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Promoting French on a Daily Basis

The 4 Rs in Action – Healthy Eating

e This fourth and final article on the integration of the 4 Rs into everyday life deals with healthy eating. Because of the important place that food has in our lives, nutrition fits in very well with the four key concepts of the 4 Rs approach (routine, rejoicing, repetition and rewarding).

With the suggestions below, you can feed your young child's body and mind in French, both at the same time! In this way, your children can quite naturally enrich their vocabulary while they learn about socio-cultural aspects of eating, such as conversation, their culture's typical dishes, and good table manners. From the age of two, you can have them participate in actual food shopping, and in planning and preparing meals, either "for real" or just pretending.

To inspire you, here are four of the ten free activities in the "Manger santé" component of the GRANDIR resource. Visit www.fpfcb.bc.ca/grandir > Fiches d'activité.

■ **"Goûtorama" card** (from one to five years old) – This celebration where we taste food allows you to talk about the colours, shapes, textures, and sounds that each type of food makes in your mouth (crouche? sloup?), as well as its taste. With friends, talk about the type of food that each person loves the most.

■ **"Pizza amusante" card** (from two to five years old) – A theme with unlimited possibilities! Play a game about delivering a pizza from A to Z (choose the toppings before calling, open the door for the delivery, pay, enjoy the pizza, and recycle the box). There are many types of pizza: Halloween, Christmas, Valentine's Day, or even fruit with a chocolate pizza pie crust. Try new crusts (pita bread, bagel, English muffin, etc.) and compare them from one time to another.

■ **"Cinq sens – Allons faire l'épicerie" card** (from two to five years old) – Many suggestions for pretending, for actually going, and even for composing a story that talks about going to the grocery store. Many suggestions to enrich vocabulary (colour, taste, texture, etc.).

■ **"À quoi ça sert?" card** (from three to five years old) – An excellent "playing and talking together" type of activity that works vocabulary as well as listening and cognition. Let me explain: you could play to complete sentences such as: "Je mange mes céréales avec...". If your child responds "une fourchette", then try to eat cereal in this way to see what will happen! If your child gives the correct answer, offer praise.



The 4 Rs and Healthy Eating

ROUTINE > Take advantage of hand-washing! To make sure that hand-washing lasts the necessary 20 seconds, sing a little song (about the alphabet, for example) or describe all the steps in French, from turning on the tap to drying your hands. Let your children choose their placemat at each meal.

REJOICING > Do fun activities. Transform snacks into picnics in the living room, with their stuffed animals or friends as guests. Play going to the restaurant (a role play) with actual accessories (table articles, a pad of paper and pencil, etc.) or made-up ones (menus, placemats, etc.). You can pretend to prepare meals, cakes, or cookies for imaginary guests.

REPETITION > Make sure that they participate often with the grocery list. At the supermarket, give them tasks (for example, let them carefully choose some fruit and put it in a plastic bag from their seat in the shopping cart, carefully counting it with you, or let them give you at least one type of food at the check-out, like all the bread or all the cereal boxes).

REWARDING > The situations allowing you to give your child a feeling of success will be everywhere, whether it's choosing the correct number of apples at the grocery store or putting together a nice placemat, not to mention the potential of games where you pretend to prepare food, serve it, and so on.