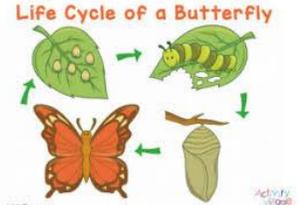
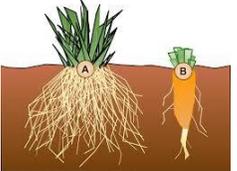
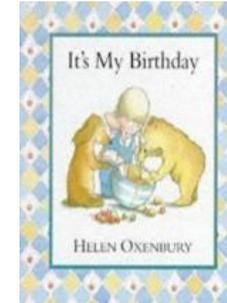
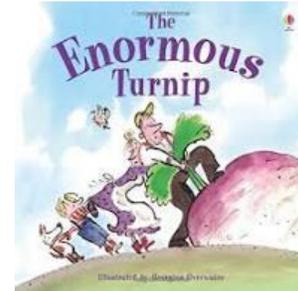
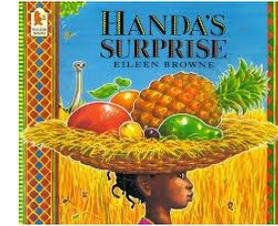


# Vocabulary

Fruit		Healthy	
Vegetables		Balanced diet	
Shoots		Life cycle	
Roots		Chrysalis	

## Spring 1 Yummy in my tummy

### Books



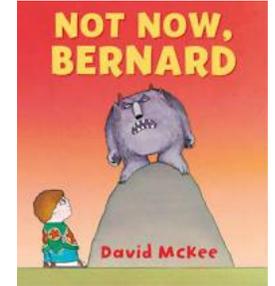
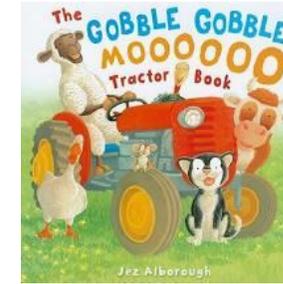
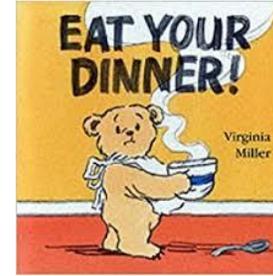
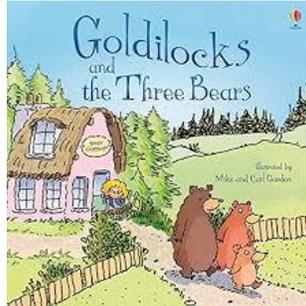
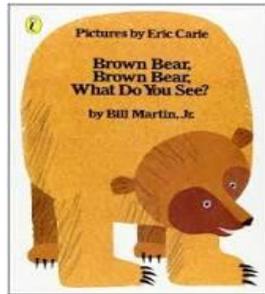
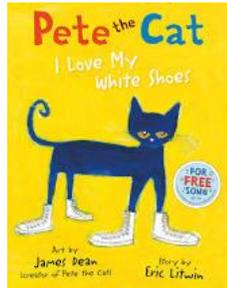
### Top 5 Facts

1. Caterpillars can turn into butterflies or moths
2. Butterflies lay eggs
3. Vegetables have roots, stems and leaves
- 4, Fruit contain seeds
- 5 We need sleep, water, exercise and a balanced diet to be healthy

### 5 to try at home

- Help your child to chop fruit safely for a fruit salad
- Look at photos of different butterflies online and describe their patterns
- Watch 'Come outside' the episode about carrots on youtube together
- Choose a few exercises to do together
- Name the different fruit and veg when you go shopping

Here are some stories we have enjoyed at story time that you can find on youtube. Talk to your child about the characters, can they tell you the names or where the story took place? Encourage them to join in with the repetitive text



## Maths

### More or less?

Help your child to understand these words by talking about who has more potatoes/chip/juice at meal times.

### Counting

Help your child to understand that anything can be counted. How many stairs did we climb? How many teddies on the bed? How many spoons do we need?

**Touching each item as you say the number really helps.**

## Phonics

### Initial sounds

We will be doing lots of learning about the first sound our mouth makes when we say a word. For this we say b (not the alphabet name - bee) for ball and we make sure **not** to make an 'uh' sound (b not buh - t not tuh etc)

You can help by playing I spy games or by pointing out when two things start with the same sound for example if they have potatoes and peas on their plate.