

What's your favourite food? Do you like fruit or vegetables? Today we will find out the story of our friends, Nil and Chacha, and we will discover together what they like to eat.

Summary	
<b>Subject/Discipline</b>	Language and communication- mother tongue
<b>Weekly theme</b>	My body/Health: Nutrition
<b>Age group</b>	5-6 years old
<b>Main topic</b>	Nil/ Chacha and food
<b>Key concepts</b>	<ul style="list-style-type: none"><li>• Healthy food</li><li>• Fruit and vegetable</li><li>• Food Pyramid</li></ul>

Learning Objectives	
<ul style="list-style-type: none"><li>• Make up sentences using food words/phrases</li></ul>	<ul style="list-style-type: none"><li>• identify fruits and vegetables</li><li>• specify what kind of food we find in a healthy diet</li></ul>

Equipment/material needed	
<ul style="list-style-type: none"><li>• Laptop</li><li>• Internet connection</li></ul>	<ul style="list-style-type: none"><li>• Bookwidgets <a href="https://www.bookwidgets.com/play/yGAa7LKC-iQAFST848gAAA/DEF94DZ/nil-si-alimenta?teacher_id=5376495345205248">https://www.bookwidgets.com/play/yGAa7LKC-iQAFST848gAAA/DEF94DZ/nil-si-alimenta?teacher_id=5376495345205248</a></li><li>• Youtube <a href="https://youtu.be/dFvZf1rwPuA">https://youtu.be/dFvZf1rwPuA</a> <a href="https://www.youtube.com/watch?v=tsgyWIsYvxs">https://www.youtube.com/watch?v=tsgyWIsYvxs</a> <a href="https://www.youtube.com/watch?v=6mg_pUVbJoc">https://www.youtube.com/watch?v=6mg_pUVbJoc</a> RO <a href="https://youtu.be/omRSETbaJ70">https://youtu.be/omRSETbaJ70</a> EN <a href="https://www.youtube.com/watch?v=tsgyWIsYvxs">https://www.youtube.com/watch?v=tsgyWIsYvxs</a></li><li>• Wordwall <a href="https://wordwall.net/resource/58335951/healthy-and-unhealthy-food">https://wordwall.net/resource/58335951/healthy-and-unhealthy-food</a> <a href="https://wordwall.net/resource/17819437/food-pyramid">https://wordwall.net/resource/17819437/food-pyramid</a> <a href="https://wordwall.net/resource/56769495">https://wordwall.net/resource/56769495</a></li></ul>


Lesson Outline		
Phase of the lesson	Duration	Description
Warm-up	5 min	<p>Ask children: <i>What's your favourite food? Do you like fruit or vegetables?</i></p> <p><i>Let's see what picture is found in this puzzle. Invite children to play an online game. Let's solve the puzzle!</i></p> <p><a href="https://www.bookwidgets.com/play/yGAa7LKC-iQAFST848gAAA/DEF94DZ/nil-si-alimenta?teacher_id=5376495345205248">https://www.bookwidgets.com/play/yGAa7LKC-iQAFST848gAAA/DEF94DZ/nil-si-alimenta?teacher_id=5376495345205248</a></p>
	5 min	<p>Invite children to solve the riddles. Because you like fruit and vegetables a lot, we have <i>prepared some riddles about them for you!</i> <a href="https://youtu.be/dFvZf1rwPuA">https://youtu.be/dFvZf1rwPuA</a></p>
Main activity	10	<p>EN: Invite the children to listen to a story about a fussy eater, Chacha, who doesn't like eating fruit and vegetables. <i>My dear children, today we will get acquainted with a fussy eater, Chacha, who doesn't like eating fruit and vegetables. But he has learned to eat healthily. He came to us to tell us his story and to help him discover new healthy foods.</i></p> <p><a href="https://www.youtube.com/watch?v=6mg_pUVbJoc">https://www.youtube.com/watch?v=6mg_pUVbJoc</a></p>
		<p>RO: Invite the children to watch Nil's story. <i>My dear children, today we will get acquainted with Nile, a goblin who learned to eat healthily. He came to us to tell us his story and to discover with him new healthy foods. Watch the story and tell me: Did you like his story? Why? Why not?</i> <a href="https://youtu.be/yo54f3tdDSw">https://youtu.be/yo54f3tdDSw</a></p> <p>Now let's remember what food Nil ate!</p> <p><a href="https://wordwall.net/resource/56769753">https://wordwall.net/resource/56769753</a></p> <p><i>Let's see: What is the title of the story? What are its characters? What is the lesson of the story? What did you learn?</i></p>
	10	<p>Talk with children about the food pyramid and the importance of healthy foods in our nutrition.</p> <p>EN <a href="https://www.youtube.com/watch?v=tsgyWlsYvxs">https://www.youtube.com/watch?v=tsgyWlsYvxs</a></p> <p>Ask children to tell you the moments of the story. <i>After that, we will have to order them chronologically, as the happenings have occurred.</i></p> <p><a href="https://www.bookwidgets.com/play/d1Xrctvp-iQAE2IRVcgAAA/6EGMY66/nil-si-alimenta?teacher_id=5376495345205248">https://www.bookwidgets.com/play/d1Xrctvp-iQAE2IRVcgAAA/6EGMY66/nil-si-alimenta?teacher_id=5376495345205248</a></p>
	10	<p>Invite the children to label the food pyramid.</p> <p><a href="https://wordwall.net/resource/17819437/food-pyramid">https://wordwall.net/resource/17819437/food-pyramid</a></p> <p>Invite children to spin the wheel and make up a four-word sentence with the food it stopped at.</p>

<b>Assessment</b>	<p>5</p>	<p><a href="https://wordwall.net/resource/56769495">https://wordwall.net/resource/56769495</a></p> <p>Talk with the children about the food pyramid. Invite them to think about their favourite food. Invite them to use the interactive whiteboard and put their favourite food in the right place in the food pyramid: fats, proteins, dairy products, fruits and vegetables, carbohydrates.</p>
	<p>5</p>	<p>Talk with children about the importance of healthy foods in our nutrition.</p> <p><a href="https://youtu.be/omRSETbaJ70">https://youtu.be/omRSETbaJ70</a></p> <p>Invite children to help Chacha eat healthy food! <i>Play the game and then add other healthy food you like.</i></p> <p><a href="https://wordwall.net/resource/58335951/healthy-and-unhealthy-food">https://wordwall.net/resource/58335951/healthy-and-unhealthy-food</a></p>

<b>Conclusions and recommendations</b>	
<p>The theme of fruit and vegetables is vast and may include various activities. Make sure you engage children in a range of diverse activities to help them internalize the concepts. Thus, you can engage children in: games, songs, stories.</p>	<p>Discussions are especially important as they strike the right balance between digital and traditional. As recommendations, observe and check each child when they are engaged in activities. Focus on what they need and help them correct themselves. Make sure they feel comfortable and enjoy their success.</p>

**The material is developed within the Erasmus+ project *PreEdTech - Improving the Pedagogical and ICT skills of Pre-School Teachers and Educators in the Digital Era*, Grant agreement number: 2021-1-RO01-KA220-SCH-000027894.**

**This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use, which may be made of the information contained therein.**



**Co-funded by  
the European Union**

**Project website [www.preedtech-project.eu](http://www.preedtech-project.eu)**