

Description of activity

Fruit and Veg Planting

Equipment required

Soil, a variety of fruit and veg seeds, small compostable pots, lolly stick, coloured pens / pencils, instructions on how to look after it.

Instructions

This activity is to show and teach the children how things grow, where they start of and to get them to watch it grow and how to grow their own foods

Each child has one small plant pot each. Have the soil ready for them to put in. Fill the pot around half way up then put a seeds in, once the seed is in fill the rest of the pot and pat down. It is then complete. Each child has a lolly stick each which they can decorate and write on it what they are growing to stick in the soil.

Tell the children how they need to water the plant and to watch it grow daily, Also encourage the children / parents to take photos and update us on social media how it is growing.

Ensure you are talking to the children how growing your own food is important to the environment, saving costs and how they are grown on scale.

EYFS benefits

This activity improves the children’s knowledge of the world. It is important for them to learn how to grow things and how they grow sop they can for the future. Get them to feel the textures and explain how to look after plants and how they benefit the environment

- Hand Eye coordination
- Understanding nature and the world
- Art and design
- Fine motor skills
- Learn how to grow own foods

Personal, social and emotional	YES
Physical development	
Communication and language	YES
Mathematics	
Understanding the world	YES
Literacy	
Arts and design	YES

