**Physical Development**

**Make a vegetable Mr. Potato Head** <https://www.pinterest.co.uk/pin/156711262007212678/>

**Funky Fingers** – Peel oranges, satsumas, put dried peas into a bowl and ask children to use spoons to scoop them into another bowl. Stab peas with a fork at tea time.

**Scissor skills -**  Cut out images of healthy food from magazines to create a collage.

**Yoga –** Cosmic Kids – link on website

**PE -** Joe Wicks fitness – link on website

Try 10 minute shake up games <https://www.nhs.uk/10-minute-shake-up/shake-ups> , Try a new activity every day - go on bike rides, football, skipping, trampolining

**Cutting Skills –** Support your child to practise their cutting skills by slicing bananas, grapes etc.

**Health and Self-Care**

Talk about the different foods children eat at home. Encourage them to share favourite foods that they enjoy with their families and friends. Discuss whether they are healthy/unhealthy choices. Refer to Eat Well Plate and balanced diets.

Talk about where the children go to buy their food from and talk about the different ways of getting/buying from - whether it’s from a supermarket, or grown in the garden.

**Maths**

**Follow daily lessons on White Rose Maths, Numbots, Numberblocks etc.**

**Number-** If possible, you could collect a selection of the different vegetables from the story. These could then be used for a variety of counting, sorting and addition and subtraction activities.

**Statistics -**Talk about the children’s favourite vegetables and make a simple pictogram of the results on paper or using Purple Mash 2count (click Menu – New – scroll down for fruit <https://www.purplemash.com/#app/tools/2count>

**Weight -** Provide some weighing or balancing scales and encourage the children to weigh a selection of vegetables and order them from lightest to heaviest.

**Shape and Pattern** – Potatoes could be cut into shapes for the children to use to create shaped potato prints. Can they create a repeating pattern?

**Literacy**

**Phonics -**Read, Write Ink Phonics Session Daily Ruth Miskin you tube channel. (link on website)

**Reading:**

Share stories of:

Oliver’s Vegetables, Oliver’s Fruit Salad and Oliver’s Milkshake – links on website.

**Writing:**

Pencil Control sheets for fine motor skills (Link on website)

Write a shopping list.

Write a menu for a healthy meal.

Write instructions to make recipes e.g. soup, fruit kebab, milkshake or other recipes.

Purple Mash 2Do’s

**Expressive Arts and Design**

**Salt Dough Food -**  Make some salt dough fruit and vegetables – great for using in role-play and retelling the story. <https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe>

**Observational Drawing** - Draw and colour fruit

[**Guiseppe Arcimboldo**](http://www.twinkl.co.uk/resource/t-t-14187-food-ks1-giuseppe-arcimboldo-information-powerpoint-presentation)artist **-** Make arrangements of vegetables etc to create patterns or faces. <https://kinderart.com/art-lessons/drawing/fruit-and-vegetable-portraits/>

**Dream Catcher** – Make a dreamcatcher <https://www.bakerross.co.uk/craft-ideas/kids/paper-plate-dream-catcher/>

**Knowledge and Understanding of the World**

<https://www.foodafactoflife.org.uk/3-5-years/> is a website full of activities and information for learning about healthy eating, food facts, where food comes from etc.

**Cooking** – Make vegetable soup and milkshakes/smoothies or choose a recipe from fact of life website. <https://www.foodafactoflife.org.uk/recipes/> Make different recipes with potates – mashed potato, jacket potato, boiled potato Observe changes and talk about what is happening.

**Technology:**

Purple Mash 2Do – Draw favourite fruit, Instructions to make a smoothie, Create a Healthy Meal

**What do we need to stay healthy?**

Provision Activities for EYFS Curriculum Areas of Learning

**This next week focuses on Healthy Living. This overview explains the provision activities we had planned for the children to investigate and explore over the next few weeks. Please feel free to pick any of these activities your child might like to do. We would really appreciate it if you could upload their learning to Tapestry so we can add it to their journal. Thank you.**

**Communication and Language**

**Role-Play** : Set up a café or shop to sell and prepare healthy foods. Make menus, price tickets etc. (1p-10p) Take orders, add up prices, use real money -1p, 5p, 10p, 20p. This is a great maths link, recognising coins, adding and subtracting within 20, adding a number to a given number by counting on.

**Personal, Social and Emotional Development**

**Games –** Play an ‘I went to the shop’ game in small groups. Each child in the group says a vegetable they buy from the shops and the next person has to add another item to the list

* and say what the previous people bought too!

**Stanley’s Stick** – talk about sharing, taking turns, emotions through the story