
NUTRITION AND LIFE SKILLS

LEVEL 4

Level 4: I Like to Eat Healthy Lesson Plan

- Activity Worksheet: Food Cut-Outs

ICON LEGEND



TEACHER SCRIPT



CLASS DISCUSSION



IMPORTANT INFORMATION



INDIVIDUAL ACTIVITY



PAIRS/SMALL GROUP ACTIVITY



PHYSICAL ACTIVITY



LARGE OPEN SPACE REQUIRED

BOOK TITLE

**I Like to
Eat Healthy**

TOPIC

**Nutrition and
Life Skills**



**Essential
Question**

What are healthy foods,
and what are foods that
we should not eat often?



Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences, and it requires hands-on active participation from both the students and teacher.

REQUIRED MATERIALS

- Activity Worksheet:
Food Cut-Outs
- Large chart paper
- Drawing utensils
(crayons or markers)

LEARNING ACTIVITIES



Class discussion
about the reading.



Class discussion
about the students'
favourite foods.



Colouring.



T-chart activity.

LEARNING CONNECTION

Throughout the lesson, the students will begin to understand that some foods are healthy to eat often, and others are only okay to eat in moderation. It builds on their understanding of the book *I Like to Eat Healthy*, which introduces them to the vocabulary for different healthy food groups. The accompanying illustrations in the book show a mix of country and store-bought foods that the students will be familiar with.

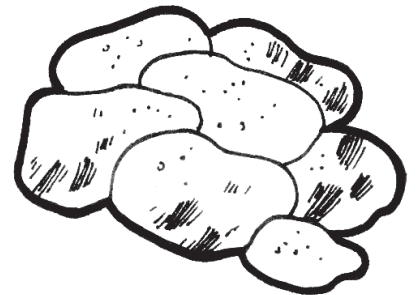
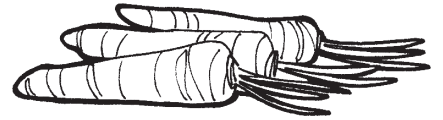
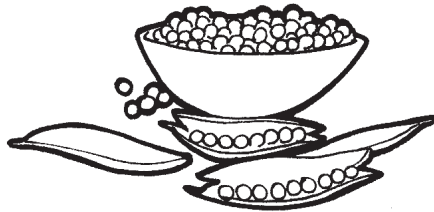
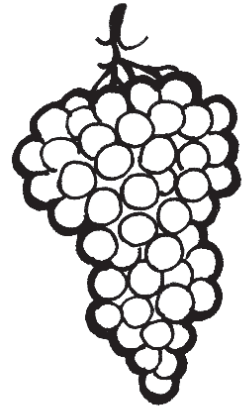
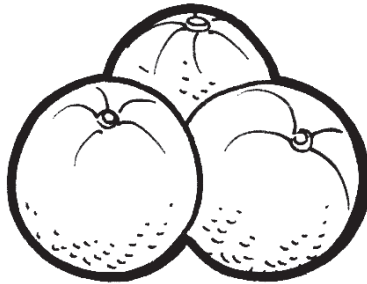
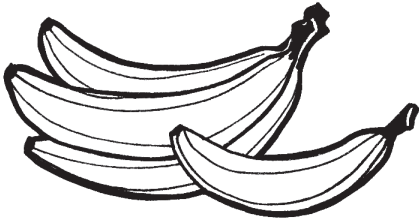
READING VOCABULARY

Healthy food.

PRE-LESSON PREPARATION

1. Photocopy the **Food Cut-Outs** activity worksheet so there are enough foods for each student to colour a few different foods.
2. Cut out the illustrations of different foods.

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