|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Choice Grid: Farm to Fork** | | | | |
| **Colour in the boxes to show which activities you have done.** | | | | |
| Measure out some ingredients to help with a family meal. | Explore the food labels on supermarket packaging. | Make a fruit or vegetable kebab and talk about where each ingredient comes from. | Write or draw a recipe that includes some farm produce. | Use my senses to explore different areas of the supermarket. |
| Help add some totals at the supermarket. | Play food/farm/ supermarket themed ‘I Spy’. | Use ICT to research different types of farms. | Make my own lunchbox for my lunch at school. | Make a fruit salad and talk about where each ingredient comes from. |
| Do a fruit and vegetable taste test with an adult. Who can correctly identify the food? | Make a miniature model farm. | Make a simple snack. | Grow some healthy plants. | Cut some fruit in half and draw the inside. |
| Visit a farm. | Help prepare some ingredients for dinner. | Design a meal using the Eatwell plate. | Illustrate a simple food chain on the ground using chalk. | Design a healthy lunchbox. |



