

Focus plan for Physical

(Goals for health and bodily awareness)

Activity - Making vegetable soup

Date -

Learning intention

To develop an understanding of healthy eating - how foods develop the body

Resources

A selection of fresh vegetables. 'Safe' knives. Receptacle for waste. Very large pan. Water, seasoning. Books/pictures with healthy eating info, how foods help our bodies.

How the activity will be carried out

In a group, wash hands, don aprons and talk about the different foods here. What are they? Look at books to see if they are healthy, their benefit for the body. Model preparation techniques and invite the children to help you prepare the foods. Discuss what you find as you progress, eventually you will have a panfull of veg, which will need rinsing. At this point it will be necessary to remove the veg to the kitchen for cooking, but discuss how it will be cooked, pureed/sieved ready to be served up for tea with lots of bread! Later - eat - yum, yum!

Questions to ask/Language to use

What are these foods called? (Individually and collectively). Are they healthy/ How do we know?

Wash, knife, care, peel, scrape, slice, chop, grate, water, salt, pan, boil, simmer, soft/tender, mash, sieve, puree, process, reheat, pour, bowl, bread, hot, care, blow, tasty, sweet, sour, full, satisfying.

Differentiation (Birth to Three)

Name the vegetables, discuss appearance and preparation. Encourage tasting.

Extension

How/where the various foods grow. Discuss seasoning - not too much salt!! Herbs etc as alternatives. Encourage experimentation with tools and raw/cooked tasting. Discuss in greater depth benefits for the body - if appropriate.

Evaluation