

ACTIVITY SHEET

HEALTHY EATING

Relevant Gaer Box resource(s):

- **14** I Hate Kale (*poem*)

You will need:

Drawing, painting utensils
Fresh fruit and vegetables

Expressive Arts

Social Studies

Health and Wellbeing

Technologies

- Play a sorting game in dialect on the whiteboard. Try to use captions in dialect where appropriate or encourage discussion in dialect e.g. *I laek, I dunna laek. I sood aet..., I soodna aet... , gadge, nyim.*

Healthy Eating

➤ I Hate Kale (poem)

Mathematics

- Make block graphs to record favourite foods.

Language

- Read and listen to the poem. Discuss any new vocabulary.
- Write a poem about your favourite food. Draw or paint a picture to illustrate the poem.

Religious and Moral Education

- Explore and discuss the need to appreciate food and how we can prevent food wastage.
- Discuss incidents where pre-conceived ideas about hating food have proven to be wrong. There are other incidents where pre-conceived ideas are not correct. Share stories and discuss the need to be open about new experiences.

Sciences

- Make large posters in dialect to promote healthy eating. Draw pictures or use cartoon characters and put captions in dialect.
- Taste a variety of fruit and vegetables. Try to name them in Standard English and in dialect. Discuss the importance of them and other foods that help you grow and stay healthy.
- Taste *shilbit* and *soor* food.