

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 simplidh gus ur pàiste a chuideachadh gu planadh pearsanta agus sgilean co-dhùnaidh ionnsachadh, agus am mothachadh a thogail do roghainnean teachdail.
Secondary	Àrd-sgoil
Third-fourth level (S1 to S3)	Treas-ceathramh ìre (ÀS1 gu ÀS3)
<ul style="list-style-type: none"> Set your child a challenge to produce a balanced meal for a set number of people, within a set budget and shopping for the ingredients themselves. Ask your child to do a safety check on the contents of your fridge to ensure foods are stored safely. Encourage your child to take notice of the standard of hygiene they can see before consuming food from an unknown source. Set your child a challenge of taking responsibility for planning a family meal suitable for vegetarians/food intolerance/specific allergy. Discuss the latest report on dietary advice/research findings and how this might/might not influence a change in eating habits. 	<ul style="list-style-type: none"> Stèidhichibh dùbhlann do ur pàiste gu biadh cothromaichte a dhèanamh do dh'aireamh sònraichte de dhaoine, an taobh a-staigh buidseat air a shuidheachadh agus a' ceannach nan tàth-chuidean iad fhèin. Iarraibh air ur pàiste sgrùdadh sàbhailteachd a dhèanamh air na tha san fhuaradair gus a dhèanamh cinnteach gu bheil biadhan air an stòradh ceart. Brosnaichibh ur pàiste a bhith mothachail don ìre slàinteachais a chì iad mus ith iad biadh à tùs nach eil aithnichte dhaibh. Stèidhichibh dùbhlann do ur pàiste uallach a ghabhail airson biadh teaghlaich a phlanadh a bhios freagarrach do ghlasraicheachan/neo-fhulangach bidhe/fuath-bidhe sònraichte. Dèanaibh deasbad air an aithisg mu dheireadh sa bheil comhairle air riaghailtean-bidhe/toraidhean rannsachaidh, agus mar a dh'fhaodadh/nach fhaodadh seo buaidh a thoirt air atharrachadh ann an dòighean ithe.
Senior phase/post-16	Ìre Àrd/seachad air 16
<ul style="list-style-type: none"> Encourage the consumption of a balanced diet by asking for help in preparing meals. Discuss difficulties such as changes in meal times due to studying/work/travel and what your child might do to cope with these and still eat a varied diet. 	<ul style="list-style-type: none"> Brosnaichibh ithe air biadhan cothromach le bhith ag iarraidh cuideachadh ann an ullachadh bhiadhan. Dèanaibh deasbad air na duilgheadasan leithid atharrachaidhean ann an amannan bidhe mar thoradh air ionnsachadh/obair/siubhal agus na dh'fhaodadh ur pàiste a dhèanamh gus dèiligeadh leotha sin ach fhathast biadh cothromach ithe.
'Food and health' is one of six areas that your child will learn about as part of the health and wellbeing curriculum. For more information on health and wellbeing, see https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/	Is e 'Biadh agus slàinte' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd. Airson tuilleadh fiosrachaidh mu shlàinte agus sunnd, faicibh https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/