

Ready Steady Grow

This project teaches children to take part in practical activities to explore where food comes from. They will learn what seeds and plants need to grow and grow a variety of plants. They will explore what is a healthy lifestyle, including eating fruit and vegetables, exercise and teeth brushing. They will find about the life cycle of animals and baby animals.

How many portions of fruit and vegetables should you eat daily?

How do plants grow?

Draw a picture of a farm?

Recommended reads:

- The very hungry caterpillar
- Planting a rainbow
- I went to the supermarket
- Handa's surprise
- The enormous turnip

Useful Words

- Animals
- Eat
- Plant
- Seed
- Sunlight
- Water
- Healthy
- Seed
- Growth
- Life cycle
- Farm
- Eggs
- Exercise
- Shoot
- stem

Supporting your child at home

- Grow plants
- Go for a walk

Useful websites

- CBeebies watch show Down on the Farm on iPlayer
- CBeebies – A Year On Your Farm game