

A top-down view of various fresh fruits and vegetables arranged around the word "FOOD". The items include a red apple, pomegranate, tomatoes, yellow bell pepper, carrots, orange slices, corn, purple grapes, blueberries, eggplants, plums, cucumbers, broccoli, avocados, green bell pepper, and a pear. The word "FOOD" is centered in a large, bold, black font on a white background.

**FOOD**



# Lesson 1 – Rainbow food

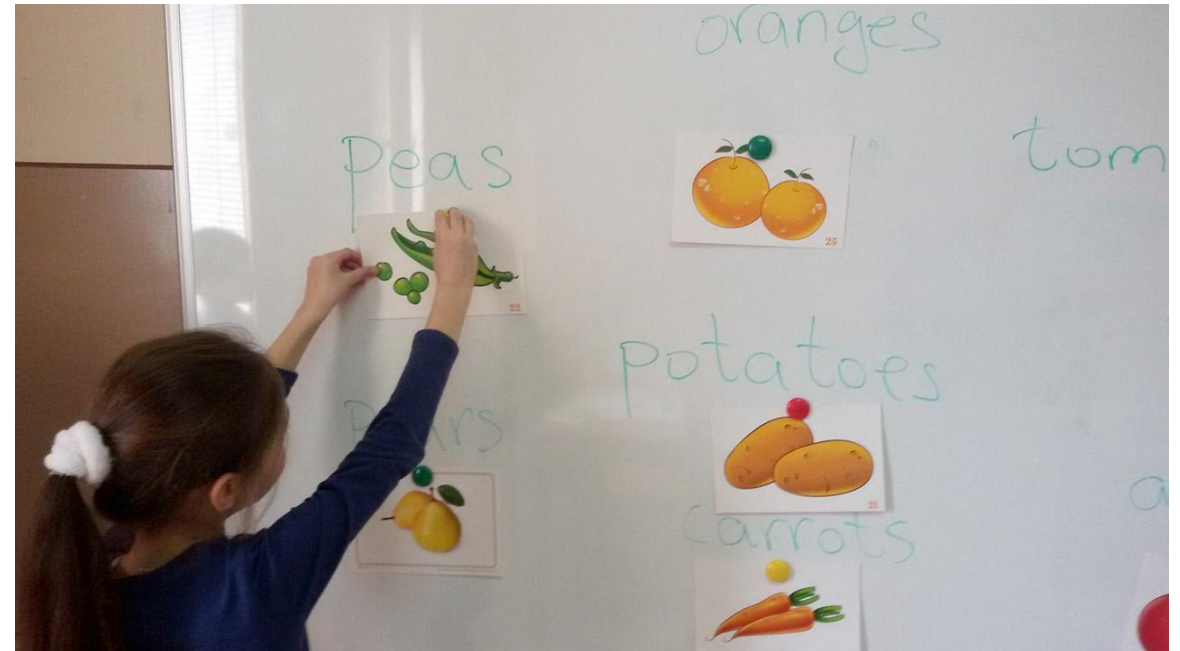
- **Warm up**

Draw a rainbow shape, ask about the colours of the rainbow. Discuss about colours in nature. *What colour is a banana?*

- **Presentation**

Present the vocabulary with flashcards: carrots, potatoes, peas, tomatoes, pears, oranges. Write the words on the board, ask pupils to pin the flashcards next to the corresponding word.

Divide the class into four groups. Assign a colour to each group. Pupils draw a food item with their corresponding colour. They glue the drawings on a big poster creating a rainbow.







- **Practice**

Song.

Tapescript:

Rainbow food is good for you:

Red tomatoes and apples, too!

Green peas, green pears all for you.

Orange for carrots and oranges, too!

Yummy potatoes.

Red, yellow, green

Rainbow food

A rainbow dream!

Source:

<https://www.youtube.com/watch?v=m6Rlx26UUck>





- **Application**

Let's play! Board game. Aim of the game is to tick all four colours on the color chart. Pupils play in teams.

peas – green, apples – red ...

