Unit 5 Healthy food





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Introduction

Hello, little chefs! Today, we are going to learn about Healthy Food. We will play games to learn the names of fruits and vegetables. We will learn to say what we like and discover that eating healthy is fun!

Instructions

- Watch the videos with your teacher or parents.
- Listen to the sounds of the words.
- Color and write the activities.
- Speak out loud!

Learning Objective

Students will be able to identify healthy foods and express basic personal preferences (likes/dislikes) using A1 English structures, supported by visual aids and physical gestures to enhance communicative competence.

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Part 1: Pre-Knowledge (What we will learn)

L.O Identify and name at least 8 healthy foods (fruits, vegetables, and drinks).

1. Vocabulary: The Healthy Squad

Fruits:



APPLE



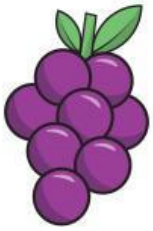
BANANA



ORANGE



PEAR



GRAPES

VEGETABLES:



CARROT



BROCCOLI



TOMATO



CORN

DRINKS:



WATER



MILK



JUICE

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2. Key Phrases (Sentence Starters)

Ask and answer the question "Do you like...?" using appropriate facial expressions for "Yummy" and "Yucky".

- **"I like..." (Me gusta...)**
- **"I don't like..." (No me gusta...)**
- **"It is healthy." (Es saludable)**
- **"Yummy!" (¡Rico!) / "Yucky!" (¡Fuchi!)**

3. Skills Dashboard

En este ebook trabajaremos:

- **Reading: Leer nombres de alimentos.**
- **Writing: Trazar palabras y completar frases.**
- **Listening: Identificar sonidos y canciones.**
- **Speaking: Decir nuestras preferencias.**

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Part 2: Let's Play!

Uses basic words related to colors and healthy nutrition.

Activity 1: The Rainbow Hunt (Vocabulary)

Mission: Connect the food with its color.

https://www.youtube.com/watch?v=nXBYaoX2AAw



Activity: Match with a line.

Yellow	carrot
Red	Broccoli
Green	Banana
Orange	Apple

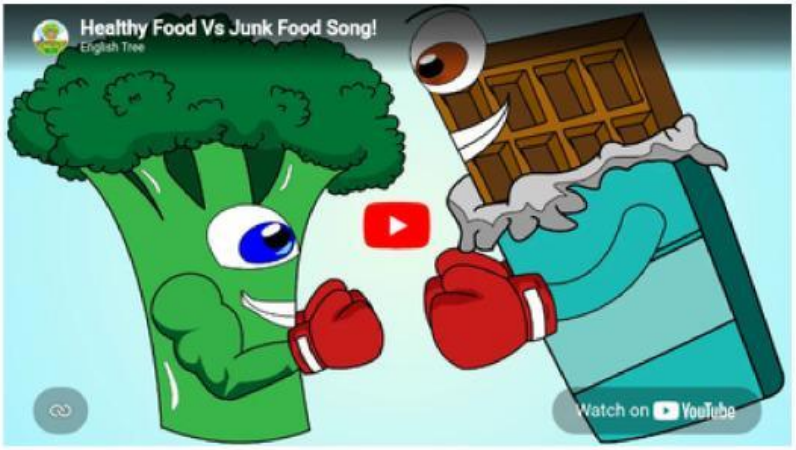
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Listening: Simon Says: Healthy Version

Mission: Listen and move your body!

Recognizes the sound of familiar words and responds with actions.

https://www.youtube.com/watch?v=fE8lezHs19s



The Actions:

If Simon says a FRUIT (Apple, Banana, Pear) -> JUMP!

If Simon says a VEGETABLE (Carrot, Broccoli, Tomato) -> CLAP!

If Simon says WATER -> DRINK!

- **EXAMPLE**
- **Simon says... APPLE!**
- **Simon says... CARROT!**
- **Simon says... WATER!**

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Reading Challenge:

Read the tiny stories and circle the correct emoji.

- "The banana is for the monkey." (🍌 / 🍎)
- "I drink water in a glass." (🥛 / 💧)
- "The broccoli looks like a tree." (🥦 / 🍎)
- "The tomato is round and red." (🍊 / 🍎)
- "I eat corn for lunch." (🌽 / 🥚)
- "The pear is very sweet." (🍐 / 🥕)
- "An egg is good for breakfast." (🥚 / 🥛)
- "The orange is a circle." (🍊 / 🍌)

Reading Challenge: Level Up! 🚀

- "I eat a green apple." (🍎 / 🌽)
- "I drink white milk." (🥛 / 💧)
- "The rabbit eats a carrot." (🥕 / 🍐)
- "The salad has broccoli." (🥦 / 🍌)
- "I drink orange juice." (🧃 / 🥚)

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Writing: My Super Plate

Mission: Write your first healthy words.



Word Bank: (Carrot - Milk - Corn - Pear - Egg)

"I drink M _ _ K." 🥛
"I eat a orange C A _ _ O T." 🥕
"I like yellow C _ _ N." 🌽
"The P _ _ R is green." 🍐
"I eat an E _ _ for breakfast." 🥚

Escribe una oración completa siguiendo el ejemplo:

Example: I like apples.

Your turn: I like _____.

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Speaking: The Tasting Show Mission: Use your voice to express taste.



The Interaction: Friendly Interview
Busca a un amigo, a tu mamá o a tu profesor.

You: "Do you like apples?" 🍎

Guest: "Yes, I do!" (🙂) or "No, I don't." (☹️)

You: "Do you like bananas?" 🍌

Guest: "Yes, I do!" or "No, I don't."

You: "Do you like broccoli?" 🥦

Guest: "Yes, I do!" or "No, I don't."

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Refences

Kimo-ABC [@Kimo-ABC]. (s/f). Kids vocabulary - Healthy Habits - Fun English for Kids [[Object Object]]. Youtube. Recuperado el 1 de mayo de 2026, de https://www.youtube.com/watch?v=I-cSLXkp8oU

Morning Routines & Verbs Chant for Children | In the Morning Vocabulary | Fun Kids English-https://youtu.be/ico9ztlb46k

My Day - Daily Routine - Kids vocabulary - Learn English for kids - English educational video-https://youtu.be/qD1pnquN_DM

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Group 12



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