

Why can't I have chocolate for breakfast?



Food glorious food! Find out why we can't eat chocolate for every meal, which foods are healthy and more in this project about food, mealtimes and nutrition. To begin exploring this topic, try having a special breakfast, carefully spreading different toppings on toast and cutting it up. Help to make a shopping list. Start to read words and labels on food packaging. Pretend play buying and selling sweets. Get messy exploring foods with interesting textures. Get creative by printing with food or mark-making in different ingredients. Investigate different smells and use all of the senses. Enjoy food related poems, rhymes and songs. Learn to retell the story of The Little Red Hen. Use mathematical skills to weigh foods and practice ordering numbers. Investigate chocolate to explore its sensory and scientific properties.

Language, literacy and communication skills	Oracy; Reading; Writing
Mathematical development	Developing numerical reasoning; Using number skills; Using measuring skills; Using data skills
Personal and social development, well-being and cultural diversity	Personal development; Social development; Well-being
Knowledge and understanding of the world	Time and people; Myself and other living things; Myself and non-living things
Physical development	Personal
Creative development	Art, craft and design

This term is five weeks long. We will provide weekly activity plans to help support parents in delivering this topic at home. We are aware that not all families will have access to the same resources. We will provide multiple ideas for each activity to help parents use what they have at home. We will also be providing some home learning advice for play that parents can easily adapt at home and in the garden to keep children entertained.