

Happy Kids at home!

Gourmet dipping

Some two-year-olds become quite fussy eaters, especially with vegetables. Changing the format of how food is presented can make a difference.



Activity taken from Nursery World magazine.

For this activity you will need:

3 types of sauce, vegetables and small containers.

Step 1

Try cutting up a selection of vegetables, some cooked, some raw, and serve them on a tray.

Step 2

Put out three egg cup-sized containers, each with a different flavoured sauce.

Step 3

Sit with your child and model dipping a vegetable into a sauce. Encourage your child to do the same, but avoid being too pushy.

Next Steps

If this is successful, repeat again with a range of other vegetables.

Early Years Foundation Stage (EYFS)

The EYFS sets standards for the learning, development and care of children from birth to 5 years old. It promotes teaching and learning through play to make sure all children have the skills they need for future life. There are 3 Prime Areas of Learning and 5 Specific Areas. We follow this in Preschool Nursery and you can do activities at home to help your child learning. This activities will cover many areas of the EYFS but are planned specifically to cover these areas below.

Prime Area

Communication and Language

Your child can learn the names of vegetables and words to describe flavours.

The World Specific Area

Expressive Arts and Design

Creativity: Trying out new tastes and experimenting is good for children's creativity.

The World Specific Area

Mathematics

You can draw your child's attention to the size and shape of different vegetables.