



Learning at home

The Hungry Caterpillar

Read or watch the Hungry Caterpillar story together.

Wash and prepare the fruits and vegetables you want to eat taste

Try some new foods that you don't usually eat

What you will need

The Hungry Caterpillar story

A selection of fruits, vegetables or other food items



How this supports development

- Trying new foods
- Promoting independence
- Sharing likes and dislikes

Supporting Play

Talk about health and unhealthy foods as you prepare the fruits.

Encourage your child to use their senses as they smell and taste the foods.