

## **Key Stage 1: Our favourite food**

Art/Science

Each child needs a paper plate and on it they make a collage/painting of their favourite meal.

Use yellow string for spaghetti, rolled up tissue for peas, cotton wool for mashed potato etc.

Let the children show their plates to the rest of the class and discuss with them the origin of certain dishes. For example, do you know which country is famous for pizza?

Discuss what it means to have a balanced diet and draw attention to plates that have a serving of vegetables. If you have one, show a poster of a food pyramid and discuss the amount of each food group it is healthy to eat.

The paper plates will make a colourful and instant display for the classroom and can be stapled onto display boards.