



This project teaches children about food and farming and explores themes, including where food comes from, what plants and animals need to grow and survive and what constitutes a healthy lifestyle. In the Ready Steady Grow project your child will take part in practical activities to explore where food comes from. They will learn what seeds and plants need to grow and grow a variety of plants. They will explore what constitutes a healthy lifestyle, including eating fruit and vegetables, exercise and teeth brushing. They will find out about life on a farm and about baby animals.

Areas of learning: Understanding the World	
Memorable experience	Interactive supermarket tour
Innovate challenge	Penny pig's super salad
Communication and language	Listening, attention and understanding; Speaking
Physical development	Gross motor skills; Fine motor skills
Personal, social and emotional development	Self-regulation; Managing self; Building relationships
Literacy	Comprehension; Word reading; Writing
Mathematics	Numerical patterns
World	Past and present; People, culture and communities; The natural world
Expressive arts and design	Creating with materials; Being imaginative and expressive

Supporting your child at home

- Visit your local library and find books about farms to share.
- Make a shopping list together and go to the shops to buy the food.
- Grow some quick growing plants or make a cress head. Visit a local farm.
- Talk about healthy foods.