

Learning Project WEEK 6- Food

Age Range: NURSERY

Please read 'Nursery - supporting your child's learning at home' on the William Davies website for guidelines. Children at this age learn through play, so have fun!

Weekly Maths Tasks (Aim to do 1 per day)	Weekly Reading Tasks (Aim to read every day)
<ul style="list-style-type: none"> • 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. • Practise recognising amounts up to five or up to ten by playing these games. This can be done by reading a dice when playing board games, playing with cards, identifying how many food items on the plate etc. • Listen to a number song from the CBeebies website. After listening to the songs, watch again and sing along if you can. Talk about the maths you can see in the video clip. • Explore weighing and measuring food on the kitchen scales. Ask, what happens as you place more on the scales? Ask your child to help you when you are cooking and encourage them to count eg ask them to count as you spoon flour into a bowl; ask them to count how many eggs you need. Look at different sized pots, pans, spoons, jugs etc Talk about which is bigger or smaller. • Egg boxes are great to use to help your child learn to count. When you have an empty box, give your child something like beans, pasta pieces or other small (safe!) objects. Ask your child to put one thing in each space in the egg box and count with them as they put the things in. Then count, touching each thing in the box. You can ask your child to put 2 things in, or 5 things in. Then ask them to take 1 thing out or 3 things out. 	<ul style="list-style-type: none"> • 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. • You can find some online stories to read to your child here https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/. This site also has some suitable games and activities. The Cbeebies website has some Bedtime Stories your child might enjoy. It is important that you watch and listen with your child so that you can talk to them about the story and explain anything they might not understand. • You can find more stories here https://www.storylineonline.net/library/. Look for stories starting at suggested grade level K. <ul style="list-style-type: none"> • Read this short book with your child: https://www.uniteforliteracy.com/unite/plantsandfood/book?BookId=1658 Talk about what they can see in the pictures. Talk together about the food you like or dislike. Can you try to make some 'funny food' at home? • Read this short book with your child https://www.uniteforliteracy.com/unite/plantsandfood/book?BookId=243 Talk to your child about where fruit, vegetables and other food comes from.
Weekly Tasks (Aim to do 1 per day)	Weekly Writing 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](#).
- Pour flour, salt, rice or lentils into a shallow tray or plate. Let your child mark make using their finger. Talk to your child about the marks they make.



- Play this vegetable quiz with your child <https://www.bbc.co.uk/cbeebies/puzzles/our-family-vegetable-quiz>. Talk about the different vegetables you have in your kitchen.
 - Cosmic Yoga
<https://www.cosmickids.com/> has lots of sessions for all ages and you can get a two-week free trial or find some of the sessions on YouTube for free.
<https://www.youtube.com/watch?v=KAT5NiWHFIU>
<https://www.youtube.com/watch?v=obzFP6eEGAg>
- Monkey yoga
Calming exercise for kids
- https://www.youtube.com/watch?v=cyvu_aL_2avY

- Ask your child to draw a picture of their favourite food.
- Give your child time to draw independently.
- Ask your child to draw a picture about a film or cartoon they have watched.
- After drawing a picture, ask your child to try to write their name. The marks they make will resemble their name. You can then model writing their name for them.
- Whenever your child finishes a picture ask them to tell you about it. You can also write what they say about the picture so that they can see you writing.
- If you have recipe books or food magazines look at these with your child and talk about the pictures. If you like, you could choose a recipe to make together. Make a list of the ingredients you need: your child can draw pictures and you can write the words.

Learning Project - to be done throughout the week

The project this week aims to provide opportunities for your child to learn more food.

- Have a look at the [Eatwell plate](#) together and talk about the different types of food you eat. Talk about which food is healthy, and which food we should save for treats! You can share this short book about healthy food with your child.
<https://www.uniteforliteracy.com/unite/plantsandfood/book?BookId=1778>
- Look together at this short book about keeping healthy.
<https://www.uniteforliteracy.com/unite/healthyme/book?BookId=101>
Talk about how exercise is an important part of staying healthy. Try some of these games: [shake up](#).
- Create a collage
If you have some glue, collect together some colourful packaging and wrappers from food so that your child can make a picture. Draw around a plate on a piece of paper, and ask your child to make a collage 'meal'. Ask your child about the different 'food' they have made.

Potato/ Vegetable Printing

- If you have any left-over vegetables and some paint, support your child to print and explore the shapes and patterns created. Potatoes or carrots are good for this.



- **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.

Have lots of fun!

#TheLearningProjects