

# LEARNING SPOTLIGHT

**“EVERY CHILD HAS A DIFFERENT LEARNING STYLE AND PACE.  
EACH CHILD IS UNIQUE, NOT ONLY CAPABLE OF LEARNING BUT ALSO CAPABLE OF SUCCEEDING”**

*Colourful and crunchy fruit and vegetables are an important and enjoyable part of a child's diet. Both vegetables and fruit contain essential nutrients that are important for their health, growth and development.*

*There are many reasons for everyone to enjoy eating a wide variety of vegetables and fruit. Vegetables and fruit provide important vitamins such as vitamin C and folic acid. However, pre-schoolers perceive them differently. Fruits and vegetables are all around them and one of the first shops they visit with their parents is the local market, to buy groceries and veggies and fruit.*

*Our next theme 'Plateful of Health' will allow children to explore weight, colour, size, shape and texture of different fruits and vegetables. Children will use their senses as they will describe and taste fruits and veggies.*

*The pre math concept of 'inside' will be covered beautifully as children will see one seed inside a mango or many seeds inside a papaya. This will bring alive the concept of 'many' and 'few'.*

*The seeds and peels of the vegetables and fruits will be used for various craft and counting activities and thus we will integrate the value of re-using and recycling. This theme also offers children an opportunity to experience the joys of no fire cooking.*

*In this theme, we will focus on the story 'The Enormous Turnip'. The story is adapted into a short play script also and offers children a chance to express themselves through drama.*

*Through this theme we will help to develop:*

## Fine Motor Skills

- ⊙ Handling Art and Craft Materials skillfully
- ⊙ Using writing materials with dexterity
- ⊙ Activities related to food preparation and cooking

## Gross Motor Skills

- ⊙ Outdoor Play
- ⊙ Kinesthetic Rhymes

## Social and Emotional Development

- ⊙ Learning to share food
- ⊙ Learning that all food is good for us

## Health and Safety

- ⊙ Understanding the importance of hygiene in food preparation activities
- ⊙ Using equipment safely

## Technology

- ⊙ Learning through digital stories and rhymes
- ⊙ Learning through PPTs

## Communication Development

- ⊙ Introduction of phonemes 'p'
- ⊙ Vocabulary Building
- ⊙ Phonic Stories
- ⊙ Mixed Practice of all phonemes learnt till now
- ⊙ Show and Tell activities

## Mathematics and Numeracy Development

- ⊙ Concept of one and many
- ⊙ Concept of half and whole
- ⊙ Matching and pairing activities
- ⊙ Pictograph
- ⊙ Heavy and Light

## Know Your World

- ⊙ Learning about fruits and vegetables
- ⊙ Learning about their appearance, smell and taste
- ⊙ Differentiating between fruits and vegetables
- ⊙ Learning about the different dishes we can make with them

### Show and Tell activity: 14<sup>th</sup> Sep'15 (Monday)

Please send one fruit or vegetable with your child for Show and Tell activity on 14<sup>th</sup> Sep'15 and also help your child to prepare few words/lines about it. For e.g.

- ⊙ What is the colour of the fruit/vegetable?
- ⊙ How does it taste?
- ⊙ What is it used for?

### Home Activity

Some simple ways to involve your child in food preparation and planning

- ⊙ Involve your child in choosing which fruit or vegetables they would like.
- ⊙ Encourage your child to eat more fruit and vegetables.
- ⊙ Take your child fruit and vegetable shopping and let them see, smell and feel the fruit and vegetables with you.
- ⊙ Ask your child to draw a picture and describe the food to you.
- ⊙ Let your child help wash and prepare fruit and vegetables. Use this opportunity to explore new colours and shapes.
- ⊙ Encourage their skills by letting them make a simple salad to serve themselves.
- ⊙ Count out grapes or berries together into a bowl.
- ⊙ Grow some vegetables or herbs in the garden or pot. Let your child water and nurture the plant.

Ask your child few words beginning with 'p' sound like- potato, pink, panther, postman, pumpkin, pen, peach, plum, paper etc.

Also practice words ending with 'p' sound like- tap, hop, map, drop, stop, sleep flip etc. Say the words out aloud to your child for practice.