



Activity Plan

Preparing and Eating Food

Theme and Handwashing occasion: Remember to wash your hands before you prepare and eat food

The following activities have been developed to remind children of **the importance of hand washing before preparing or eating food.**

Note: care should be taken over children's dietary considerations.

EYFS age range 30-50 months

Personal, social and emotional development	<ul style="list-style-type: none">• Learning to work harmoniously with others, understanding their own tastes Eating as a necessary part of life but also a social one
Communication, language and literacy	<ul style="list-style-type: none">• Discussion of tastes, extend vocabulary, talk generally of foods/other ethnic foods
Knowledge and understanding of the world	<ul style="list-style-type: none">• Understand and follow simple instructions• Understanding of shape and time• Understand and recognise different tastes, textures and names of food types
Physical development	<ul style="list-style-type: none">• Fine and gross motor skills, pouring, mixing and manipulation
Creative development	<ul style="list-style-type: none">• Imaginative decoration



Activity: Preparing and Eating Food

Handwashing theme – remember to wash your hands before you prepare and eat food

Song: to the tune of "Polly put the Kettle on"	Action and Mime
Tell me have you washed your hands Tell me have you washed your hands Tell me have you washed your hands Before you eat your tea	Eyebrows raised questioning, shoulders shrugging Hold one hand out Mime: Eating a sandwich or apple.
Little squirts help wash your hands Little squirts help wash your hands Little squirts help wash your hands Before you eat your tea	Mime: Squirting soap from a pump action bottle Mime: Eating a sandwich or apple.
Remember always wash your hands Remember always wash your hands Remember always wash your hands Before you eat your tea	Shake one finger, turning to each other as if to remind each other. Mime: Eating a sandwich or apple.

Notes:

Take care over melting of chocolate.

Make sure you have checked any dietary considerations with parents first before allowing children to eat biscuits. Alternatively biscuits can be sent home with the children to eat with the family.

What you will need:

Ingredients: digestive biscuits, chocolate or syrup. Utensils: mixing bowls, spoons, plastic bag, rolling pin, baking tray or trays covered with silver foil, currants for eyes, aprons or painting overalls, soap and towels

Now comes the fun bit!

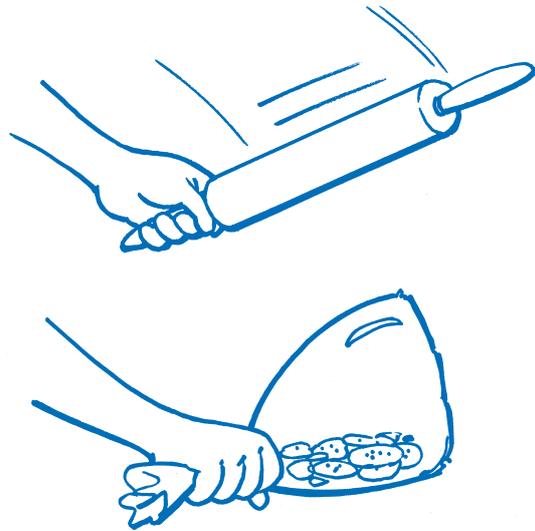
1. Make sure all have washed hands before you begin!
2. Crush biscuits in a bag, breaking them up by squashing with a rolling pin.
3. Melt chocolate or use syrup (this can be done using a double pan method with hot water).
4. Mix all ingredients in bowl.
5. Children can then make into Squirts shapes, flatten and roll onto a tray or mould, leave to cool and eat.
6. Wash hands before you eat!



Activity: Preparing and Eating Food



1. Wash your hands before you begin!



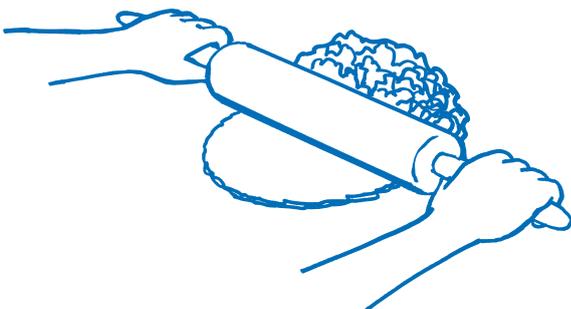
2. Crush biscuits in a bag, breaking them up by squashing with a rolling pin.



3. Melt chocolate or use syrup and pour into bowl.



4. Mix all ingredients in bowl.



5. Flatten and roll onto a tray and make shapes or mould. Leave to cool and eat.



6. Wash your hands before you eat!