Source: IWB software, Fairyland 2

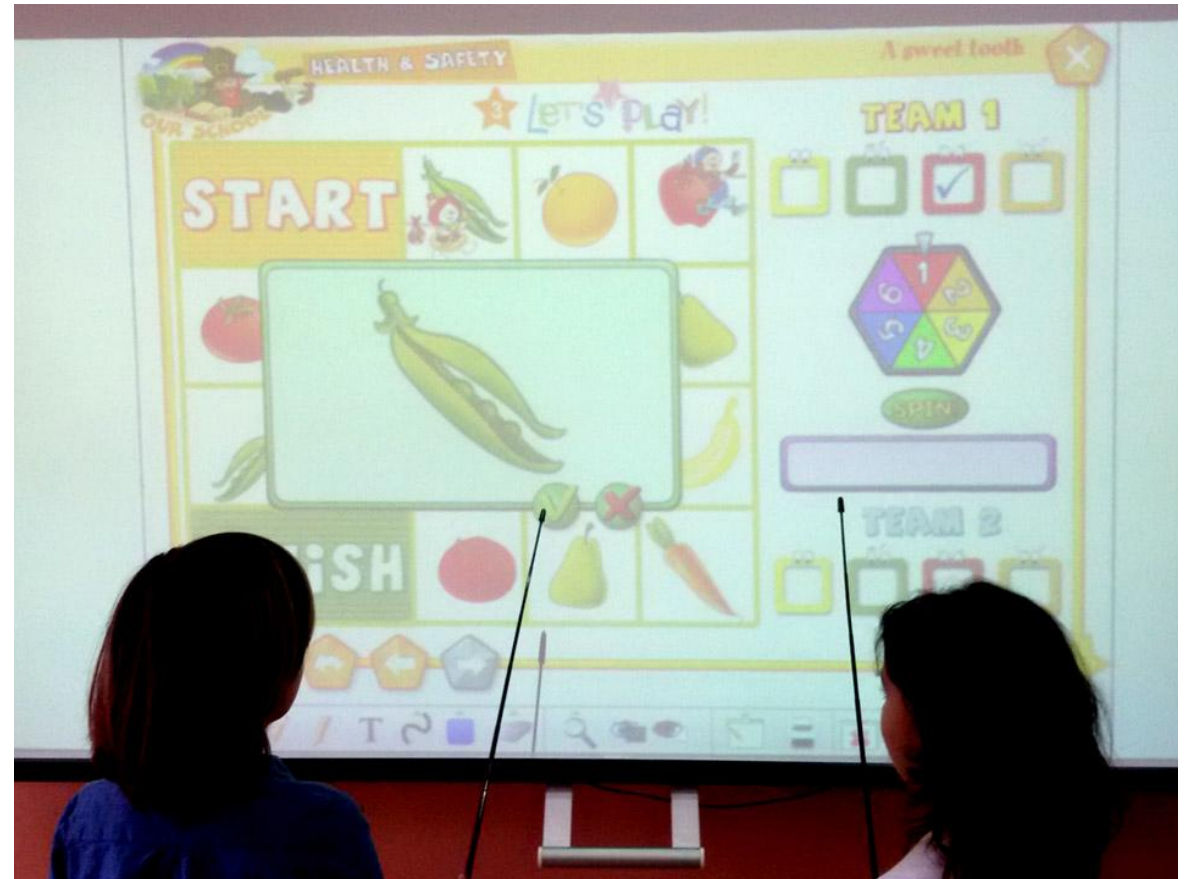
- **Assessment**

Pupils use plasticine to make their favourite food item. Then talk about it.

*I like tomatoes. They're good for me.*

- **Follow-up**

Play the Chinese whispers game with the food vocabulary.







# Lesson 2 – Fruit or vegetable?

## • Warm up

Identify the words through flashcards – each child gets a flashcard and when the teacher says a word, children who have the cards have to raise them.

