

	Nurture Group Overview: Autumn 1					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1 & 2 Healthy Eating	Introduce new topic: <ul style="list-style-type: none"> What do they know and understand? Create a placemat for snack time Create an eat well plate by making choices from each food category Match the produce with the place it came from e.g. eggs from chickens 	<ul style="list-style-type: none"> Recap on last week's learning Identify food describe them by Animal, vegetable, fish etc Food from around the world 	<ul style="list-style-type: none"> Utensil identification Methods of cooking Types of tastes 	<ul style="list-style-type: none"> Understanding a recipe Smoothie making Maybe if current guidelines allow a trip to Wellington Farm (Ice-cream) 	<ul style="list-style-type: none"> Harvest -when food is gathered in -types of food grown Create a wrap with different ingredients and understand where those ingredients come from 	<ul style="list-style-type: none"> Link between food and exercise How to stay healthy with your food and exercise combined Also, how to keep our minds healthy with sleep and relaxation