

Early stage 1

Outcomes:

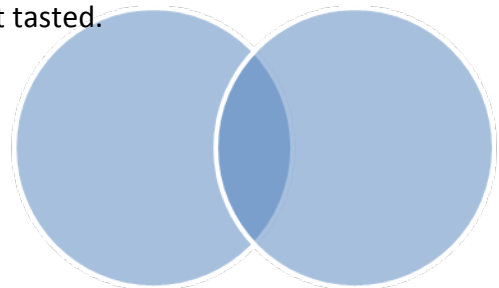
PHES1.12 Displays basic positive health practices.

DMES1.2 Identifies some options available when making simple health choices

Sometimes or Everyday?

Organise the class into small groups. Give each group a card with two circles on it. Ask students to sort the pictures into their circles according to the different leadings.

1. Foods they have tasted and foods they haven't tasted.
2. Foods they like and foods they dislike
3. Hot foods and cold foods
4. Sweet foods and savoury foods
5. Everyday foods and sometimes food.



Ask groups to share their responses with the class.

Ask students questions like:

1. Are there any foods that could go in both circles? Why?
2. Are there any foods that do not fit in the circles? Why?

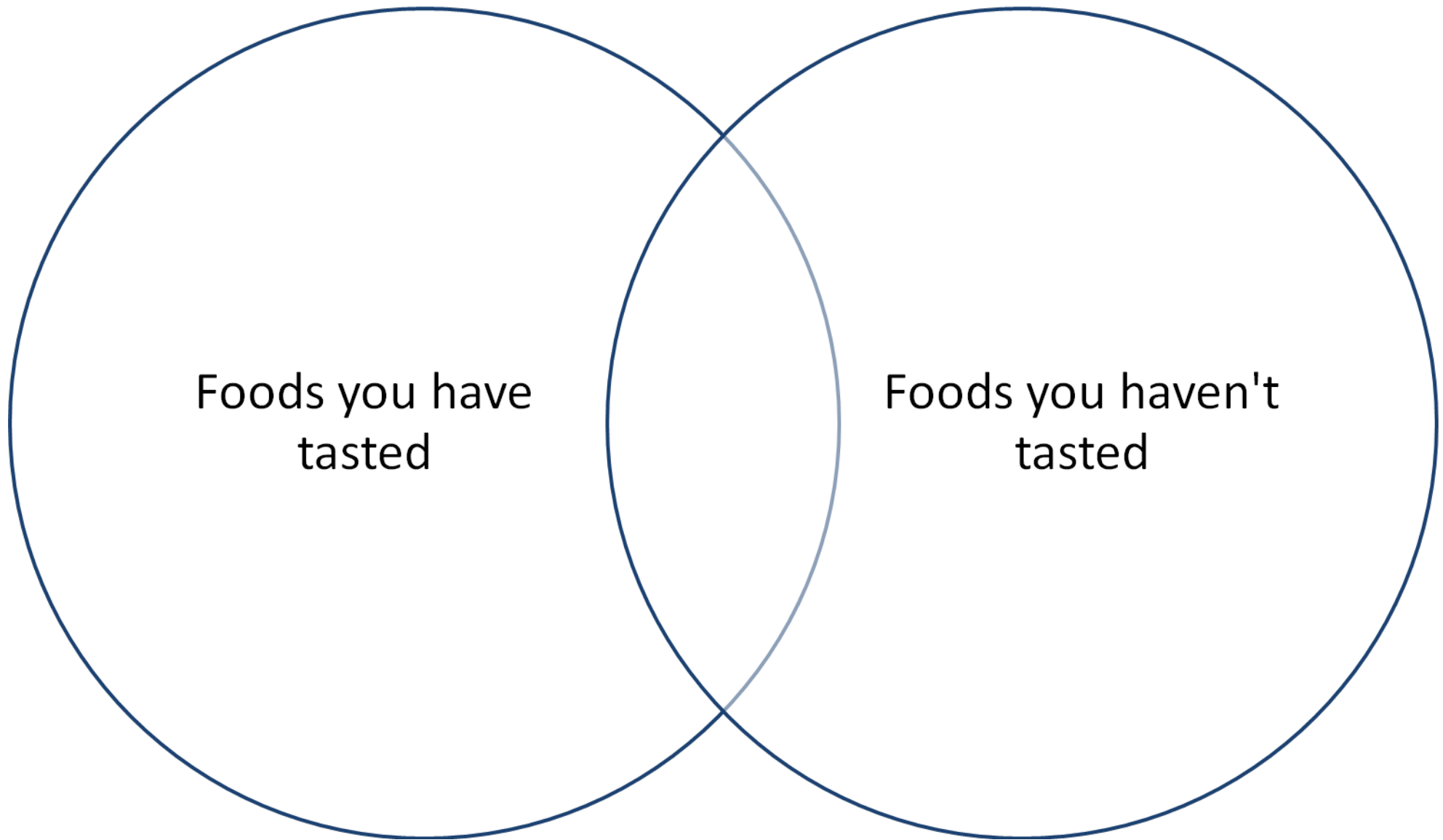


Adapted from the Crunch&Sip® school resource pack



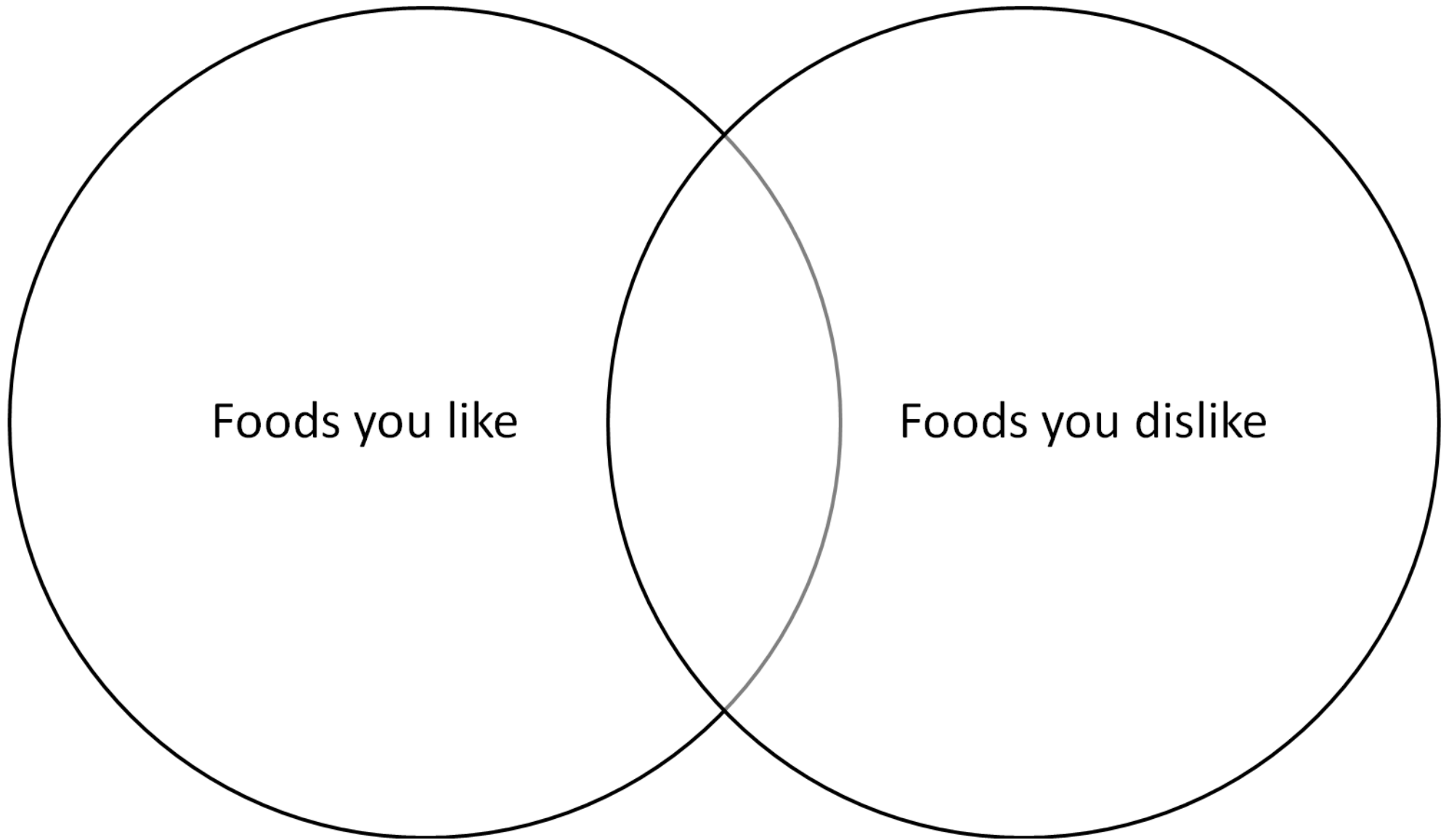
Hot foods

Cold foods



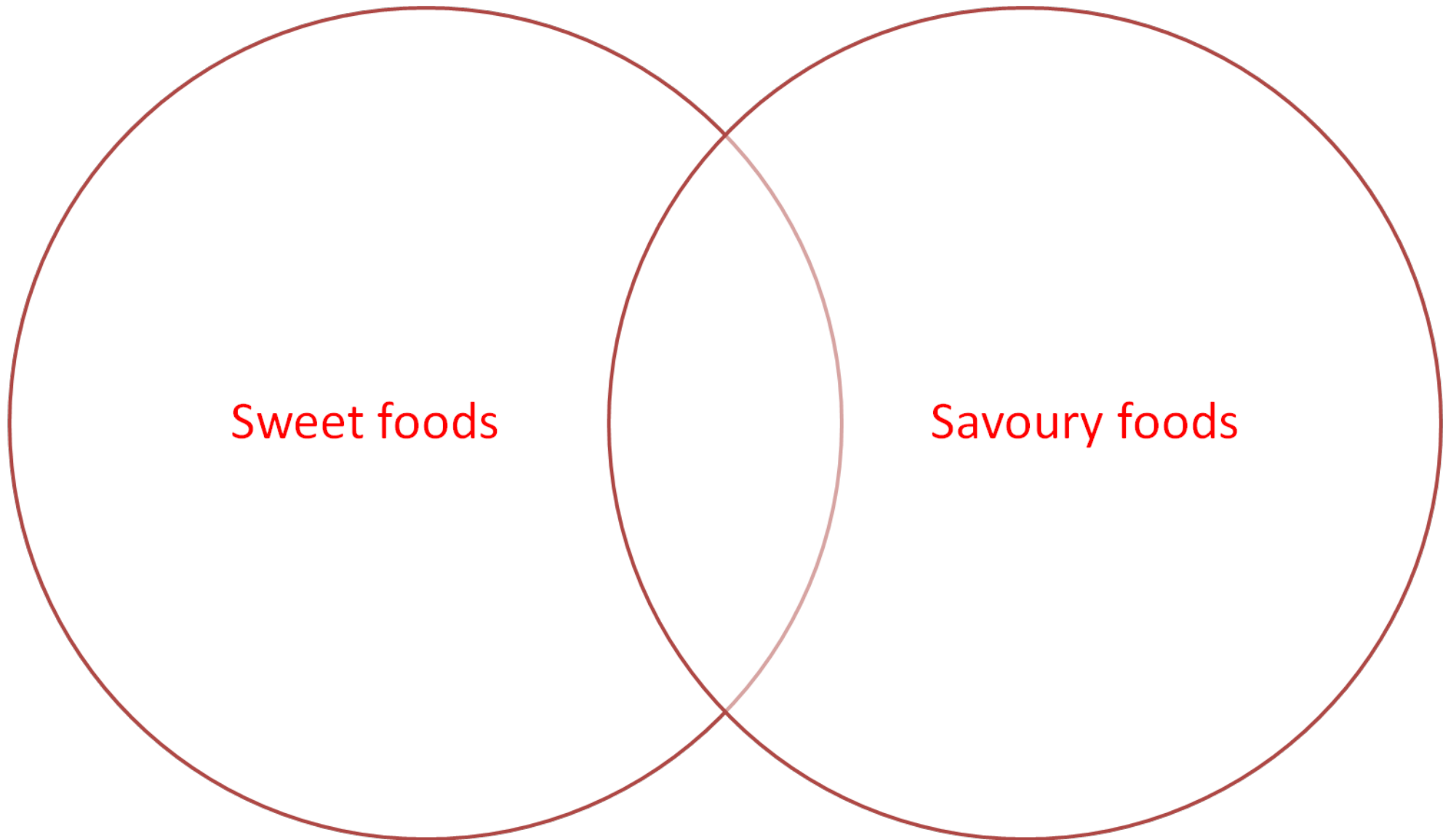
Foods you have
tasted

Foods you haven't
tasted



Foods you like

Foods you dislike



Sweet foods

Savoury foods

