

# Good Food: Teachers' Notes

This series of four books introduces children to the foods they eat each day. It covers curriculum topics such as: *Growing Plants*; *Health and Growth* and *Plants in the environment*. The books can also be used for **literacy** work, as they feature many examples of report text including:

- **Contents** • **Index** • **Glossary** • **Non-chronological text**
- **Present tense text** • **Photographs** • **Headings** • **Captions** • **Labels**

They also include an additional text type: *Instructions for activity*.

## Photocopiable worksheets

A photocopiable worksheet is available for each book in this series. These enable you to ensure that the children have grasped key ideas from the books. The children will need to have access to the books in order to complete the worksheets. Children could use their general knowledge to answer the questions, then check the answers in the book. Use the worksheets in a guided reading session, for topic-based group work or even for homework.



### Instructions for the **Grains and Cereals** worksheet:

- Introduce the worksheet, explaining the activity: children should aim to complete the table, including one food and one fact about each of the grains and cereals.
- Before they begin, discuss the fact that the sentence in the final box about maize is copied from the book. They can do this, or use their own words.



### Instructions for **Meat, Fish and Eggs** worksheet:

- Introduce the worksheet, explaining the activity.
- Ask the children to think carefully about each of the foods shown. Which foods are they made with?
- Can children think of other foods they like – or at least know about – made from each of the ingredients?



### Instructions for the **Vegetables** worksheet:

- Introduce the worksheet, explaining the activity.
- Clarify that the plant shown on the sheet is not any particular plant – it is just an example to label.
- Encourage them to draw pictures – perhaps using observational drawing.



### Instructions for the **Fruit** worksheet:

- Introduce the worksheet, explaining the activity.
- Encourage children to use ICT to find pictures they can print, cut out and stick to the sheet. Otherwise, they can draw the fruit by looking at the images in the book.
- Which of the fruit can children look up in the index?



# Good Food: Fruit



Name \_\_\_\_\_ Date \_\_\_\_\_

- Read the fruit names.
- Find a picture of each fruit in the book and draw it above its name, or find a picture on the internet and stick it on the page.

apple

banana

orange

melon

pineapple

kiwi fruit

grapes

strawberry

coconut

**Learning objective: To find and draw images of fruit.**



# Good Food: Grains and Cereals



Name \_\_\_\_\_ Date \_\_\_\_\_

- Write one food and one fact for each of these grains and cereals. One is done for you.

Cereal or grain	Food	Fact
Barley		
Maize	cornflakes	Maize kernels can also be heated to make popcorn.
Rye		
Rice		
Wheat		
Oats		

**Learning objective:** To find out how we eat grains and cereals.



# Good Food: Meat, Fish and Eggs



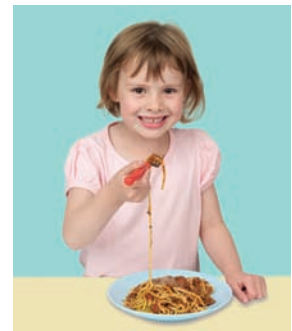
Name \_\_\_\_\_ Date \_\_\_\_\_

- Cut out the pictures.
- Decide whether each picture is about meat, fish or eggs.
- Stick the pictures around the headings.

## eggs

## fish

## meat



*Draw food you like  
with meat.*

*Draw food you like  
with fish.*

*Draw food you like  
with eggs.*

**Learning objective: To think about how we eat different foods.**



# Good Food: Vegetables



Name \_\_\_\_\_ Date \_\_\_\_\_

- Different vegetables are different parts of the plant.
- Draw lines to match the name of each vegetable to the part of the plant.
- Draw pictures of the vegetables.

celery

broccoli

cauliflower

spinach

cabbage

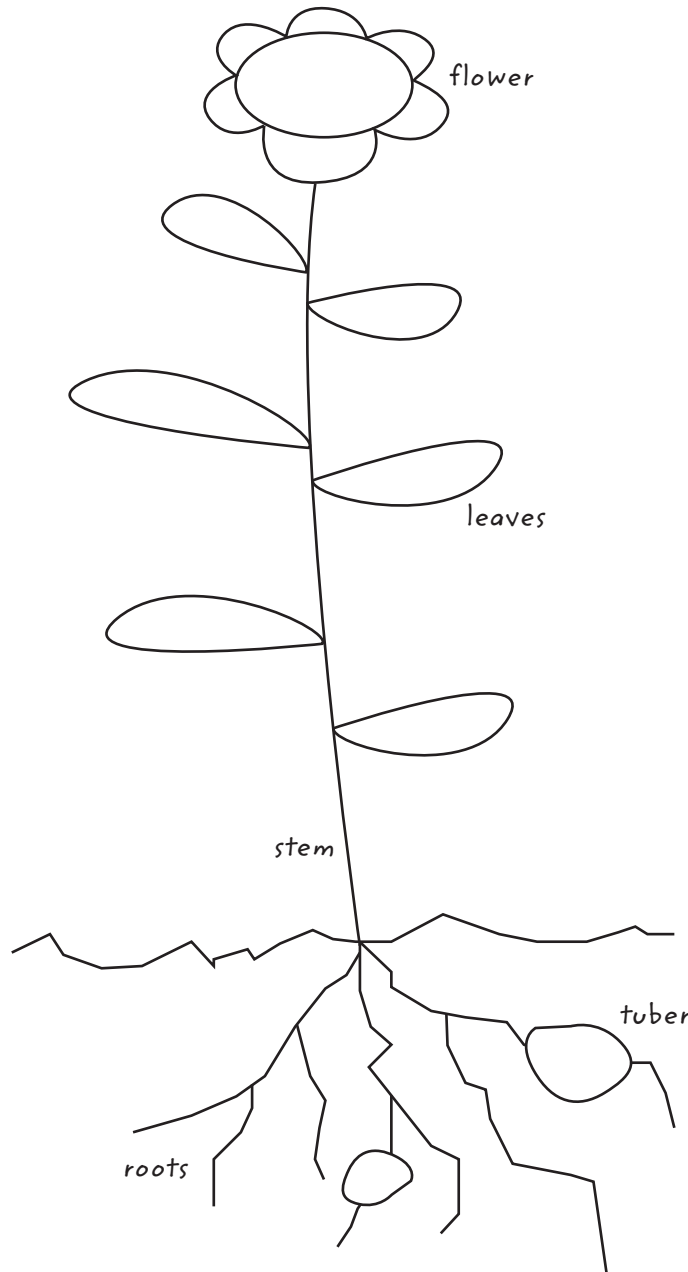
asparagus

turnips

potatoes

parsnips

carrots



**Learning objective: To find information in the book and draw images of vegetables.**