

Learning Project WEEK 6- Food

Age Range: EYFS Nursery

Weekly Maths Tasks (Aim to do 1 per day)

- Watch a Numberblocks clip each day at: [BBC](#) or [CBeebies](#). Use this guide [here](#) to give you ideas on what to do with your children whilst watching an episode.
- Play the Numberblocks '**Counting Games and Songs | Learn to Count.**'
- Bake with your child. Explore weighing and measuring food on the kitchen scales. Ask, what happens as you place more on the scales?
- Look for numerals on packaging you find around the house. Can your child recognise the numerals and count out a matching amount?

Weekly Reading Tasks

- Read a variety of books at home. Favourites can be repeated. Hearing the patterns of language in a story will support your child's language development.
- Make sure your child is handling books carefully, holding them the right way up, turning one page at a time and talk about information being relayed in the print and how in English we read from top to bottom and left to right. (Very important pre-reading skills).
- If they recognise words let them read to you.

Weekly Phonics Tasks (Aim to do 1 per day)

- Sing Nursery Rhymes and songs together. Add in actions and change the words. Can children think of different rhyming words to add in? Repeat old favourites and learn new rhymes. You can find an A-Z of [Nursery Rhymes](#).
- Daily phonics - Practice the sound for the week – Ff for this week, by singing the Jolly Phonics song on Youtube: **Jolly Phonics in order, 42 sounds and vowels.**
- Pour flour, rice or lentils into a shallow tray or plate. Show your child a letter, and ask them to 'write it' in the food using their finger. Let them draw and experiment as well.



Weekly Writing Tasks

- For children going into Reception in Sep practise name writing. Can they write their first name? Write it for them lightly in pencil and get them to write over your writing. Don't force. Wait until your child is ready. You never want them to 'feel' they are failing.
- Use a variety of media: chalks, crayons, paint, felt tips to do all kinds of super mark making, indoors and outdoors.
- Look at a range of different packages found around the kitchen. Discuss with your child what makes it stand out to a customer. What do they like/don't like? Could they design a bag to put sweets in? What would they like to call their sweets?

Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more about food. Learning may focus on where different foods originate from, what makes a healthy meal, opportunities to cook etc.

- **Healthy/ Unhealthy-**
 - Provide your child with a selection of items from your kitchen cupboards. Can they sort them into things that are healthy and unhealthy? Discuss why the food is good for you or bad for you. Look at the [Eatwell plate](#) to help figure out which foods they should eat a lot of or not very much of.
 - Discuss how exercise is an important part of staying healthy. Watch and complete a 10 minute [shake up](#).
- **5 a day-**
 - Support your child to create a food diary to record how many pieces of fruit and vegetables they eat in a day
- **Play shops-**
 - Using toy food or old packaging, set up a food shop for your child to act out being the shopkeeper and customer. You could introduce coins to support their developing knowledge of money. Give them a notepad to use as a shopping list to encourage in the moment writing.
- **Potato/ Vegetable Printing-**
 - Using a selection of vegetables available in your kitchen, support your child to print and explore the shapes and patterns created:



- **Make cornflour gloop-**
 - Mix cornflour with a small amount of water in a mixing bowl. It will make a slimy, stretchy mixture. Allow your child to explore the change of texture from wet to dry and the texture of the gloop.