

Did you know?

- Food gives you energy.
- You 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.
- 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.



Fun Facts

- There are so many types of apples that it would take you 27 years to try them all if you ate one type every day!
- Honey is the only edible food for humans that will never go bad.
- Strawberries are the only fruit which has its seeds on the outside of its skin.



Stories & Rhymes to Learn

Oats & Beans & Barley Grow

Oats and beans and barley grow,
Oats and beans and barley grow,
Do you or I or anyone know, how oats and beans and barley grow?

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-oats-and-beans-and-barley-grow/z4xdrj6>



5 Little Peas in a Pea Pod Press

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

The Little Red Hen



<https://www.youtube.com/watch?v=Gwx5FvZi18U>

Vocabulary

Food	Anything that is eaten by people and living creatures.
Fruit	The part of a plant that has seeds and flesh
Vegetables	A plant or part of a plant, such as carrots, beans, or lettuce, that is used for food.
Vitamins	Nutrients in foods that our bodies need to work and be healthy.
Healthy	To be fit and well.
Harvest	To pick and gather in food that has been grown.
Flavour	The way something tastes
Recipe	Recipe a set of instructions for preparing a particular dish.
Ingredients	The different foods put together to make a meal or something to eat.

Home Learning conversations

Talk to an adult in your family

- What is your favourite meal? Why do you like it? What are the favourite meals of the other members of your family?
- What new foods would you like to try that you have never eaten before?

Other things you might like to try

- Grow your own vegetables from left over tops and scraps
- Keep a chart of how many portions of fruit and vegetables you eat each day. Are you eating at least 5?
- Look at the food labels when you go shopping. Where in the world does the food come from?
- Help your grown-ups to make a healthy meal or snack.

