Together we Grow Saplings

W/C 29/06/20: Food

**Physical Development / Communication and Language**

Write on the top of two pieces of paper one with Health Food and the other with unhealthy food. Take some food items from your cupboards, you can also use empty packets and sort them on the two sheets of paper. Have a discussion about which ones are healthy after they have chosen where they should go but also talk about the importance of having a little of all food groups in our diet to help us grow as well as stay healthy.

**Literacy**

Choose a food item now see if you find items of food starting with the letters in your chosen food such as Pear P .. Peach E.. Egg .. A ..Apple R.. Rice Cake.

**Expressive Arts and Design**

Draw/paint a picture of your favourite food, think about the colours.

Fruit or vegetable printing you can use potatoes, carrots, celery, or apples.

**Expressive Arts and Design/ Maths/literacy/understanding the world**

Take part in roleplay shopkeepers, write a shopping list out of whaty you would like to buy. How much are the items going to cost, write prices for your customers to see, use a calculater to explore the numbers.