

Reception Topic letter



Dear Reception Parents,

For our topic this half term we will explore all aspects of 'Keeping Healthy.'

Throughout the topic, we will be asking lots of questions as we learn where food comes from, how it grows and what foods are in season. We will share our own ideas and question with our classmates on all of our favourite foods. We will learn what is a healthy plate, such as how many fruits and vegetables we need to eat everyday.



In our sensory week, we will smell, touch and taste a range of different healthy foods to explore new or familiar foods. What new foods will we realise we actually like?

An exciting aspect will be our cooking week, as we follow recipes to bake and cook. We will measure ingredients and follow cooking times, as we work as a team and cook together.

A key theme will be how we can all help to look after our planet, as we learn about food from around the world and sustainability. We will discuss the meaning of familiar logos such as Fairtrade, Rainforest alliance, Keep Britain Tidy and recycling.

As well as food, we will research how else we can keep healthy. We will learn about how exercise, sleep and personal hygiene have an affect on our body. An Oral Health Visitor will come to school to teach us all about brushing and caring for our teeth.



During this theme, the children will be encouraged to take on different roles in different contexts when playing in the outdoor market and the mud kitchen café.

We would like to encourage you to take the time to discuss with your child, any questions they share with you related to the topic.

Kind regards
The Reception Team