**Weekly Project 6 – Food**

The project this week aims to provide opportunities for your child to learn more food. Learning may focus on where different foods originate from, what makes a healthy meal, opportunities to cook etc.

**● Let’s Wonder:** What is a balanced diet? Find out about the 5 food groups. Make slides or posters about what they find out about Carbohydrates, Protein Dairy, Fruits and Vegetables, and Fats. Where does their food come from? Which foods come from the UK? What is fairtrade?

 **● Let’s Create:** Make repeated pattern prints for decorative purposes using various natural materials, e.g potato printing or create some still life observational sketches of fruit. Look at the artwork of Giuseppe Arcimboldo Maybe recreate some of his paintings with fruit.

**● Be Active:** Food provides us with energy and we need energy to exercise and this keeps us fit. Choose a dance from <https://www.bbc.co.uk/teach/supermovers>

**● Time to Talk:** As a family, design a healthy meal plan for the week. Discuss their favourite foods and why they enjoy them? Talk about healthy and unhealthy foods and explain the importance of eating a balanced diet.

 **● Understanding Others and Appreciating Differences:** Lunch around the world. Look at lunch around the world and investigate how differently people eat in other parts of the world. Find out what a vegetarian is? Vegan? Kosher food? Halal food?

**● Reflect:** Make a meal by combining a variety of ingredients using a range of cooking techniques. Measure and weigh ingredients appropriately to prepare and cook a range of savoury dishes.