

Food (Fruits and Vegetables, Healthy Diet, Nutrition and Junk Food)

**Theme:**

- Common fruits and vegetables.
- Healthy Food.

**Spiritual:**

- Exploration of food sources
- Etiquettes of eating
- Avoid wastage of food
- Social understanding
- Sharing and charity
- Expressing emotions
- Emotions regulations

**Physical and motor skills:**

- Good hygiene practices-sneezing and coughing.
- Washing hands and legs after play or entering house.
- Cutting fruits and vegetables grating.
- Toilet Etiquettes.
- Removing and wearing shoes.

**Language skills development 1:**

- Listening skills:  
(fruits and vegetables in the market)
- Small stories,
  - Rhymes
  - Picture reading
- Speaking skills:
- Talk about your favourite fruit and vegetable.

**Language skills development 2:**

- Receptive and expressive language development
- Rhymes and stories
- Pre Writing Skills-Slanting line, Curves.
- Phonics- Group 1 - Letters s,a

**Cognitive skills development 1:**

- Understanding the environment around us
- Sensory skills-taste, smell, touch.
- Colours: Green and White.

**Cognitive skills development 2:**

- Comparison: full and empty, hot and cold.
- Oral Counting 1-3
- Associating Numbers to quantity 1-3
- Shapes - Triangle

**Islamiyah:**

- Dua for drinking milk.
- Surah Ikhlāas and Surah Kauthar
- Nasheed  
Alphabet Rhyme.