

Working with healthy lifestyle in kindergarten

By Rita, kindergarten „Eglute“, Klaipeda, Lithuania, March 2021

Understanding the importance of preserving and strengthening children's health encourages the need for deeper insights into children's health and its strengthening.

Various health education topics are discussed with children during health classes at kindergarten „Eglute“, Klaipeda. During one of the health classes (topic "Origin of food"), it appeared that many children were convinced that the food would originate at shops, but after further discussions, their opinion changed. A motivation boosting game, "Thoughts rain", was very helpful: children were able to share their thoughts about fruits, berries and vegetables. Everyone understood that fruits and vegetables must be grown.

A game "At my grandmother's village" helped to answer the questions correctly; questions, such as: how do we get milk, bread and meat on our dinner table. Summarizing the knowledge they gained, children sorted out the food onto the "Food Pyramid". It appeared that "Food Pyramid" and food grouping became the most challenging activities. They had to consider well how to choose proper foods to ensure the health is not harmed.



When asked which activity left the biggest impression, everyone unanimously referred to the "Green Table". It was a table that had been set with fresh green fruits and vegetables. It was fun not only to observe green fruits and vegetables, but also to smell and taste them.

