

## Home Learning Menu: Super-Veggies

### Communication & Language Practise in play

**Food Label Reading:** Teach children how to read food labels and identify important information like portion size, ingredients, and nutritional content. Help them understand how to make informed choices when selecting foods.

### Expressive Arts and Design

**Create a Rainbow Plate:** Teach children about the importance of eating a variety of colourful fruits and vegetables by creating a "rainbow plate." Let them arrange different coloured fruits and vegetables on a plate to make it visually appealing.

### Literacy

- Each week enjoy your
- Phonics sheet
  - Reading for pleasure (fun) book
  - Guided Reading book
  - Practise forming patterns

## Personal, Social & Emotional Development

**Grow Your Own Garden:** Start a small garden at home or in a community garden plot where children can plant and care for fruits, vegetables and herbs. This hands-on experience teaches children about where food comes from and encourages them to eat more fruits and vegetables.

### Physical Development

**Grocery Shop Scavenger Hunt:** Take children to the supermarket and create a scavenger hunt list with items from different food groups (fruit and vegetables, grains, dairy, protein).

Let them find and tick off each item as they locate them.



Bring in or use Tapestry to share everything you do, so that we can celebrate our learning in class.

### Physical Development

*Fine motor & Handwriting*

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Jellies and Zig-zags

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Loopies and Waves

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### Mathematics

**Food Group Sorting Game:** Use small samples of different foods from each food group and have children sort them into the appropriate categories. This activity helps reinforce the concept of balanced meals.

### Understanding the World

**Cooking Together:** Involve children in meal preparation by letting them help wash, peel, chop and mix ingredients. This hands-on experience can make them more excited about trying new foods.

Interview a grandparent. How were jobs in the past different to jobs now?

As you are walking through the town and shops, notice all of the different ways people help others.

