



## Focus Activity | Session Plan | Zebras



Theme	Healthy foods
Learning Intention	To understand different between healthy and unhealthy food
Introduction	Have a cut up selection of fruits and veg. Explain these are healthy because they have vitamins and minerals our body needs. Hold up food packaging of sugary food and junk, explain why these are bad. Talk about the healthy food we have a gan, and ask children to say one thing that is 'healthy' – then they can take a piece of fruit/veg
Activity	<ol style="list-style-type: none"><li>1. Sorting cards – healthy and unhealthy food</li><li>2. Sorting packaging – healthy and unhealthy food</li><li>1. Role Play 'café' and take orders and bring 'healthy foods (set up a full café scenario)</li></ol>
Conclusion	Hold up items of food, and children shout "Healthy" or "Unhealthy". Then sing "I like to eat Apples and Bananas" By Rafi.... Lots of dancing too!
Resources to Prepare/use	<ol style="list-style-type: none"><li>1. A range of foods</li><li>2. Food packaging</li><li>3. Role play set – all the play food from the building</li><li>1. Sorting cards – healthy foods</li></ol>
Differentiation notes	Extend and challenge: Children can make 'meals' that are healthy and balanced using the cards.
Links required	<a href="https://www.youtube.com/watch?v=74EciGdaKJE">https://www.youtube.com/watch?v=74EciGdaKJE</a>