







<p><u>Communication and Language</u></p> <p>Children will talk about their favourite foods and we will discuss which foods are a healthy choice. We will talk about how we can keep our bodies healthy - the importance of a balanced diet, exercise and sleep. Children will discuss who helps them stay healthy - doctors, nurses and dentists in particular.</p>  <p><i>(Personal, Social and Emotional Development - Children express their own preferences and interests. They are confident to talk to other children.)</i></p>	<p><u>Literacy</u></p> <p>Children will draw and label healthy foods, sounding out some simple words. We will play "I Spy a food beginning with ...". Books we will read include, "Oliver's Fruit Salad", "How to Make Vegetable Soup" and "Ready, Steady, Mo". We will continue our daily phonics sessions where we will build on our knowledge of rhyme and alliteration.</p>  <p><i>(Personal, Social and Emotional Development - Children welcome and value praise for what they have done. They show confidence in asking adults for help.)</i></p>	
<p><u>Mathematics</u></p> <p>Children will sort and match fruits/vegetables according to colour, shape and size. Children will weigh different objects, including food using weighing scales and say which is heavier/ heaviest/lighter/lightest. We will sing number rhymes such as "Five Currant Buns", "Five/Ten Fat Sausages" and "Five Fat Peas", and question what is one more and one less.</p>  <p><i>(Personal, Social and Emotional Development - Children select and use resources with help. They accept the needs of others and can take turns and share resources.)</i></p>	<p>How Can We Keep Healthy?</p> 	<p><u>Physical Development</u></p> <p>Children will be taking part in some athletic activities on the school field including running different races. We will be talking about exercise and how it helps to keep our bodies healthy. To develop their fine motor skills, children will have opportunities to use a variety of utensils such as tongs, spoons and tweezers to pick up food and transfer to different containers. We will also be working on our letter formation. We will develop our understanding of good practice regarding eating and exercise and also sleep and hygiene. We will discuss the need for a healthy range of food, and how to take care of our teeth.</p> <p><i>(Personal, Social and Emotional Development - Children adapt their behaviour to different events, social situations and changes in routine.)</i></p>
<p><u>Expressive Arts and Design</u></p> <p>Children will have the opportunity to paint pictures of the foods they like and create collages using pasta, rice, lentils etc. They will also use fruit and vegetables to create printing patterns. Small world toys the children may play with include the doll's house, the hospital and the farm. There is also a home corner and a healthy eating cafe for the children to make-believe in.</p>  <p><i>(Personal, Social and Emotional Development - Children play in a group and begin to extend and elaborate on their play ideas. They keep play going by responding to what others are saying or doing.)</i></p>	<p><u>Understanding the World</u></p> <p>Children are going to learn about different occupations, in particular those such as doctor, nurse and dentist where the person helps us to keep healthy. They will play "Rainbow Street" on the computer, matching descriptions and uniforms to the correct characters on the street.</p>  <p><i>(Personal, Social and Emotional Development - They are confident to talk to other children when playing, and will communicate freely about their own home and community.)</i></p>	

Things you can do at home Talk about healthy choices with regards to the food they eat. Stress how we can eat all kinds of foods but that we should eat more of some than others, and that things like chocolate and sweets should only be eaten as a treat now and again. Play "I spy food beginning with ..." and also a variation, "I spy a food that rhymes with ...". Ask your child to count the carrots on their plate or how many jumps they can do. What would one more be? One less?