

# Shopping/Healthy food

## AAC tool

### Materials needed:

- sets of images/pictograms with fruits and vegetables
- pictures of fruits, vegetables, and banknotes (money)
- shopping lists (numbers, words, images, pictograms)
- paper or cardboard
- markers or digital drawing tools
- printer

**Key competence:** Practicing conversation skills; decision-making

### GENERAL OBJECTIVES

This set of materials provides visual support for the development of responsible consumer behaviour, it also supports the development of conversational skills, and decision-making skills regarding healthy eating. The use of pictograms and images supports learning, communication, and autonomy in children within the context of promoting healthy eating, facilitating the formation of concrete visual representations and stimulating communication.



## HOW TO USE IT

**1/ Introduction:** Present the AAC tool and explain its purpose in facilitating communication about healthy eating.

**2/ Identifying fruits and vegetables:** Present each pictogram representing different fruits and vegetables.

**3/ Discuss healthy eating:** Describe their eating habits, the types of foods they consume, and how often they eat fruits and vegetables. For example, you can use pictograms to create a shopping list for their favourite fruit/vegetable salad.

Allow pupils to present their shopping lists.

**4/ Encourage communication:** Encourage children to use the AAC tool to express their preferences, concerns, or questions about healthy eating and consumption habits.

**5/ Promote learning:** Use the AAC tool as a visual aid during educational activities or discussions about ecology and daily life.

## HOW TO CREATE IT

Creating the tool involves several steps to make it effective:

First, design pictograms/images for each vegetable and fruit using drawing or design software. Many websites, such as Canva, Flaticon, ARASAAC, Freepik, offer free or paid services for quickly and easily generating pictograms. There are also mobile apps available for both iOS and Android devices that allow users to create pictograms directly on their smartphones or tablets.



Next, you can add visual elements to make the images clearer by using symbols or signs that represent each vegetable or fruit.

Then, you can print the pictograms on paper or cardboard for daily use or display them digitally on a screen or device for interactive use.

Organise and arrange the pictograms/images on a communication board in a logical and accessible way so that children can easily find and use them whenever needed.



# Shopping for Healthy Eating

## Materials for CAA

### Culinary panels

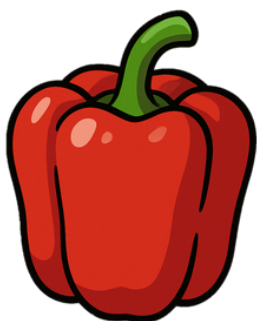
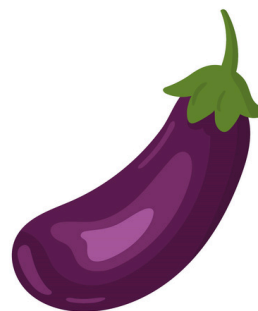
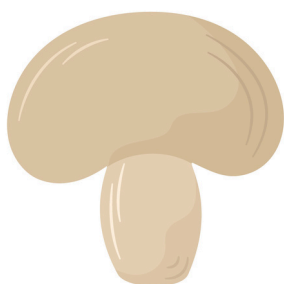
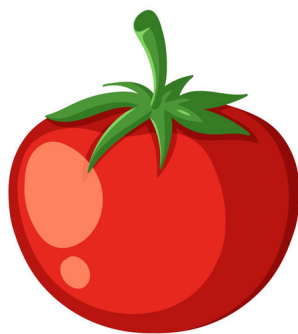



