

# Individual Activity Lesson Plan

<b>Date:</b> Wednesday 22nd April 2020	
<b>Activity Title:</b> Make a Fruity Smoothie	
<b>Learning Intention:</b> To practise chopping fruits and create a fruity smoothie.	<b>Activity Overview:</b> Your child will chop fruits and create a fruity smoothie using the fruits from <i>The Very Hungry Caterpillar</i> .
<b>Links to EYFS:</b> <ul style="list-style-type: none"> <li>• Understands use of objects (Communication and Language).</li> <li>• Extends vocabulary, especially by grouping and naming, exploring the meaning and sounds of new words (Communication and Language).</li> <li>• Eats a healthy range of foodstuffs and understands need for variety in food (Physical Development).</li> <li>• Experiments to create different textures (Expressive Arts and Design). Understands that different media can be combined to create new effects (Expressive Arts and Design).</li> </ul>	
<b>Resources:</b> <ul style="list-style-type: none"> <li>• <i>The Very Hungry Caterpillar</i> (<a href="https://www.youtube.com/watch?v=75NQK-Sm1YY">https://www.youtube.com/watch?v=75NQK-Sm1YY</a>)</li> <li>• Fruits (apple, pear, plum, strawberries and oranges.)</li> <li>• Some water or fruit juice</li> <li>• Knife</li> <li>• Chopping board</li> <li>• A blender</li> </ul>	<b>Key vocabulary:</b> Fruit, healthy, unhealthy, smoothie, thick, watery, cut, chop, safe, blend, mix, sweet, sour.
<b>ACTIVITY IMPLEMENTATION (including key questions)</b>	

# Individual Activity Lesson Plan

## **Introduction:**

\*Read *The Very Hungry Caterpillar* story to your child. If you do not have access to the story, follow the link above to an animated story.

\*Ask your child: What is the story about?

\*Why did the Caterpillar have to eat so much?

\*Which fruits did the Caterpillar eat on the days of the week?



## **Main Activity:**

\*Introduce your child to the fruits that the very hungry caterpillar ate in the story (apple, pear, plum, strawberries and oranges).

\*Allow your child to get a feel of the different fruits and talk about textures.

\*Ask your child to wash their hands and explain to your child that they're going to chop up the fruits and make a fruit smoothie using a blender.

\*Use this opportunity to discuss about the importance of healthy eating.

\*If you do not have a blender at home, your child could make a fruity salad instead.



\*What could we use to chop the fruits?

\*How do the fruits feel? Are they different/the same?

\*Is the smoothie thick or watery?

\*How could we make the smoothie thinner/thicker?

\*What do you think the smoothie will taste like?

## **Challenge:**

To conclude this activity, make a fruity smoothie for your child to taste and allow your child to guess what fruits you have used in the smoothie, depending on the taste and the colour/texture of the smoothie. You can use any fruits/vegetables.

### **Additional ways to support your child:**

- Support your child with handling a knife.
- Model how to chop fruits safely.
- Chop harder fruits into smaller pieces for your child.

### **Extension:**

- Encourage your child to think of a different smoothie they could make. What other fruits could they use? Could they use vegetables instead?