

# Useful resources



## Principles, strands, goals, and learning outcomes

The principles and an overview of the goals and learning outcomes for each of the five strands in Te Whāriki.

[Visit website](#)



## Allergy-free play dough recipes

A variety of allergen-free play dough recipes suitable for children with gluten, dairy, and soy allergies.

Publisher: American College of Allergy, Asthma & Immunology

[Visit website](#)



## Starting kindy with food allergies

A range of resources for early childhood educators, children, and parents to support an understanding of food allergies.

Publisher: My Food Allergy Friends

[Visit website](#)

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