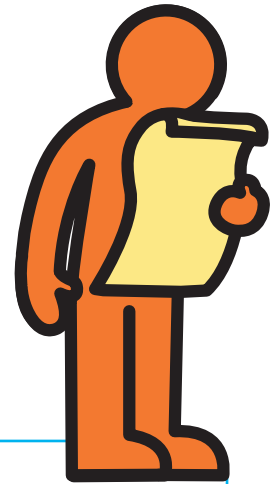


Healthy stories

You can use storybooks to introduce, discuss, and develop **Our Healthy Year's** themes and ideas. These books can also be used as topics. You could invite parents to come in for a reading session.



Traditional stories

The Enormous Turnip

- How turnips grow
- Health benefits of vegetables
- Sizes and weighing, portion sizes
- Things you can make with turnips (turnip soup)
- Everything needs water to grow, staying hydrated

Jack and the Beanstalk

- How beans grow (investigation – where do baked beans come from?)
- Health benefits of vegetables
- How things grow
- Sorting bean activities, e.g. by size, colour, portion sizes
- Things you can make with beans (bean salad)
- Everything needs water to grow, staying hydrated
- Markets
- Grow beans



The Little Red Hen

- Discover where bread comes from
- Explore farms and crops
- Use stalks of corn to grind flour
- Make bread
- Grow yeast
- Story sequencing



Goldilocks and the Three Bears

- Explore and discuss sugar and sweetening of foodstuffs and drinks
- Talk about healthy breakfasts
- Make porridge
- Numbers/counting/sets of/matching/sorting by size/colour
- Small world play
- Drama/role play

Storybooks

The Very Hungry Caterpillar, Eric Carle

- Some foods are healthier, e.g. apples, pears, plums, strawberries and oranges, and some are for special occasions, e.g. cake
- Numbers and counting
- Weighing scales
- Visit to shops
- Write shopping lists

Handa's Surprise, Eileen Browne

- Explore food from different countries
- Learn about vitamins
- Tasting and smelling sessions
- Make a seven fruit salad
- Devise a bar chart 'which fruit do you like best?'
- Draw or make paper mâché fruit, use for role play activities or make a mobile for display

Storybooks with a food theme

Use and share some other stories that have a food theme such as:

Trying new foods

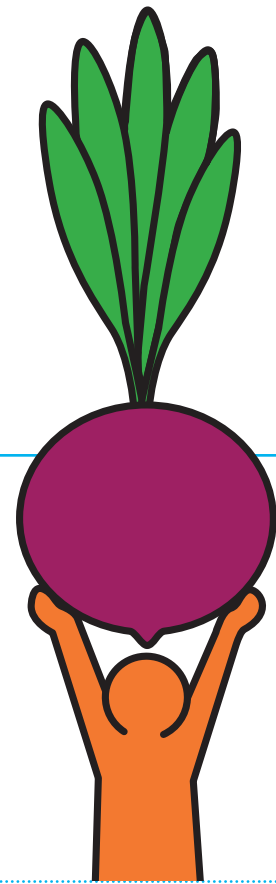
Green Eggs and Ham, Dr Seuss

I Will Never Not Ever Eat a Tomato, Lauren Child

Daisy: Eat your Peas, Kes Gray

Eating the Alphabet, Lois Ehlert

- Can pupils remember trying something new?
- How did they feel before they tried it?
- Did they like it? Would they have it again?



Energy in / energy out

Six Dinner Sid, Inga Moore

The Tiger who came to Tea, Judith Kerr

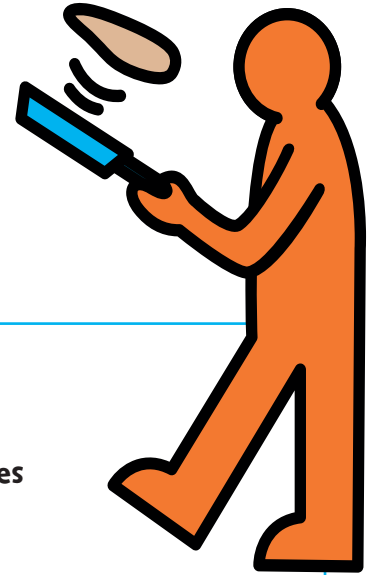
- Do pupils understand the relationship between the energy you put into your body, and the energy you use? Search [Change4Life/schools](#) to find out more.
- What would happen to the tiger / Sid if they kept eating so much?

Healthy soups

Stone Soup, Ann McGovern

Growing Vegetable Soup, Lois Ehlert

- Before reading the story, show pupils pictures of the vegetables mentioned.
 - Can they identify them all?
 - How do they grow?
- After reading the story, discuss:
 - Do pupils grow any fruit or vegetables in a garden, allotment, window box or indoor pots? What do they use them for?
 - What type of soup do pupils like?



Storybooks with a food theme

Pancakes

Pancakes, Pancakes, Eric Carle

- Before reading the story, ask pupils what you need to make pancakes
- After reading the story, discuss:
 - Is jam a healthy topping for the pancakes?
 - What would be healthier?

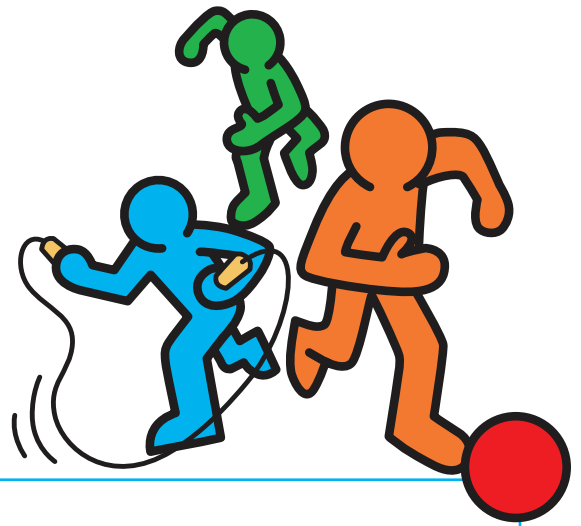
Growing

You'll Soon Grow into Them, Titch, Pat Hutchins

- Do pupils know what will help Titch to grow?

Storybooks with a movement theme

Use these storybooks to talk to pupils about the importance of exercise, and different ways of exercising that they enjoy.



We're Going on a Bear Hunt, Michael Rosen

From Head to Toe, Eric Carle

Get Up and Go, Nancy Carlson

I.Q. Gets Fit, Mary Ann Fraser

Willy the Champ, Anthony Browne

Giraffes Can't Dance, Giles Andreae and Guy Parker-Rees

- Can pupils think of a day out where they did a range of activities and exercises?
- Can pupils make a list of movements and make sounds to go with them like in 'We're Going on a Bear Hunt'?
- Can pupils think of an activity they tried like Willy that they did not enjoy or feel they were good at, but that they improved at over time.
- Give each pupil an animal to try to mimic in class and ask them to think up and act out a story in small groups.