



# Exploring Raspberries

This activity plan covers the Early Years Foundation Stage links shown below:



Personal, Social and Emotional Development

- Be confident to try new activities, initiate ideas and speak in a familiar group.
- Maintain attention, concentrate, and sit quietly when appropriate.

Communication, Language and Literacy

- Enjoy listening to and using spoken and written language, and readily turn to it in their play and learning.
- Sustain attentive listening, responding to what they have heard with relevant comments, questions or actions.
- Listen with enjoyment, and respond to stories, songs and other music, rhymes and poems and make up their own stories, songs, rhymes and poems.
- Use a pencil and hold it effectively to form recognisable letters, most of which are correctly formed.

Problem Solving, Reasoning and Numeracy

- Count reliably up to ten everyday objects.
- In practical activities and discussion, begin to use the vocabulary involved in adding and subtracting.

Knowledge and Understanding of the World

- Investigate objects and materials by using all of their senses as appropriate.
- Find out about, and identify, some features of living things, objects and events they observe.
- Look closely at similarities, differences, patterns and change.

Physical Development

- Move with control and coordination.
- Recognise the importance of keeping healthy, and those things which contribute to this.
- Handle tools, objects, construction and malleable materials safely and with increasing control.

Creative Development

- Respond in a variety of ways to what they see, hear, smell, touch and feel.
- Explore colour, texture, shape, form and space in two or three dimensions.



# Raspberries



## Did you know? Raspberries

- Have lots and lots of vitamin C inside to protect us from illness.
- Have iron inside that helps our bodies work properly.
- Did you know raspberries can be either red, purple, gold or black in colour. Golden raspberries are sweeter than the other varieties.
- Have magnesium inside that helps build strong bones teeth and muscles.





# Touch activity



Hand out a raspberry to everyone and explain that raspberries are very soft so we need to be very careful with them, demonstrate how to put a raspberry on the end of your finger.

When it is pushed onto the end of everyone's fingers, look carefully at the raspberry:

- Q. Can you see the tiny bobbles that make up the raspberry?
- Q. Can you see anything else on the raspberry? (Are there any hairs on it?)
- Q. Does the raspberry have a smell?
- Q. Gently rub the raspberry on your lips, is it smooth or rough?



Make the raspberries dance by bending your fingers with the raspberry on the end and sing the words below with the children in time with bending your finger:

Raspberries are good for me, Soft and squishy so yummy,  
 Raspberries are good for me  
 Some for lunch and some for tea.



# Taste activity

It might be a good idea to wear aprons and have paper towels to hand as raspberries squash easily and have a very red juice!

Holding a raspberry on your finger with a plate ready, do the following actions

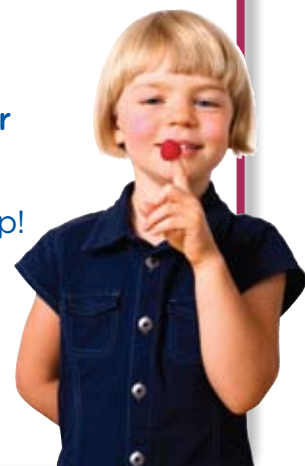
- Q. Can you smell it?
- Q. Can you kiss it?
- Q. Can you lick it?
- Q. Can you squish it? Squash your raspberry on your plate to see the red juice come out.



- Q. What colour is your finger?
- Q. Paint your lips with your finger tip to make them a lovely red raspberry colour
- Q. Lick your lips are they sweet or sour?
- Q. Who can squash their raspberry again and paint their tongue red? Show the person sitting next to you.

Hand out 3 raspberries to each child and ask them to put them all on their fingers - Demonstrate what to do by Saying this Rhyme:

- 3 Juicy raspberries on my finger tops - when one disappears hear it go pop! (Suck a raspberry off your finger with a popping sound and munch it all up!)
- 2 Juicy raspberries on my fingers tops.....
- 1 Juicy raspberry on my finger top when it disappears hear it go POP!





## Song and rhyme time



This is an action rhyme based on the old favourite “Here we go round the mulberry bush” – except we will change mulberry to raspberry.

“Here we go round the raspberry bush, the raspberry bush, the raspberry bush,  
Here we go round the raspberry bush on a warm and sunny morning.”

1. Action – crouch down and reach up as if picking from the bush

“This is the way we pick the raspberries, pick the raspberries, pick the raspberries,  
This is the way we pick the raspberries on a sunny morning.”

2. Action – stand up and rub hands together

“This is the way we wash the raspberries, wash the raspberries, wash the raspberries,  
This is the way we wash the raspberries on a sunny morning.”

3. Action – mime eating with fingers to mouth

“This is the way we munch the raspberries, munch the raspberries, munch the raspberries,  
This is the way we munch the raspberries on a sunny morning.”

4. Action- Holding hands in a circle and moving round to the right

“Here we go round the raspberry bush, the raspberry bush, the raspberry bush,  
Here we go round the raspberry bush on a warm and sunny morning.”

## Craft activity



**Resources needed:** Colouring pencils, pens, paints, crayons, selection of fabrics and papers which could represent the texture of a raspberry, glue or sticky tape, What am I? template sheets.

