

Some of the questions we hope to answer this term...

- *How we stay healthy ?*
- *How does food change when it's cooked?*
- *What do other people around the world like to eat?*



Nursery Autumn 2

Our Topic is...



*Food Glorious
Food !*

Things to do at home...

- Talk about ways that eating and exercising contribute to good health
- Encourage your child to talk about and try new foods at home
- Look at cook books and recipes



- Do some cooking at home- you could send in some pictures!
- Write a shopping list with your child
- Let your child help with cooking family meals - for example mixing ingredients,
- Read stories such as: Goldilocks and the three bears, the little red hen and the gingerbread man