

## Core Skills Analysis

### Art and Creativity

- Learned to use various materials like paper, chalk, and playdough creatively to represent real-world objects such as different types of food.
- Developed fine motor skills by shaping playdough into recognizable items like blueberries and strawberries.
- Explored color mixing and texture differences through the use of chalk and playdough for art construction.
- Gained experience with three-dimensional art forms by assembling a 'salad bowl' using multiple mediums.

### Language and Vocabulary

- Expanded food-related vocabulary by naming and describing items such as blueberries, lettuce, strawberries, bananas, grapes, and raspberries.
- Practiced descriptive language skills by identifying and articulating characteristics of each food item made.
- Improved verbal communication through storytelling about the salad contents.
- Enhanced listening and attention skills during the naming and describing process.

### Personal, Social and Emotional Development

- Demonstrated autonomy by selecting and creating their own designs for salad ingredients.
- Displayed confidence in sharing knowledge about different fruits and vegetables.
- Practiced patience and persistence through the process of constructing and arranging multiple food items.
- Exercised decision-making skills in choosing which items to include and how to represent them.

### Tips

To deepen your child's understanding and enjoyment, consider extending this activity by visiting a local grocery store or farmer's market to see real fruits and vegetables. Engage your child in sorting fresh produce by color, shape, or size to strengthen categorization skills. Try incorporating sensory experiences, such as tasting or smelling the foods, to connect the paper and playdough models to real life, enriching descriptive language. Finally, encourage your child to create a simple story or a day-in-the-life of their salad bowl, nurturing narrative skills and imagination.

### Book Recommendations

- [The Very Hungry Caterpillar](#) by Eric Carle: A classic story that introduces children to different fruits as they follow a caterpillar's eating journey.
- [Growing Vegetable Soup](#) by Lois Ehlert: A vibrant book showing how vegetables grow and are harvested, linking well to the salad-making theme.
- [Eating the Alphabet](#) by Lois Ehlert: An engaging alphabet book featuring fruits and vegetables that supports vocabulary building.

### Learning Standards

- UK Early Years Foundation Stage (EYFS) Communication and Language: Use new vocabulary in different contexts (CL 04-05).
- UK Early Years Foundation Stage (EYFS) Expressive Arts and Design: Develop storylines in pretend play and use a range of artistic methods (EAD 06-07).
- UK Early Years Foundation Stage (EYFS) Physical Development: Develop fine motor skills

through handling small objects and materials (PD 01-03).

### **Try This Next**

- Create a matching worksheet where children match pictures of real fruits to their playdough or chalk counterparts.
- Draw and label your favorite salad ingredients and write a sentence about why you like each one.