

Activity 1 Where does our food come from?

See the Activity Sheet.

Activity 2 Plant your own food

Have a go at planting your own sunflowers or potatoes. You could eat the potatoes after. Maybe you could make a salad from tomatoes and lettuce that you or someone else has grown.

Activity 3 Food group sorting game

Please Note: We advise to print this game in colour if possible and stick the images onto some card before you cut them out.

Lay out the food group title cards, then underneath sort each food image into the correct food group. Watch out as some foods may sit between groups.

Activity 4 Drawing task

See the Activity Sheet.

Activity 5 Role play

Read and act out the Little Red Hen. It is a classic tale that the children will love.

Activity 6 Colouring in

See the Activity Sheet.

Research the products you get from these plants.

Maize: corn flakes, tortillas, sweetcorn, corn on the cob and popcorn.

Sunflowers: sunflower spread, sunflower seeds, sunflower oil.

