

Ready Steady Grow

This half term, our topic is Ready Steady Grow and the children will be learning all about where food comes from. They will explore different types of fruit and vegetables and learn about what seeds and plants need to grow. They will begin to learn about what constitutes a healthy lifestyle, including eating fruit and vegetables, exercise and keeping clean. They will find out about life on a farm and about baby animals. We will be exploring these themes through storytelling and this half term we will be looking at the stories of the Giant Turnip, Oliver's Vegetables Jack and the Bean Stalk and Handa's Surprise.

Areas of Learning	Early Learning Goals
Communication and Language	Listening, attention and understanding; Speaking
Personal, Social and Emotional Development	Building Relationships; Self-Regulation; Managing Self
Physical Development	Gross Motor Skills; Fine Motor Skills
Literacy	Comprehension; Word Reading; Writing
Mathematics	Numbers; Numerical Patterns
Understanding the World	Past and Present; People, Culture and Communities; The Natural World
Expressive arts and design	Creating with Materials; Being imaginative and Expressive

**Supporting your child at home**

- Visit your local library and find books about farms to share.
- Make a shopping list together and go to the shops to buy the food.
- Grow some quick growing plants or make a cress head.
- Talk about healthy foods.

**Core text**

Charlie Cook's Favourite Book

**Reminders**

Please provide your child with only essential resources, for example: spare clothes and named lunch box. Please provide your child with a named, refillable water bottle that is taken home each day for washing.

**Staff:**

The adults in Nursery are: Miss Turner (Nursery Teacher), Miss Crawley (Nursery Nurse) Mrs Surman and Mrs Smith (Teaching Assistants).

## Did you know?



Read these interesting facts about food and farming with a parent, carer or teacher.



A shop is a place where people go to buy food, drink and other things with money.



A farm is an area of land and its buildings used for growing plants and rearing animals. Farms make lots of the foods that we eat.



Food can be from plants or animals. Fruit and vegetables are from plants. Meat, milk and eggs are from animals.



Many plants grow from seeds. Plants need water, sunlight, air and warmth to grow.



Many animal babies are known by different names than the adult animal, such as cow and calf or sheep and lamb.



To stay healthy, we should eat at least five portions of fruit and vegetables a day, and exercise.

## Key vocabulary



Explore these words together. Talk with an adult about what each word means and use the words in a sentence or as you play.



air



animal



calf



cow



drink



eat



exercise



farm



food



grow



healthy



lamb



money



plant



seed



sheep



shop



sunlight



warmth



water