

Individual Activity Lesson Plan

Date: Monday 11 th May 2020	
Activity Title: Vegetable Washing Station	
Learning Intention: Uses language as a powerful means of widening contacts, sharing feelings, experiences and thoughts.	Activity Overview: The children will explore and investigate a range of vegetables by washing them.
Links to EYFS: Communication and Language: Speaking: 22-36 months.	
Resources: -A range of vegetables (you can use these again for our vegetable tasting activity later today) -Large tub of water -Suitable cloth or bottle brush (or both)	Key vocabulary: Vegetables, wash, dirty, clean, food, potato, carrot, broccoli, sweetcorn, pepper, courgette, celery, aubergine, cucumber, onion, leek, parsnip, lettuce, tomato, brown, yellow, orange, green, red, purple.
ACTIVITY IMPLEMENTATION (including key question)	
Introduction: <ul style="list-style-type: none"> • Prepare a tub of water and set out a cloth or brush and the vegetables your child is going to wash. • Explain to your child that the vegetables need to be cleaned before they can be eaten and ask them to wash the vegetables carefully for the tasting activity later. 	
Main Activity: <ul style="list-style-type: none"> • Demonstrate how to wash vegetables and then allow your child to take over. • Encourage your child to describe what they can see and feel, and to demonstrate their knowledge. • “Which vegetable are you cleaning?” “How does it feel?” “What does it smell like?” “Which vegetables do you like to eat?” 	
Activity review: <ul style="list-style-type: none"> • Explain to your child that you will be using the lovely clean vegetables later for a tasting activity. Try asking which ones your child would like to eat. • Talk about the vegetables in <i>Supertato</i> and match them together. “Which vegetables did you see in the story?” “What happened to the carrot? The pea stuck him down with plasters!” 	
Additional ways to support your child: Speak slowly and clearly with your child, giving them time to listen, understand and respond to your questions and comments. Read or watch <i>Supertato</i> together before the activity, drawing attention to the different vegetables in the pictures.	Extension: If you have a suitably soft vegetable, ask your child to prepare it with a child’s knife and chop it into small pieces. An aubergine, courgette or pepper might be good for this. Give your child clear verbal instructions and encourage them to talk about what they are doing.

