

# Individual Activity Lesson Plan

<b>Date:</b> Monday 11 <sup>th</sup> May 2020	
<b>Activity Title:</b> Vegetable Tasting	
<b>Learning Intention:</b> Willing to try new food textures and tastes.	<b>Activity Overview:</b> The children will taste a range of vegetables and learn about different tastes and textures.
<b>Links to EYFS:</b> Physical Development: Health and Self-Care: 16-26 months.	
<b>Resources:</b> -Prepared vegetables (washed in our earlier activity) – think about using vegetables with different colours and textures.	<b>Key vocabulary:</b> Taste, try, eat, soft, crunchy, hard, sweet, juicy, more, no, like, don't like, green, red, orange, yellow, stick, slice, piece.
<b>ACTIVITY IMPLEMENTATION (including key question)</b>	
<p><b>Introduction:</b></p> <ul style="list-style-type: none"> <li>Prepare the vegetables from earlier and invite your child over to taste them.</li> </ul> <p><b>Main Activity:</b></p> <ul style="list-style-type: none"> <li>Talk about and point out the different vegetables you've prepared and encourage your child to start tasting them.</li> <li>Try the vegetables together with your child to encourage them to try everything.</li> <li>Talk about textures, smells, tastes, etc. and which ones each of you likes. "I like the red peppers because they're sweet and crunchy. Which do you like?"</li> <li>If you can, invite other family members to get involved with the vegetable tasting.</li> </ul> <p><b>Activity review:</b></p> <ul style="list-style-type: none"> <li>Talk about which vegetables are left at the end of the activity and which were the most popular. "We ate all of the cucumber very quickly but there is lots of celery left. We didn't like the celery very much!"</li> </ul>	
<p><b>Additional ways to support your child:</b></p> <p>Try steaming some of the harder vegetables to make them easier for younger children to eat. You could offer a steamed and raw version of suitable vegetables such as carrots to compare the differences.</p>	<p><b>Extension:</b></p> <p>Show images of different vegetables to your child and help them to match the whole vegetable to the ones they are eating.</p>

