

Key knowledge

1. The names of a variety of foods
2. Food can be healthy or unhealthy.
3. Food can be grouped into fruit, vegetable, meat and fish
4. We need to eat a variety of foods to have a healthy diet
5. Exercise is good for us
6. We need to look after our body
7. Food is used to help celebrate

Key Vocabulary

Healthy Food – food that is good for our body

Unhealthy food – food we need to eat in small amounts

Healthy – in good health

Fruit – grows on a tree/plant and contains a seed

Vegetable – a plant or part of a plant we eat

Celebration – important day or event

CLL

- Use new vocabulary through the day and different contexts
- Engage in non-fiction books
- Use talk to work out problems and organise thinking

PD

- Develop motor skills to use tools effectively
- Progress towards a more fluent style of moving
- Develop the foundations of a handwriting style

Literacy

- Read simple captions
- Read some special friends
- Write cvc words and captions

PSED

- See themselves as a valued individual
- Know and talk about – healthy eating, exercise
- Think about the perspective of others

UTW

- Recognise environments different to their own
- Understand the effects of the changing seasons

EAD

- Use a variety of artistic effects
- Create collaboratively

Maths

Mastering number

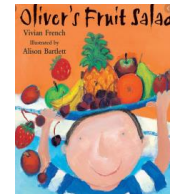
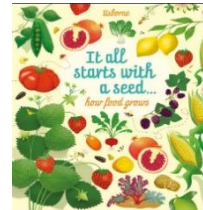
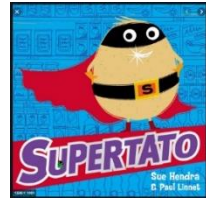
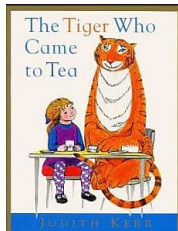
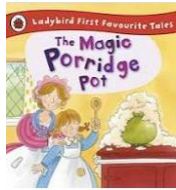
Story Time focus texts

Stories with repeated lines and phrases – focus on retelling and using language from the book

Reception – Spring 1 – Food

Pat a Cake

Hot cross
buns



Focus Artists

Kaori

Kurihara

Carl Warner



Focus Skills

Collage

Clay-moulding

Throwing and
catching

Knife and fork

This book is all about food that we enjoy and is special to us. We will also look at where our food comes from.

These books are about fruit, vegetables and growing. We will look at the differences between the two and the names of them. We will also look at which food is good for our body and how to keep healthy.

These books will help us to understand how we can use food to help us celebrate special events and how food is different in countries around the world.

Experiences

Textures

Naming and describing food

Senses

Discussing favourite foods

Making Porridge

Experiences

Naming and recognising fruit and veg

Making fruit salads

Sorting fruit and vegetables

Looking at seeds and growing

Exercise and fitness

Clay food

Experiences

Chip making

Chinese New Year crafts

Following instructions and recipes

Collage

Harvester