

Good for your Tummy Activities

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Instructions for caregivers:

Talk through the PowerPoint with the children. You can revisit this PowerPoint whenever you are covering healthy foods.

What is a Leek – sensory and literacy activity

Instructions for caregivers:

Provide the children with leeks, presented in various ways. We suggest one should be left whole, one sliced straight down the middle, and a bowl of leek chopped into rings. Encourage them to use all their senses to investigate the leeks.

When they have had a good play, ask the children to describe the experience using all their senses as a literacy activity

Suggested ways to explore this activity:

- haiku
- acrostic poetry
- if a leek were a person what would it be like, and why
- collaborative sensory poetry or descriptive writing: in pairs write a sensory question then swap or share answers
- a combination of the above activities makes an excellent display board

Healthy vs Unhealthy

Instructions for caregivers:

This activity is based on top trumps. Children will design their own card set to be able to play a game that assists their understanding of healthy choices.

We have provided blank cards to allow children to design their own game and use whatever resources you have

Resources: blank playing card image with the BLGA logo

Incredible Edible Leek!

Instructions for caregivers:

Here's our Incredible Edible superhero. We think he's a brilliant stimulus for creative writing. Here are some of our starter suggestions:

- Incredible Edible Leek knew it was going to be a good day when...
- It's not every day you see an Incredible Edible Leek...
- The most incredible think about Incredible Edible Leek was not what everyone thought...
- "Where on earth is it?" wondered Incredible Edible Leek...

Resources: black and white line drawing of superhero character for children to colour in.

