

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 to book a place.

Some useful websites

www.eatwell.gov.uk/healthydiet/eatwellplate/

Health.asda.com/nutrition/food/5-a-day-the-easy-way.aspx

www.fao.org/hunger/en

www.wfp.org

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**

Also in Red Class...

Maths

Counting in 2s, 5s and 10s

Writing and recognising numbers past 20

Finding one more or less than a number

In Literacy We are reading 'The Puffin Book of Fantastic First Poems'. The book has a collection of poems about food and other topics.

We will be making poems about our love of food!

In our writing we will be focusing on forming our letters correctly, and using our phonics knowledge to spell words.

See what they can spell at home!

Red 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.

● PE this half term we will be learning the rules and expectations for PE time and changing time as well as fun stop/start activities.

Can your child change into a kit on their own quickly?!

Don't forget PE will be starting on **Thursdays**. Your child will need a full PE kit.

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