# Culinary panels

## Materials for CAA

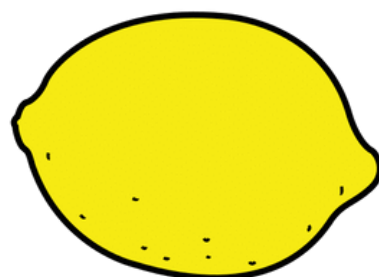
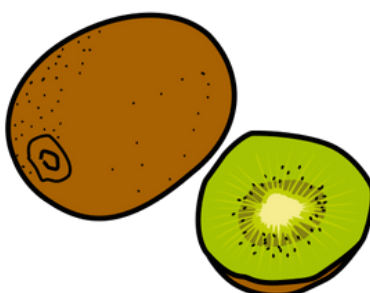
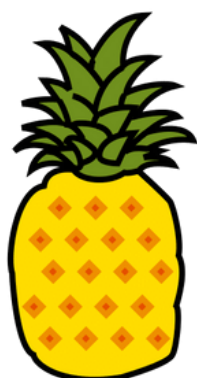
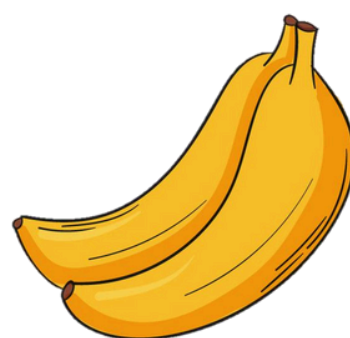
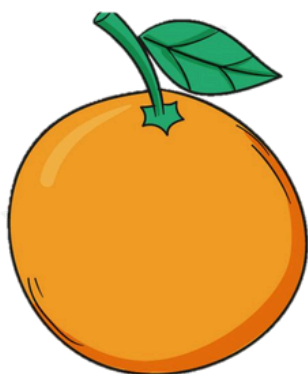
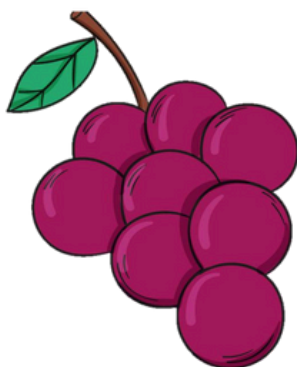
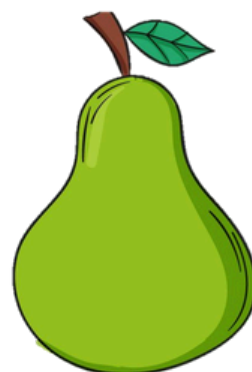
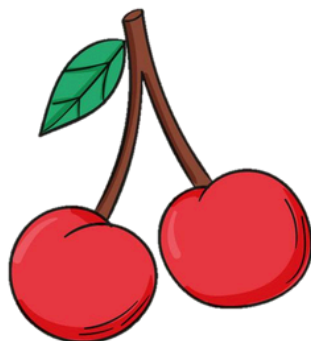
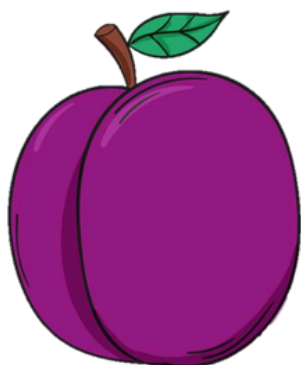

# Vegetable cards

## Materials for CAA



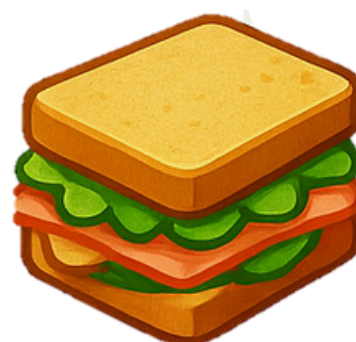
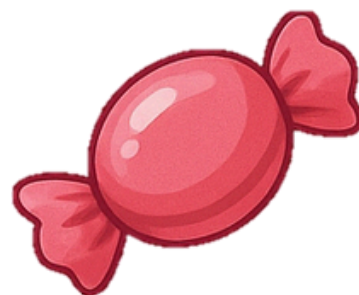
# Fruit cards

