



Activity ideas to support Learning at Home 2-5 year olds

Early Years Service, Children's Services

Buckinghamshire Council

Prepare for your visit

Make sure you have a drink/snack for your child unless you intend to buy them.

Decide what shop you wish to visit and why? Make decisions with your child and give them choices. Is it the fruit and vegetable area of a supermarket or a separate shop selling fruit and vegetables a 'greengrocer' – what do you need to buy? What will interest your child? Chat to your child about the choices and involve them making the decisions.

What can you buy?

Let the children choose some fruit or vegetables they would like to buy. Let them have a 'little trolley' or basket where provided to put the items in

Talk about where the fruits and vegetables come from – do they grow in the ground or on trees or bushes? Which country do they come from – if pre-packaged it will say on the label, or on the shelf in the super market. When you get home find a map of the world or globe and find the country.

Use the scales to weigh the vegetables, which is *heavier* or the *heaviest*, *lighter* or *lightest*, *biggest* or *smallest*, *shortest* or *longest*? Think together about the shapes, tomatoes are round and curved, grapes are ovals, what other vegetables are the same shape?

A visit to the shops to buy fruit and vegetables



Getting to the Shops

Do you normally go by car? Consider using a bus instead. Learn and sing '[Wheels on the Bus](#)' during your journey. Talk about what you can see out of the windows on the route.



Talking about the fruits and vegetables

Explain that some are seasonal, that they only grow or flower at certain times of the year, such as pumpkins or marrows that are picked in the late Summer and Autumn.



Paying for your Shopping

Let your child help you put the shopping on the conveyor belt if in a supermarket. Count how many apples, bananas you have chosen. Can you use cash? – talk to the children about different ways of paying and when you get home talk to them about different coins & notes, pointing out the numbers, sizes and colours of the coins. Use words like *pence*, *pennies*, *pounds*, *cons*, *notes*, *more* and *less*. At home make pretend greengrocers and act out the trip.



When you get home

Allow your children to taste some of the fruit and vegetables you have bought – can they be eaten raw or do they have to be cooked? What do they smell like or feel like (what texture do they have)? Ask the children what they taste like, add new words such as *bitter*, *tart*, *sour*, *sweet* to put flavours into words.

Top Tips

Time your visit – do not go when your child is tired or hungry.

Set some ground rules – do not buy treats or snacks every time you go.

Go shopping with a purpose – as a way of helping your child's learning, rather than an opportunity to do your main weekly shop.

Give yourself plenty of time – it can be exciting for children to be able to see everything.

If you are using a supermarket, children may be able to talk to the supermarket's assistants as they stock shelves?

Chatting Matters

Vocabulary and increasing the number of new words your child hears every day is very important for future learning. *Taste, texture, bitter, sweet, sour, smooth, fuzzy, hard, bumpy, crunchy, soft, juicy.*

Find out more about your Child's development

[What to expect when – Developmental Guide for Parents](#)

If you have any concerns about your child's development the first thing you can do is chat to your Child's Key Person at their Setting

Information for Parents and Carers



Find out More

[BBC Tiny Happy People](#)

[Small Talk - ideas for Parents](#)

[Hungry Little Minds Campaign](#)



Communication and Language

30-50 months

You might notice that your child can:

Use lots of words about things that interest them, like "pumpkin" and "harvest" and likes to learn lots of new words. Your child may talk about what you are doing now, such as cutting fruits and what might happen later, such as cooking them or preparing for Halloween games

Maths

30-50 months

You might notice that your child can:

Recognise when there are 2 of the same thing, such as apples or bananas, one for you and one for me, or when counting the coins to pay. They may use their fingers, pictures or marks to show you how many things there are such as using fingers when they are counting the fruits

Physical Development

30-50 months

You might notice that your child can:

Help with cutting up fruit such as bananas using a small knife, and is aware of when they are hungry and need something to eat