

# ACTIVITY TIME

## My Food Shapes

Illustrated by Fiona Bowden

A new and exciting black and white book, *My Food Shapes* helps us to spot even more every day shapes. This book introduces a rectangle, a droplet, a heart and an oval by matching them to different foods. *My Food Shapes* is a clever book that encourages you to talk with your baby – look at the oval egg shell, the juicy watermelon and the rectangle loaf of bread. What other shapes can you spot during mealtime with your baby?

### Roll the dice

#### You will need:

- Template provided
- Sticky tape or glue
- \*Optional, light cardboard such as a tissue box and glue.

#### Instructions:

1. Cut out the dice template
2. Fold along the dotted lines
3. Fold the tabs
4. Add sticky tape or glue to the tabs and secure to each side of the dice
5. Sit facing your baby and roll the black and white dice to your baby.  
What image did the dice land on? Point out and talk about the different shapes you can see. Your baby will love to watch and copy you during play, this game introduces turn-taking and it won't be long before they are joining in and rolling the dice back to you.

#### More information:

Singing songs with your baby is a fun way to play with your baby. Sit facing your baby so they can see your face and watch your mouth move while you sing. Choose songs with gentle hand actions, your baby will be watching you and over time they will begin to copy your actions and eventually sing the words too.

#### The benefits of black and white books

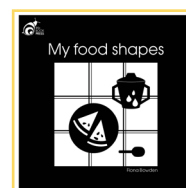
Your baby needs lots of opportunities to look at and to focus on images to strengthen their eyesight, and they can focus on high contrast black and white images easily. Sharing black and white board books such as *My Food Shapes* will hold your baby's attention, making it a perfect book to share throughout the day and during tummy time or play time.

#### Songs to sing

*Open, Shut Them, Incy Wincy Spider* and *Twinkle, Twinkle Little Star*.

#### Key message

Children learn by watching and copying.



**Adult supervision is essential. Involve and talk with your child as much as possible.**



**\*You can introduce simple Science Technology, Engineering & Maths (STEM) concepts to children aged 2+ years through every day play.**

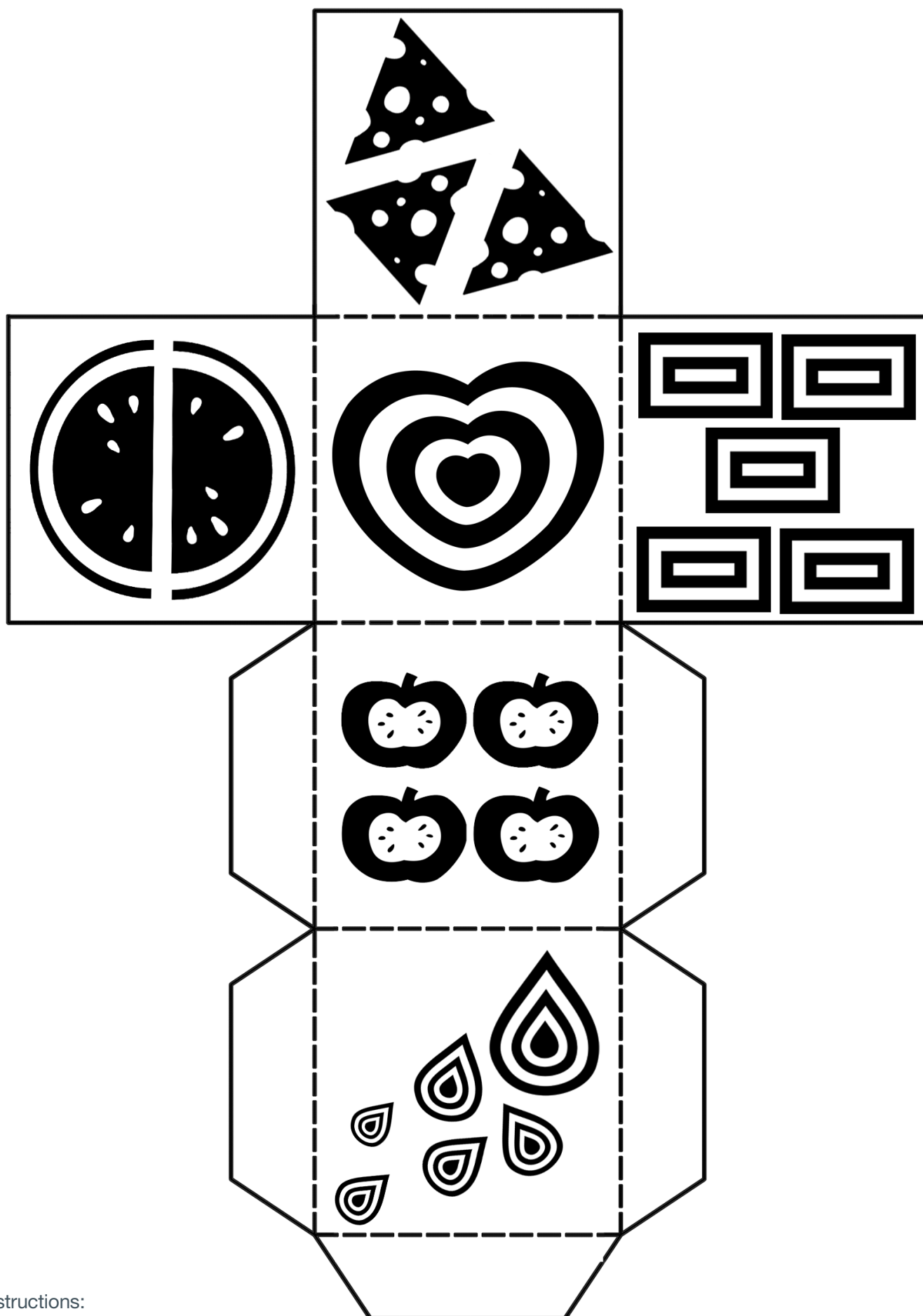
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Instructions:

- Cut dice out along the solid line (outside of the image)
- Fold along the dotted line
- Either glue or tape together using tabs.