### What am I?

Place some raspberries on a plate for the children to look at and feel.

Using the What am I? template ask the children to choose a colour which looks like the raspberry and colour in the colour circle. Then ask the children to choose a fabric or paper that has the same texture as the raspberry and stick it in the feel circle. Then ask the children to draw the shape of the raspberry in the shape circle.

Ask the children to join the dots of the name, Raspberry, at the bottom of the page and then fold up the bottom of the sheet to hide the answer.

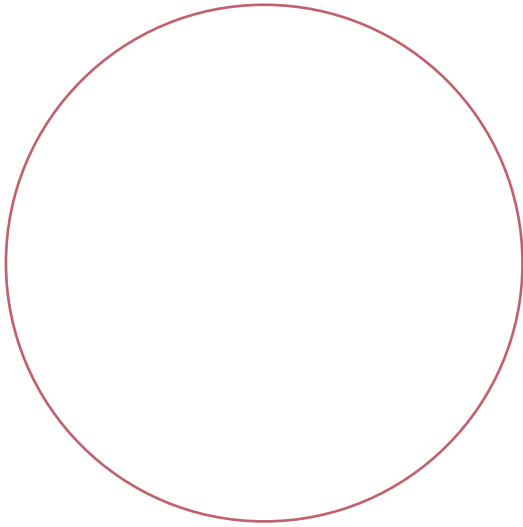
Encourage the children to take this sheet home to play the What am I? game with their family, they will need to show the clues first and ask their family to make a guess and then reveal the answer at the bottom of the page. Practice the game in class. Perhaps you could design your own sheets for other fruits and vegetables.



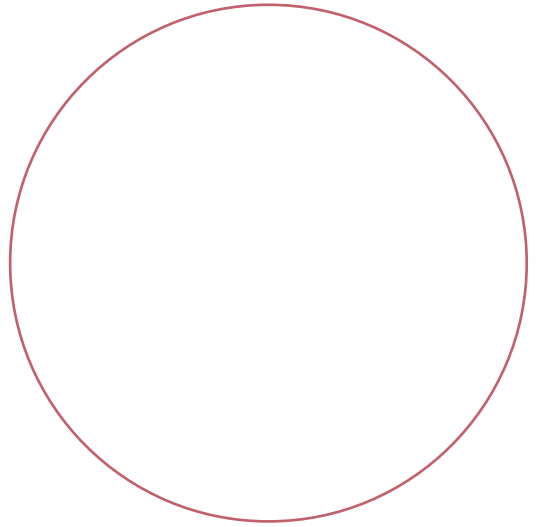


# What am i?

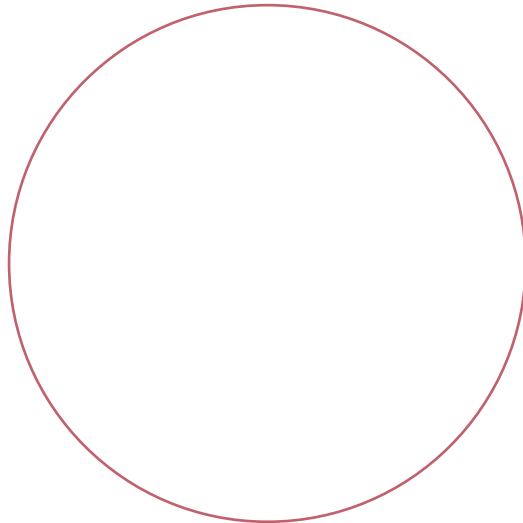
I am a type of fruit, can you guess what I am from the clues below?



I am this colour



I feel like this



I am this shape

## What am I?

FOLD HERE

Raspberyy



At home



Parent Information Sheet

Our nursery is participating in the Taste for Life Pre-school Education Programme supported by Organix. This programme helps children learn about, experience and enjoy fruit and vegetables by participating in a range of different activities linked to the Early Years Foundation Stage curriculum.

At the moment we are learning all about raspberries! This recipe is a great way to get your child involved with measuring ingredients.

## Recipe

### Make Raspberry Muffins

- this recipe makes approximately 12 muffins

*Use organic ingredients if possible; organic foods are free from artificial chemical pesticides. Up to the age of seven, children's bodies are more susceptible to the disruption water soluble pesticides can cause. To find out more about organic foods and why they are beneficial visit [www.organix.com/about-us/why-organic](http://www.organix.com/about-us/why-organic).*

#### Ingredients

200g Self raising flour

100g Sugar

100g Butter

2 eggs

1 cup of squashed raspberries



#### What to do...

1. Cream the butter and sugar together by hand or using a hand mixer until light and fluffy
2. Squash the raspberries in a bowl and add to the mixture along with the eggs
3. Fold in the flour and mix well
4. Spoon into muffin cases
5. Bake in a pre heated oven at 180 degrees for 12-15mins

## More fun at home...

We will be doing lots more in nursery to find out more about Raspberries and other fruit and vegetables. You can join in with our food adventure too, helping your child develop their love of healthy nutritious foods by visiting [www.tasteforlifenuresery.com](http://www.tasteforlifenuresery.com) for recipe ideas, nutritional tips, games and activities, including the Taste for Life reward chart and sticker sheet.



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