

Rainbow Pack - Home Learning



Week 14

Thursday 25th June 2020

Fantastic Fruit

This week we are learning all about fruit.

Fruit factfile

Start by watching this Fruit Factfile from Cbeebies

<https://www.bbc.co.uk/cbeebies/watch/fruit-factfile>

The video lasts less than a minute – but you might learn something that you didn't know! When you go around the shops this week, see how many fruits you can recognise.

Exploring fruit using all the senses

Touch– Make a 'feely bag' or box. Put some fruit inside, then the children need to put their hand in and see if they know what fruit it is just by feeling it. What words can you use to describe the fruit? Is it big, small, round, long, hard, soft? How many can you guess correctly?

Look– What colour is the fruit? Can you describe it now you can see it? Cut the fruit open and look inside. Can you see the seeds?

Smell – Now the fruit is cut up, can you recognise them by smelling them if your eyes are closed?

Taste – Now the best part! What is your favourite fruit? Could you maybe try a new fruit that you have never tasted before?

Maybe you could put lots of different fruit together and make these fruit kebabs.



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If your child doesn't eat many different fruits, here is a suggestion from St Helens Community Food and Nutrition Team



Picky Plates

- Picky plates are a fun and eye-catching way to introduce children to healthy new foods.
- Picky plates also allow children to graze all day long.
- Find a container with neat little compartments such as an ice-cube tray.
- Pick and prepare a selection of fresh, nutritious and colourful finger foods.
- Fill each compartment with blueberries, pineapple cubes, peppers, cheese cubes, mini breadsticks, baby tomatoes, diced avocado and cucumber sticks.
- Add some fun dipping sauces such as guacamole, hummus or peanut butter.
- As the children get older you can use larger nibbling trays such as a muffin or cupcake tin to put your healthy choices in.
- Look at the pictures for great snack combination ideas.

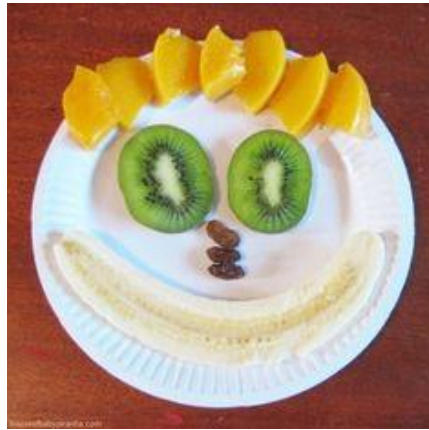
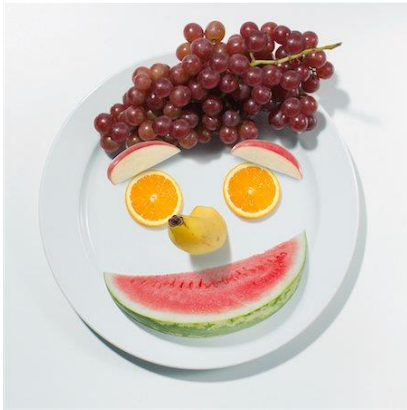


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Fruit Faces

Making fruit faces is another good way to encourage children to eat fruit.



Fruit ice lollies

Follow the instructions from this Cbeebies video to make fruit ice lollies

<https://www.bbc.co.uk/cbeebies/makes/the-lets-go-club-fruit-ice-lollies>

You need

- Fruit e.g. grapes, strawberries, raspberries, banana
- Small yoghurt pots
- Fruit juice, or cordial mixed with water
- A chopping board
- A chopping knife
- Lollipop sticks or plastic spoons
- A tray

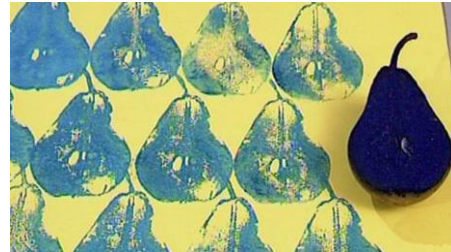
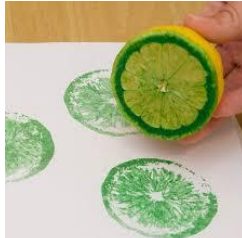


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Fruit Printing

Choose a selection of fruit to make prints with. Cut them in half, dip in paint and start printing. Which fruit makes the best pattern?



Fruit Friends

Try this idea from <https://abcdoes.com/home-learning/>

Fruit Friends... THAT CAN TALK!

This activity uses an app called 'Chatterkid'. It is a simple app that can make ANYTHING talk. Try it on fruit, toys, pets or family photographs...hours of fun!

You Need:

- Whole fruit or vegetable of any variety
- Felt tips
- Wiggly eyes (optional)
- Chatterkid app (free on apple and android)

Instructions:

- Draw a face on your fruit
- Open the app Chatterkid
- Follow the instructions on the app: You will be invited to record a message that your fruit will say.

You could talk about where you live? Who your friends are? Your favourite hobbies? You could talk about an adventure or journey your fruit has been on. The possibilities are endless.

Jenna Batson

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Rhyme of the Week Can you join in with the actions to this rhyme?

Bananas are my favourite fruit (make fist as if holding banana)
I eat one every day (hold up one finger)
I always take one with me (act as if putting one in pocket)
When I go out to play (wave goodbye)
It gives me lots of energy (hold arms to show muscles)
To jump around and run (move arms as if running)
Bananas are my favourite fruit (rub tummy)
To me they're so much fun! (point to self and smile)



Song of the Week Colourful Fruits

<https://www.youtube.com/watch?v=uOsJouK7YN4>



Exercise of the Week

Learn to dance with Oti in this Boogie Beebies episode linked to fruit and vegetables.

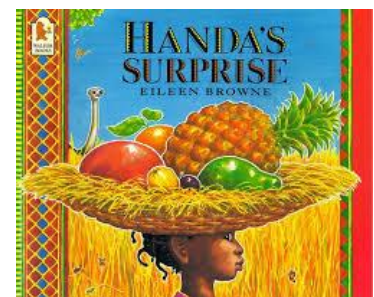
<https://www.bbc.co.uk/iplayer/episode/m000k4yy/otis-boogie-beebies-series-1-15-fruit-and-vegetables>

Story of the Week

Handa's Surprise by Eileen Browne

Watch this story and see what happens to all the fruit.

https://www.youtube.com/watch?v=XyIV_xYi0as



Have fun playing and learning together!

Chris Dixon
Educator
Early Years Advisor for St Helens Virtual School