



EYFS SPRING 2 2024

FOOD GLORIOUS FOOD

READING SUGGESTIONS

The Very Hungry Caterpillar – Eric Carle
Handas Surprise – Eileen Brown
The Little Red Hen – Florence Williams
Dragons love Taco's – Adam Rubin

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

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

SONGS

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

KEY FACTS

Strawberries are the only fruit with seeds on the outside

Potatoes were the first food planted in space!