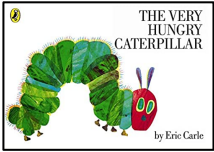


Over the last week at preschool, we have been looking at lots of different fruits and vegetables. We would like to share our ideas so you can try some of the things we have been doing at home.



Read the Very Hungry Caterpillar book. Ask your child to retell the story. Talk about healthy and unhealthy foods. You could also watch the animation of the book.

<https://www.youtube.com/watch?v=75NQK-Sm1YY>

- Get a selection of fruit and vegetables you have at home, or pop to the local shop and let your child choose a few interesting looking ones you might not usually buy.
- Some children confuse fruits with vegetables, so start with a sorting activity.
- Talk about the fruit and vegetables: ask open ended questions like “what does it feel like?” “What colour is it?” Or ask choice questions if your child is unable to comment: “Is it rough or smooth?”

- Count the vegetables –
- encourage your child to count one to one by touching each object when they say the number.
- Can you give me one more?
- How many altogether?
- Can we share?



- Where does it grow? – this gives you an opportunity to talk about countries with hotter climates, what the weather is like or whether they grow on trees, under the ground, on bushes or on the ground. You could use the internet to have a look at coconuts, bananas, mangoes, grapes, etc or look at a globe or map if you have one.

- Get your fruit and vegetables and see if your child can put them in size order – biggest to smallest or longest to shortest. Let your child pick them up and talk about which is the heaviest or lightest.



the world of **ERIC CARLE** THE VERY HUNGRY CATERPILLAR™

- Set up a “shop” with the fruit and vegetables and any other items your child would like to sell – let them take the lead – you can buy things and ask “ How much is it? If they say 10, you could use language to describe money – pounds and pence – you might even have some play or real money you could use to add to the play.

- Talk about fruit and vegetables being healthy: giving you energy for your body to work, good for growth, bones and teeth.



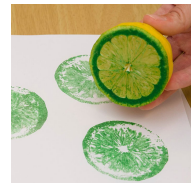
- Talk about which foods are unhealthy and that we should have these as a treat. You could get two plates and let your child sort things onto a healthy and unhealthy plate.

- Where does milk come from? You could watch a video of cows being milked, but also talk about milk coming from soya, coconuts or oats. Also talk about milk being made into cheese, yogurts and butter. Look at other vegetables like potatoes being made into chips or potato crisps or tomatoes into ketchup, soup and pizza topping.

- Try a floating and sinking experiment with light and heavy vegetables - potatoes will sink, but broccoli florets will float.

- Collect some ever green leaves, use a hole punch to make holes around the outside. Use wool of string to thread in and out of the holes. You could tie two or three leaves onto a stick or small branch to make a mobile.

- Try printing with your fruit or cut a potato in half and cut in a pattern, or painting with celery or broccoli.



- Finally you can cut you fruit and vegetables up. Try making a fruit salad or fruit kebabs, talk about the taste and encourage your child to try them. Make a picture on a plate – a face, an animal etc.

<https://www.foodafactoflife.org.uk/3-5-years>

