

WEEKLY THEME:
FARM TO TABLE

Developed by Michal Lashansky

DAY ONE: WHERE DOES OUR FOOD COME FROM?

STARTER: Where does our food come from? Think about different fruits and vegetables - and even the corn in your Cornflakes! Does it grow in the ground? On a tree? What does it need to grow? Have you ever seen fruit or vegetables growing in fields or even picked fruit and vegetables yourselves? Do you grow any food at home? Let's find out more about where our food comes from.

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

GREEN THUMBS

Plant a seed or plant scraps and see how they grow - watch [this tutorial](#) to find out how. Make sure to water it often and keep it in a place where it can get sunlight. Once you've planted your seed or seeds - write the name of the seed on a popsicle stick (and draw a picture) so you know what's going to grow. For an extra craft activity - paint your pot!

What You Will Need:

- Pot
- Soil
- Seeds
- Popsicle sticks (optional)
- Paint (optional)

THE TINY SEED

Read the book 'The Tiny Seed' by Eric Carle or listen to it [here](#).

- What happens to the seed each season?
- How does the weather change what happens to the seed?
- What other things can help the seed grow and what makes it difficult for the seed or the plant to grow?

BINGO WALK

Each child creates a list of things s/he might see outside. This list can be pictures for the younger kids and simple words for older kids. Go for a walk near your house and see how many of each thing you can find. For those who like competition - let's see who will be the first to find all the things on their list. Make sure to include fruit trees, herbs, or vegetable patches you see growing! Pay attention to what is growing now. Do you remember what other fruits and vegetables grow at other times of the year?

INDOOR
ACTIVE

DANCE

Learn the dance '[Can You Plant a Bean?](#)' and find out what plants need to grow!

BONUS - For kids who are more curious about how plants grow - Watch [this video](#).

MEAL IDEAS

ORANGE JUICE

Where does orange juice come from? Oranges! Make your own orange juice!

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DAY TWO: FARM TO TABLE

STARTER: Now that we've learned about how plants grow, let's find out how our food gets to us. Do you buy your food at the supermarket? At a farmer's market?

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YOUR MARKET

Set up your own market stall using toy foods. Make a sign with pictures of what you are selling and how much each item costs. Take turns being the owner or the customers. You can use Monopoly money to pay!

TOUR THE FACTORY

Find out how apples get from the orchard to your fruit bowl by watching this video: [Apple fruit factory tour video with Blippi](#). After the video discuss what you've seen.

- How many different machines did you see?
- Do you remember what they are called?
- What happens to the apple from the moment it is picked until it gets to your house?

EGG AND SPOON RACE

Hold your egg on a spoon and walk as quickly as you can to the finish line. Careful not to let the egg fall!

You will need:

- Hard-boiled eggs (unless you want a mess!)
- spoons

Bonus Activities:

- Once you have finished you can decorate your eggshells and then eat the eggs!
- Why not be environmentally friendly and recycle the egg carton to do some [crafts](#)?

Watch [this video](#) from Sesame Street to visit a farm and learn more about how we get eggs.

- Which animals lay eggs?
- What other foods do we get from animals?

GRAINS 2 BREAD

What is bread made of? What needs to be done before we have bread?

- Read the story 'The Little Red Hen and the Grains of Wheat', or listen to Adam Liaw read it [here](#). Discuss all the steps for making bread.
- How many different people and activities does it take to make bread?
- What other lessons can we learn from this story? Here you can talk about the importance of being grateful for food and saying thank you to people who provide us with food.

EAT WITH YOUR EYES

Food you buy at the supermarket comes in packaging, and often includes the list of ingredients and nutritional information. Look in your pantry at some of the packaging on cans, bags and boxes.

What stands out to you? Why? Think of a recipe you'd like to make (or look in a cookbook). Create your own packaging. What will you name them? What ingredients will you need? Make sure to write the ingredients on the package.

PICNIC LUNCH

Make a picnic lunch and set it up on a blanket in your backyard/house.

Listen to the song [Teddy Bear's Picnic](#).

DAY THREE: TRYING NEW FOODS

STARTER: Listen to the Wiggles sing [Hot Potato](#) and discuss different types of foods and how they can taste different depending on if they are hot, cold, mashed etc.

