

LITTLE EXPLORER CHALLENGES

SPRING 1

TRY TO WORK THROUGH THE LIST OF ACTIVITIES BELOW, LINKING TO OUR TOPIC ALL ABOUT FOOD. TICK EACH ONE OFF WHEN YOU COMPLETE IT. YOU CAN UPLOAD ANY PICTURES ONTO EVIDENCE ME SO THAT WE CAN SHARE THEM WITH THE CLASS.



KITCHEN HELPER: HELP AN ADULT WASH FRUIT OR VEGETABLES, STIR A MIXTURE, OR PLACE INGREDIENTS ON A PLATE.

FOOD SORTING: SORT FOODS BY COLOUR (RED FOODS, GREEN FOODS), SIZE (BIG/SMALL), OR TYPE (FRUIT/VEG).

TASTE TEST: TRY A NEW FOOD AND TALK ABOUT WHAT IT TASTES LIKE — SWEET, SOUR, CRUNCHY, SOFT.

SNACK DESIGNER: MAKE YOUR OWN SNACK, LIKE A FRUIT KEBAB OR A FUNNY-FACE SANDWICH.

WHAT'S IN MY LUNCH? TALK ABOUT WHAT YOU LIKE TO EAT AT SNACK OR LUNCHTIME, AND WHY.

FOOD HUNT: LOOK IN YOUR KITCHEN AND NAME THREE FOODS YOU CAN FIND.

FAVOURITE FOOD DRAWING: DRAW YOUR FAVOURITE FOOD AND TELL AN ADULT ABOUT IT.

DESCRIBE A FOOD: CHOOSE A FOOD AND DESCRIBE ITS COLOUR, SHAPE, AND TEXTURE.

