscle and repair the body/help their bodies to work well and grow.</li> </ul>	<ul style="list-style-type: none"> <li>Mus cuirear an siopadaireachd air falbh, faighnichibh do ur pàiste an urrainn dhaibh na biadhan a tha àrd ann an geir, siùcar no salann, a chomharrachadh. Faighibh a-mach a bheil fios aca dè na biadhan a tha a' toirt dhaibh neart/togail fèithean agus a' càradh na bodhaig/cuideachadh am bodhaigean ri obrachadh gu math agus fàs.</li> </ul>
<ul style="list-style-type: none"> <li>When putting foods away, show your child what goes where on the fridge shelves and why. Follow hygiene and safety advice.</li> </ul>	<ul style="list-style-type: none"> <li>Nuair a thathar a' cur biadhan air falbh, seallaibh do ur pàiste càite a bheil dè a' dol air sgeilpichean an fhuaradair, agus carson. Leanaibh comhairle slàinteachais is sàbhailteachd.</li> </ul>
<ul style="list-style-type: none"> <li>Encourage your child to make snacks for themselves and friends. For example, help them to work out how much fruit to prepare and which items to serve. Get them to think about which drinks to offer and how to prepare and serve these.</li> </ul>	<ul style="list-style-type: none"> <li>Brosnaichibh ur pàiste gu bhith a' dèanamh greimean-bidhe dhaibh fhèin agus do charaidean. Mar eisimpleir, cuidichibh iad ag obrachadh a-mach na dh'fheumas iad de mheasan ullachadh agus dè na nithean a fhrithheileas iad. Thoiribh orra smaoineachadh mu dheidhinn nan deochan a thairgseas iad agus mar a dh'ullaicheas agus a fhrithheileas iad iad sin.</li> </ul>
<ul style="list-style-type: none"> <li>Look at the labels on fresh foods and see which countries they come from. Find these countries on a map of the world and talk about the journey they have taken to get to your house. Find out with your child what the weather is like in these countries compared with Scotland.</li> </ul>	<ul style="list-style-type: none"> <li>Coimheadaibh ris na bileagan fiosrachaidh air biadhan ùra agus faicibh dè na dùthchannan às a bheil iad. Lorgaibh na dùthchannan sin air mapa den t-saoghal agus bruidh nibh mun t-slighe a tha iad air a ghabhail airson faighinn chun an taighe agaibh. Faighibh a-mach còmhla ri ur pàiste, cò ris a tha an t-side coltach sna dùthchannan sin, ann an coimeas ri Alba.</li> </ul>
<ul style="list-style-type: none"> <li>Ask your child if food/a toy/other item advertised looks</li> </ul>	<ul style="list-style-type: none"> <li>Faighnichibh do ur pàiste a bheil biadh/dèideag/nì eile air a shanasachadh,</li> </ul>

<sup>1</sup> <https://education.gov.scot/parentzone/learning-in-scotland/curriculum-levels/>

