

H 2

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

**Theme:**

- Common fruits and vegetables
- Differentiate between fruits and vegetables
- Differentiate between healthy and junk food
- What is nutritious and junk food?
- Who is the king of fruits and vegetables?

**Spiritual:**

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

**Physical and motor skills:**

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

**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, Zig-zag lines, s curve
- Phonics - Group1 - Blending

**Cognitive skills development 1:**

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

**Cognitive skills development 2:**

- Comparison: few and many , hot and cold
- Numbers recognition 1-10
- Associating Numbers to quantity 1-10
- Concept of Zero
- Shapes: cone, semicircle.

**Islamiyah:**

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

**Hindi**

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**Urdu**

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