

Individual Activity Lesson Plan

Paint and Eat Waffles

Date: Monday 20th April 2020

Activity Title: Paint and Eat Waffles

Learning Intention:

Personal, Social and Emotional Development
To decorate and eat waffles using their own preference for colours and design.

Activity Overview:

Decorate and eat waffles, based on individual preferences for colour and design. Discuss the taste of the waffle.

Links to EYFS:

Personal, Social and Emotional Development: Self-confidence and self-awareness: 22-36 months.

Resources:

- Milk
- Waffles
- Food Colouring
- Cooking brush

Key vocabulary:

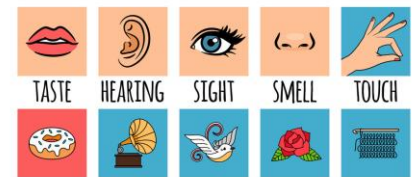
Taste, mouth, tongue, eat, waffles, colourful, rainbow, colour names, milk, mix, pour, rainbow, pattern, stripes.

ACTIVITY IMPLEMENTATION (including key questions)

Introduction:

- Explain to your child we have 'five senses' (sight, hearing, taste, smell and touch).
- Introduce **taste** as one of the 'five senses': "What do we use to taste things?", "What do you like the taste of?", "What do you like to eat?", "What do you not like to eat?".
- Explain that you will be making rainbow waffles. "What colours would you like to use?", "Do you know what waffles taste like?".

5 SENSES



Main Activity:

- Gather your ingredients: milk, waffles and food colouring.
- Mix your food colouring with a splash of milk; separate containers for each colour – you do not need much! Encourage your child to pour and mix the ingredients together: "Shall we mix the food colouring with the milk?", "What do you think will happen to the milk?", "What colour would you like to use first?", "What colours can you see?", "I like the way you are mixing so carefully!".
- Let your child use the brush to spread the colours onto the waffles. Model how to do this on your own waffle. You could explain that you are going to make a pattern by using a different colours for each line of squares. "Do you like the pattern I am making? I am using green, then red, green, red, green, red. It is a stripe pattern", "Do you know what animal has a striped pattern?", "A zebra has white and black stripes".
- Let your child freely choose what colours they would like to use, noting what they have shown preference for: your child might prefer to use only one colour, or they might want to use all of them as they paint free form.
- Toast and serve! "What does that taste like?", "Do you like the taste?", "You are using your mouth to eat and taste food"

Activity review:

- Can your child answer some questions about the activity: "What colours did you use to decorate your waffle?", "Did you use a pattern?", "What did the waffle taste like?".

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- Would your child like to make another waffle, adding extra flavour, for example Jam. You can then discuss what Jam tastes like.

Additional ways to support your child:

- Continue to state that we use our mouth to taste.
- Discuss foods that you like to eat and comment on what the food tastes like.

Extension:

- Can your child discuss if the waffle tasted sweet, sour, bitter?
- Can your child taste a variety of other foods and discuss the taste, e.g. lemon or lime.

