

Knowledge Organiser Autumn

Autumn



What changes in autumn?

Darker nights and mornings, colder weather, trees drop leaves, conkers and other seeds.

Which seeds are your favourite?

Are the leaves all the same?

How do we keep warm in colder weather?

Can you put on and do up your own coat?

Can you put on your own gloves?

Healthy Eating



Fruit and vegetables give us vitamins that help to stop us from getting poorly.

Meat, fish, eggs, beans and nuts give us



protein to help us grow.



Bread, pasta, potatoes give us energy to help us move and think.

Milk, cheese and yoghurt give us calcium



for strong bones and teeth.

Treats - too many can make us poorly,

but a small amount can cheer us up.



Traditional Stories



Your Grandparents probably enjoyed these stories when they were children.

Read and talk about traditional tales such as Goldilocks, The Elves and the Shoemaker, The Gingerbread Boy, The Three Little Pigs.

Look at the pictures. What was different in the olden days? Look for modern day gadgets such as computers, TVs. What did they do instead? (Read books and newspapers, sang songs, sewed and knitted - they made their own socks and clothes and baked their own bread)