

Healthy and unhealthy food

WEDNESDAY, 6TH SEPTEMBER 2021

10.30 - 11.30AM



English Year 3

UNIT 2 – FOOD AND BODY CARE

Learning
Objective

→ We are learning to arrange the words to make correct sentences.

Steps to
Success

- ✓ Read the slides about Food.
- ✓ Look at the words provided in the boxes.
- ✓ Rearrange the words to make correct sentences.

Vocabulary of the day

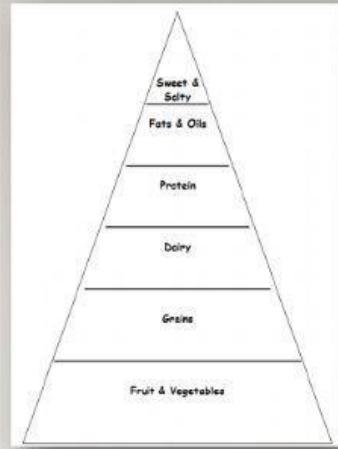
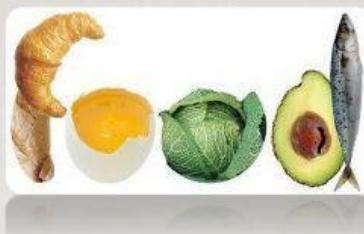
Activity 1:

Drag the word to match the correct meaning.

grains healthy unhealthy pyramid

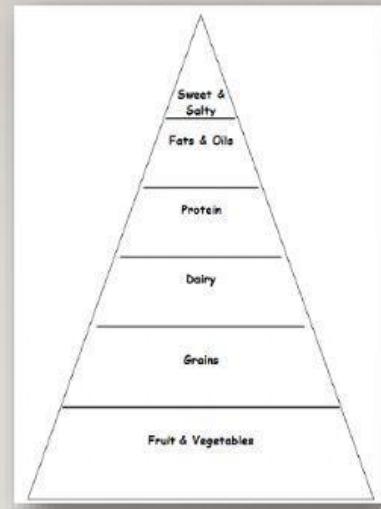
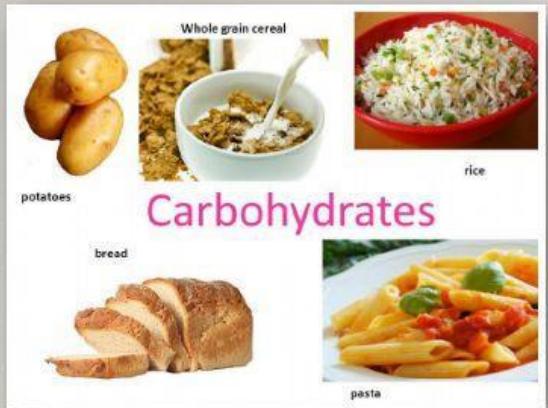
word	meaning
	Bread, rice and pasta.
	Sick.
	Strong and active.
	A building with triangle walls.

Shared reading:



The Fruit and Vegetable Group is at the bottom. We need lots of fruit and vegetables every day to keep healthy and stop us from getting sick.

Shared reading:



Grains are next. This food group includes rice, pasta, potatoes and bread. We should eat lots of grains every day to give our bodies energy.

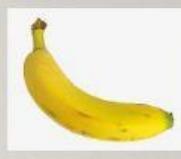
CHECK THE GROUPINGS.

Fruits	Vegetables	Grains
		
		
		
		
		

Activity 2:

Identify which food are fruits, vegetables and grains.

Drag the food to the correct column.



Fruits	Vegetables	Grains

Activity 3:

Answer the questions:

1. What are the food pyramids for?
2. How many food groups are there?
3. Why do we need lots of fruit and vegetables everyday?
4. Why should we eat lots of grains every day?

Activity 4:

Rearrange the words to make a correct sentence.

pyramid	to	The food	eat	helps us	healthy.

fruit and vegetables	and stop us	We need	from getting sick.	to keep healthy

lots of grains	We should eat	our bodies	to give	energy.

and bread.	includes	Grains	pasta