

Individual Activity Lesson Plan

Date: 20.05.20	
Activity Title: Making a fruit rocket	
Learning Intention: PD: Willing to try new food textures and tastes	Activity Overview: To make a healthy edible rocket out of fruit, this can encourage your child to eat more fruit and try different textures.
Links to EYFS: Physical development, health and self-care 16-26 months	
Resources: Fruit - banana, melon, Strawberries. Wooden/metal skewers, knife, chopping board	Key vocabulary: Fruit, banana, melon, strawberries, smell, taste, texture. Shapes, circles, square, triangle
ACTIVITY IMPLEMENTATION (including key question)	
Introduction:	
<ul style="list-style-type: none"> • Prepare all the fruit and explain to your child that you are going to make a rocket out of fruit for them to eat and enjoy. • Have a photo nearby to show the shape of the rocket • Talk about where the fruit comes from and how it grows – on trees, bushes, which country 	
Main Activity:	
<ul style="list-style-type: none"> • Together cut the banana into 2cm circles • Slice the strawberries into thinner slices (leave one whole for the top of the rocket) • Cut a square out of the melon and cut small triangle shapes into the bottom of the square (this is your fire for the bottom of the rocket) • Start to place your fruit shapes onto the skewer (you will need to do this together) • Place the melon on first, then one piece of sliced strawberry and one slice of banana • Do this until you nearly reach the top and then place your whole strawberry on top (this is the top of your rocket) • Make one for each member of the family • Please send some photos in of you all enjoying your fruit rockets 	
Activity review:	
<ul style="list-style-type: none"> • How many pieces of fruit did you need to fill the skewer, count together as you make the rocket? • What shapes did you make? Circles? Squares? Triangles? 	
Additional ways to support your child: Cut the fruit together, your child could use a plastic knife. Remind them of the shapes you have made	Extension: Next time make a rocket out of vegetables Talk about where fruit and vegetables come from, how they grow, what colour they are. What do fruit and vegetables need to grow e.g. soil, water, sun etc