



# Food, Glorious Food

## FS1 Spring 2 2026



### SONGS

Jelly on a plate  
5 Current Buns  
10 Fat Sausages  
One Potato

### HOME ACTIVITIES

Bake some bread  
Write instructions on how to  
make a sandwich  
Sort healthy and unhealthy  
foods  
Create a shopping list  
Chop a fruit salad



### KEY FACTS

Strawberries are the only fruit  
with seeds on the outside  
Potatoes were the first food  
planted in space!



### VOCABULARY

Balanced Diet - A diet which contains the correct  
amount from each food group to ensure a healthy  
variety

Food Groups: Vegetables and fruit, Carbohydrates,  
Dairy, Protein, Sugar and Fats are all the foods  
needed to create a balanced diet

Exercise: Moving your body and getting your blood  
pumping



### READING SUGGESTIONS

The Very Hungry Caterpillar - Eric  
Carle

Handas Surprise - Eileen Brown

The Little Red Hen - Florence Williams

Dragons love Taco's - Adam Rubin

