



ROAST DINNER DAY

LUNCHTIME FOLKTALES

Create a nurturing dining environment

1. Set the classroom as a dining space by changing the layout in some way: move tables, lay table clothes, play music - ask the class for suggestions!
2. Reach out to parents and grandparents for their own food folktales OR use one of our suggested food folktales.
3. Invite residents from a local care home to video call and listen in with the children.
4. Have parents or grandparents video call to tell their stories to start lunchtime in a calm and inclusive way.

FOOD FOLKTALES SUGGESTIONS:

- All for a Pansa (Kashmiri/Pakistan)
- The boiled seed (China)
- The Mango (D.R. Congo, India)
- Why bananas are for monkeys (Brazil)
- The magic pot (Caribbean W. Indies)
- The Wonderful Pumpkin (Turkey)
- Jack and the giant beanstalk
- Why the sea is salty (Philippines)
- Stone Soup (Europe)
- Fox and the Crocodile
- Giant Turnip (Russian)

Find out more and visit
www.foodforlife.org.uk/rdd

