

A meal out

Themes

- * Food/Drinks/Meals
- * Colours/Shapes/Numbers
- * People Who Help Us/Occupations

Skills

- * Craftwork
- * Acting/Mime

Equipment/Resources

A clear space in which adults and children can work together comfortably as a group; paper plates and plastic cups; white and coloured card and paper; coloured tissue paper; felt and fabric pieces Assorted craft pieces, including buttons, string, wool, stickers, pipe cleaners and straws; scissors, glue, spreaders and sticky tape; coloured pens and pencils; notepads; tills and play money; magazines with pictures of food to cut out

Activity

Invite children to cut out pieces and stick items together to create meals on paper plates. They could choose to make their favourite meals, foods they often eat at home or at nursery or school, foods that they don't like, or foods that they've never tasted.

Encourage them also to make drinks, using coloured paper, tissue paper or fabric stuck into plastic cups. They could attach a drinking straw to make a drink look more real.

Talk with the children as you work alongside them, naming and discussing the colours and shapes of the foods and drinks that everybody is creating and counting out how many peas, beans, tomatoes, chips, potatoes, fishfingers or sausages are on a plate.

When the meals are finished, invite the children to sit in a circle and to pretend to eat from their plates. Suggest different feelings, such as enjoying favourite foods, trying new tastes or disliking one of the foods, and ask the children to make expressions to show those feelings.

Extensions/Variations

Lay out the plates in the role play area and set out some tables and chairs to create a restaurant or café. Invite children to take turns to be waiters/waitresses or customers and to speak to each other politely, to request different foods and to find the right ones and serve them. Talk about the importance of washing hands before eating or handling food and of good hygiene practices in restaurants, cafés and kitchens.

Provide notepads and pencils, for waiters/waitresses to write down orders, numbers of customers and bills, and tills and play money so that customers can pay. Some children may also choose to make menus, using a combination of words and pictures.



Learning objectives/Early Learning Goals

- * Explore and experiment to create different colours or textures (EAD-EUMM)
- * Use and name shapes appropriately in creative tasks (M-SSM)
- * Explore and develop skills of characterization within a small group, using different forms of language and intonation to imagine and recreate roles and experiences (CL-S)
- * Share ideas within a group and develop imagination around a theme, showing sensitivity to others' needs and feelings and forming positive relationships (PSED-MR)
- * Manage own basic personal and hygiene needs successfully (PD-HSC)
- * Handle equipment and tools effectively, including pencils for drawing and writing (PD-MH)
- * Use identifiable letters and phonic knowledge to communicate meaning (L-W)