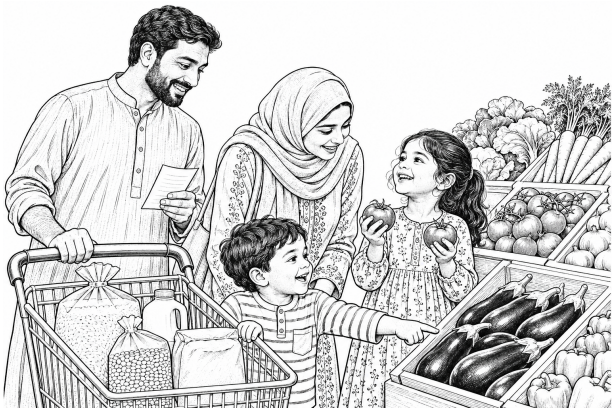
# Learning at the supermarket

Everyday learning with your child • Ages 3–5

Talk, notice and try things together. A short shopping trip can build big skills.



## Your family’s weekly shop

Buying rice for biryani, lentils for dhal or flour for chapatis? Let your child help choose, count and talk about what you need.

Use the language you speak most confidently. Name foods in your home language and English, if you wish.

## Make a shopping list

Plan a meal together. Let your child draw the foods, make marks or write letters and words they know. Tick off items as you shop.

**“What do we need to make dhal?”**

## Talk, listen and describe

Name familiar and new foods. Describe an aubergine as smooth, shiny or purple. Pause, listen and add to your child’s ideas.

**“How are these two vegetables different?”**

## Count and compare

Count each onion once as it goes into the bag. Compare more and fewer, bigger and smaller, heavier and lighter.

**“We have three tomatoes. Add one. How many now?”**

## Spot print and sounds

Find words and symbols on packets, signs and your list. Explain why your family checks halal labels. Practise letter sounds already taught.

**“Milk starts with /m/. Can you hear it?”**

## Choose, help and take turns

Give a small job: find the lentils, carry a light item or help pack. Practise waiting, asking politely and thanking the cashier.

**“Rice first, then milk. What do we find next?”**

## Keep learning at home

Unpack and sort tins, fruit and chilled foods together. Talk about where foods belong. Recall the trip or set up a pretend shop.

**“What did we buy first? What will we cook?”**

## Make it right for your child

Start simple: find a named food, choose between two items or count 1–3 objects.
Add a challenge: count up to 5 or 10, find one more, explain a choice or write a label.

**Choose one or two ideas. Enjoy the conversation—there is no need to test your child.**

Adapt to your child’s interests and support needs. Stay close together and let adults handle heavy items. Family foods and routines will vary.

St. Philip’s CE Primary Academy
Working Together