

Good for your Tummy Activities

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Instructions for caregivers:

Talk through the PowerPoint with the children. You can revisit this PowerPoint whenever you are covering healthy foods.

Healthy vs Unhealthy

Instructions for caregivers:

This activity is based on introducing healthy dietary choices. You can make your own cards to include work that you have already been doing with your children, and this is an activity that transfers well to creative play.

The easiest way to introduce these ideas is through talking and collaborative learning. Sitting in groups and sorting the cards together and discussing what makes food healthy and unhealthy is ideal.

Alternative ways to explore and develop this activity:

- Working individually with the cards for a learning conversation or to check understanding
- Observe children working in pairs to develop and evidence collaborative learning
- Focus on one card as a food of the week

Resources: playing card sized images of these food items: leek, garlic, carrots, potatoes, tomatoes, spring onion, mushroom, biscuits, cake, chocolate, crisps etc., with the logo/branding on.

A blank version of the card that setting could add their own picture to.

What is a Leek – sensory and literacy activity

Instructions for caregivers:

Provide the children with leeks, presented in various ways. We suggest one should be left whole, one sliced straight down the middle, and a bowl of leek chopped into rings. Allow the children to explore them. Encourage them to use all their senses to investigate the leeks. When they have had a good play, ask the children to describe the experience using all their senses. You can record their responses on a large spider diagram, or using colour-coded pieces of paper, one for each sense, e.g. yellow post-its for what it looks like – green, white, long, circles etc; green post-its for smells – oniony, nice, funny.

Encourage the children to be specific and as descriptive as possible.

Alternative ways to explore this activity:

- ask one child to cover their eyes and describe using just one sense
- give a variety of foods and ask children to compare textures, smells, etc.
- if a leek were a person what would it be like, and why.

Incredible Edible Leek!

Resources: black and white line drawing of superhero character for children to colour in

Instructions for caregivers:

Allow the children to practice their mark making and fine motor skills by colouring in super hero character. It's a good time to check understanding of healthy foods through conversation and questioning.