

### Take your child shopping

Take your child shopping and talk to them and ask them questions about where food comes from.

Look at packets and packaging and country of origin on food packets

Send in different food packets and cartons for collection in our classrooms (clean please!)

### Get your child eating healthy food

Talk about food with your child, including which foods are healthy and unhealthy, which foods they like and don't like.

Try lots of different healthy foods with your child.

Talk about different food groups and the importance of a balanced diet.

Complete Food Diaries with your child at home and send them into school

Things you could do at home to support your child's learning...

### Spitalfield's Farm

Take your child to Spitalfield's City Farm!

There are FREE nature themed activity sessions for kids on every Saturday in October and November from 10.30—12.00

Email [wildclub@spitalfieldcityfarm.org](mailto:wildclub@spitalfieldcityfarm.org) to book a place.

### Some useful websites

[www.eatwell.gov.uk/healthydiet/eatwellplate/](http://www.eatwell.gov.uk/healthydiet/eatwellplate/)

[Health.asda.com/nutrition/food/5-a-day-the-easy-way.aspx](http://Health.asda.com/nutrition/food/5-a-day-the-easy-way.aspx)

[www.fao.org/hunger/en](http://www.fao.org/hunger/en)

[www.wfp.org](http://www.wfp.org)

[www.childinfo.org/nutrition.html](http://www.childinfo.org/nutrition.html)

Key to the different types of learning...

K = Knowledge

S = Skills

U = Understanding

## In Blue class....

**Entry Point... We went to Spitalfield's Farm.**

**What plants and animals did we see?**

**What did we learn about where food**

### Science

**We will be learning...**

- ◆ **Why we need to eat foods and what the best foods are KU**
- ◆ **How some of our food grows U**
- ◆ **How to carry out science investigations S**
- ◆ **About our sense of taste and how food**

### Technology

**We will be learning...**

- ◆ **How to plan, make and evaluate a healthy pizza S**
- ◆ **How to make a box for a pizza S**

## Our IPC topic is

# 'You are what you eat'

### Geography

**We will be learning...**

- ◆ **Where food comes from and identifying countries on a world map KU**
- ◆ **What food is eaten in our home and host country KU**
- ◆ **Why different foods grow and are**

### International Learning

**We will be learning...**

- ◆ **About famine and drought around the world KU**
- ◆ **Where drinking water comes from KU**

### History

**We will be learning...**

- ◆ **About the food that our parents and grandparents ate when they were young U**
- ◆ **How and why the choice of food in our shops has changed U**
- ◆ **What our ancient ancestors ate K**

### PSHEE

**We will be learning**

- ◆ **How to keep healthy and how our bod-**

### Art

**We will be learning**

- ◆ **About artists that use food for their ideas K**

## Maths

Multiplication of 2, 5 and 10

Using knowledge of number bonds to solve problems

Finding  $\frac{1}{2}$ ,  $\frac{1}{4}$  and  $\frac{3}{4}$

Measuring and estimation

# Also in Blue class...

PE this half term we have a dance instructor who will be teaching dance linked to healthy eating. Don't forget PE is on **Friday**.

In **Literacy** We are reading a book called

'**Oliver's Vegetables**'. The story is about a boy who tries different vegetables each day while looking for potatoes in his Grandpa's garden.

In our writing we will be focusing on full stops and capital letters, using connectives and adding in adjectives to describe.

Blue class has already been on an exciting trip to Spitalfields farm to learn more about animals and plants, and each child has their own bean growing in our classroom from the trip.

For this topic we are doing sessions in PSHEE to do with a healthy lifestyle, looking at healthy activities, healthy eating and exercise.