

“The Very Hungry Caterpillar”

EYFS Food Rainbow activity (British Science Week) for nurseries/schools

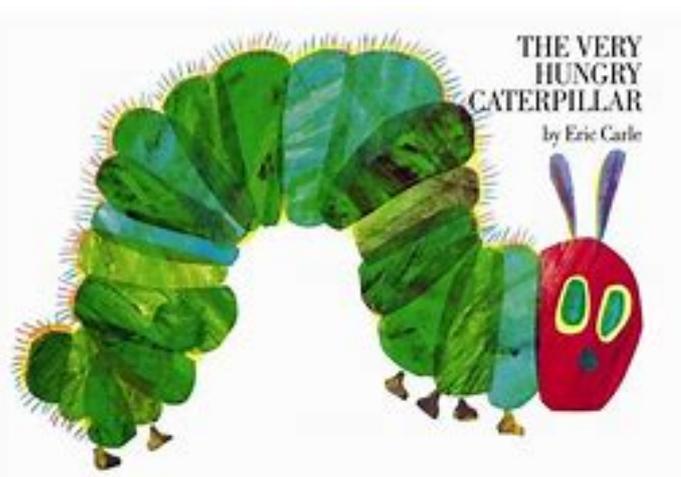
The instructions are based on one group/class of 30 pupils participating. Each group of 30 should be divided into 5 teams of 6 children for the hands-on activities.

Langdon asks: What is your favourite fruit to eat?

Langdon’s fact: Did you know that a strawberry is the only fruit that has its seeds on the outside? Each strawberry has about 200 seeds

Aims:

To use the story “The Very Hungry Caterpillar” as stimulus material for talking about diversity in living things – specifically variety in types of fruit. Children will explore the colours and textures of a variety of fruits and prepare fruit themselves to make and eat a “rainbow fruit kebab”. Pupils will start to learn about which fruits can be grown locally.



EYFS ELG links:*ELG 12 Shape, space and measures:*

- Children use everyday language to talk about size, weight, capacity, position, distance, time and money to compare quantities and objects and to solve problems
- They recognise, create and describe patterns
- They explore characteristics of everyday objects and shapes and use mathematical language to describe them

ELG 14 The world:

- Children know about similarities and differences in relation to places, objects, materials and living things
- They talk about the features of their own immediate environment and how environments might vary from one another
- They make observations of animals and plants and explain why some things occur, and talk about changes

Equipment:

- Strawberries (2x punnets) and/or
- Raspberries (2x punnets)
- Satsumas (4)
- Selection of apple varieties/sizes (1 of each)
- Selection of citrus fruits (whole)
- Pineapple (2x tins chunks, 1 large pineapple)
- Green Grapes (1/2 x punnet CUT IN HALF) or
- Kiwi (4)
- Blueberries (1 punnet)
- Red grapes (1/2 punnet CUT IN HALF)
- 30 rounded metal knives
- 30 plastic chopping mats
- 30 wooden kebab skewers
- Washing up bowl for handwashing
- Handwash
- Hand sanitiser
- Washing up liquid
- Plates/bowls for eating from
- 5x trays for fruit

Some fruit should remain “whole” so that pupils can explore the colours and textures of the outsides. Have trays with whole fruits in for pupils to “touch and smell”

- Tray 1: Selection of apple varieties of different sizes and colours
- Tray 2: Selection of citrus fruit varieties to smell and touch
- Tray 3: Texture tray containing a kiwi, pineapple and a peach
- Tray 4: Examples of different sized fruit to sort into sizes
- Tray 5: Examples of different coloured fruit

All non-food/non-consumable equipment for this workshop can be loaned from us. Contact us at education@rbt.org.uk to receive an equipment loan request form.

Alternatively, the above equipment could be purchased using a grant. Contact andrew.freeman@rbt.org.uk to receive an application form for a grant of up to £300 to support bridge building activities in your school or setting.

Suggested time plan:

9:15am	Start
9:15-9:25am	Read the story and introduce the idea of the different types of fruit and vegetables that feature in the story. Pupils name (favourite) fruits
9:25-9:35am	Introduce activities and separate into teams of 6 sat at tables Pupils should all wash hands before commencing activities
9:30-10:00am	Exploring fruit in trays; open questioning around observing differences between fruit. Introduce the word “variety”. (1)
10:00-10:30am	Pupils are given a fruit rainbow platter (1 per table) of prepared fruit, and they cut pieces to put on their kebab skewers to make their own “fruit rainbow”. (2)
10:30am-10:40am	Watch a short video/tv program episode to consolidate learning on the colours in the rainbow
10:40-11:00am	Colour in fruit rainbow worksheet (3)

Hands-on activity details:

Activity 1: Sensory activity looking at variety in fruit. Each table has a tray from the list below to look at. Depending on resources available you could select one, some or all of the tray suggestions to use in the activity.

- Tray 1: Selection of apple varieties of different sizes and colours (one red, one green, one yellow, one smaller)
- Tray 2: Selection of citrus fruit varieties to smell and touch (1 each lemon, lime, orange, satsuma, grapefruit)
- Tray 3: Texture tray containing a kiwi, pineapple and a peach
- Tray 4: Examples of different sized fruit to sort into sizes
- Tray 5: Examples of different coloured fruit

Pupils are encouraged to explore the trays and notice differences between the fruits within them. With trays 1 and 4 they could sort them into different sizes, lining them up in size order. With tray 2 they should be encouraged to notice any differences between them in terms of colour/size/shape, but also if there are any features that are the same or similar between them. Tray 3 offers the opportunity to feel the skins of different fruit and use describing words to talk about how they feel. Tray 5 could be used to explore the different colours. Can pupils name the colours? For each tray, pupils are encouraged to talk about which fruits they recognise and have tried. Each group could look at 1 or more trays as time permits.

Activity 2: Preparing fruit rainbow kebabs

Each pupil is provided with a cutting mat and a knife. Each table has a rainbow platter of fruit which has been partially prepared. Pupils can use their knives to cut up strawberries and kiwi chunks. Pupils should then carefully put the pieces of fruit onto their skewers to make a rainbow.

Once they have made their rainbow fruit kebabs, children can eat their creations!!

Activity 3: Each pupil can colour in their rainbow and add pictures of their favourite fruit around the picture.