**Nursery Summer 2 Project homework – Why can’t I have chocolate for breakfast?**

During our half term topic, ‘Why can’t I have chocolate for breakfast?’ we will be completing lots of exercise challenges as we focus on healthy eating and what is good for our bodies. We will look at the benefits of exercise, which foods are a treat and also dental health.

Please complete some of the homework choices below during Summer 2 and send them in as soon as they are complete. While restrictions are in place, the best way to submit your child’s homework is to send a photo through Class Dojo.

Tasks can be completed in a variety of ways - be as creative as you like!

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| With help from an adult, make a healthy fruit salad. Use a child safe knife to chop some of your favourite fruit into chunks and put it into a bowl. Try to add lots of different coloured fruit. The more fruit the better, yummy! | It is important to practise writing your name regularly. Remember to use the rhymes for each of the letters in your name to form each letter correctly. | Independence challenge!  Now some of you are preparing for Reception, it is important to learn new skills. Can you unbutton your cardigan by yourself? Can you take off your own jumper? These are tricky, but the more you practice, the easier it will become! |
| Using some food items from your home, sort them into groups – healthy and unhealthy/treats. You could also sort them into fruit and vegetables. Once you have sorted them, can you count how many items are in each group? Which group has more? | Cartoon Eating Chocolate Cake Stock Illustrations – 2,187 Cartoon Eating  Chocolate Cake Stock Illustrations, Vectors & Clipart - Dreamstime  **Why can’t I have chocolate for breakfast?** | With help from an adult, can you write a shopping list? Think of some of the healthy foods you may buy from the supermarket and try to write some of the sounds in each word. When you go shopping, tick your items off your list as you buy them. |
| Search ‘wake up shake up’ on YouTube and select a video of your choice. We enjoy doing these in Nursery. Ask your parents or siblings to complete it with you! | Create a piece of Art by dipping pieces of sliced fruit and vegetables into paint and printing them on to paper. Can you see any interesting lines or patterns? | Whilst the weather is good, spend time outdoors, moving in different ways to keep fit and active. Try scooting, riding your bike, running, jumping, skipping etc. |