

## Awesome Kidz 1 Unit 4 Lesson 13



**Aim:** Students will identify healthy and unhealthy foods and follow listening instructions to colour items correctly. They will practise vocabulary, listening skills, and healthy habits in a playful and sensory-rich way.

**Time:** 45-60 minutes

### Materials:

- Crayons
- Real food items/toy food (chocolate bar, apple, fries, pineapple, cookie, soda bottle)
- Two baskets labeled: Healthy & Sometimes Food
- Felt or wooden food pieces
- Akion puppets or monster cut-outs
- Calm background music

**Tip:** Use concrete objects first before moving to pictorial worksheets. Montessori learning flows from hands-on → picture → abstract. This helps children understand the concept deeply and naturally.

### Engage:

Meet the Food Monsters!

- Show the two monsters from the page: Purple Monster: loves *sometimes foods* (chocolate, fries, soda). Green Monster: loves *healthy foods* (apple, pineapple).

-Tell a short, playful story:

*“The purple monster feels sleepy when he eats too many sweets... but the green monster feels strong when he eats fruits!”*

-Invite children to imitate the monsters (Whole Child – movement & imagination): Purple monster = slow, sleepy movements. Green monster = strong, happy jumps

### Explore & Practice:

Sorting: Healthy vs. Sometimes Food

- Present real or toy food items. Children sort them into two trays: Healthy Food or Sometimes Food
- Reinforce vocabulary: “Apple.” “Pineapple.” “Cookie.” “Soda.” “Fries.” “Chocolate.”

### With the Book

Listen & Colour

-Distribute books and crayons. Tell students they will colour the foods based on what they hear.

Sensory Food Play (Optional)

-Pass around real fruits and let students touch and smell. Ask: "Is it soft? Hard? Sweet? Healthy?"

### Closing:

Feed the Akion!

-Use the Akion puppets or cut-outs. One monster likes healthy foods. The other likes sometimes foods.

Place pictures or toy food on the floor. Children take turns "feeding" each monster appropriately.

Encourage full sentences:

-"This is a pineapple. It's healthy!"

-"This is chocolate. It's sometimes food!"

Fun, movement-based, and reinforces learning!

