

# Happy Kids at home!

## We can eat healthy like

## 'The Very Hungry Caterpillar'.



### For this activity you will need:

The activity sheet (please ask your nursery manager to print for you, if you are unable to print yourself)

Fruit and vegetable shop/ super market

A pen/ pencil to tick the boxes

Chopping board and knife

Enough bowls for your children and you.

### Step 1

Talk through the activity with your child, before going to the shops. Do they recognise the fruit that is on the activity? Can they count them?

### Step 2

Do the activity at the shop/ supermarket, Can they point out the fruit themselves? Do they need a little encouragement? Can they count them out into the bags available?

### Step 3

Make a healthy fruit salad with your child back at home. Let them help prepare the fruit, remember to supervise at all times, whilst using sharper knives be extra careful and guide your child's hand.

### Step 4

Encourage children to eat it, talk about the colours and textures. Your child is more likely to try their fruit if you are eating it at the same time.

### Step 5

Take photos and bring them into nursery or tag your preschool nursery manager in on facebook.



## 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's learning. This activity will cover many areas of the EYFS but are planned specifically to cover these areas below.

#### Prime Area

Physical Development

It is important to learn healthy eating patterns from early childhood.

#### Prime Area

Communication and Language

Talking to your child throughout the activity helps your child develop their skills.

#### Specific Area

Mathematics

Children can count the number of fruits they choose.

#### Specific Area

Literacy

The tick sheet helps develop your child's literacy skills.

# The Very Hungry Caterpillar

## Find and Count Game

