

Happy Kids at home!

Knife and Fork

Learning how to set a table is a skill that most children learn at home.



Activity taken from Nursery World magazine.

For this activity you will need:

Choose some foods that are fairly easy to cut and 'spear'. A whole boiled carrot or potato can work well.

Step 1

Choose a time when your child is not tired and put out a knife and fork.

Step 2

Aim at first for your child just to practice cutting and 'spearing'.

Step 3

Then move on to using the knife to sweep food onto the fork.

Next Steps

Look out for other opportunities to further develop your child's mealtime skills by, for example, using real glasses and plates.

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

Physical Development

Using a knife and fork develops children's hand-eye co-ordination, so is useful as a preparation for writing.

Prime Area

Personal, Social and Emotional Development

Being able to eat using a knife and fork is a social skill that is useful for children to acquire.

Prime Area

Personal, Social and Emotional Development

Knowing how to cut with a knife and fork supports children's independence.