



## Buckinghamshire Adult Learning

# Keep in Touch with Family Learning

### Welcome from the Family Learning Team

*Play is the fundamental way in which our children learn—whatever age they are! The way that adults listen and respond to children's ideas and questions can also support thinking and learning. Try to ask questions that get your children talking! We hope that you and your children have fun trying out, and talking about, our playful ideas linked to food and growing.*

#### Some ideas for all ages ...

##### Share a book

There are so many books related to food! Try: "[The Light House Keepers Lunch](#)" Afterwards have fun talking about sandwiches that different story characters might enjoy. You could let your child design and make their own tasty sandwich. Younger children could listen to [The Very Hungry Caterpillar](#) then make an edible salad caterpillar .



##### Busy Fingers

In a controlled way, let your child help you cut up the food you are preparing. Chopping the food will really support their motor skills and co-ordination. As you are chopping, talk about [knife safety](#) or watch the video on the link.

Encourage your child to be a seed pretending to grow. Let them hide under a blanket to pretend to be in the soil ... and then slowly start to grow, reach up and balance on one leg to reach the sky. Ask them to think about how they can use their arms to be leaves on the plant—and to help them balance!

##### Time to be active.

For something a little more active, play the **Bean Game**. One person calls out the name of a bean and others make different shapes with their body pretending to be that bean .... Runner Bean (run as fast as you can), Jelly Bean (move your arms and legs like a wobbly jelly!), Baked Bean (curl up in a ball as tight as you can), Broad Bean (stand with your arms and legs as wide out as you can), Beans on Toast (lie flat on the floor) or Jumping Bean (jump up and down). Can you think of any more?

##### Explore!

Did you know that you can grow carrot greens from carrot tops? Place the top of a carrot into a dish of water, change the water every day and watch it grow! What do you think makes it grow? What do plants usually need? [Garden Fun](#) is a good link to suggest further gardening ideas to explore.

#### Useful Websites of the Week

[NHS Change 4 life](#) is a great website for recipes, activities and food facts. Have a look and see what new recipe you can make together.

**Memory Box Idea:** What has been your favourite food? Have you tried a new food or created a new recipe? Take a photo or write out the recipe for your memory box.

We would love to hear from you. What activities have you tried? What worked well? What would you like to share with others? Please drop a message to: [wendy.thomas@buckinghamshire.gov.uk](mailto:wendy.thomas@buckinghamshire.gov.uk)

