

THE COLOUR BOX NEWS



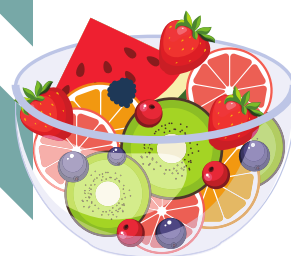
We use kids knives to chop our fruits for our **Rainbow** smoothie! We choose 6 different fruits to represent all the colours and talk about their colour, smell, texture, taste, shape. (apple, nectarine, orange, banana kiwi, plum)



We talk about the health benefits of having fruits and vegetables in our diet. Children are encouraged to taste the smoothie and to express their thoughts and preferences!

(Communication, Understanding, Personal Development)

(Language, Fine motor skills)



Just like Oliver in our book, we make a super nutritious and delicious fruit salad! We promote independence and encourage children to self serve their chosen portion of fruits and taste a little bit before saying no. 😊

(Fine motor skills, Social development)

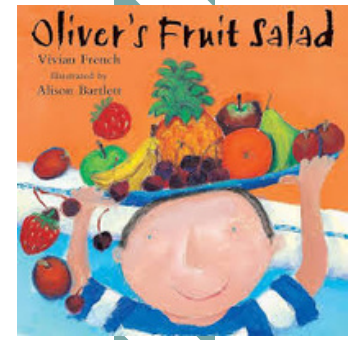


Hummus and cucumber tortilla wrap

We try something different for our snack, making a light and yummy wrap. Children make their own and enjoy eating them!



Book of the Week



Vocabulary introduced: fruit and vegetables names, vitamins, nutrients, strong, healthy, energy, rainbow smoothie, fruit salad, hummus,



We make 'Fairy Bread', a very popular Australian kids treat! Children use spreading knives for the butter before adding some colourful sprinkles and voila, our little treat is ready!



We practise our fine motor skills exploring fruit and vegetable puzzles.

We use small brushes to clean the sea shells in the water tray.



We enhance our phonic awareness and letter recognition whilst enjoying mark making in the sand (pre-writing activity).



