




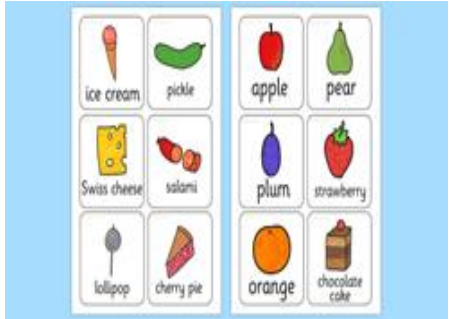


**Date: Thursday 14<sup>th</sup> May** Please do not feel like you need to complete everything on the sheet. We are providing a range of activities to develop and challenge all children.

What's for snack?	Preparation	Making	Discussion
<p>We have listened to the Hungry Caterpillar story this week so we thought we could try and make a nice healthy caterpillar snack. Below are a couple of pictures. Can you discuss with an adult what items you would need to make one or both snacks?</p> 	<p>Can you work with an adult to get all the ingredients and utensils out that you think you might need to make your chosen snack?</p>   	<p>Now can you work with your adult or do it yourself and make this snack.</p> <p>Before you start remember to wash your hands!</p>  <p>Remember knives are sharp so we must be careful just like Sally Safe our wellbeing character (in nursery the children often use a butter knife to help prepare snack).</p> <p>How many of each ingredient do you need, can you count them out?</p> <p>Which item will you use first?</p> <p>How long or short are you going to make it?</p>	<p>Discuss with your adult all the food that the hungry caterpillar in the story earlier this week ate. Can you decide if each item of food was healthy or unhealthy?</p>  <p>Why is it important to keep healthy?          What ways can we keep healthy?          Can you name 5 different fruits and vegetables?          Why are fruit and vegetables good for our body?          What else can we do to keep our body healthy?</p>