

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?

Spiritual:

- Exploration of food sources
- Etiquettes of eating
- Avoid wastage of food
- Sharing and charity
- Expressing emotions
- Emotion regulation
- Food hygiene

Physical and motor skills:

- Good hygiene practices-sneezing and coughing.
- Washing hands and legs after play or entering house
- Throwing garbage in bin
- 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 dish

Language skills development 2:

- Receptive and expressive language development
- Rhymes and stories
- Phonics - Group 3 and 4
- Vowels and consonants
- Tricky words list-3
- Use of in, on, under

Cognitive skills development 1:

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

Cognitive skills development 2:

- Comparison: heavy and light
- Numbers 51—80
- Number names 1—5
- Shapes cone, semicircle.

Islamiyah:

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

Hindi

- औ - घ

Urdu

- ص - م