Reception – Spring 1 Knowledge Overview

Phase 1 – Food

**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

Words of Wisdom:

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| --- | --- |
| 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  |

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?

**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.



