

# Food

## Home Learning Challenges

Cut up a potato, carrot, celery, lettuce and broccoli. Dip the vegetables into paint and make prints and patterns on paper. Look at the different marks you make with different parts of the vegetables.



Help a grown-up as they make your favourite meal. Listen carefully to the instructions you are given. Write down the ingredients and instructions as your grown-up tells you. Bring them into school to swap with a friend.

Make healthy pizzas using pitta bread or tortilla wraps. Add tomato paste, cheese and some of your favourite vegetables. Some ideas are peppers, mushrooms, aubergine and sweetcorn.



Read some stories based around food, such as “The Little Red Hen”, “The Enormous Turnip” and “The Gingerbread Man”. Have you tried the food that each of these stories is based around? Why don't you make gingerbread men, some bread from scratch or turnip soup?

Contact a local gardener, park or allotment that grows vegetables. Take a camera or tablet to take pictures of the vegetables growing. Can you guess which vegetable is which? Ask an adult to show you which parts of the vegetables are the roots, which are the leaves and which is the stem. Which part of each vegetable do you eat?

Ask a grown-up to help you to bake a cake or fairy cakes. Weigh out the ingredients carefully, watching the numbers on the scale and matching them to the numbers on your recipe.