- What are some foods you love?
- Are there foods you don't like?
- What are some foods Mummy/Daddy/siblings like or don't like?
- How does it feel when you taste something new?

Foods come in all colours, shapes and sizes and also feel different (Soft, hard, chewy, crunchy, hot/cold). Tasting new foods can be scary but also exciting. Sometimes even if we tried a food yesterday and didn't like it, we might try it again today and decide that we like it. Let's try some new foods today!

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

TASTE THE RAINBOW

If possible, go together to the market/ supermarket (or order online) and choose which new fruits and vegetables (or healthy snacks) you will try. Prepare the foods together and put them out in little bowls. Create a spinning dial with different colours, [like this one](#). Try whatever colour food your spinner lands on! Talk about how fruits with different colours can give us different things to help our bodies work well. What are 5 different coloured fruits and vegetables you can eat every day?

SENSORY SCIENCE

Make jelly and watch how the powder and liquid change into a solid! What other things do you know that can change? What happens to water when you put it in the freezer? What happens to cream when you whip it? Once the jelly has set, set aside a messy area and make sure kids are wearing clothes that can get dirty - Let them play with the jelly with their hands. While they are playing, you can talk about how different foods feel different in our hands and in our mouths.

WHO AM I?

Measure each person's head and make a crown from the cardboard paper. With the regular paper, draw (or write) different foods. Attach a paper clip to the crowns. Attach a paper with the name of the food to each person's crown. Taking turns, ask questions about your food: Am I crunchy? Am I sweet? Guess which food you are and then play another round!

For this activity you will need:

- Cardboard paper
- Markers
- Scissors
- Glue or stapler
- Paper
- Paper clips

BLIND TASTE TEST

Did you know? Our tongues have little bumps on them called taste buds - these help us tell the difference between sweet, salty, sour and bitter. For kids who have more questions - watch this video. We are now going to try different foods and you will tell us what your taste buds are telling you.

You will need:

- Lemon juice - sour
- Dark chocolate (at least 70% cocoa) - bitter
- Soy Sauce - umami
- Salty pretzels - salt
- Sweetened Whipped cream - sweet
- [A printed chart like this one](#) from kidsactivitiesblog.com (or make your own!)

*If you don't have these ingredients - just use whatever you have in the house!

Before each tasting, introduce the food as number 1, 2, 3, 4. After each tasting, write the number in the column that matches the taste, Younger kids may need help with this. Bonus: Cut out pictures of foods from old magazines and newspapers and sort them into these 4 categories. [Make a poster like this one](#) from Creative Tots to showcase your work!

STORY TIME

Read or [listen](#) to 'Eating the Alphabet: Fruits and Vegetables from A to Z' by Lois Ehlert. What new fruits and vegetables did you discover when reading the book? What would you like to try?

MEAL IDEAS

SNACKS

For meal time or snack time, put out a range of new foods to try in muffin cups like [this!](#)

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DAY FOUR: HEALTHY CHOICES

STARTER: What are healthy foods? How do we know if foods are healthy? How much healthy food should we eat every day? Can we also eat unhealthy foods? Healthy foods give us energy and vitamins. For example, oranges gives us Vitamin C which makes sure we don't get sick. Milk gives us calcium which makes our bones strong. What healthy foods are your favourite? Let's learn more about healthy foods.

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

FOOD ART

Want to get excited about healthy food? Try making some of these [cool art pieces that you can eat!](#)

FRUIT SALAD

Dance and sing to the song 'Fruit Salad' by the Wiggles. What fruits appear in the song? Make your own fruit salad with your favourite fruits. Can you make up a song about your fruit salad? Also [see here printable cut and collage fruit salad](#) from Crayola.

HEALTHY PLACEMAT

Create a placemat with pictures of your favourite healthy foods using [this printable template](#) or [this one](#). If you can, laminate it so it can be easily cleaned. Use this opportunity to discuss how much of each food is healthy to eat. For more information about children and nutrition, [see this article from Harvard Health](#).

OOEY, OOEY, OOEY ALLERGIES

[Listen](#) to the song by the Wiggles. Do you have any allergies? Do any of your friends have allergies? What are they allergic to? What do people with allergies have to do to take care of themselves? How can we make sure to help our friends stay healthy and safe? You can discuss school, birthday parties etc

**INDOOR
ACTIVE**

The Cup Games - To stay healthy, we can eat healthy food - but we also need to exercise.