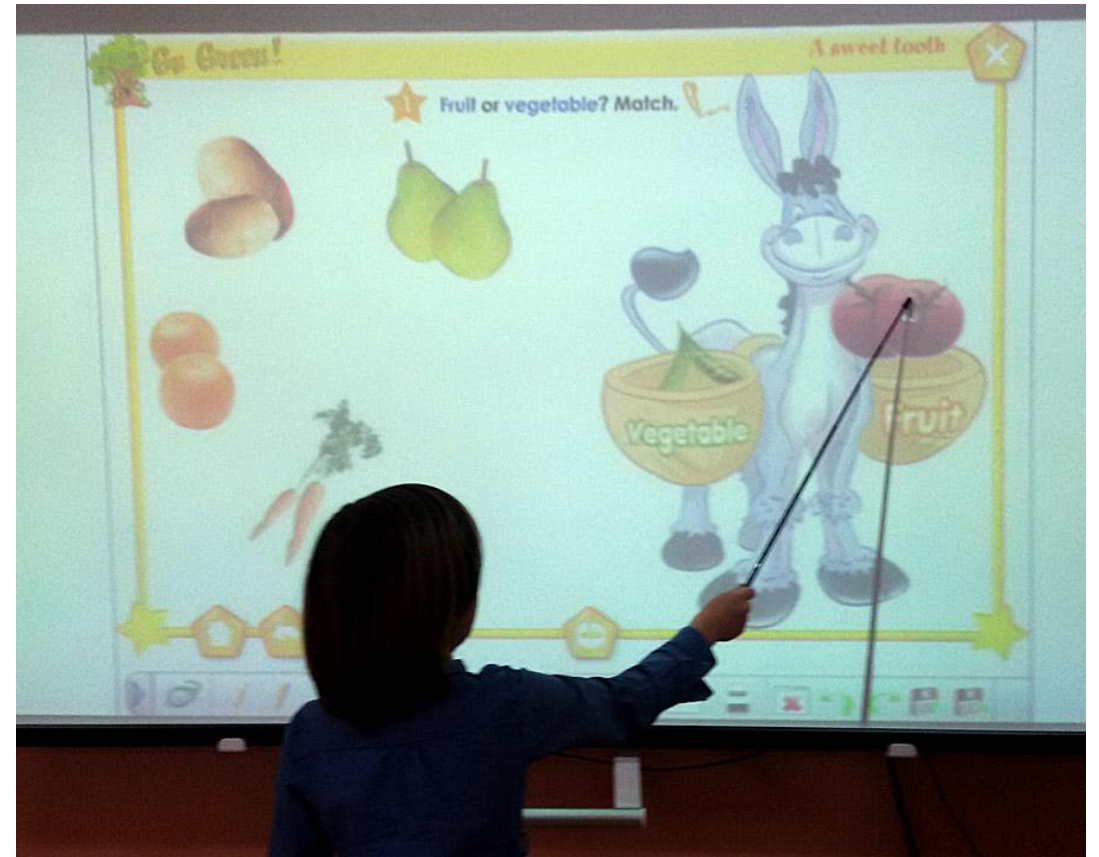
## • Presentation

Present the words *fruit and vegetable*, draw a simple sketch. Ask: *Is (carrot) a fruit or a vegetable?* Explain that tomatoes are fruit.

## • Practice

Pupils sort fruit and vegetable; saying e.g. *Peas are vegetable.*

Source: IWB software Fairyland





- **Application**

Make and say. Pupils cut out a picture of a fruit or a vegetable and present it by saying:

e.g. *Im Mr. carrot. I'm a vegetable.*









# Lesson 3 – Sweet monster

## • Warm up

Display the flashcards. Ask pupils to attach the flashcards on the board.

*T: Pears P: Pears are fruit. They are green.*

## • Presentation

Present new food items through flashcards.

*Chocolate, lollipop, cake, sweets.* Discuss with pupils:  
*Is chocolate good for you?*

Present the *Sweet Monster* story. Discuss with pupils what is going on in the story. *What has the Sweet Monster got? He's got lollipops.*

Play the video.

Source: IWB software Fairyland or

<https://www.youtube.com/watch?v=2FDPZDJnluU>







- **Practice**

Ask pupils to read out the dialogue then match the pictures of the story with the appropriate part of the sound recording. (smart board activity)

- **Application**

Pupils act out the story.

