

Session 18

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Session Title	Vegetables & Healthy Eating
Objective	• Recognize and name different vegetables. • Describe vegetables based on color, taste, and texture. • Understand the importance of eating vegetables for a healthy life. • Encourage children to include vegetables in their daily diet.
Topics/Concept	• Vegetable Names: Carrot, potato, tomato, onion, brinjal, cucumber, beans, etc. • Characteristics of Vegetables: Color, taste (sweet/bitter), texture (soft/hard), and shape. • Healthy Eating: Why vegetables are important for our body. • Daily Vegetable Habit: Encouraging kids to eat vegetables regularly.
Material Required	• cards with vegetable pictures and names. • Real vegetables (if available) for hands-on learning. • Chart paper with vegetable benefits. • Paper and crayons for drawing activity. • Music for vegetable song activity.

Session Plan 90 Min

Intro Activity - Introduction (15 Minutes)

Start by asking: "What vegetables do you eat at home?" Let students share.

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

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

Carrot - Orange, long, crunchy, sweet

Potato - Brown, round, soft when cooked

Tomato - Red, round, juicy, a little sour

Main Topic/ Activity

A. Vegetable Identification Game (15 Minutes)

How to Play:

1. Show a vegetable (real or flashcard).
2. Ask students to say its name.
3. Discuss its color, shape, and taste.
4. Ask: "Where does this vegetable grow?" (Underground, on plants, or on trees)
5. Let students repeat the name together

B. My Favorite Vegetable Activity (15 Minutes)

Instructions:

1. Each student shares their favorite vegetable and explains why they like it.
2. Example sentences:

"I like carrots because they are sweet and crunchy."

"I love potatoes because we can make fries."

3. Encourage students to speak in full sentences.

C. Vegetable Song & Dance (15 Minutes)

Teach a simple vegetable song with actions. Example:

Song: (Tune: "Twinkle, Twinkle")

"Tomato, carrot, beans, and peas,

Vegetables are good for me!

Potatoes, onions, and cucumbers,

Eat them daily to be stronger!"

Activity:

Students hold up flashcards or real vegetables when they hear the name.

Dance or clap along with the rhythm.

D. Vegetable Drawing & Healthy Eating Talk (15 Minutes)

Steps:

1. Each student chooses a vegetable to draw and color.
2. Write the vegetable's name below the drawing.
3. Discuss why vegetables are important for our health:

Vegetables give us vitamins. They keep us strong and healthy. They are better than junk food.

Encouraging Daily Vegetable Habit:

Ask: "Who ate a vegetable today?" Challenge: "Eat a vegetable daily and tell us about it in the next class!"

Expected Learning Outcome:

Knowledge building-

Ability to identify and name different vegetables. Understanding the characteristics of vegetables. Learning why vegetables are important for health.

Skill Building-

Improved pronunciation and vocabulary.

Confidence in speaking simple sentences.

Review Questions/Assessment/Tasks

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

Ask students to describe a vegetable using one sentence.

Have a few students sing the vegetable song aloud

Follow up Tasks

Homework: Ask students to eat a vegetable at home and share their experience in the next class. Continue practicing vegetable names in future sessions. Introduce food groups in the next lesson for comparison.

Revision #1

Created 2025-08-04 09:11:01 UTC by iLab

Updated 2025-08-04 09:16:58 UTC by iLab