For these two-player games you will need:

- 20 disposable/reusable plastic cups (or an even amount)
- 2 Broomsticks or chalk
- 2 balls

Set up the game: Lay out an even amount of cups on the ground. Place half of them down and half of them up. Draw a line or set out brooms on either side of the cups.

Round 1: Each child stands behind their line. Set a timer for 10 seconds - One child will have to flip all the cups up, and the other will try and flip the cups upside down. You can only flip one cup at a time. At the end of 10 seconds, the children will return to their lines. Judge (parent) will count how many of the cups are up/down and declare a winner.

Round 2 - Swap roles - whoever flipped the cups up, will flip them upside down and vice versa.

Round 3 - Each child puts one hand behind their back and can only pick up cups with the free hand. Each child picks up one cup at a time and takes it back to their line. The first child to put 10 cups on their side wins.

Round 4 - Each child needs to run to the other child's side and build a pyramid with the cups (4 on the bottom, 3 on the next level, 2 on the next level, and 1 on top). Take your ball and try and knock over the other's pyramid - bowling. When it is knocked over, build the pyramid and start again!

Round 5 - In the centre of the playing area, for each child set up the cups in a row with spaces between each cup. Each child takes a ball and needs to kick the balls around the cups, using the cups as cones. Try to make sure the cups don't fall!

Credit: Galit Shamir, Sport Teacher

MEAL IDEAS

THE SMOOTHIE PROJECT

Try fruits in a new way - choose your fruits, veggies, dairy, proteins and extras and make the perfect [smoothies](#) for you! Catherine from Weelicious also has some great recipes on her site including this amazing ['Cotton Candy' smoothie](#).

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DAY FIVE: LITTLE CHEFS

STARTER: Do you like to help in the kitchen? What are some jobs you can help with? Washing produce, putting food on the table, plating food. Today we are going to get to know the kitchen and learn how to be little chefs!

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

SAFETY IN THE KITCHEN

Safety in the Kitchen- Talk about some of the dangers in the kitchen - germs, fire, sharp tools. How can we stay safe? Let's make a list of things you can and can't do in the kitchen, as well as some things you can do with a parent. Here are [some ideas](#), and here's a [good guide](#) as to what kids of different ages may be able to do in the kitchen. Get your parents to film you as you demonstrate the rules.

DRESS LIKE A CHEF

Make your own chef hat using [this link](#) and/or decorate an apron. (You can buy chef hats/aprons for kids from craft stores.)

KITCHEN SCAVENGER HUNT

What's in the kitchen? Get to know your kitchen by playing a scavenger hunt.

You will need:

- Scavenger hunt list (1 per child)
- Pencils
- A bowl for each child

Make recipe cards (different for each child) and write a list of cooking utensils on it with a little tick box next to each item. Children will get to explore the kitchen and tick the cooking utensils they find as they go along.

MAKE YOUR OWN RESTAURANT

Plan the menu with your parents - make sure you have all the ingredients you need! Write and illustrate the menu. Don't forget to add the name of your restaurant. Prepare all the food for the meal - don't forget to ask an adult to help when using sharp knives and fire. Set the table and invite your customers to come in, Don't forget to ask for a tip and clean up afterwards!

FAMILY COOKBOOK

Ask your relatives if there are any special family recipes that they know of? Ask them to send the recipes to you, and illustrate the recipes. Put all the recipes together to make a family cookbook. Draw a front cover, give your cookbook a name - and try out some of the recipes!

MAGIC INSTANT ICE-CREAM

For a special treat to end Little Chef week - try making magic instant ice-cream!

You will need:

- 300ml semi-skimmed milk
- 1 tbsp caster sugar
- 1 tsp vanilla paste
- food colouring of your choice (optional)
- 2kg ice
- 12 tbsp rock salt
- Sprinkles
- 6 large heavy duty Ziplock bags (3 if you only want to make one colour)
- Oven mitts/Gloves
- Strong arm muscles! To make this you will be doing an arm workout...

Watch [this video](#) from BBC Good Food to find out how to make instant ice cream