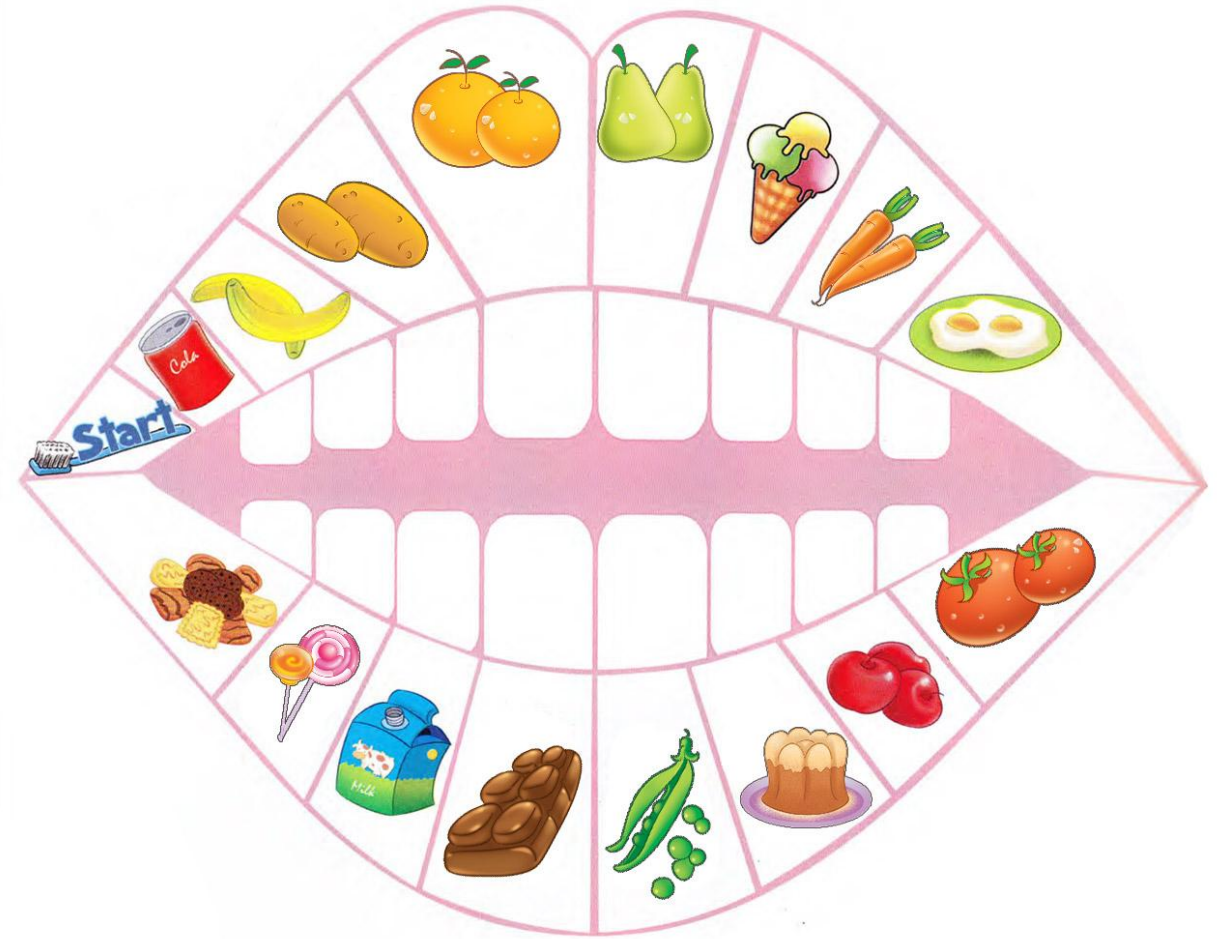
- **Assessment**

Pupils discuss which food is good and which is bad for you.

