

Agenda

• Welcome

Presentation – Making Mealtimes Marvellous

Connecting In

Prize Giveaway



Making Mealtimes Marvellous

22nd January, 2021 Sydney Centre for Creative Change

with Musical Kitchen – Phoebe Cormack & Mandy dos Santos





About Phoebe

- Phoebe Cormack is a Registered Music Therapist (Masters of Arts in Music Therapy, UTS) and vocalist (BMus, SCU)
- over 12 years' experience, working with children and young adults both in a group and individual capacity.
- Phoebe is the founder of Phoebe's Musical Chairs where she uses her talent as a multi-instrumentalist and vocalist to engage her knowledge in Music Therapy and Music education to actively support people as they strive to improve their health, functioning and wellbeing









About Mandy

- Mandy dos Santos is a tertiary qualified nutritionist and food scientist (BSc. Food Science and Nutrition UNSW & Grad dip. Human Nutrition Deakin)
- Worked in a variety of roles in the food industry over the last 16 years.
- Mandy is the founder of Little People Nutrition where she focuses on health promotion for paediatric and family nutrition. She has written books, childcare and family menus, runs incursions and workshops, online video based food education and now, music.



Summary of today's webinar

Point 1: What our role as adults and carers is in children's eating and food education.

Point 2: How music is able to support the learning of the adult's role and children's understanding of the food environment.

Looking at some of our music as examples.

Point 3: Explore the language development of children through the experience of choice and control.







- a journey of healthy eating (EYLF Outcomes 3 & 4.);
- a connection to their immediate community and where they grow and buy their food (EYLF Outcomes 2 & 3);
- the relationships with family and their community involving food and mealtimes (EYLF Outcomes 1 & 2);
- and their ability to communicate how they feel when they engage and eat food (EYLF Outcomes 1 & 5).

Through the playing of music and food, we create an understanding and empower the children musically and emotionally, so they are able to express, share and communicate confidently their feelings and relationship with food.





ES1 and S1 learning outcomes

Creative Arts

With the program the children are encouraged and taught certain choruses of the music for them to be able to sing along with the music. They are also introduced to some actions to accompany some of the words as well.

We connect to this through the songs:

- Banana Bread
- Can You Eat the Rainbow?

The children are also invited to express the movement and growth of a seed into

various plants and foods as well. This is through the song:

• I've Got a Seed for My Garden

They are also exposed to the use of voice, ukulele and piano as music creators.

We also touch on more simple ways to make music at home using kitchen utensils and food.





ES1 and S1 learning outcomes

PDPHE Personal Health Choices-

We introduce vocabulary to improve the literacy and language for teachers and children to express their likes, dislikes and even perhaps anxieties around certain foods. We also introduce more appropriate language to develop a positive relationship with eating and choice of nourishing foods.

We connect to this through the songs:

- Can You Eat the Rainbow?
- Sniff it, Lick it
- Dinner Time Rag









Science

Living World

We connect how animals and plants are grown and their lifecycles and

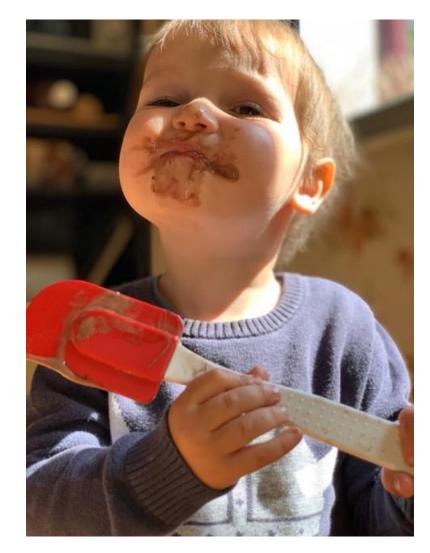
how they provide food for us.

We also touch on equipment used for cooking and some health

and safety aspects of food preparation.

We connect to this through the songs:

- I've Got a Seed for My Garden
- To Market
- Banana Bread





ES1 and S1 learning outcomes

Science

Earth and space – in our shows we look at and talk about the impact of the weather on the growing of our food and the seasonal changes in our environment and how that links to the food that is grown.

We also discuss the resources the Earth provides

us to grow our food.

