



Early Childhood Commission

Term Two Parent Support Activity Plans

Week One, Day Five (Revision)

Age: 3 Year Olds.

Theme: Food

Sub-theme: "Healthy Foods"

Concept/Content: There are many different kinds of foods. We eat food to make us healthy and strong.

Circle Time

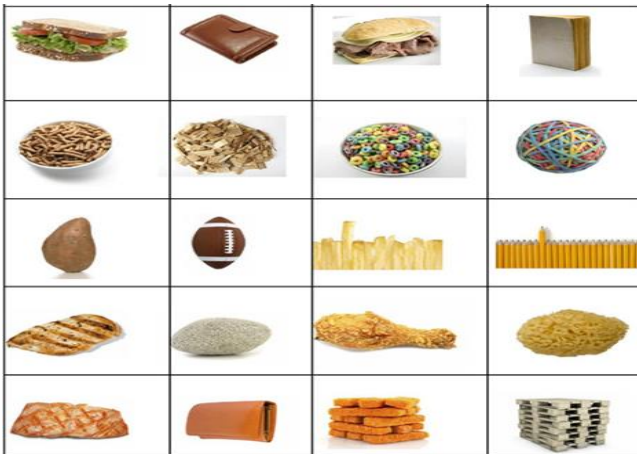
Name of Activity: "The Food We Eat"

Objectives: At the end of the activity, child/children should be able to:

1. Distinguish between food items and non-food items from a picture.
2. Tell what is food.
3. State two reasons why people eat food every day.

Skills: Identifying, speaking, listening.

Resources: Picture chart with food and non-food items (see picture chart in worksheet at the end of the lesson), food items (available at home).



Activity Steps:

1. Show child/children picture chart with food and non-food items.
2. Allow child/children to touch the pictures that are food items and say the names of the foods they know (see picture chart in worksheet at the end of the lesson).
3. Ask child/children to tell what is food? (food is the name of things we can eat).
4. Ask child/children to tell two reasons why people eat food every day.

Guided Learning Activity

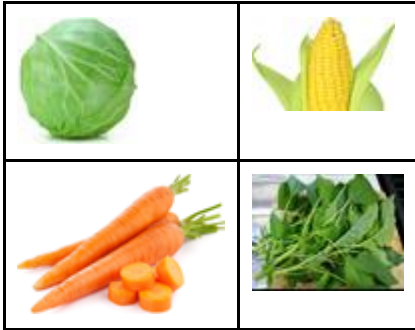
Name of Activity:

Objectives: At the end of the activity, child/ children should be able to:

1. Select at least three healthy foods with the beginning hard /c/ sound
2. Count at least three food items.

Skills: Listening, speaking, counting, identifying

Resources: Healthy Food with Hard /c/ sounds worksheet



Activity Steps:

1. Recall the names of at least three healthy food items that have the beginning hard /c/sound.
2. Allow child/children to select at least three healthy food items with the initial hard /c/ sound.
3. Ask child/children to count the number of items with the hard /c/ sound and say how many they counted.

Guided Creative Activity

Name of Activity: Food Prints.

Objectives: At the end of the activity, child/children should be able to:

1. Use three foods available to make vegetable prints on plain paper
2. Display food pattern print

Skills: Manipulating, listening, speaking

Resources: <https://youtu.be/2-2fSRR3B8E>

carrot, corn, sweet pepper and Irish potato, paint (red, yellow, blue), plain paper, tape (foods will be pre-cut by parent before child/children use them).



Paint With Food Stamps

ChildLedLife.com



Activity Steps:

1. Click on the video link <https://youtu.be/2-2fSRR3B8E> to watch "Crafts for kids: Vegetable prints".
2. Pause the video at intervals and talk to the child/ children about what is happening in the video.
3. Allow child/children to dip at least three foods in paint and make their vegetable prints.
4. Display vegetable prints.

Indoor/Outdoor Play

Name of Activity: Potato Race

Objectives: At the end of the activity, child/children should be able to

1. Participate in potato race activity

2. Say how they felt about the potato race.

Skills: Running, balancing

Resources: <https://www.youtube.com/watch?v=hZv8idq1dgU>

Four Stones/juice boxes (potatoes)

Activity Steps:

1. Click on the link <https://www.youtube.com/watch?v=hZv8idq1dgU> and allow child/children to watch the video "Potato Race Boys".
2. Arrange at least four stones/juice boxes in line 3ft apart.
3. Tell child/children to run and take up the stones/juices one at a time and run back to put each juice box in a container. (Parent will race with the child/children).
4. Allow child/children to take up the full container and run to the finishing line.
5. Ask child/children to say how they felt about the potato race.
6. Ask child/children what did they like most about the race.

Story Time.

Name of Story: "Pete the Cat's Trip to the Supermarket".

Objectives:

1. Tell the title of the story
2. Talk about their likes/dislikes about the story

Skills: Listening, observing, speaking. critical thinking.

Resources:

You Tube video: <https://www.youtube.com/watch?v=gOfF-WVv2hs>

Activity Steps:

1. Click on the link <https://www.youtube.com/watch?v=gOfF-WVv2hs> and let child/children to listen to the story.
2. Ask child/children to tell the title of the story.

3. Allow child/children to talk about what they like/dislike about the story.

Follow-Up Activities: Circle all the food items on the picture chart



