



Bell
EST 1955

Early Years English : Healthy Eating (1 session out of 4 week cycle)

Project Theme: Healthy Food

Teacher:

Age range : 3-4

Level: mixed native level and
and EFL beginners (year 1 or 2)

Final Learning Outcomes:

By the end of the day students:

- Have met new vocabulary related to healthy and unhealthy eating
- Can identify some of the healthy and unhealthy food presented by the teacher
- have participated in song about food (to express likes and dislikes)
- have practised cutting their banana at snack time to encourage healthy eating

Storytime and pick-up 11:30-11.45

- Transition to carpet area
- Teacher reads the very hungry caterpillar and encourages sts to count, name the colours and identify healthy and unhealthy food.
- Teacher sings goodbye song and hands out stickers.

Snacktime 10:00-10:40

- Sts wash hands
- Teacher sings snack time song and explains banana cutting rules. (safety rules)
- Toilet and washing hands
- Transition; students in pairs for breaktime (jackets, hats , gloves)

Outside play

Welcome 8:30-9:00

- Teacher welcomes students and parents individually.
- Students use toilet and wash hands.
- Teachers guide students towards individual tasks or guided play

Individual activity 8:50:9:20

- Students will cut out different types of food (practice cutting skills) with T.
- Students will practice identifying healthy food, by doing a guided activity led by the teacher. (healthy lunchbox)
- Start with high ability students
- Transition to circle; tidy up

Circle time (focused learning): 9:30-10:00

- Students and teachers make circle
- Greet each other, practice names,
- Weather and counting
- Mystery box with healthy and unhealthy food
- Sts practice "It's healthy" and "it's unhealthy" target language.
- TPR with healthy and unhealthy food
- Song; Do you like broccoli
- Transition to snack time; sts chose an item from mystery box , present it to T. by identifying whether it's healthy or unhealthy.

Lexis and Structure:

- It's healthy/ It's unhealthy
- It's /it's a (an)
- apple, banana, tomato, sweets, lollipop, fries, crisps, chocolate, cupcake, cheese, carrot, bread, yoghurt, water, coca cola, orange

Main Focus Activities / Games:

- My Healthy Lunch box; Cut out healthy and unhealthy food items; Stick the healthy ones in a "lunchbox" printed on paper or a card cut-out and the unhealthy ones next to it, but NOT IN the the lunchbox
- TPR; healthy and unhealthy food corners for students to place food items

Suggestions for extension and differentiation:

- start with high ability students
- low ability students practice language with TA before doing task
- Sts can paint the lunchbox
- Sts can paint a picture of some fruit or healthy food (still life)

Related Supporting Activities;

Food related colouring and counting sheets

Play kitchen/shopping basket,

Food jigsaw, matching games

Materials Needed:

- Realia, plastic food from play kitchen,
- Laminated colour prints
- Mystery box
- Example lunchbox
- The Very Hungry Caterpillar story book (Eric Carle)
- Do You Like Broccoli Ice-cream song (Super Simple Songs)

Links / Websites :

https://www.twinkl.co.uk/resource/food-i-spy-and-count-activity-to-10-t-tp-69723?sign_in=1

<https://www.twinkl.co.uk/resource/au-t-100-australia---healthy-and-unhealthy-sorting-activity>

<https://www.twinkl.co.uk/resource/au-t-1031-australia---healthy-eating-sorting-activity>

<https://www.twinkl.co.uk/resource/au-t-t-2399-australia---healthy-eating-lunch-activity>

<https://www.youtube.com/watch?v=frN3nvIHUK>