


# Food for Thought.



<b>Rationale</b> We have used a range of different traditional tales as a springboard to explore different types of food and find out where they come from, which food group they are a part of and how they fit into a varied balanced diet.		
<b>Creativity</b> To create our own world of food.	<b>Independence</b> To make independent choices about how to be fit and healthy.	<b>Aspiration</b> To understand how to be fit and healthy through a healthy diet, exercise and a healthy mindset.
<b>Spark</b> A shared porridge story breakfast.		<b>Learning Celebration</b> Our families joined us at our soup café.
<b>Role Playing/Life Skills/Real Learning</b> Paying for goods - real money - calculating change. From field to fork. Food preparation and eating Personal and food hygiene		<b>Community Cohesion</b> Supporting local produce. Soup Café
<b>Out of Classroom Opportunities</b> Visit to Stamford market to buy fresh vegetables.		<b>Home Learning Activity</b> <a href="https://www.bbc.co.uk/education/topics/zv4cwmn/resources/1">https://www.bbc.co.uk/education/topics/zv4cwmn/resources/1</a> <a href="http://www.foodafactoflife.org.uk/section.aspx?t=37&amp;siteId=14&amp;sectionId=61">http://www.foodafactoflife.org.uk/section.aspx?t=37&amp;siteId=14&amp;sectionId=61</a> <a href="https://www.bbc.co.uk/education/clips/zrd4d2p">https://www.bbc.co.uk/education/clips/zrd4d2p</a> <a href="https://learnenglishkids.britishcouncil.org/en/category/topics/traditional-stories">https://learnenglishkids.britishcouncil.org/en/category/topics/traditional-stories</a>
<b>Computing and E-safety</b> Programming.		
<b>Links to discrete subjects:</b> <b>English:</b> traditional tales; instructions; explanations; recount. <b>Maths:</b> measures - money; weights; statistics. <b>Art:</b> still life - pencil sketches <b>Science:</b> the importance for humans of exercise, eating the right amounts of different types of food, exercise and hygiene. <b>PSHE:</b> Personal hygiene: hand washing; teeth cleaning. Staying healthy: breakfast - the best start to the day; ways to exercise and stay healthy; water for health; sleep. <b>Design and Technology:</b> where food comes from and food preparation.		
<b>British Values</b> Home grown; enjoying food together - meal time social time.		
<b>Promoting Health and Wellbeing</b> Where our food comes from; the importance of a varied balanced diet; the importance of exercise and hygiene.		
<b>Steps to success</b> Children enjoyed a bowl of hot porridge whilst listening to the story of The Magic Porridge Pot and Goldilocks and the Three Bears. <i>"I've never had honey before and I discovered that it's yummy on porridge."</i>		
		
We then learned about the importance of eating breakfast every morning and investigated healthy options such as healthy cereals, bread products and eggs. We conducted surveys and use statistical analysis to record our findings, displaying our knowledge on our corridor display board to promote healthy breakfasts to our friends.		

*"I found out that bran flakes are much nicer than corn flakes, so my mum buys them now instead."*



After reading *The Little Red Hen*, we thought about where bread comes from, the difference between white and wholemeal and made our own bread rolls.

*"I enjoyed making my own bread and it tasted delicious - I liked it better than our soup!"*



We understand that exercise is essential for a healthy body and a healthy mile, so in addition to our school daily mile, we took part in a Wonderful Winter Walk at Fineshade Woods and in doing so, raised money for children's cancer charities.

*"We saw lots of signs of winter, like frost and ice. Everywhere was cold and muddy but it was really good too."*



A visit from Anglian Water showed us how water gets to our homes and why water is essential for human survival and health and we wrote an explanation to share our new knowledge with others.

*"I didn't know we were made of so much water!"*



After reading *The Enormous Turnip*, we visited Stamford Market and each had 50p to spend on fresh vegetables so that we could have our own soup café, but before we prepared the vegetables, we sketched them.

We have also considered the importance of personal hygiene as part of our topic, learning to properly wash our hands and clean our teeth.

