

Key Facts

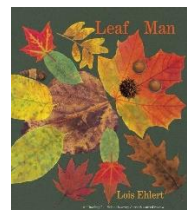
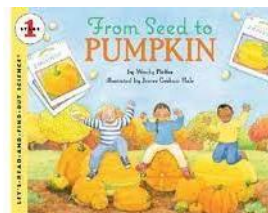
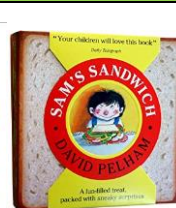
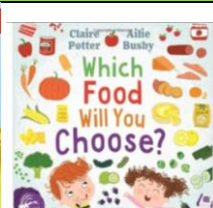
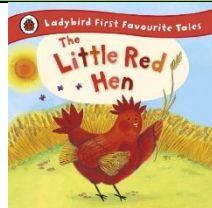
- There are four seasons throughout the year; Spring, Summer, Autumn and Winter.
- In Autumn, lots of leaves turn brown, yellow and orange and fall off the trees.



- Seeds (like acorns and conkers) fall from the trees or are blown off by the wind and these seeds can grow into new trees.
- Animals gather seeds to eat in Autumn time so they have something to eat through the Winter.
- We need to eat lots of different kinds of foods to keep you healthy. This is called a balanced diet.
- To stay healthy you should try to eat at least 5 portions of fruit and / or vegetables every day.
- In Autumn lots of foods are ready to eat such as apples, pears, pumpkins, broccoli, beetroot, sweet potatoes and more.



- Harvest is celebrated to give thanks for the crops that the farmers have worked hard to grow. Farmers harvest crops using machinery or by hand.

Stories & Rhymes**Do You Like Broccoli Ice Cream?**

<https://www.youtube.com/watch?v=frN3nvhlHUK>

Oats & Beans & Barley Grow

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-oats-and-beans-and-barley-grow/z4xdri6>

Little Peas in a Pea Pod Press

<https://musicbus.com/resources/song-words/song-words-f/five-little-peas/>

Vocabulary**Seasons**

A period of time in the year where the weather cycle changes. There are four seasons: Spring, Summer, Autumn and Winter.

Balanced

Things are even and equal.

Diet

The food a person or animal eats.

Healthy

Feeling physically and mentally fit and well.

Recipe

A set of instructions for preparing a particular dish.

Ingredients

The different foods put together to make a meal or something to eat.

Seed

Grows into a shoot when planted.

Shoot

The start of a plant's stem and leaves.

Stem

The main stalk of a plant that develops buds and shoots. Usually grows above ground.

Roots

Grows down from the plant, gets water from the ground and holds the plant in place.

Leaves

Usually green and attached to the plant's stem, they take in sunlight for the plant to grow.

Home Learning Opportunities

- What would you like to eat for a balanced meal?
- What colours would you mix to make brown, orange and green to paint an Autumn picture?
- Plant some seeds! Keep your eye on them over time and see how they change.
- In your garden or park, measure some tall and short plants. Which are taller/shorter than you?
- Taste some fruits and vegetables that are harvested in Autumn.