

Why can't I have chocolate for breakfast?



Food glorious food! We'll find out why we can't eat chocolate for every meal, which foods are healthy and more in this project about food, mealtimes and nutrition.

This half term, we'll have a special breakfast, carefully spreading toppings on our toast and cutting it. In the classroom, we'll choose foods from a shopping list and start to read words and labels. In our role play sweet shop, we'll have fun buying and selling sweets. It could get messy when we explore foods with interesting textures! Getting creative, we'll use a variety of foods for printing and mark making. What's that smell? We'll try to work out which foods are inside 'smell pots'. We'll enjoy joining in with food-related poems and spot rhyming words. We'd better put our chef's hats on, as we'll be making simple snacks and meals. Using our mathematical skills, we'll weigh different foods and practise ordering numbers. We'll investigate what is inside different foods, smelling and handling them. We love chocolate, and we'll get chance to explore its sensory and scientific properties.

At the end of the project, we'll shop for some familiar characters and reflect on our favourite foods. We'll play games that involve using our senses to guess the foods.

Areas of learning	Early Learning Goals
Communication and language	Listening and attention; Speaking
Physical development	Moving and handling
Personal, social and emotional development	Self-confidence and self-awareness
Literacy	Reading; Writing
Mathematics	Numbers; Shape, space and measures
Understanding the world	The world
Expressive arts and design	Exploring and using media and materials; Being imaginative

Help your child prepare for their project

Pat-a-cake, pat-a-cake, baker's man! Why not read and learn nursery rhymes about food? You could also use recycled materials to make meals on a paper plate. Will you make string spaghetti or green tissue paper peas? Alternatively, try following simple instructions to make a healthy snack. What fruits and vegetables will you use?