

# Under 2`s Cooking Activities

## Fruit/ Vegetable Faces



### Resources Needed:

- A selection of favourite fruits (if the fruits have harder skins, these may need to be removed or large fruits chopped into slightly smaller pieces for the children to handle)
- Child friendly knives (butter knives should be fine)
- A plate

### Duration:

15 minutes preparation, 5 minutes assembly.

### Intent:

Develop knife skills (using a knife that is not too sharp) and confidence, learn about healthy eating.

### Implementation:

Allow the child (with supervision) to chop up their desired fruits or vegetables into bite-sized portions and arrange in different shapes and colours. Have as a healthy snack or pudding.

### Keywords and Language:

Chop, knife, piece, fruit, vegetables, toppings, healthy eating.

### EYFS Learning Outcomes:

- Personal, Social and Emotional:
  - Enjoys responsibility of carrying out small tasks (30-50 months)
- Physical Development:



- Shows control in holding and using jugs to pour, hammers, books and mark-making tools. (22-36 months)
- Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors (30-50 months)
- Uses simple tools to effect changes to materials (40-60+ months)
- Eats a healthy range of foodstuffs and understands need for variety in food. (40-60+ months)
- Expressive Arts & Design:
  - Realises tools can be used for a purpose. (30-50 months)
  - Uses simple tools and techniques competently and appropriately (40-60+ months)

