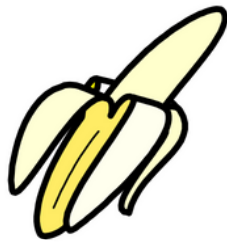


Food and Drink

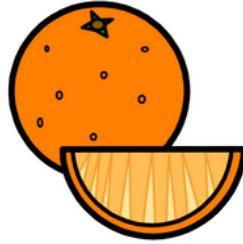
The vocabulary we're learning...



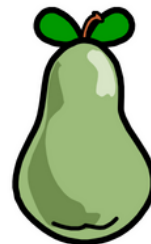
apple



banana



orange



pear



melon



cereal



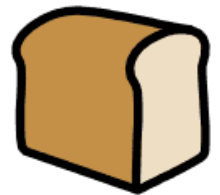
milk



water



biscuit



bread

Ideas for home...

- Practice chopping fruit and vegetables with a grown-up at home. Use soft fruits and vegetables and a butter knife to start with. Talk about how we need to be safe with a knife.
- Sing a song about food and drink. Use actions and encouragement
- Song (to the tune of Fayre Jacques): ***I eat apples, I eat bananas, Oranges too, oranges too. When I'm feeling hungry, When I'm feeling hungry, You can too, you can too.***
- Practice pouring your own drink into a cup from a jug.
- Use a knife and fork to chop up bananas.
- Talk about the taste and textures of the foods you're eating.
- Take your child food shopping. Give them a drawn-out shopping list and encourage them to put the food in their own basket.
- Sort foods into healthy foods and unhealthy foods. Talk about how healthy foods make us feel good and give us lots of energy for the day.

Our core books...

- Read stories to your child every day. This will help boost their language development. You can listen to these stories on YouTube if you don't have a copy at home.

