



Food marvellous food! What do you like to eat? Are you happy to try something new? It’s time to find out more about eating well and being healthy.

This half term, we’ll visit a farm to explore how different foods get to the shops. We’ll look at a rainbow of healthy foods and create our own food rainbows. We’ll use our senses to investigate foods, and bravely taste things we’ve never tried before! Using our research skills, we’ll read all about fruits and vegetables in non-fiction books. We will investigate seeds, compare and sort different fruits and vegetables, and create stunning still life paintings. Setting up a class supermarket will be lots of fun; we’ll make signs and sell things to our friends. Following instructions and working together will help us to create some delicious snacks. We’ll also find out what happens to our bodies when we exercise. Using our mathematics skills, we’ll weigh ingredients to make delicious biscuits or cakes. Things could get messy, but it’ll be lots of fun!

Areas of learning: Physical Development	
Memorable experience	Farm visit
Innovate challenge	Too many carrots
Communication and language	Listening and attention; Understanding; Speaking
Physical development	Moving and handling; Health and self-care
Personal, social and emotional development	Self-confidence and self-awareness; Managing feelings and behaviour; Making relationships
Literacy	Reading; Writing
Mathematics	Numbers; Shape, space and measures
Understanding the world	People and communities; The world
Expressive arts and design	Exploring and using media and materials; Being imaginative

Help your child prepare for their project

Being healthy can be fun! Why not taste a new fruit or vegetable that you’ve never tried before? You could also plant seeds and learn about what they need to grow. Alternatively, try following a recipe to make a healthy meal or snack.