Colour in the teeth next to the food that is bad for you. (handout)

- **Follow-up**

Pupils listen to Sweet Monster song



<https://www.youtube.com/watch?v=3l-U2PWJOXo>



# Lesson 4 – Food around the world

## • Warm up

Play the *I spy* game . Put the food flashcards on the board. “*I spy with my little eye something orange. Is it a carrot? No, it isn’t. Is it an orange? Yes, it is.*”

## • Presentation

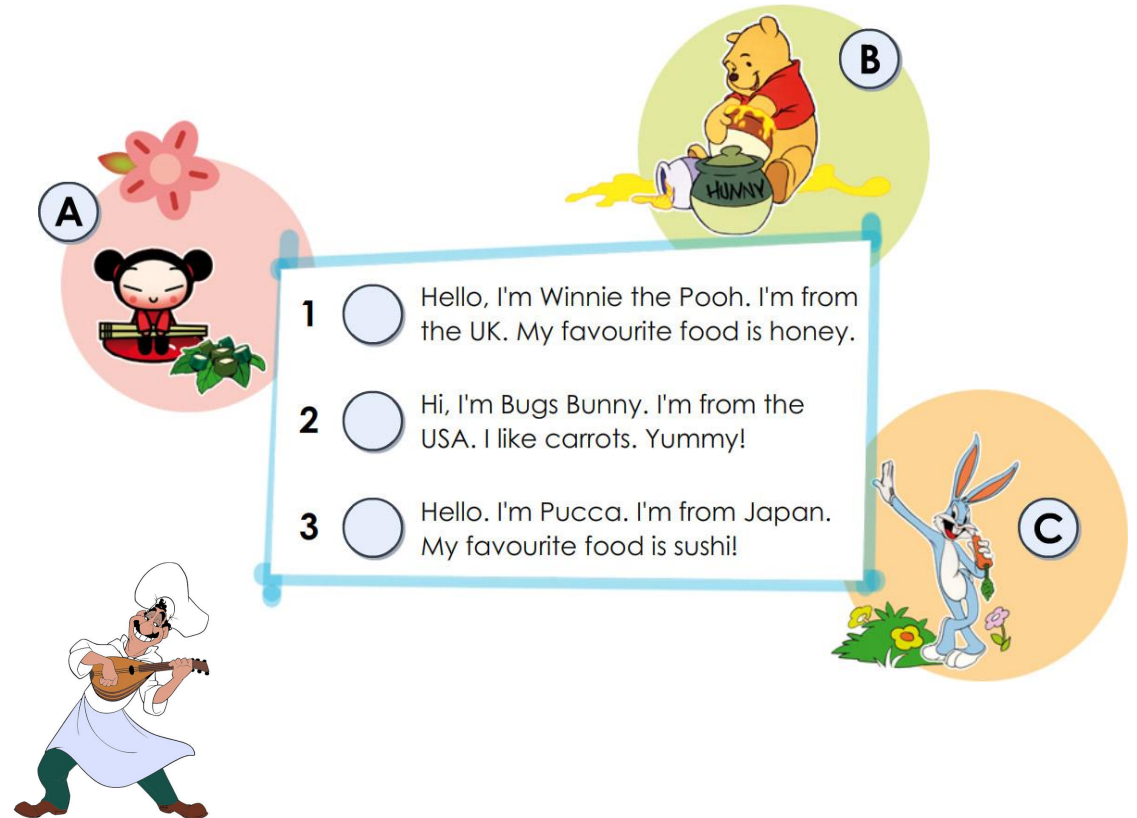
Present different cartoon characters, discuss their background and the food they like, match with picture.

Present the character of Tony from *Lady and the Tramp*. Ask where is he from and what is his favourite food, elicit: Italy / pizza

Ask pupils do you like pizza? What about a silly pizza?

Play the *Silly pizza* song. Source:

<https://www.youtube.com/watch?v=tjeYpjCMc-M>




**A**

**B**

**C**

- Hello, I'm Winnie the Pooh. I'm from the UK. My favourite food is honey.
- Hi, I'm Bugs Bunny. I'm from the USA. I like carrots. Yummy!
- Hello. I'm Pucca. I'm from Japan. My favourite food is sushi!







- **Practice**

Practice the song with students.

- **Application**

Put pupils in groups of four. Tell them they'll be making their own silly pizza. Each student in a group needs to add one ingredient on the pizza. Encourage students to use healthy ingredients.

Material: plastic plate for pizza, paper for drawing

- **Assessment**

Pupils present their Silly pizza song in groups

- **Follow-up**

Vote the best Silly pizza song

