



Home Learning Project: Food

Week 6

Age Range: Nursery

Weekly Maths Tasks (Aim to do one a day)

- Explore the [language of size](#).
- Explore weighing and measuring food on the kitchen scales. Ask, [what happens as you place more on the scales?](#)
- Look for numerals on packaging you find around the house. Can your child recognise the numerals and count out a matching amount?
- Listen to a [number song](#) from the CBeebies website. After listening to them, watch again and sing along if you can. Talk about the maths you can see in the video clip.
- Watch a Numberblocks clip each day at: [cbeebies](#). Use this guide [help-your-child-with-maths](#) to give you ideas on what to do with your children whilst watching an episode.
- Write out the numbers 0 - 9. Use your whiteboard and pen or use a paint brush and water to write your numbers outside in the garden. You could try some of these [outdoor activities](#) too! Use your magic pencil to write a number in the air and see if someone else can guess which number it is.

Weekly Reading Tasks (Aim to do one a day)

- Do you remember reading [Oliver's Vegetables?](#) What was the only thing that Oliver liked to eat?
- Read [Oliver's Fruit Salad](#) too.
- Look at recipe books and food magazines. Encourage your child to use their phonics knowledge to decode the ingredients list. Select a recipe and make this together. Encourage your child to read the labels on packaging to figure out which ingredient it is.
- Continue to foster your child's love of reading at home. Read your child's favourite books and repeat them often. Hearing the patterns of language in a story will support your child's language development. Ask them to look for the title, publisher, author and illustrator.
- Visit Oxford Owl for free eBooks. You can create a [free account](#). Complete the linked Play activities for each book.

Weekly Phonics Tasks (Aim to do one a day)

- Sing these [fruit](#) and [vegetable](#) songs.
- Daily phonics - Practice the sounds your child is working on. All of the songs and actions that we have been learning in Nursery are [here](#). Use this to [practise](#) recognition of letters – sets 1-4.
- Sing Nursery Rhymes and songs together. Add in actions and change the words. Can children think of different rhyming words to add in? Repeat old favourites and learn new rhymes. You can find an A-Z of Nursery Rhymes [here](#).
- Pour flour, rice or lentils into a shallow tray or plate. Say a letter or tricky word and ask them to 'write it' in the food using their finger.



Weekly Writing Tasks (Aim to do one a day)

- Using recipes from books as a guide, ask your child to create their own recipe for their dream meal. They could draw out the ingredients and label them and draw the finished meal. They could write 'I can see...' sentences.
- Look at a range of different packages found around the kitchen. Discuss with your child what makes it stand out to a customer. Support them to design a package for a treat of their choice.

Learning project

The project this week aims to provide opportunities for your child to learn more food. Learning may focus on where different foods originate from, what makes a healthy meal, opportunities to cook etc.

Let's pray –

Paper Chain Prayers

- You will need strips of coloured paper and glue or a stapler (you can buy pre-gummed paper strips).
- Get the children to write their prayers on a strip of paper. Try to focus on a specific type of prayer (thanks, praise etc.) or give them something specific to pray for.
- Join the prayers together to make a chain and place them about the prayer area.
- You could build up a chain over a period of time by adding to it gradually.
- Each child could have their own prayer chain which they add to over time.
- You could have different coloured strips to symbolise different types of prayer
- This idea gives children a tangible way to help them understand how our prayers can be joined together as an offering to God.
- With older children you can talk about the work of Blessed John Henry Newman who spoke about us all being links in a chain.



Home Liturgy - Dan and Emily from One Life music have recorded a [weekly liturgy](#) for families to share at home. Find some time in the day to pray together during this difficult time. It is such a wonderful way to bring us together as a community of prayer.

Healthy/ Unhealthy - Provide your child with a selection of items from your kitchen cupboards. Can they sort them into things that are healthy and unhealthy? Discuss why the food is good for you or bad for you. Look at the [Eatwell](#) plate to help figure out which foods they should eat a lot of or not very much of. Discuss how exercise is an important part of staying healthy. Watch and complete a [10 minute shake up](#).

5 a day - Support your child to create a food diary to record how many pieces of fruit and vegetables they eat in a day. They could write these using their phonics knowledge or draw a picture of each item.

Create a collage - Ask your child to draw out a number of fruits or vegetables, large enough to fill a piece of A4 paper. Provide them with a selection of colourful packaging. Can they cut out and collage on to their picture to

Play shops - Using toy food or old packaging, set up a food shop for your child to act out being the shopkeeper and customer. You could introduce coins to support their developing knowledge of money. Give them a notepad to use as a shopping list to encourage in the moment writing.

Potato/ Vegetable Printing - Using a selection of vegetables available in your kitchen, support your child to print and explore the shapes and patterns created:



Make cornflour gloop - Mix cornflour with a small amount of water in a mixing bowl. It will make a slimy, stretchy mixture. Allow your child to explore the change of texture from wet to dry and the texture of the gloop.