We connect to this through the songs:

- I've Got a Seed for My Garden
- To Market
- Pitter Patter
- In the tasting of seasonal produce



What our role as adults and carers is in children's eating and food education.

Ellyn Satter's Division of Responsibility (DOR):

Parent or Carer decides:

What their child eats

When their child eats

Where their child eats

Child decides:

If they will eat it

How much they will eat

Website: http://www.ellynsatterinstitute.org/



What our role as adults and carers is in children's eating and food education.

- Decision trees
- Family dynamic





The language in the home





It is important that children are not:

- Forced to eat
- Bribed to eat
- Punished with or without food
- Rewarded with food
- Compared to other children's eating patterns
- Talked about their eaten patterns negatively in front of them
- Shamed about foods they have or haven't eaten



How music is able to support the learning of the adult's role and children's understanding of the food environment

Why

- Dr Anita Collins

Examples of our songs

- Marvellous Mealtimes
- Can you eat the rainbow
- Sniff it lick it



Explore the language development of children

- Song and lyric development
- Song order paddock to plate
- Choice and control









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Where to find more about us



Musical Kitchen

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Q and A

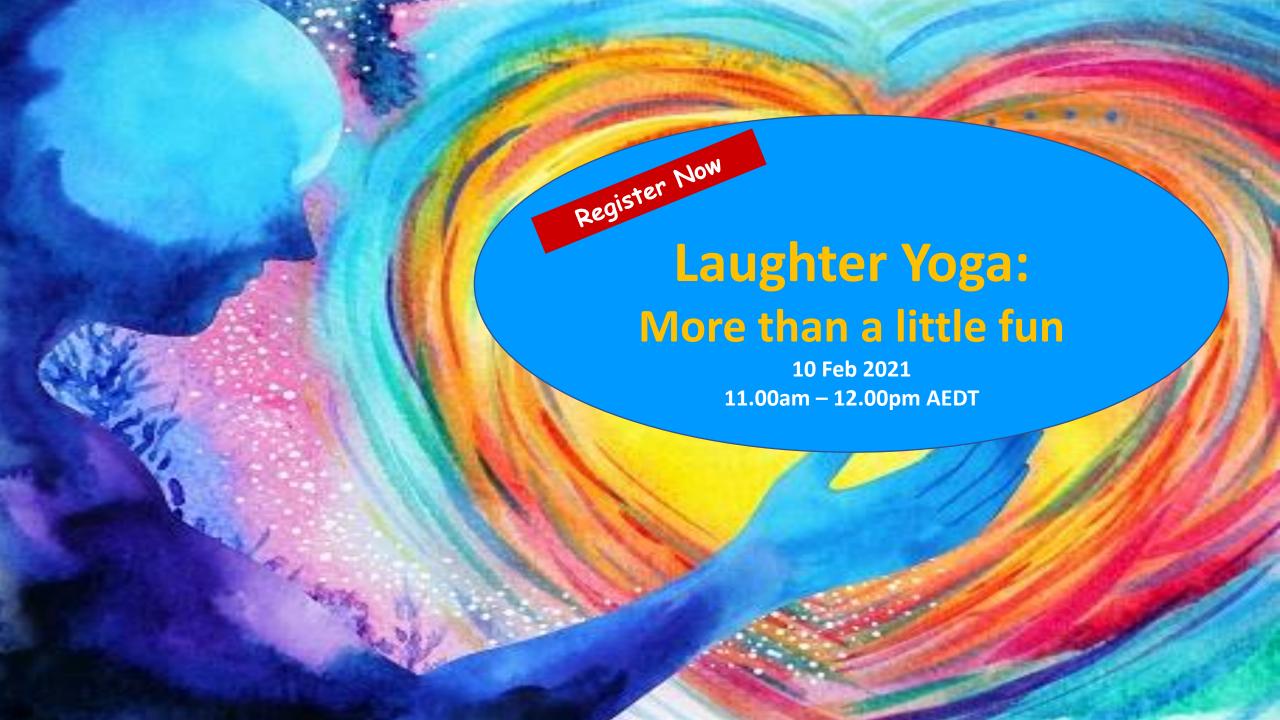




Connecting In







FUN and PRIZES





Sandplay Therapy: Not Just for Children

16th February 10.00 – 11.30 am
Live Webinar
\$40



