

Individual Activity Lesson Plan

Date: Monday 8 th June 2020	
Activity Title: Rainbow Fruit and Vegetable Tasting	
Learning Intention: Expresses own preferences and interests.	Activity Overview: The children will taste a range of fruit and vegetables, talking about the colours and their preferences.
Links to EYFS: Personal, Social and Emotional Development: Self-Confidence and Self-Awareness: 22-36 months.	
Resources: <ul style="list-style-type: none"> A selection of prepared fruit and vegetables of different colours. 	Key vocabulary: Red, orange, yellow, green, blue, purple, pink, taste, try, like, don't like, what, which, colour, fruit, vegetable, taste, sour, sweet, juicy, crunchy.
ACTIVITY IMPLEMENTATION (including key question)	
<p>Introduction:</p> <ul style="list-style-type: none"> Prepare the fruit and vegetables then set them out in rainbow order. Invite your child to come and taste the food. <p>Main Activity:</p> <ul style="list-style-type: none"> As your child chooses the fruit and vegetables they want to eat, talk about colours, textures and tastes. Talk with your child about which food they like and which they are not so fond of. <p>Activity review:</p> <ul style="list-style-type: none"> Once your child has finished eating, talk together about which fruit and vegetables were all eaten up and which are still left. "You ate up all of the peas, you must have liked them a lot. There's still a lot of sweetcorn left over; you must not have liked that one today." 	
<p>Additional ways to support your child:</p> <p>Show your child raw/whole examples of any fruit and vegetables that have been cooked so they can make links between what they're eating and the original item.</p> <p>Talk about your own preferences. If there is something your child does not want to taste, model tasting and enjoying it to encourage your child to try it too.</p>	<p>Extension:</p> <p>Offer your child some paper and crayons, pencils or pens to try drawing their favourite fruit and vegetables.</p>

