

The Very Hungry Caterpillar!

Curriculum links: Art, Food
& Nutrition
Suitable for: KS1

Do you have the Very Hungry Caterpillar Book at Home? A great way to start this activity is to read the story with your family!

Don't have the book at home? No problem! If you do a search for the Very Hungry Caterpillar on YouTube, you can find the animated story on there!

Can you remember any of the foods that the Caterpillar has eaten?

Which foods did the Caterpillar eat that help it to stay healthy?

Which foods that the Caterpillar has eaten do you like and dislike?

Which foods did the Caterpillar eat that aren't needed for health?

Activity: Make your own Caterpillar or Butterfly!
See next worksheet for the method

How many different fruits and vegetables should we eat every day?





Activity: Make Your Own Caterpillar or Butterfly!



Have a go at creating your own caterpillar or butterfly using fruits and vegetables that you have at home!

Don't forget to wash your hands first!



Keep those fingers safe! Make sure to ask your adult for help with chopping, slicing or grating!

When you have finished creating your fruit and vegetable bugs, they're a brilliant healthy and tasty snack!



We would love to see your creations! Post a photo to Twitter and tag our Nutritionist [@hannahbaugh1](https://twitter.com/hannahbaugh1) so that we can see what you've made!

 *Autograph*
FED BY ENTHUSIASM

FOOD
FARM

Additional info for Parents & Carers

Do you have the Very Hungry Caterpillar Book at Home?

A great way to start this activity is to read it with your child, or encourage the child to read the book themselves.

Don't have the book at home? No problem! If you do a search for the Very Hungry Caterpillar on YouTube, you can find the animated story on there!

Can you remember any of the foods that the Caterpillar has eaten?

Which foods that the Caterpillar has eaten do you like and dislike?
Encourage the children to talk about the different foods and if they've tried them before? Did they like it? If they didn't like it, would they be willing to try it again?

Which foods did the Caterpillar eat that help it to stay healthy?
Apple, pears, plums, strawberries, oranges, cheese, watermelon

Which foods did the Caterpillar eat that aren't needed for health?
Ice cream, chocolate cake, lollipop, cherry pie, cupcake

Activity: Make your own Caterpillar or Butterfly!
See next worksheet for the recipe and method

How many different fruits and vegetables should we eat every day?
At least 5 a day!

