

Tuesday | Day Two

Junior Infants, Senior Infants and 1st Class



Food Dudes Week

Primary Language Activity

The following resource has been designed based on the Food Dudes Week, junior level, day 2 video. This resource links with the Primary Language curriculum for junior infants, senior infants and 1st class groups.

Video Message:

Fruit and vegetables grow in different places. They provide different nutrients that keep us healthy in different ways.

This activity links with the following **curricular areas**:

Primary Language > Writing > Spelling and Word Study

Key Learning Outcomes:

Pupils should be enabled to:

- ✓ Become aware of the importance of food for growth and development
- ✓ Discuss and explore some qualities and categories of food
- ✓ Appreciate that balance, regularity and moderation are necessary in the diet
- ✓ Recognise, name, and sound letters to spell words
- ✓ Use sophisticated oral vocabulary and phrases, including the language of text, topic and subject specific language
- ✓ Show interest in, demonstrate joint attention and actively listen and attend for enjoyment and for a particular purpose

Teacher Guidelines:

What you'll need:

- ✓ Paper
- ✓ Pencils
- ✓ Colouring Pencils, Paints, Chalks or any form of colour making



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine



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Primary Language Activity

Method:

Junior & Senior Infants

- ✓ Explain the importance of getting nutrients from our food, and how different fruits and vegetables have different nutrients that help our bodies to grow, stay healthy and give us energy.
- ✓ Ask questions. Engage the child to think instead of just telling them the answers at the start.
- ✓ Show your pupils some pictures of nutrient-rich fruit and vegetables through fresh examples or photos on the whiteboard. Ask them to draw some fruit and vegetables. Write the names on the board.
- ✓ Explain that different fruit and vegetables grow on trees, bushes and underground.
- ✓ Ask pupils to identify the pictures of a tree, bush, and ground, and draw pictures of each. Write the words up on the board for each.
- ✓ Explain that it is important to “Eat a Rainbow” of fruit and vegetables every day to help us stay fit and healthy.

First Class

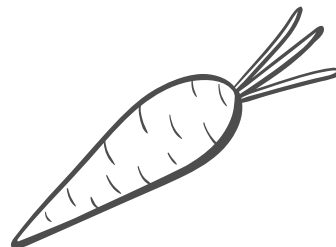
- ✓ Explain the importance of getting nutrients from our food, and how different fruits and vegetables have different nutrients that help our bodies to grow, stay healthy and give us energy.
- ✓ Ask questions. Engage the child to think instead of just telling them the answers at the start:
- ✓ Show your pupils some pictures of nutrient-rich fruit and vegetables through fresh examples or photos on the whiteboard.
 - ✓ For example, carrots are rich in Vitamin A which helps our eyesight, skin, immune system, and protects us from infections.
 - ✓ Broccoli is rich in B Vitamins, which help us get energy from the food we eat.
 - ✓ Peppers and Citrus Fruits contain lots of Vitamin C, which can help your body fight off infections. For example, if you get a cold, Vitamin C can help shorten the amount of time you are sick.
- ✓ Using the worksheet below, ask pupils to write the name of each fruit / vegetable below the pictures and then colour them in.
- ✓ Explain that different fruit and vegetables grow on trees, bushes and underground.
- ✓ Ask pupils to identify the pictures of a tree, bush, and ground, and write the words below the pictures.
- ✓ Explain that it is important to “Eat a Rainbow” of fruit and vegetables every day to help us stay fit and healthy.



Primary Language Activity

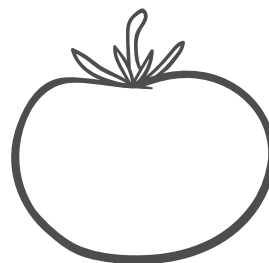
Vitamin A



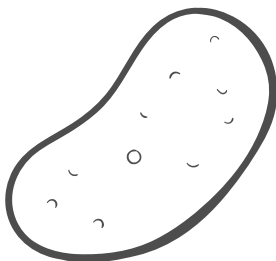


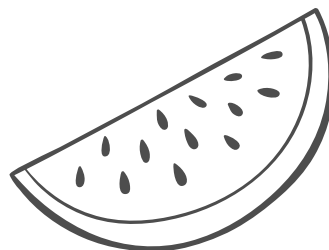


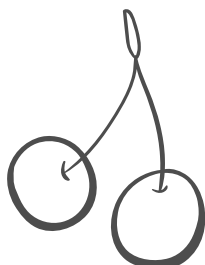


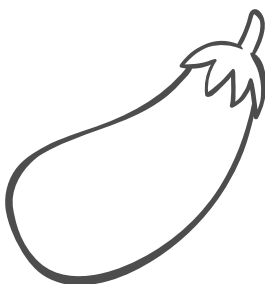


Vitamin B













Primary Language Activity

Vitamin C

