

Strand: My Place in the World

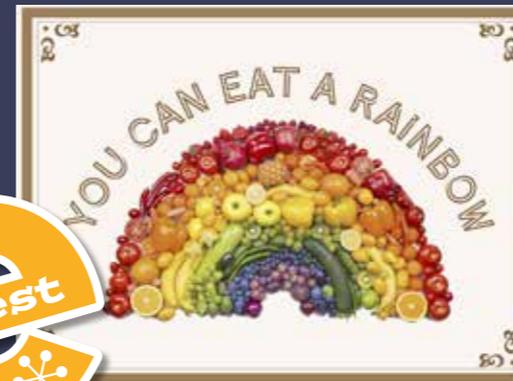
Eat Your Colours

Curriculum Level 1

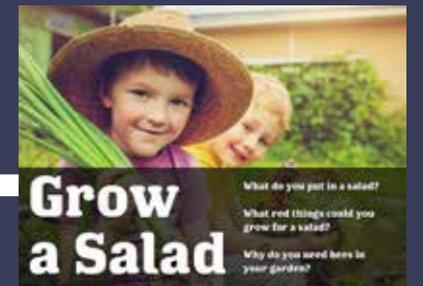
The **Eat Your Colours** module is designed to support the learning of key Health, Science and Social Science concepts.



Through reading these books and participating in group and class discussions, students will grow their knowledge of fruit and vegetables, and healthy eating. They will look at concepts of healthy eating, as well as some basic principles of growing plants. After completing this module, it would be expected that students would have developed skills and knowledge to meet some of the demands of Social Sciences and health and Physical Education Level 1.



Instructional levelled non fiction



Instructional levelled non fiction



MY FAVOURITE FRUIT
toku huarākau tino

There are lots of ways you can eat your 5+ of fruit and veges each day. As a group, you will create a recipe book with different ways to use fruit.

You will choose a fruit that you like and either create a recipe or find a recipe that uses that fruit. You will then make your recipe and share it with a group. You will also take photos to add to your recipe so you can make a recipe book!

Central Ideas
Filling your plate with plenty of vegetables and fresh fruit, whole grains, lean meat, fish, eggs, lower fat and sugar dairy products as well as healthy oils and nuts is an essential part of healthy eating. Eating the right quantities of different foods is also important for your overall health.

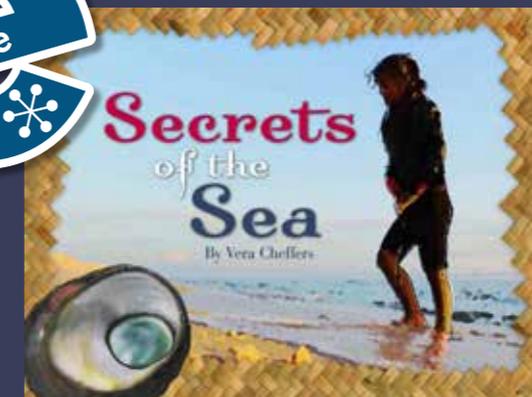
At the end of this inquiry:

I will be able to identify healthy choices I can make with my food.

I will be able to identify ways fruit can be included in my healthy diet.

inquiry:
len and observed

Inquiry-based learning journeys



Instructional levelled fiction



Poem



Poster