



Food - Activities for 3-5 year olds

Adrienne Walton

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Talking about, handling, preparing and eating food have instant appeal for young children and offer an excellent starting point from which to explore a whole variety of learning experiences. The activities in this book are designed to develop important preschool skills and link to the Foundation Stage curriculum. They take into account children's developing intellectual, social and physical skills focusing on ideas that will encourage the growth of a positive self-image and a positive attitude to others. Many of the activities provide opportunities to teach children about the importance of hygiene in food preparation and how to use kitchen tools and equipment safely. Other activities help to promote healthy eating habits and may encourage children to be more adventurous in trying different foods. The activities range from simple recipes to sorting and classifying games.

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