

# Happy Kids at home!

## On a plate

For this activity you will need:

Plate and food that can easily be cut into different shapes and sizes

Understanding shape and size is something that you do when you park a car or try to fit groceries into a bag. While shapes and sizes are usually associated with mathematics, they are also important when it comes to literacy.

Children have to be able to recognise different shapes of letters and eventually link them to sounds. There are plenty of activities that you can do at home with all ages of children to help them enjoy and discover shape and size.

### Step 1

Mealtimes can be a useful opportunity for children to learn about size and shape. Creating new ways for children to look at their food can also be a wonderful distraction for fussy eaters.

### Step 2

Try putting out food in mathematical ways - for example, a carrot chopped into three different lengths or a slice of bread cut into different shapes such as a circle, square and triangle. See if your child notices the differences between them. You could also comment as they are eaten - for example, 'The triangle has gone!' or 'The smallest slice of banana has disappeared!'

### Step 3

Encourage your child to prepare food with you. They might like to find ways of arranging food ready to be served.



Activity designed by Nursery World magazine.

## 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

Mealtimes help children to practise their hand-eye co-ordination, especially if they are using forks and spoons.

### Prime Area

Language  
Development

Draw your child's attention to different sizes, colours and shapes of food on their plate.

### Prime Area

Personal, Social and  
Emotional Development

Making mealtimes pleasurable helps children's social development and so this can be a useful strategy.