## Materials for CAA



# Food cards

## Materials for CAA





# Food cards

## Materials for CAA



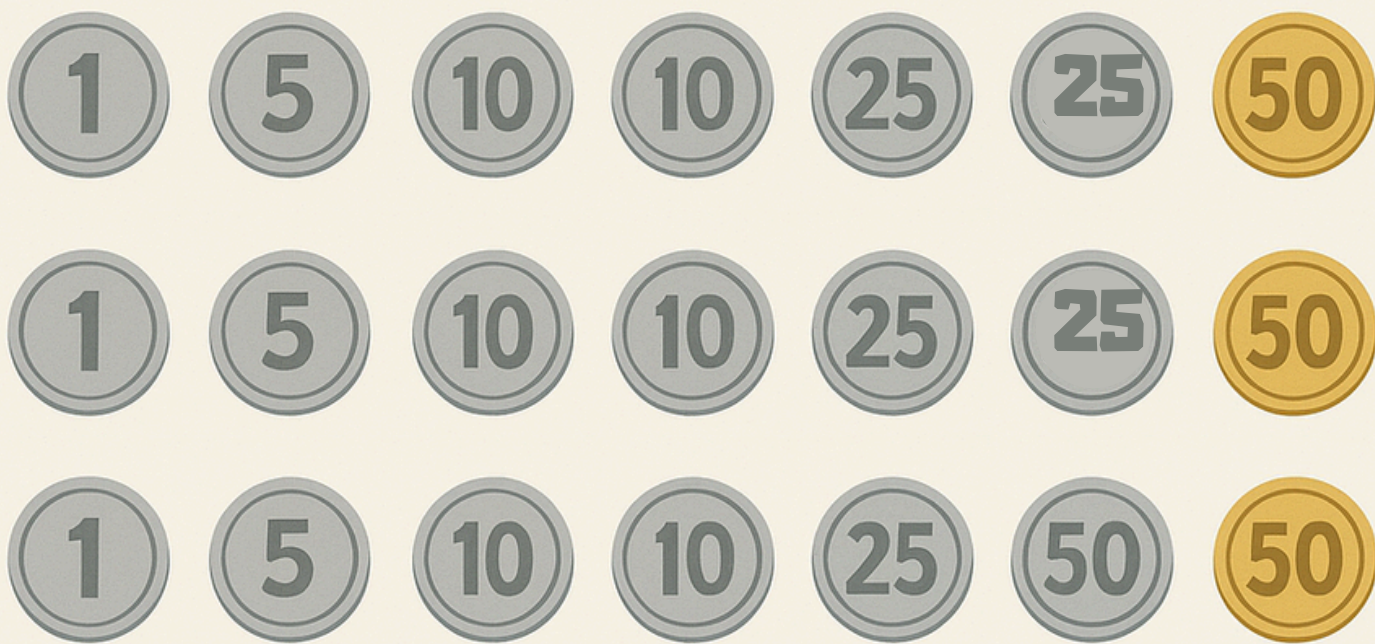
# Food cards

## Materials for CAA





# Shopping for Healthy Eating Materials for CAA

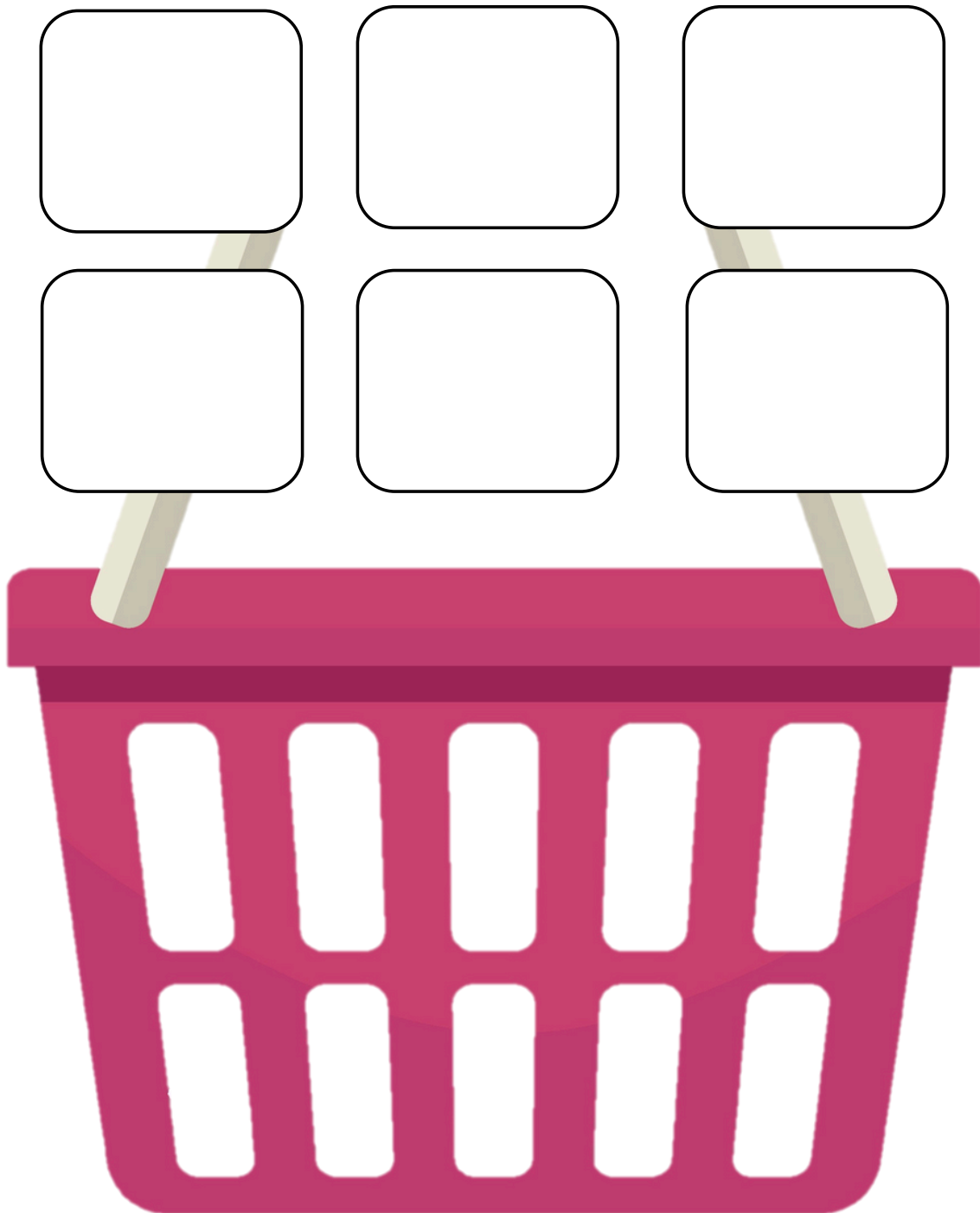


# Shopping for Healthy Eating Materials for CAA





## Shopping for Healthy Eating Materials for CAA



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# SHOPPING LISTS



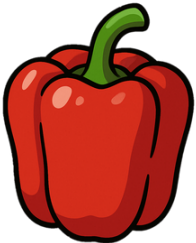
4 oranges



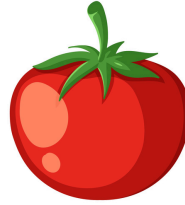
1 eggplant



2 cucumbers



2 peppers



3 tomatoes



2 carrots



4 radishes

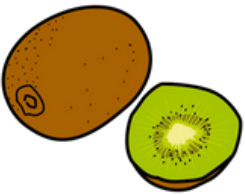
# SHOPPING LISTS



1 watermelon



2 bananas



1 kiwi



5 strawberries



1 broccoli



3 pumpkins

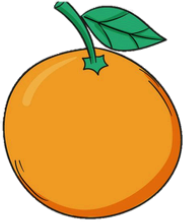


10 mushrooms



2 cucumbers

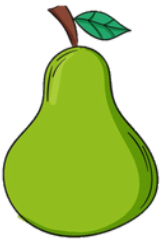
# SHOPPING LISTS



4 oranges



9 strawberries



3 pears



2 bananas



1 watermelon



4 tomatoes



1 eggplant



8 cucumbers



6 red peppers