



Acorn Class Miss Brockwell

Dear Parent/ Carer,

The theme of our Topic work this term will be *You Are What You Eat*. This is part of a whole school focus on *Cooking and Nutrition* which will influence the topic in *Sapling and Oak* classes too.

What we will be doing

This term we will be finding out all about different foods and exploring a range of recipes from around the world. We will be learning and different food groups, cooking methods and utensils and making healthy choices.

Why we will be doing it

This topic offers an opportunity for the children to explore both new and unfamiliar food groups and to compare tastes, textures and appearances. We will be focusing on a different food group each week, learning about the produce in that category including where it comes from, how it is made and what meals can be made using those ingredients. We will also be learning about making healthy food choices (including some treats as part of a balanced diet) and about preparing and storing food hygienically.

How you can help

In Literacy this term we will be concentrating on using our phonics sounds and high frequency words we know accurately and consistently in our writing. We will also be making sure we always use finger spaces between words when writing simple sentences. As part of our emphasis on spelling words correctly, we are also introducing a spelling activity for Reception children this term. Children will be given a short list of appropriate spellings each week to practise at home with you. At school we will be playing word games to give your child an opportunity to show what they know and issuing new spellings when they are confidently using their old ones in their writing. You can support our work at home by helping your child learn their spellings and encouraging them to write at every opportunity, for example writing shopping lists or menus to link in with our topic.

Reception Literacy Skills Goals this term:
To write sentences using high frequency words.
To write descriptions of the tastes, textures and appearances of different foods.
To write about their likes and dislikes.

In Maths we will be exploring measures this term including length and height, weight and capacity. We will predominately be comparing different items, finding which is heavier or

lighter, longer or shorter and using mathematical vocabulary like empty, full, taller, thinner, etc. You can support these skills at home by encouraging your child to make comparisons using measurement language, for example comparing which objects are longer, shorter, higher, lower, heavier, lighter, more full, or more empty. You could also take part in activities which require them to make measurements, such as weighing and measuring ingredients to cook and part of our topic.

Reception Maths Skills Goals this term:

To use everyday language to talk about size, weight and capacity and compare objects.

To order two or three items by length or height, weight, or capacity.

In Topic we will be basing our activities around a different food group each week, learning about the foods in that category, where they come from, how they should be stored and how they can be cooked. We will start with fruits and vegetables in week 1, then dairy in week 2, grains and carbohydrates in week 3, meat and fish in week 4 and treats and how to create a balanced diet in week 5.

We will be finding out about where our food comes from both in terms of what produces them (i.e. eggs can come from a variety of different birds) and where in the world they come from (i.e. bananas don't grow well in cold climates). In Science we will be finding out about how food helps keep our bodies healthy and growing and how we can make sure it doesn't spoil. In History we will finding out about which products and produce were popular at different periods in history, spotting brands that we recognise in the past and learning about how advances in technology (like the invention of fridges and freezers) has changed the foods we can keep in our house.

We will spend one afternoon each week cooking together using ingredients from our focus food group for the week. As part of this we will learn about making healthy choices, trying new tastes and textures and measuring ingredients. We will then use our Acorn class page on the school website to review our creations.

At home you can support our topic work by encouraging your child to explore new foods and take part in cooking both sweet and savoury dishes.

Reception Understanding the World and Expressive Arts and Design Skills Goals this term:
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To eat a healthy range of foodstuffs and understands need for variety in food.
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To know about and make healthy choices in relation to healthy eating and exercise.
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To experiment with different tastes and textures.

To handle equipment and tools safely and effectively.

To identify changes in produce and food storage over time.
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