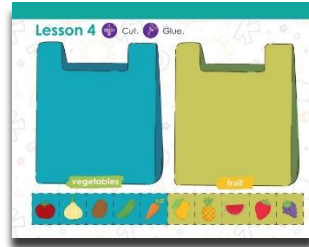


Awesome Kidz 3

Unit 4 Lesson 4



Aim: Reinforce the concept of fruits and vegetables and familiarize students with the vocabulary. Students practice identifying and sorting fruits and vegetables through cutting and gluing.

Time: 45-60 minutes

Materials:

- Child-safe scissors
- Glue sticks
- Real or toy fruits and vegetables (optional)
- Baskets or bags for sorting (optional)

Tip: Encourage children to share their experiences with different fruits and vegetables to connect learning with their personal lives. This aligns with the Whole Child Approach, fostering emotional and social engagement. Provide assistance with scissors for those who may need it and encourage safe cutting practices. A Montessori-inspired approach values independence, but guidance is important for safety and skill development.

Engage:

Fruit and Vegetable Discovery Circle

- Place various real or plastic fruits and vegetables in a circle. Ask the children to sit around the circle and let them explore each item by touching and naming it. Use this time to introduce the names of the fruits and vegetables they will be working with.
- Ask questions like, "What color is this fruit?" or "Who likes to eat carrots?" to build interest and encourage participation.

Explore & Practice:

With the Book

- Distribute books and explain that they will cut out the fruits and vegetables at the bottom of the page. Ask them to carefully cut along the dotted lines to separate each item.
- Once the cutting is complete, explain that they need to decide which items belong in the "Vegetable" bag and which items belong in the "Fruit" bag. Allow them to take their time thinking about where each item should go. Encourage them to glue the items into the correct bags on the page.

Physical Sorting (Optional)

- If available, use real or toy fruits and vegetables and two physical bags or baskets. Let students physically place the items into the correct bag before completing the worksheet. This tactile experience supports Montessori principles of hands-on, real-world learning.

Closing:

Fruit and Vegetable Song and Movement. End the class by singing a simple song about fruits and vegetables. Add movement by asking students to act out picking fruits and vegetables from an imaginary garden or grocery store.

- Example Song (to the tune of "Twinkle, Twinkle, Little Star"):

*"Carrots, onions, vegetables,
Apples, grapes, and pineapples,
In my garden, I will grow,
Fruits and veggies, row by row."*

- Ask students what their favorite fruit or vegetable is and why. This conversation helps them reflect on their preferences and further solidifies their understanding of the food categories.

