

Unit 4: God Gives us Good Food.

Lesson 1: What color is your food?

Teacher's Guide

Introductory Activities

1. Show pictures or bring some food: **apple, banana, pear, peach, grape, watermelon, orange, lemon, strawberry, tomato, peas, corn, green beans, lettuce, potatoes, onion, rice, beans, milk, meat, candy, ice-cream.** You may need to introduce the fruits, the vegetables and the other foods separately.

2. Ask questions:
- Who likes apples? (bananas, peaches)?
 - Which are red? (green)?
 - What's your favorite fruit?
 - Do you like peaches?

NOTE: Don't rush through these introductory activities. A whole lesson, or even two, could be spent just introducing these words, matching words with pictures, etc.

Worksheets Follow general guidelines

Expansion Activities

1. Bring in some fruits. Put them in a bag and ask students to touch a fruit without seeing it. See if they can guess what it is. Guide students in a discussion using statements and questions such as:

- There is an apple.
- There are three bananas.

2. Bring in a chart or make one on the board showing food categories such as Fruits, Vegetables, Grains and Others. The food pyramid could be used for this activity. If desired, students could make their own food pyramids on poster board, in groups. Teach students to say which food group each food belongs.

3. Bring in some food in small pieces and take turns giving one piece of something to students. They taste it without seeing it, and they have to guess what they are eating. Have students say phrases such as:

- This is banana.
- I'm eating apple.

4. Teach the songs "I like bananas" and "Peanut Butter" (both in the Teacher's Book) Have students act out the songs as they learn them. For the "Peanut Butter" song, if possible bring in some peanut butter, jelly, and bread. Show students how to make an American peanut butter and jelly (PBJ) sandwich! (Note: if you can't purchase peanut butter, put some peanuts in a blender with a little oil, sugar and salt. Blend in short pulses until a paste is formed.)

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Lesson 1: What color is your food?

LESSON WORDS: apple, banana, pear, peach, grape, watermelon, orange, lemon, strawberry, tomato, peas, corn, green beans, lettuce, potatoes, onion, rice, beans, milk, meat, candy, ice-cream.

A. ☺ Write a lesson word:





Fruits







B. ☺☺☺ True or false:

_____ Bananas are pink.

_____ Onion is a fruit..

_____ Lettuce is red.

_____ Green beans are green..

_____ Rice is white.

_____ Orange is a color and a fruit.

C. Draw!

Milk	ice-cream	watermelon	lemon	candy

D. ☺ Write a lesson word:





Which fruit do you like?

I like _____.

I don't like _____.

E. ☺☺ What is your favorite fruit?

My favorite fruit is _____

Ask your friend:

_____ 's favorite fruit is _____

F. Ask: "Do you like _____?" Write *LIKES* or *DOESN'T LIKE*!

_____ candy. _____ pears.
(name) (name)

_____ beans. _____ milk.
(name) (name)

_____ peas. _____ corn.
(name) (name)