Individual Activity Lesson Plan



Date: Monday 29th 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.

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.

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!

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.

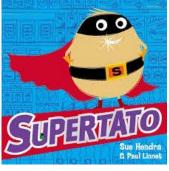
ACTIVITY IMPLEMENTATION (including key question)

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.