

## Awesome Kidz 1 Unit 4 Lesson 10



**Aim:** Students will listen to an audio description of different foods and match them to the characters based on their preferences or needs. The focus is on developing listening comprehension and distinguishing between healthy and unhealthy food choices.

**Time:** 45-60 minutes

**Materials:**

- AK Audio Track
- Song “Junk and Healthy Food”
- Flashcards or real models of fruits and sugary items (banana, apple, grapes, candy, soda, water).

**Tip:** Keep the audio simple and clear: When preparing the audio, include pauses between each description to give them time to process and match the food items. While playing the audio, point to the foods or characters on a large version of the worksheet to support students who may need additional visual guidance.

**Engage:**

What’s Your Favorite Food?

- Start by showing real or picture models of the foods on the worksheet (banana, apple, grapes, soda, candy, water). Ask the students to name each item and then share their favorite food. Encourage them to say if the food is healthy or unhealthy.
- Using real objects or life-like representations allows students to tangibly explore the concept of healthy eating.

**Explore & Practice:**

**With the Book**

Listen and Match

- Distribute books and play an audio recording that describes which food each character in the picture has eaten. For
- As the students listen, they will match the food to the correct character on the page.
- This activity supports independent thinking as students listen carefully and process auditory information while practicing fine motor skills by drawing lines to match.

Act It Out

- After the listening activity, ask students to role-play as the characters in the book page. One student can pretend to be the character who ate bananas, while another acts as the one who ate candy.
- Role-playing encourages emotional development and helps children make connections between language and personal experience.

**Closing:**

Healthy Food Chant

- End the lesson with the song “Junk and Healthy Food” from Awesome Kidz Platform.

<https://www.youtube.com/watch?v=d9Ho-rdJubM>