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

anything like the real thing they have seen. What are the differences? Which one looks better? How did they feel about the advert when they saw the real item?	coltach ris an fhìor nì a tha iad air fhaicinn. Dè na diofaran a th' ann? Ciamar a bha iad a' faireachdainn mun t-sanas nuair a chunnaic iad an fhìor nì.
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Second level (approximately P5 to P7)	Dàrna ìre (timcheall air P5 gu P7)
<ul style="list-style-type: none"> <li>Try working out a menu for the evening meal for a week with the help of your child. Use the Eatwell plate<sup>3</sup> to come up with a menu that gives variety and a balance of all the food groups.</li> </ul>	<ul style="list-style-type: none"> <li>Feuchaibh ri clàr-bidhe obrachadh a-mach airson biadh feasgair fad seachdaine le cuideachadh bho ur pàiste. Cleachdaibh truinnsear Eatwell<sup>4</sup> airson clàr-bidhe a dhealbhadh a tha measgaichte agus cothromach a thaobh gach aon de na buidhnean bidhe.</li> </ul>
<ul style="list-style-type: none"> <li>Using the menu created, go shopping with your child and enlist their help to buy only items that are on the shopping list. Get them to count how many offers they spot for things that are high in fat, sugar or salt.</li> </ul>	<ul style="list-style-type: none"> <li>A' cleachdadh a' chlàir-bidhe a chaidh a chruthachadh, theirigibh do na bùithtean le ur pàiste agus iarraibh orra cuideachadh gus nithean a cheannach a tha air an liosta ceannaich a-mhàin. Iarraibh orra cunntadh cia mheud tairgse a lorgas iad airson nithean a tha àrd ann an geir, siùcar agus salann.</li> </ul>
<ul style="list-style-type: none"> <li>Look at foods sections for baby food/gluten free/vegetarian choices. Find out if your child can find specific foods around the shop that are for babies, are gluten free or vegetarian products. Does your child know anyone who would need these foods - why might this person not eat some of the foods you have bought?</li> </ul>	<ul style="list-style-type: none"> <li>Coimheadaibh ris na roinnean bidhe airson roghainnean biadh leanabain/saor bho ghluhan/glasraicheach. Faighibh a-mach an urrainn do ur pàiste biadhan sònraichte a lorg a-staigh mun cuairt na bùtha a tha do leanabain, saor bho ghluhan no glasraicheach. An aithnich ur pàiste neach sam bith a dh'fheumadh na biadhan sin – carson nach itheadh an neach seo cuid de na biadhan a tha sibh air a cheannach?</li> </ul>
<ul style="list-style-type: none"> <li>Experiment with the brands you buy. Select a brand below or above your preferred brand. Have some fun and do a blind taste test together with your child. See if you can detect your favourite brand. Talk about the way it is packaged and advertised - does this influence your buying choice?</li> </ul>	<ul style="list-style-type: none"> <li>Feuchaibh a-mach na diofar bhrannan a tha sibh a' ceannach. Taghaibh brand a tha os cionn no fon a' bhrann as fheàrr leibh. Biodh beagan spòrs agaibh agus dèanaibh deuchainn blasaidh gun fhios ro-làimh, còmhla ri ur pàiste. Feuch an lorg sibh am brand as fheàrr leibh. Bruidhribh mun dòigh a tha e pacte agus air a shanasachadh – a bheil seo a' toirt buaidh air ur roghainn ceannach?</li> </ul>
<ul style="list-style-type: none"> <li>Explore and celebrate different customs and festivals with your child. Ask them to think of the foods that they associate with significant festivals/events. Find out if they can think of other times that people have specific types of food as part of an event/celebration/ceremony.</li> </ul>	<ul style="list-style-type: none"> <li>Rannsaichibh agus comharraichibh diofar nòsan is fhèisean còmhla ri ur pàiste. Iarraibh orra smaoinichadh air na biadhan a tha iad a' ceangal ri fèisean/tachartasan cudromach. Faighibh a-mach an urrainn dhaibh smaoinichadh air amannan eile a bhios seòrsaichean sònraichte bidhe aig daoine mar phàirt de thachartas/subhachas/seirbheis.</li> </ul>
<ul style="list-style-type: none"> <li>Read labels, look at packing and watch adverts on television and in magazines/online. What is the purpose of a sell-by date? How much is too much salt/fat/sugar in a product? Where is this information found?</li> </ul>	<ul style="list-style-type: none"> <li>Leughaidh bileagan-ainme, coimheadaibh ri stuth pacaidh agus sanasan air telebhisean agus ann an irisean/air-loidhne. Dè an t-adhbhar airson ceann-latha reic? Dè an uiread a th' ann an cus salann/geir/siùcar ann am biadh? Càite an lorgar am fiosrachadh seo?</li> </ul>

<sup>3</sup> <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

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