

Individual Activity Lesson Plan

Date: Friday 24th April 2020

Activity Title: Caterpillar Fruit Kebabs

Learning Intention:

- To select and use activities and resources with help.

Activity Overview:

To make a delicious and healthy fruit kebab and begin to develop an understanding of healthy eating.

Links to EYFS:

Personal, Social, Emotional Development

Equipment:

- Selection of fruits /preferably the ones from the story but you may use alternatives
- Kebab stick (if you don't have this available arrange the fruit on a plate instead).
- Children's knife.

Key vocabulary:

Kebab, fruit, selection, healthy, unhealthy, careful, chop, prepare, enjoy, eat.

ACTIVITY IMPLEMENTATION (including key questions)

Introduction:

Show your child the selection of fruits that they have in front of them.

Use this opportunity to get them to explore and observe what they can see.

Have a discussion about the texture of the fruits and whether they look tasty.

- How does this strawberry feel? Is it smaller or bigger than a pineapple?
- What fruit would you like to try best?

Explain to your child the need for safety when using a knife and kebab stick and then cut up the fruit together

- Can you help me cut up the fruit?
- Can you tell me why do we need to be careful with the knife/kebab stick?

Main Activity:

- Separate the different fruits into bowls.
- Have a look at the story book to know how many pieces and which fruit you need first such as 1 piece of apple, 2 pieces of pear to represent what the Very Hungry Caterpillar ate.
- After you have made one, encourage your child to make another one with less support.
- See how many delicious kebabs you can create together.
- Enjoy being the little caterpillar eating the kebabs and share them with your whole family.



Can you name the fruits?

Which fruits did the Hungry Caterpillar eat?

Is this kebab good for you? Why is fruit good for us?

How many kebabs did you make?

Who are you going to share it with?

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Challenge

Get creative and make your own fruit kebab pattern. Ask your child to follow you and try to create the same kebab as you. You can play with the pattern as much as you like, make it easier or more difficult by using less or more fruits in different combinations.

Additional ways to support your child:

You can adjust the resources by cutting the fruit pieces into smaller or bigger pieces or change the size of the knife your child uses (according to his/her abilities).

Extension:

Ask your child to make the Very Hungry Caterpillar using a red piece of fruit for the head and grapes for the rest of the body. Look at the picture below for guidance .

