

Reception - Knowledge Organiser

Key Vocabulary - see the next page.

Key Questions

What is your favourite food?
What does your family like to eat?
Which foods are healthy?
Why is it important to eat healthily?
Where does my food come from?
Which foods are important to celebrations and traditions?
How does food affect our teeth?

Food

Spring 1 2026



Texts we will read

The Gruffalo
The Little Red Hen
The Birthday Invitation
Amy and the Patchwork Dragon
Amy and the Perfect Bao
And other non-fiction books
Molly's Dentist

Activities to Try

Go on a picnic with your family and a healthy packed lunch.
Can you make your own fruit or vegetable kebab?
Write your own recipe for your favourite food and share on Seesaw.

Family Links:

Can you make a picture using different fruits and vegetables to share on Seesaw?

Some website to look at:

1. Cooking like a chef:
<https://www.bbcgoodfood.com/recipes/collection/kids-cooking-recipes>
2. Vegetable song (The Singing Walrus)
<https://www.youtube.com/watch?v=RE5tvaveVak>

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