

What to do...



Not again!

The purpose of this activity is to give your child a chance to try out persuasion at home. It is important that your child remembers that persuading someone involves explaining things to them, not losing their temper or issuing demands!

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Now if that doesn't persuade her I don't know what will!



What kind of food do you really dislike?
Do your mum or dad insist on having it at home?

This activity is a once in a lifetime opportunity to persuade your Mum or Dad or carer to BAN one kind of food that you really dislike from your home (for a fortnight).

Remember though, you have to PERSUADE them, not just TELL them. Shouting 'Right Mum, I HATE poached eggs and you are not allowed to make them anymore,' isn't very persuasive is it?

Can you explain in a nice way why you dislike that kind of food?

Can you think of other (healthy) food you DO like that your family could have instead?

Are there any other kinds of food you would try instead of the food you dislike?

Write a short letter to your parent or carer trying to persuade them to ban a certain type of food for a fortnight. Will you be able to persuade them?

Dear Mum,

I know that space sprouts are good for me and will stop me getting wurdles on my tentacles, but they're not the only food that does that. I can see that you and Dad think they are yumptious, but they make my three stomachs turn, especially when they are covered in purple Pluto sauce. Could we try eating Ceres carrots instead for a few weeks? They are just as good for you as space sprouts AND they make your tentacles strong.

Love from Alien Adam