



‘Jupiter’ Learning Grid – Week 13
W/b 15th June ‘Where do our foods come from?’

<p>Watch this clip to learn about farm foods. https://youtu.be/8M8siMgbVKA</p>	<p>Can you read, ‘The Very Hungry Caterpillar’ with someone in your house? Can you guess where some of the foods come from?</p> 	<p>Watch the story of, ‘The Little Red Hen’. What foods are in the story? Are they healthy or unhealthy? https://youtu.be/JTCsL26vob4</p>	<p>Have you eaten any foods that required the removal of seeds? In this activity you can explore seeds in various ways, from comparing size and quantity of seeds in different foods, to identifying the colour and texture of the seeds. https://preschooltoolkit.com/blog/preschool-science-exploring-seeds/</p>
<p>Do you know the difference between fruit and vegetables? Use the attached sheet and with help from an adult or sibling, can you cut out the pictures and sort them into groups of fruit and veg?</p>	<p>When you are out for a walk can you collect sticks that have fallen on the ground? Can you count them? Can you sort them into sizes? You could then use them to make picture frames like the ones we have in nursery.</p>	<p>Do you know that to stay healthy you should have 5 portions of fruit a day? Can you count and keep a record of how many you have each day? Do you have 5? Maybe you have more or less.</p>	<p>Why not take a walk/trip to our local garden centre and go to ‘Julian’s Veg’ to see all of the different types of fruit and vegetables. What are your favourites? You could maybe buy some for your seed experiment.</p>
<p>Can you look in the cupboards in your house and have a think about where you think the foods come from? What animal does it come from?</p>	<p>Can you grow your own foods? See what seeds you can use. You could plant some cress to have on your sandwiches. Remember and water them!</p> 	<p>When you are out for a run, walk, skip or jog around your garden or outdoor area. Can you see any plants growing? What could they be?</p>	<p>Can you play the, ‘Beans Game’? Run around in a space and ask a sibling or adult to shout out a type of bean. When they call it out, do the action. Jumping bean – jump up and down. Broad bean – stretch out wide! Jelly bean – wobble like jelly. Chilli bean – shiver and shake. Runner bean – keep running!</p>
<p>Use a paper plate or circular piece of card and create a beautiful painting of all your favourite fruit and vegetables or of your favourite meal.</p>	<p>Using different colour paper and some pens, create your very own fruit puppets. Once you have made them, you could have a puppet show!</p>	<p>Look at the packaging on your fruit. Where does it come from? On a map or a globe, can you spot the country that they came from?</p>	<p>With an adult, can you help make a lovely pan full of vegetable soup? https://www.bbcgoodfood.com/recipes/collection/vegetable-soup</p>



