

Vocabulary Dozen	
Healthy	In a good physical or mental condition; in good health
Unhealthy	Not having or showing good health
Diet	The kinds of food that a person, or animal eats
Balanced Diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health
Nutrients	Substances that provides nourishment essential for the maintenance of life and for growth.
Fruit	The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food
Vegetable	A plant or part of a plant used as food, such as a cabbage, potato
Sentence	A set of words that is complete in itself—it must make sense, spaces between words
Independent	Doing something on your own
Combine	join or merge to form a single unit
Partition	The action of being divided into parts
Share	A part or portion of a larger amount which is divided among a number of people

## You Are What You Eat

### A Balanced Diet

Balanced Diet Chart



### Fruit



### Vegetables



### Food from Animals

some food comes from animals



### Food from around the World



## Reception

### Communication, Language and Literacy ideas.

- Extend vocabulary through our **Word of the Week**
- Encourage imaginative play, taking on a different role
- Use connectives to link ideas
- Listen to and talk about stories and retell using correct language
- Follow instructions carefully
- Become familiar with letter groups eg ch, sh, th, etc
- Word building—use phonic knowledge to decode, read simple sentences which include some exception words eg on sight words eg the, said, he, etc
- Form lower case and some relevant upper case letters correctly

### Mathematics ideas

- Subitise—recognise number patterns without counting
- Become familiar with 2 digit numbers, spot patterns
- Share fairly—discuss
- Add up along a number line—**add, more than, total, altogether**
- Subtract along a number line—**Subtract, take away, less than, fewer**
- Use 1p and 2p coins to make a given price—**how much altogether, which is more/less?**
- Compare size, weight—**heavier than, lighter than, bigger than, smaller than**
- Talk about and describe 3D shapes eg **cube, cuboid, cylinder, sphere, cone, pyramid**

### Topic books

