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Healthy, Safe and Included





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Healthy, Safe and Included

A grain has a long story



THE IDEA

Food begins before it reaches a shop. A crop needs suitable water, air, light and growing conditions. Soil usually provides support and mineral nutrients.

Farmers choose, plant and care for crops. Nature and people's work both contribute.

CHECK YOUR THINKING

What supports a growing crop?

A Suitable conditions and care

B Only its final price tag

A. Growing requires biological resources and human work before transport and sale.

A RELATED EXAMPLE

From harvest to meal

Several steps connect field and plate. Grain is harvested, separated, dried and stored. It may then be milled, transported, sold and cooked. Different grains follow different processes. Rice is not processed in exactly the same way as wheat.

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Many helpers, seen and unseen



THE IDEA

Food depends on more than one worker. Farmers, transport workers, sellers and cooks contribute. Earthworms can mix soil, and some insects pollinate crops.

Not every crop depends on the same helpers. Rice and wheat are mainly wind-pollinated, so do not give bees every job.

CHECK YOUR THINKING

Do all crops need the same animal helper?

A Yes, every grain is pollinated by bees

B No, crop relationships differ

B. Different plants have different pollination and growing needs. Rice and wheat mainly use wind pollination.

A RELATED EXAMPLE

Value food without forcing a full plate

A suitable portion can reduce waste. Start with a manageable amount and ask for more if still hungry. Adults can store suitable leftovers safely. Stop when comfortably full. Nobody should be shamed or forced to eat unsafe food to avoid waste.

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Slow down and notice



THE IDEA

Eating involves more than swallowing. Teeth break food into smaller pieces. Saliva moistens it and begins some digestion. Smell helps us experience flavour.

Sit safely and chew before speaking. This is a picture discussion; no tasting challenge or food brought from home is needed.

CHECK YOUR THINKING

What do teeth mainly do to food?

A Turn it into air

B Break it into smaller pieces

B. Chewing reduces food size and mixes it with saliva before swallowing.

A RELATED EXAMPLE

Movement can take many forms

Active play can include different abilities. Walking, wheeling, dancing and adapted games can get bodies moving. Rules can change so everyone has a meaningful role. Ask what works for the person. A game should not require pain or unsafe effort.

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Count the night



THE IDEA

In our example, bedtime is 9 pm and waking is 7 am. 9 pm to midnight is 3 hours. Midnight to 7 am is 7 hours. Total time in bed: 10 hours.

Time in bed is not always time asleep. We use fictional times, not a class comparison of families.

CHECK YOUR THINKING

How long is the time from 9 pm to 7 am?

A 2 hours

B 10 hours

B. Count across midnight: 3 hours before it plus 7 after it equals 10 hours.

A RELATED EXAMPLE

Sleep is part of the plan

Rest helps learning, mood and health. A regular sleep routine gives the body time to rest. Too little sleep can make attention and mood harder to manage. Different people may need help with sleep. Feeling tired is not a character fault; tell a trusted adult if it keeps happening.

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Some secrets need to be told



THE IDEA

Nobody should demand secrecy about harmful touch. Private body parts are private. Health or hygiene care should be explained, appropriate and supported by a trusted caregiver.

If something worries you, tell a trusted adult. If the first person does not help, keep telling another until someone does.

CHECK YOUR THINKING

What should a child do about a worrying secret?

A Tell a trusted adult and keep seeking help

B Keep it because an adult demanded it

A. A secret about harm should not be kept. A child deserves support even if the first person fails to help.

A RELATED EXAMPLE

You may say no to unwanted touch

Your body and feelings deserve respect. You can refuse a hug or other unwanted touch, even from someone you know. Move away if you can and tell a trusted adult. Freezing or not saying no is not your fault. A child is never to blame for someone else's harmful behaviour.

ONE LAST CHALLENGE

How could you improve the timetable?

A timetable has lessons, chores and a late bedtime. There is no time for active play.



THE REVEAL

Make space for movement and enough sleep.

For example, move a flexible evening activity earlier and use part of the afternoon for play.

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