


Sunshine

& Vitamin D


Activity Ideas
For homes & settings

Over 2's

This month as part of our food growing campaign we're focusing on sunshine, vitamin D, as well as continuing with food growing.




We all need some sun exposure. When skin is exposed to the sun, our bodies make vitamin D, which helps the body absorb calcium for stronger, healthier bones. We need to ensure that we do not over expose children's skin to the sun as this can cause sunburn.



Every child needs to use sun cream/ protection regardless of their skin tone.

SUN CREAM - 'PROTECT YOURSELF'



Talk to your child about sun safety and the importance of sun cream, protection and covering up. Use a racket/ bat and balloons/ soft balls to show the important role it plays. Tell the children that the bat/racket is the sun cream and initially you are not applying it. Get them to throw the balloons/ soft balls at you and see how they hit off your body as you don't have any protection. Then introduce the bat/ racket and show how with sun protection you can protect your body more.



GROWING SUN FLOWERS

Growing Sun flowers – Buy a packet of sunflower seeds, compost and use yoghurt pots to start them off. Once they sprout start to measure them, can your child grow the sunflower bigger than themselves? Have fun and don't forget to talk about how they need both water and sunshine to get taller.

PREPARING DINNER

Does your child help with preparing dinner? Can they help you to wash and cut up the vegetables? Can they lay the table? A portion size of fruit and vegetables is what they can hold in their hand. Can they measure their hand against your serving spoons and help to dish up the right amount for them? Can they make a fruit salad as pudding? It is recommended that we eat at least 5 portions of fruit and vegetables each day – how many is in your meals?



HARVESTING VEGETABLES

Have you grown fruit or vegetables with your children? Is it time to harvest? Can your child help to pull out or pick the fruit/ vegetables? Let your child help to wash and prepare them for cooking.



Startwell

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Under 2's

VEGETABLE AND SOIL PLAY

Put some soil on a low tray or toy box, add in a range of vegetables.

Let the children dig with their hands and tools in the soil. Can they pull out the vegetables?

Name them for the children as they pull them out. If your baby is too young to sit then lie them on their tummies and allow them to explore and get dirty.

Remember that babies under 6 months have thinner skin so use clothes to cover them up and utilise shady areas.



F&V SENSORY BASKET

Put a range of fruit and vegetables in a basket and allow the children to touch and explore them using a range of senses. This will help them to develop their senses and awareness of a range of fruit and vegetables.



CARDBOARD BOX PLAY

Can you blow up yellow balloons and hide them in and around the boxes, try to drape a range of material over the boxes and on the floor. Can you hide any fruit/vegetables for your toddlers to find.



WATER PLAY

Allow the children to explore a low level tub/ tray that has coloured yellow water in it. Have you got any whole fruit that can be added to the water to enhance the play. If your child is walking can you put a range of water trays on the floor in the garden and allow your child to run around and splash in the trays.