

# Individual Activity Lesson Plan

**Date:** Monday 29<sup>th</sup> June 2020

**Activity Title:** Vegetables and Fruit Tasting

**Learning Intention:**

- To eat healthy vegetables and understand need for variety of food.
- To show an understanding of healthy life with regard to exercise, eating, sleeping and hygiene.

**Activity Overview:**

Your child will taste a range of vegetables and learn about different tastes and textures, as well as discussing how to have a healthy life and happy teeth!

**Links to EYFS: Physical Development-Health and Self-Care:**

- Eats a healthy range of foodstuffs and understands need for variety in food.
- Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.

**Resources:**

- Storybook *Supertato* by Sue Hendra ((if you don't have the book, use the following video link:  
<https://www.youtube.com/watch?v=rze89HB9u8g>
- Vegetables– think about using vegetables with different colours and textures.

**Key vocabulary:**

Taste, try, eat, soft, crunchy, hard, sweet, juicy, more, like, don't like, green, red, orange, yellow, stick, slice, piece, healthy, vegetables, fruit, happy teeth.

## ACTIVITY IMPLEMENTATION (including key question)

**Introduction:**

- Show your child the cover of the book of the day *Supertato* and discuss what the story might be about.
- Read or watch the story together.
- Once you have finished reading/watching, talk about the overall story, key events and characters. "What do the characters look like?" "Do you like eating carrots?" "What do you think the broccoli taste like?"



**Main Activity:**

- Explain to your child that today, you are going to taste yummy veggies and fruit!
- Ask your child to help you to clean the vegetables and fruit. Talk to him/her about the importance of cleaning and washing to keep the germs away!
- Talk about and point out the different vegetables you have washed and cut. Encourage your child to start tasting them.
- Try the vegetables together with your child to encourage him/her to try everything.
- 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 one do you like?"
- Explain to your child the importance of healthy eating to keep ourselves feeling good and have happy teeth!



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## Challenge:

- Find around your house healthy and unhealthy food, e.g.: apples, cucumber, crisps, biscuits, etc. and ask your child to sort them in two different groups. Talk about the importance of healthy eating to keep ourselves feeling good and have happy teeth!



## **Additional ways to support your child:**

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.

## **Extension:**

Discuss with your child of different ways of having a healthy life by doing sports (running in the park, cycling his/her bike/scooter, playing football/tennis, etc.); eating a variety of food; sleeping; washing our hands, etc.