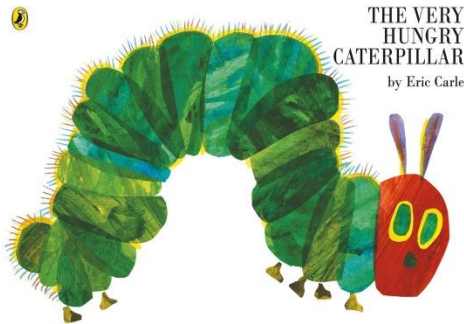


East Plean Nursery
Summer Learning Experience 1



Activity 1:

Listen and watch "The Very Hungry Caterpillar" by Eric Carle on Youtube (click the link below)

https://www.youtube.com/watch?v=kMjTKNoZn_o

Things to talk about with your child:

- Ask them to count the number of oranges the caterpillar ate?
- Ask them to name the picture of the fruit?
- Encourage your child to join in the repetitive line- "and he was still hungry".
- Can you child recite the days of the week in the correct order with you?
- Can your child remember all the foods the caterpillar ate in the story?

Activity 2:

Can your child name all the fruits in the story? Re watch the story and pause as you talk about the fruits and name them. Has your child tasted all the different fruits in the story? Talk about your child's favourite fruit? Ask them what they like about the fruit?

Activity 3:

Counting 1-10

Can you line up items in the house and count them with your child (oranges/ apples/ bananas).

Ask your child to lay the items in a straight line then encourage your child to point to each one and count it as they point to it.

1, 2, 3, 4, 5, 6, 7, 8, 9, 10.


Keep practising until they are confident. You can try taking one or two items away and ask your child to count. Talk about more and less.

Activity 4:

Encourage your child to **build a home for a caterpillar** outdoors. Use sticks, leaves and other natural materials.

Activity 5:

Why not use some of the foods from the story to make some **tasty treats** with your child. Here are some recipe cards enclosed to inspire you.



Fruit Smoothies Recipe

strawberry and peach

Ingredients:


450g (1 punnet) strawberries
1 banana, broken into chunks
2 peaches
225ml orange juice
5 to 8 ice cubes

Equipment:


blender

Instructions

1. Put the strawberries, bananas and peaches in the blender. Blend until the fruit is pureed.
2. Blend in the juice.
3. Add the ice cubes and blend to desired consistency.



Serves: 4





Fruit Smoothies Recipe

apple and pear

Ingredients:

2 apples, chopped
1 banana, broken into chunks
2 pears, chopped
225ml apple juice
5 to 8 ice cubes

Equipment:

blender


Instructions

1. Put the apples, bananas and pears in the blender. Blend until the fruit is pureed.
2. Blend in the juice.
3. Add the ice cubes and blend to desired consistency.



Serves: 4





Fruit Smoothies Recipe

strawberry and watermelon

Ingredients:


450g (1 punnet) strawberries
1 banana, broken into chunks
1/4 watermelon, chopped
225ml apple juice
5 to 8 ice cubes

Equipment:


blender


Instructions

1. Put the strawberries, bananas and watermelon in the blender. Blend until the fruit is pureed.
2. Blend in the juice.
3. Add the ice cubes and blend to desired consistency.



Serves: 4





Fruit Smoothies Recipe

plum and cherry

Ingredients:


6 plums, stoned
1 banana, broken into chunks
450g cherries, stoned
225ml apple juice
5 to 8 ice cubes

Equipment:


blender

Instructions

1. Put the plum, bananas and cherries in the blender. Blend until the fruit is pureed.
2. Blend in the juice
3. Add the ice cubes and blend to desired consistency.



Serves: 4



Activity 6:

Your child could **draw or paint a picture** of a butterfly. Encourage them to use lots of bright colours. Encourage them to name the colours as they use them. You could talk about the pattern being the same on each wing. Can they repeat the pattern on each wing?