



## Phase 1 – Food

### Words of Wisdom:

One Snowy Night	Winter, frozen, cozy
Goldilocks and the three bears	Medium, exclaimed, wined
Handa's Surprise	Healthy, Guava, avocado, passion fruit
The Lighthouse Keeper's Picnic	delectable, splendid, groaned
Oliver's Vegetables	Vegetables, beetroot, delicious,
The Very Hungry Caterpillar	Hungry, caterpillar, cocoon



### We will be reading:

One Snowy Night-Nick Butterworth

Goldilocks and the three bears

Handa's Surprise- Eileen Browne

The Lighthouse Keeper's Picnic- David and Ronda Armitage

Oliver's Vegetables- Vivian French and Alison Bartlett

The Very Hungry Caterpillar- Eric Carle



### How can you support this topic at home?

- Discuss the importance of a balanced diet.
- Encourage your child to try new healthy foods.
- Compare healthy and unhealthy foods.
- Encourage children to prepare and cook a meal with you at home.
- Talk about the stories the children will be reading this term.
- Make a recipe for a healthy lunch.

### Key Questions:

- Can you name some healthy foods?
- What makes food a treat?
- What's your favourite healthy food?
- What is a balanced diet?
- What makes a healthy food healthy?
- What do our bodies use food for?