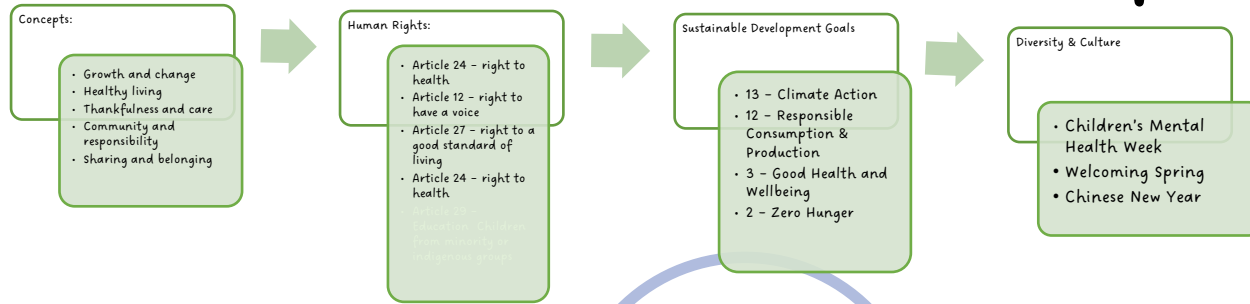


Healthy Body, Healthy Mind - food glorious food

Nursery and Reception

Summit- Performance of Understanding: Children will create their very own Healthy Tuck Shop where they will share delicious and healthy snacks with friends by "selling" them.



Areas of Learning & Experience

- Expressing likes and dislikes
- Recognising familiar places
- Exploring how people show thankfulness for food.

Humanities

Mathematics & Numeracy

- Days of the week
- Money
- Data handling
- Measures - weight, capacity, temperature
- Number bonds

- Rock School - Chinese New Year craft and dance
- Fruit and vegetable printing - exploring colour, pattern and texture.
- Salt dough food sculptures.

Expressive Arts

Literacy Language & Communication

- Texts: Which food will you choose? Oliver's Vegetables, The Very Hungry Caterpillar, Jasper's Beanstalk, Goldilocks and the Three Bears.
- Instructions
- Explanation
- Recount
- Retell

- Safer Internet Day
- Predicting, observing and describing how materials change
- Preparing healthy snacks to "sell"
- Understand what a plant needs to grow - exploring living things

Science & Technology

Health & Wellbeing

- **SEAL/SELF:** Diversity, forming opinions
- Multi-ball skills
- Introduction to the Eatwell Guide
- Talk about foods that help keep us healthy and foods we should only have sometimes

Wow - Experience to stimulate curiosity: The children will welcome a special visitor - a farmer delivering a crate full of fresh, colourful produce! The children will learn where the food has come from, ask questions about growing fruits and vegetables, and explore the delicious ingredients they'll use in their Healthy Tuck Shop.

Lifelong Learning: As a result of this inquiry, children will understand...that the choices they make about food help their bodies and minds stay healthy, and that food comes from people and places that work together to grow and produce it. They will begin to appreciate the importance of caring for plants, trying new foods, and sharing kindly with others. Most importantly, they will develop the confidence to explore, ask questions, and make thoughtful choices that support their well-being now and in the future.