

Understanding the World

Visits: a local pizzeria – variety of healthy toppings and understanding of ingredients and how foods are made. Tesco – buy food for an activity and use everyday technology (self-checkout)

Observe changes in cooking (chocolate melting, gingerbread dough hardening when baked, jelly setting, popcorn changing form, lollies frozen, etc Food groups, e.g. fruit, vegetables, dairy, etc and the benefits of these (how they support health, growth & development). Where food comes from.

Look at foods from around the world and linked to different cultures/religions, (bread from different parts of the world – make and taste).

Children to bring in food from home reflecting their cultures for a shared tasting day (allergies)

How was food cooked/preserved in the past - before modern appliances were invented. When were specific foods introduced to England, e.g. the potato? Investigate what happens to food over time.

Recreate Artists' work on the computer where they have used food.

Communication, Language & Literacy

Role Play Area: Café or Restaurant (dev. vocabulary related to this)
Writing: Instructions on how to make porridge, fruit salad, etc (record next to picture sequence).

Sequencing story pictures and write underneath these recalling story language

Labels for food, menus, own revolting, fun recipes (review cookbooks)

Descriptions of foods (sight, smell, touch and taste)

Texts:

Handa's Surprise, The Hungry Caterpillar, The Gingerbread Man, The Lighthouse Keeper's Lunch, Where's my Dinner? What shall we eat tonight? The Enormous Turnip, Stone Soup, Goldilocks & The Three Bears, Do you like ketchup on your cornflakes? The Rascally Cake by Jeanne Willis, The Magic Porridge Pot, The Runaway Pizza, The Little Red Hen. Food poems, e.g. 'I eat my peas with honey...'

Personal, Social & Emotional Development

Washing hands & good food hygiene

Using knives & forks

Good table manners

Expressing likes and dislikes and being open to trying new foods and experiences

Healthy foods/drinks and those to be eaten/drunk in moderation – making sensible choices

Importance of eating balanced meals throughout the day (breakfast, lunch and dinner)

Being aware of allergies - own needs and the needs of others (similarities & differences)

Appreciation of where our food comes from and how many people are without food in the world. Understanding we should give thanks and not be wasteful with food.

* RE lessons also taught from Come & See scheme.

Food

Physical Development

Cooking – kneading, mixing, using cutlery & utensils, pricking, rolling, chopping, slicing, mashing, etc.

Fine motor and fine manipulative skills: mould, press, form, roll, squeeze, pinch and shape playdough to make different food items, e.g. sausages, peas, pastry pinwheel, etc.

Indoor PE & Outdoor PE sessions (see separate curriculum frameworks)

Outdoor play: riding bikes, digging, musical instruments (bang, tap, slide, press), placing and setting out toys, pitting on dressing up clothes, pushing prams, pouring tea, etc.

Mathematics

Number – rhymes, e.g. 10 fat sausages. Recognise, write and order number 0-50 and beyond. Estimate, count on and back in steps, work confidently with numbers when problem solving.

Money – recognise and name coins, pay for items using single pennies and whole coins in role play. Begin to add amounts and learn equivalent amounts using various coin combinations.

Measures – how many spoonfuls, cupfuls...to fill different containers, using terms such as full, empty, half full, etc.

Time – The Hungry Caterpillar – days of the week, amounts of fruits.

Data Handling – Tally charts – record favourite fruits, vegetables, meals, desserts, crisp flavours, etc. Sorting different foods by type, mealtime, shape, size, colour. Match whole fruits and cut fruits.

Simple Fractions – Begin to understand parts of a whole, e.g. half (half a banana can look very different if cut in half across width, length or even if blended).

Expressive Arts & Design

Design a same colour fruit salad, e.g. Red fruits: strawberries, raspberries and red apple. Design your own gingerbread person (diff. colour icing for hair, facial features, etc)

Drawing/sketching different foods. Review artists who have used food in their work and recreate?

Food songs: Food glorious food, five currant buns, one potato...etc

Cut 'n' stick collages (using supermarket food brochures) – create own meals grouping different foods

Make models of food using plasticine, clay, playdough or salt dough

Role play stories involving food, e.g. Handa's Surprise