



Early Childhood Commission

Term Two Parent Support Activity Plans

Week Two, Day One.

Age: 3 Year Olds.

Theme: Food.

Sub-theme: Healthy Foods.

Concept/Content: Some foods give us energy; energy is the power we have inside us that helps us to move about and be active.

Circle Time.

Name of Activity: Energy Foods.

Objectives: At the end of the activity, child/children should be able to:

1. Name at least three foods that give us energy.
2. Demonstrate one action that energy helps us to perform.
3. Tell their favourite energy food and why>

Skills: speaking, listening, viewing, differentiating.



Resources:

banana



bread



oatmeal



rice



yam

Song: "Bananas".

B is for bananas; I eat them ripe or green. My healthy body shows it, my skin is smooth and clean. Banana gives us energy and has a good taste too, so eat up your bananas, they are good for you.

(Jamaica Early Childhood Resource Book page 188)

Activity Steps:

1: Child/children will sing the song entitled, "Bananas" (See resources)

2: Engage child/children in discussion about the song by asking the following questions:

- a. What is the name of the food mentioned in the song?
- b. Why is the food mentioned in the song good for us?

3: Allow child/children to view pictures of energy foods and name at least three of them.

4: Encourage child/children to do one action that having energy helps us to do.

5: Allow child/children to tell which of the energy foods discussed is their favourite and why?

Guided Learning Activity.

Name of Activity: Sharing Three Energy Foods.

Objectives: At the end of the activity, child/children should be able to:

1. Count three energy foods.
2. Demonstrate one to one correspondence among three things.

Skills: counting, speaking.

Resources: (See worksheet at the end of the week's lesson.)

Activity Steps:

1. Allow child/children to count three energy foods found at home.
2. Guide child/children to complete one to one correspondence activity on the worksheet provided.

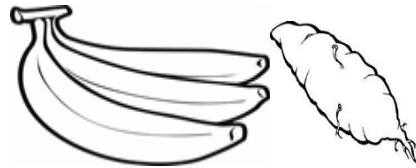
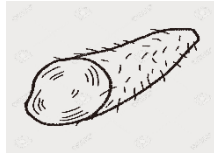
Guided Creative Activity.

Name of Activity: Painting Energy Foods.

Objectives : At the end of the activity, child/children should be able to:

1. Paint/colour three energy foods in their natural colour.
2. Say the colours of the three energy foods painted.

Skills : colouring, naming, identifying



Resources:

Activity Steps:

1: Allow child/children to view pictures of energy foods and name the colours of the foods seen. (See pictures in Circle Time resources.)

2: Instruct child/children to complete the worksheet by painting/colouring three energy foods in their natural colours. (see worksheet at the end of the week's lesson)

3. Allow child/children to say the colour of each food item painted/coloured.

Indoor/Outdoor Play.

Name of Activity: Energy Food Match.

Objectives: At the end of the activity, child/children should be able to:

1. Match pictures of energy foods.

Skills: Matching, running, thinking.

Resources: See worksheet for pictures

Activity Steps:

1: Allow child/children to view pairs of pictures of energy foods (See picture cards in resources)

2: Place one set of picture cards of energy foods in a container at point B

3. Encourage child/children to select one picture of an energy food at point A and run to point B to pick up the matching picture of the one selected and run back with both pictures to point A (continue activity until all pairs are found.)

Story Time:

Name of Story: The Little Red Hen

Objectives: At the end of the activity, child/children should be able to:

1. Tell the title of the story.
2. Name two characters in the story.
3. Identify the energy food mentioned in the story.

Skills: listening, viewing, speaking, recalling.

Resources: <https://www.youtube.com/watch?v=2E72TZyOLNo>

Activity Steps:

1. Click on the link <https://www.youtube.com/watch?v=2E72TZyOLNo> to view and listen to the story, "The Little Red Hen," by Paul Galdone
2. Ask child/children to tell the title of the story.
3. Engage child/children in a discussion based on the story by asking the following questions:
 - a. What are the names of two characters mentioned in the story?
 - b. What is the name of the energy food mentioned in the story?

Follow-Up Activities:

Draw and colour the Little Red Hen

