

# Ready Steady Grow



Read through the activities with your child. You can do all of the activities or choose the ones that they find the most interesting.

## Activities

1. Sow some fast growing seeds, such as cress or lettuce. Put them somewhere warm and keep them well watered. Take photographs as the seeds germinate and the plants begin to grow. Add a picture in the box below and explain what plants need to grow.

Growing seeds

What do plants need to grow?



2. This picture shows how a bean seed grows into a plant. Talk about the changes as it grows. Then read the words below and use them to label the picture.

### Useful words

- soil
- seed
- shoot
- stem
- root
- leaf





3. Look at these healthy fruit and vegetables. Try as many as you can, and tick the ones you like the best.



sweetcorn

☐

carrot

☐

broccoli

☐

red pepper

☐

orange

☐

apple

☐

banana

☐

pineapple

☐

mango

☐

grapes

☐

strawberries

☐

peas

☐

4. Draw your favourite fruit or vegetable in the box below and write words to describe how it tastes.

My favourite fruit or vegetable

### Useful words

- crunchy
- sweet
- juicy
- soft
- squishy
- tangy
- creamy
- smooth



5. Use different coloured fruit or vegetables to make a rainbow fruit or vegetable salad. Write a list of the ingredients and add a photograph of the salad in the box below.

Ingredients

My rainbow salad

How does your salad taste?

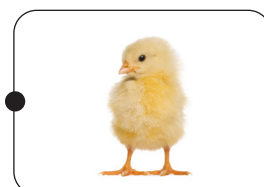
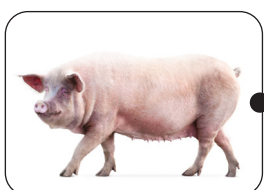
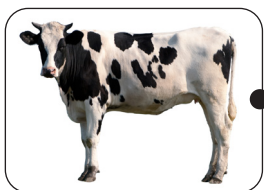


6. Most of the food we eat is grown and reared on farms. Watch some episodes of the CBeebies show *Down on the Farm* on iPlayer. Imagine you are a farmer. What animals would you keep on your farm and what crops would you grow? Draw a picture of your farm in the box below and label the animals and plants.

My farm



7. Animal babies are known by different names to their parents. Match the babies to their parents and then name the baby animals using the words below to help.



### Useful words

- calf
- chick
- foal
- kid
- lamb
- piglet
- puppy



8. Finish your home learning by explaining to an adult what you have learned about food and farming.

What do plants need to grow?

What food is good for us and keeps us healthy?

Which animals live on a farm?





## Useful websites

CBeebies – A Year On Your Farm game

CBeebies – Down on the Farm

## Good reads

Title	Author	ISBN
The Gigantic Turnip	Aleksei Tolstoy	9781905236725
Jack and the Beanstalk	Iona Trehey	9781409309598
Jasper's Beanstalk	Nick Butterworth	9781444918151
Handa's Surprise	Eileen Browne	9781406388510
The Little Red Hen	Leslie Sims	9781474989466
Rosie's Walk	Pat Hutchins	9781782300724

