



HOME ECONOMICS  
SEMINAR CENTRE  
DIRECTORATE FOR STEM AND VET PROGRAMMES

# Educational Rationales

**2024 - 2025**

- Yummy, Yummy in my Tummy
- Start Bright, Start Right
- Food Explorers...from Farm to Table Adventure
- Nurturing Well-being in School Children
- Food Label Investigators
- Smarter Lunches, Smarter You!
- Boost your Immunity!
- Be Money Smart



# Introduction

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The Home Economics Seminar Centre (HESC) offers a diverse range of educational learning programmes, events, training, outreach initiatives and school-based activities which have been well-received by educators and pupils for many years. This document outlines the programmes available for the 2024-2025 academic year which are divided into two categories: those conducted at the HESC in Birkirkara and those facilitated in schools requesting our services. Programmes at the HESC are approximately three hours long. In addition, tailor-made programmes can be offered based on specific requests.

## Programmes Available in Schools

### Kinder 2 – Yummy Yummy in my Tummy!

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This is a programme designed to increase pupils' knowledge about healthy dietary habits and the importance of physical activity. The programme supports the development of the pupils' food literacy through an exploration of food origin. It develops a sense of self-care by learning about the benefits of healthy dietary habits. Through hands-on activities, pupils will learn about different coloured vegetables and fruit. Furthermore, key messages are reinforced through interactive activities, games and songs.



## **Year 1 – Start Bright, Start Right!**

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This programme is designed to instill in young children the vital importance of starting their day with a healthy breakfast. With schools being a key environment for learning and shaping habits, this programme provides a fun and dynamic way for pupils to understand how a nutritious breakfast fuels their bodies and minds, leading to better academic performance and mental alertness. This programme includes games, songs, and activities that teach pupils about the benefits of breakfast, how to identify healthy foods, and how to overcome barriers to eating breakfast.



## **Year 2 – Food Explorers...from Farm to Table Adventure**

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This is a programme designed to spark curiosity and cultivate an understanding of where our food comes from. Pupils will gain an appreciation for local farmers and discover more about local produce. They will also learn fun, creative ways to reduce food waste, become food-saving superheroes and make responsible food choices for a more sustainable future.

## Programmes Available at HESC

### Year 3 – Smarter Lunches, Smarter You!

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This programme combines theory with practical application, focusing on the preparation of healthy and balanced school packed lunches in line with the Maltese Healthy Plate. Pupils will learn how to select eco-friendly packaging and receive tips on keeping food fresh and safe. They will also have the opportunity to prepare their own nutritious lunch using healthy ingredients.



### Parents' Programme - Nurturing Well-being in School Children

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This workshop, aligned with the year 3 programme, acknowledges the important role parents have in influencing their children's food choices. It empowers parents with insights and practical tools needed to foster their children's health through smart eating habits with special focus on nutritious school lunches. Additionally, parents will take part in an interactive session where they will work alongside their children to prepare a wholesome lunch, fostering a collaborative learning experience.

## Year 4 – Food Label Investigators

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This programme focuses on teaching pupils the importance of making informed, nutritious and ethical choices for a healthier and more sustainable future. Pupils will explore the multicultural influences on cuisine and learn to read and interpret food labels through real-life examples, enabling them to make responsible decisions about their food.

## Year 5 – Boost your Immunity!

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This programme guides pupils through an exploration of the essential nutrients found in vegetables and fruit. It emphasises the benefits of choosing seasonal and local produce for both health and the environment, as well as its impact on the local economy. Pupils will also learn creative ways to include more vegetables and fruit in their meals and apply this knowledge by preparing a nutritious light meal featuring these ingredients.



## Year 6 – Be Money Smart

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This programme aims to equip pupils with the knowledge, skills and attitudes necessary to enhance their financial capabilities from a young age. They will develop the confidence to make informed decisions in managing their finances, serving as positive role models for their families and peers. Additionally, pupils will learn to distinguish between genuine and counterfeit currency.





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