

EXTENSION ACTIVITY

LEVEL 2

BOOK TITLE
Healthy Foods

LENGTH
1 Lesson
(30 minutes)

Essential Question



What are healthy foods that we enjoy eating?

Lesson Overview



In this lesson, the teacher will ask the students to draw their favourite food items and talk about foods that are healthy and good for us. The lesson requires the hands-on active participation of the students.

REQUIRED MATERIALS

- Book: *Healthy Foods*
- Piece of paper or paper plate (without wax), one for each student
- Colouring utensils (crayons or markers)
- Plasticine or play dough in many different colours

LEARNING CONNECTION

At the beginning of the lesson, the students think about what foods they eat and why, which builds on their understanding from the book *Healthy Foods*. Throughout the lesson, the students review the symbol or letter on each page of the book.

READING VOCABULARY

None.

LEARNING ACTIVITIES



Class discussion about the book.



Drawing foods or making foods out of plasticine activity.



Class discussion about the activity.

HEALTHY FOODS

1. Read the book *Healthy Foods* with the students. Discuss why the writers chose these foods to be in this book.



“Why do you think the title of this book is *Healthy Foods*? What does that mean?”

Answer: all the foods featured in this book are healthy and good for us.

2. Go through each page one by one. Ask the students to name the sound on each page and to identify foods that begin with that sound.



“Let’s look at these pages. The healthy foods on this page all begin with the same sound. What sound do they all begin with?”



“What other foods begin with these sounds? Are these foods healthy? Should they also be included on this page?”

3. Have students name one food they like to eat or one food they would like to try from the book.
4. Hand out some plasticine or play dough and pieces of paper or paper plates to each student. On this paper or plate, have the students make their chosen food or foods out of the plasticine or play dough.

Optional: If you do not have plasticine or play dough, you may wish to guide the students to create drawings of their favourite foods or foods that they are interested in. Or you could have students choose whether they prefer to draw or make models.

5. Talk to the students about some of the healthy foods they drew or modelled.



“What do you like about this food?”

Answers include: it tastes good, I like the way it looks, I know it is healthy for me, etc.

SHARING AND DISPLAYING (CLASSROOM REINFORCEMENT)

1. Students can display their completed drawings or models in the classroom.