

Individual Activity Lesson Plan

Date: Thursday 28th May 2020

Activity Title: Teddy Bear Snack

Learning Intention: To recognise ways we can keep healthy and distinguish between healthy and unhealthy foods.

Links to EYFS:

Shows some understanding of good practice with regard to eating, exercise, hygiene and sleeping. (Physical Development)

Resources:

- Bread
- Banana
- Blueberries
- Raisins
- Chocolate spread/peanut butter.

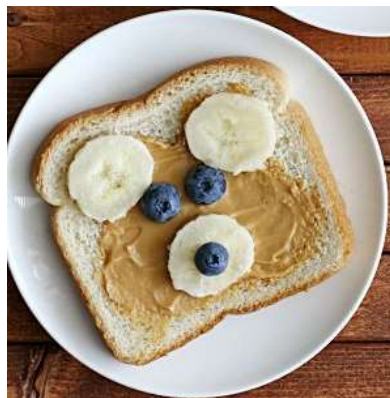
Activity Overview: To create your own teddy bear shaped/themed snack out of a variety of foods.

Key vocabulary: snack, make, create, taste, delicious, healthy, spread, cut, eat.

ACTIVITY IMPLEMENTATION (including key questions)

Main Activity:

- Let your child know that today they will be creating their own teddy bear snack.
- Lay out all the items you would like your child to have the opportunity to use and show them the pictures below.
- Encourage him/her to think about the steps they need to take to create a bear shaped snack.
- If your child needs a prompt create your own teddy bear snack whilst talking about the process using the language first, second, next, after etc.



Key Questions you may like to ask or discuss:

1. Do you know what eating healthily means?
2. Can you name some healthy and unhealthy food?
3. Give examples: Healthy foods: fruits and vegetables. Unhealthy foods: cakes and biscuits. Remind your child that healthy foods we eat lots of and unhealthy foods we eat less often as a treat.
4. Talk about exercising and ask your child if he/she knows what exercise means and what sort of things they can do to exercise and keep their body healthy.

Additional ways to support your child:

If your child finds it challenging to use a knife, give them lots of opportunities to do so. Provide playdough to practise with.

Extension:

Write (or draw) a set of instructions for how to make a healthy bear snack.