

## Home Learning



This week our topic is called ‘whats on the menu?’ Eating a variety of nutritious foods helps your child develop physically and mentally so that he or she is able to focus on and be successful in daily activities.

The first week we will focus on the importance of good nutrition and the food that contribute to growth and good health. We will look at a variety of books such as ‘Olivers vegeables’ and ‘green eggs and ham’.

The second week we will focus on the supermarket and the assortment of food that can be found there that contribute to good nutrition.

Here are some activities to try at home:

- Ask your child to tell you about the food they like
- Look for food made from grain
- Ask your child to make a shopping list of what they buy at the supermarket (see template).

Reception Team

# Shopping List template

Name: \_\_\_\_\_

## My Shopping List

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