

All About Me / Healthy Eating

Week 1 My Body	Week 2 My Emotions	Week 3 My Family
<p>Book – All About me</p> <p>My name is: Learning to recognize, trace and write name. Discuss how to maintain a healthy body with exercise, hand washing, eating healthy, brushing teeth, sleeping, and taking baths.</p> <p>My Five Senses: N is Nose; H is Hands; E is Eyes; Y is Yawn Numbers 1-10, Colours, Matching,</p> <p>PSED- Demonstrates friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults.</p> <p>EAD- beginning to use representation to communication, e.g. drawing a line and saying “that’s me</p>	<p>Book - Ourselves</p> <p>Learning Days of the Week Expressions: sad, happy, scared, mad, grumpy etc. Handprints: Shapes, Colours, Seasons,</p> <p>MD- Beginning to use mathematical names for solid 3D shapes and flat 2D shapes</p> <p>PSED – Can express their own feelings such as sad, happy, cross, scared and worried</p> <p>PD – Shows some awareness of what a potty or toilet is used for</p>	<p>Books – Guess How much I Love You! Chinese New Year</p> <p>Mum; Dad; sister; brother; grandpa; grandma. My Telephone Number and Emergency 999 Learning to recognize, trace and write number</p> <p>PSED- Has a sense of own immediate family and relations</p> <p>MD- Selects the correct numeral to represent 1 to 5, then 1-10</p>
Week 4 Healthy Food	Week 5 Junk Foods	Week 6
<p>Book – The Sandwich that Max Made</p> <p>Cooking- Making Sandwich How to Be Healthy: Discuss the healthy foods, such as fruits, milk, vegetables, eggs, and meats, poultry and seafood. Collage - Good food plate T is for Taste (bitter, Sweet, Sour, Salty)</p> <p>PD- Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health</p>	<p>Book – There was an old lady who swallowed a fly</p> <p>Talking about junk food Discuss why eating sweet snacks and foods are not healthy (also include some information about cavities). Have each child state their favourite food and whether or not they think it is healthy. Collage - Making junk food plate</p> <p>PD-Willing to try new food textures and tastes</p>	<p>Book – Whatever next Celebrating Valentine Day</p> <p>Making card, flowers Pretend play – junk modelling</p> <p>EAD- Create simple representation of events, people and events</p>