**Talk about it!**

Talk about why we need foods? Discuss what foods are best for our bodies and which are not. Discuss how you feel after you eat too many of the foods that are bad for your body.

**Cook it**

Follow a healthy recipe with your child/children encourage them to help you count and weigh ingredients.

Also remember to check your cooking times!

**See it!**

Go a winter walk- What can you see?

Look out the window every day, what winter signs can you see, has Mr Jack Frost been?

**Count it!**

Can you count how many birds you can see from your window at home?

What type of bird has been visiting your garden?

**Read it!**

Books such as Owl Babies, Howdy Hi Hedgehog spark lots of discussion about Wildlife in winter!

Do you know any other books relating to wild life in winter?

**Wildlife, Winter and Healthy Eating**

Have a go at a few of the activities. We would love to see via the Learning Journals!

**Create it!**

As the ground and trees gets colder. The birds find it hard to find food. Could you help by making a bird feeder?

**Sing it!**

Here we go round the mulberry bush, the mulberry bush the mulberry bush.   
Here we go round the mulberry bush on a cold and frosty morning.

*Do you know other verses we can add?*