Session 17

	Session 17
Session Title	**Fruits & Healthy Eating**
Objective	• Recognize and name different fruits. • Describe fruits based on color, taste, and shape. • Understand the importance of eating fruits for a healthy life. • Encourage children to include fruits in their daily diet.
Topics/Concept	• Fruit Names: Apple, banana, mango, orange, grape, pineapple, Cherry, Watermelon, Jackfruit. • Characteristics of Fruits: Color, taste (sweet/sour), shape, and texture. • Healthy Eating: Why fruits are important for our body. • Daily Fruit Habit: Encouraging kids to eat fruits regularly.
Material Required	• cards with fruit pictures and names • Real fruits (if available) for hands-on learning. • Chart paper with fruit benefits. • Paper and crayons for drawing activity. • Music for fruit song activity.

Session Plan 90 Min

Intro Activity

Start by asking: "What is your favorite fruit?" Let students share.

Show flashcards or real fruits and ask students to name them.

Discuss the color, shape, and taste of each fruit. Example:

Apple – Red, round, sweet

Banana – Yellow, long, soft

Orange – Orange, juicy, sour-sweet

Main Topic/ Activity

A. Fruit Identification Game (15 Minutes)

How to Play:

1. Show a fruit (real or flashcard).
2. 2. Ask students to say its name.
3. 3. Discuss its color and taste
4. 4. Ask: "Where does this fruit grow?" (Tree, plant, vine, etc.
5. 5. Let students repeat the name together.

B. My Favorite Fruit Activity (15 Minutes)

Instructions:

1. Each student shares their favorite fruit and explains why they like it.
2. 2. Example sentences:
3. "I like mangoes because they are sweet."
4. "I love oranges because they are juicy."

Encourage students to speak in full sentences.

Fruit Song & Dance (15 Minutes)

Teach a simple fruit song with actions. Example:

Song: (Tune: "Twinkle, Twinkle")

"Apple, banana, mango too,

Orange, grapes, and berries are blue!

Fruits are yummy, fruits are sweet,

They are so good for us to eat!"

Activity:

Students hold up flashcards or real fruits when they hear the name. Dance or clap along with the rhythm. Fruit Drawing & Healthy Eating Talk (15 Minutes)

Steps:

1. Each student chooses some fruit to draw and color.
2. Write the fruit’s name below the drawing.
3. Discuss why fruits are important for our health:

Fruits give us energy. They make us strong and healthy. They are better than junk food Encouraging Daily Fruit Habit:

Ask: "Who ate some fruit today?" Challenge: "Eat some fruit daily and tell us about it in the next class.

Expected Learning Outcome:

Knowledge building-

Ability to identify and name different fruits.

Understanding the characteristics of fruits.

Learning why fruits are important for health.

Skill Building-

Improved pronunciation and vocabulary.

Confidence in speaking simple sentences.

Review Questions/Assessment/Tasks

Show a fruit flashcard and ask: "What is this?"

Ask students to describe a fruit using one sentence.

Have a few students sing the fruit song aloud.

Follow up Tasks

Homework: Ask students to eat some fruit at home and share their experience in the next class.

Continue practicing fruit names in future sessions.

Introduce vegetables in the next lesson for comparison.

Revision #1
Created 2025-08-04 09:03:43 UTC by iLab
Updated 2025-08-04 09:10:47 UTC by iLab