

# Are carrots orange?



Food marvellous food! What do you like to eat? Are you happy to try something new? It's time to find out more about eating well and being healthy.

This half term, we'll visit the greengrocers and the butchers to explore the foods sold there. We'll talk to people about their jobs; take photographs and collect a rainbow of healthy foods. Back at school, we'll use our senses to investigate the foods, and bravely taste things we've never tried before! Using our research skills, we'll read all about fruits and vegetables in non-fiction books. We'll plant carrot tops and look after them carefully. We'll compare and sort different fruits and vegetables, and create stunning still-life drawings. Setting up a class garden centre will be lots of fun; we'll make signs and sell things to our friends. We'll also find out what happens to our bodies when we exercise.

At the end of the project, we'll use different skills to chop, mash, peel a range of vegetables to make a delicious soup to share. We'll also have a look at the carrots we grew to find out whether all carrots really are orange.

## Areas of learning

Communication and language  
Physical development  
Personal, social and emotional development  
Literacy  
Mathematics  
Understanding the world  
Expressive arts and design

## Early Learning Goals

Listening and attention; Understanding; Speaking  
Moving and handling; Health and self-care  
Self-confidence and self-awareness; Managing feelings and behaviour; Making relationships  
Reading; Writing  
Numbers; Shape, space and measures  
People and communities; The world  
Exploring and using media and materials; Being imaginative

## Help your child prepare for their project?

Being healthy can be fun! Why not taste a new fruit or vegetable that you've never tried before? You could also plant seeds and learn about what they need to grow. Alternatively, try following a recipe to make a healthy meal or snack. Please add to tapestry.