

Personal Social and Emotional Development

Talk about why we need food and why it is important to eat the right foods to keep our bodies fit and healthy. Which foods are not so good for us? How do we feel and what happens to our bodies when we eat too much of these foods. Introduce foods that the children have never tried before. What are they called? Get busy in our garden and plant some fruit, vegetables or herbs. Look after them each week and watch them grow. Once ready we will use them to make a healthy dish.

Talk about other ways we must look after our bodies to keep them healthy, e.g. regular exercise, brushing our teeth.

Characteristics of Effective Learning

I can make choices and explore different resources.
I can guide my own thinking.
I can make choices.
I can keep on trying.
I can make links.
I can give my attention to tasks.



Mathematics

Follow a recipe and ask them to help you weigh out and measure the ingredients and check the cooking times.

Emphasise counting when possible during food preparation, e.g. 'how many spoonful's do we need? Help me count.'

Children to share out snack items equally onto the plates and set the table at snack times with the correct number of cutlery items.

Literacy

Get children to help you shop. Let them write a shopping list or draw pictures of the items you need then help you to find the items at the shops. Point signs or labels and ask the children what they say.

Make a healthy eating display or collage and label it with healthy eating words.

Talk about how foods are labelled in the shops? Is there an easy way of telling whether foods are good or bad for our bodies?

Write a poem about healthy eating or your favourite foods.

Understanding the World

Find out where our food comes from. Write a list of your favourite foods and using books or the internet, find out where in the world the food is grown or made. Which foods come from animals? Which grow in the ground, come from a plant or from the sea?

Look in books or use the internet to find out more about the human body and our digestive system. Find out what parts of the body are called and how our bodies use and process food.

Visit a local farm to see where our local food grows. What will the local crops, or dairy produce be used to make?



Healthy Me! Spring 1



Expressive Arts and Design

Design and draw or make your own healthy meal using arts and crafts materials. Have you included items from each of the food groups? Play and get messy with food. Use jelly, mashed potato, pasta or spaghetti and squish it and squash it through your fingers.

Cut out images of different foods from magazines and stick them together to make a healthy eating collage. Divide into food groups or healthy and unhealthy food choices.

Create a character or scene using food.

Physical Development

Gross Motor Skills

Have a 'supermarket sweep'. Using play food or images of foods, hide them round the class or garden then have a race to find the items on a shopping list. Who is the fastest?

Fine Motor Skills

Get children involved in the kitchen. Let them wash and prepare and vegetables, cut with safety knives, mix ingredients set and clear the table, wash up and put things away.

Communication and Language

Find out about the different food types or groups. What does our bodies need each of the food groups for?

Learn about the importance of hygiene before eating or preparing food. Make a poster or list of rules. Hold a tasting challenge. When blindfolded can you guess foods purely from their taste or smell?

Talk to children about their likes and dislikes, flavours and textures. Which foods are sweet, which are sour, which are spicy, salty, etc.