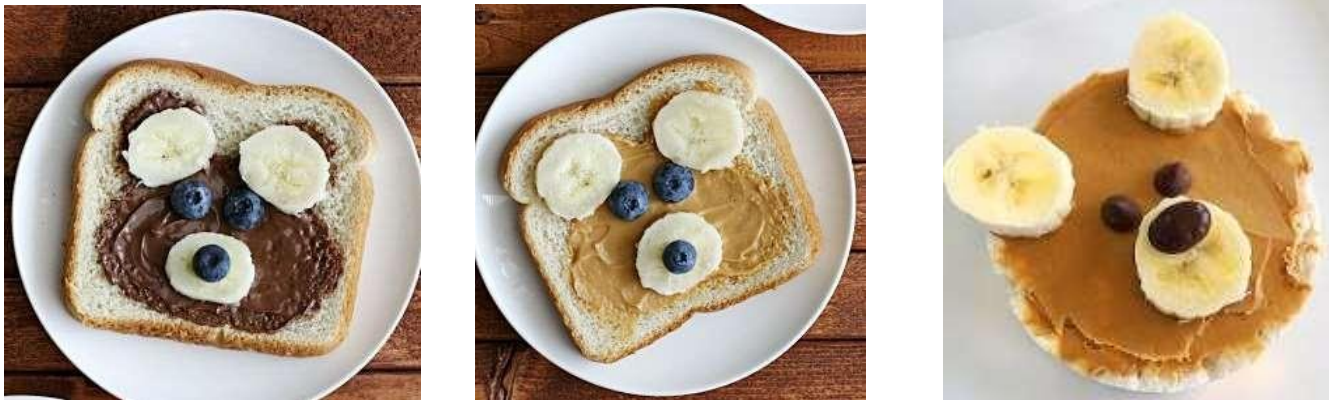


Individual Activity Lesson Plan

Date: Friday 12.06.2020	
Activity Title: Teddy Bear Snack	
Learning Intention: To recognize ways we can keep healthy and distinguish between healthy and unhealthy foods.	Activity Overview: To create your own teddy bear shaped/themed snack out of a variety of foods.
Links to EYFS: Shows some understanding of good practice with regard to eating, exercise, hygiene and sleeping. (Physical Development)	
Resources: <ul style="list-style-type: none"> • Bread • Banana • Blueberries • Raisins • Chocolate spread/peanut butter. 	Key vocabulary: snack, make, create, taste, delicious, healthy, spread, cut, eat.
ACTIVITY IMPLEMENTATION (including key questions)	
Main Activity: <ul style="list-style-type: none"> • 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:	
<ol style="list-style-type: none"> 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 practice with.	Extension: Write (or draw) a set of instructions for how to make a healthy bear snack.