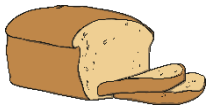
Food Glorious Food



Communication and Language

- Use some real fruit and vegetables to explore descriptive vocabulary. Introduce some animal characters to describe the fruit or vegetables for the children to identify. Explore new vocabulary, such as ripe, soft, leafy and juicy.
- Explore using connectives and new vocabulary to describe different food that you would like to buy in a shop or restaurant. For example, "I would like to buy some strawberries because they are ripe and juicy."
- Explore new vocabulary and solve the riddles to identify the different vegetable characters.
- Try regrowing vegetables with the children. Encourage the children to talk about what they notice and what might happen.
- Start learning weekly idioms.

Personal, Social and Emotional Development

- Invite children to talk about what they like to eat and their favourite foods. Remind the children that everyone has their own likes and dislikes and to consider the feelings of others.
- Provide a range of pumpkins or other root vegetables (or pictures of them) along with dry-wipe pens. Invite children to draw faces onto the vegetables to represent different feelings and emotions.
- Have a class teddy bears' picnic. Invite children to bring some food to share with their friends along with their favourite teddy bear.
- Show the children a teddy bear and a packed lunch box. Talk about healthy food and what Teddy could have for his lunch.

Physical Development

- Work with the children to make some fruit smoothies.. Encourage children to help wash and prepare the fruit using child-safe cutlery and to use jugs to pour the smoothies into cups.
- Play active bean game to explore different ways of moving. Talk about other types of beans and encourage children to add their own movements to the game. For example, magic beans!
- Scrunch up some pieces of paper to create paper 'popcorn' balls. Place some hoops around the outside area and invite children to practise aiming to throw the 'popcorn' into the hoops.
- Introduce the daily plank to strengthen core. Set a timer to try and increase time.

Literacy

- Create some invisible ink by mixing equal parts of baking soda and water. Use this mixture to write some tricky words onto paper. Provide the children with pots of grape or cranberry juice to paint over the top, reveal and then read the words.
- Write a shopping list for cooking opportunities,
- Help read recipe's. Notice verbs that tell us to do something.
- Read books such as the Enormous Turnip, Handa's Surprise, Which Food will you choose? Ketchup on Your Corn Flakes, Mama Paya's Pancakes, The Shopping Basket,

Vocabulary: healthy, unhealthy, cuisines, origin,

Mathematics

- Explore number bonds to ten by creating a paper pizza with two types of toppings. Explore adding toppings to the pizza to find different ways of making ten toppings altogether.
- In a water tray, set up a role-play smoothie bar. Provide a variety of cups and jugs for children to explore capacity. Invite them to describe and compare the capacity of the cups, using language, such as full, nearly full, half full, empty, nearly empty.
- Create a ten-frame using a box with ten sections (like an egg box.) Place some role-play food items into the box for children to count. Create a double ten-frame to explore counting to 20.

Understanding the World

- Talk about special events and celebrations that the children have experienced and the different foods they eat during these times. For example, birthday cake, Diwali sweets like barfi or chocolate Easter eggs.
- Make different foods and discuss where they came from. Find the countries on the map.
- Learn about food groups and natural sources of foods. i.e fruits are from a plant.
- Explore the difference between vegetables and fruits and try to grow some from the seeds or roots.
- Look at some food labels, such as those found on different types of fruit, to see where they come from. Use a globe or maps to locate the different places and discuss how far the food has travelled.
- Learn how to follow, give and predict the outcome of different instructions by leading an animal to their favourite food.

Expressive Arts and Design

- Set up a role-play cafe for children to explore. Provide props for them to use when taking on different roles. Also, provide materials for them to use to create other props they need when developing storylines.
- Use everyday implements to safely prepare food. Make a class soup (Kapow DT).
- Cut out fruit shapes from paper and invite children to decorate them using chalk. Explore techniques to blend and smudge different colours together to create different effects.
- Role play stories about food and add in soundscapes (Musical Stories- Kapow)
- Talk about the artwork of Giuseppe Arcimboldo. Invite children to work collaboratively to arrange real or role-play fruit and vegetables to create faces and take photos of their finished creations.