FOOD WORLD

Yummy Fruits, Veggies & My Healthy Plate



CLASS 1 • ENGLISH • MAGAZINE BOOK • BOOK 7 • MODERN EDITION

With Kavin • Meena • Arun • Singapore + Finland + World's Best Magazines Style

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🇸🇬 Singapore CPA

Touch it → See it → Read & Write it, on every food page.

🇫🇮 Finland Phenomenon

Food = one big real-world story: farm, market, home and my body — all together!

🎯 My Learning Goals

⭐ Name fruits and vegetables ⭐ Say where vegetables grow ⭐ Name breakfast, lunch and dinner ⭐ Build a healthy plate ⭐ Share food and say thank you

👦👧🧒 **Follow us!** Kavin, Meena and Arun will roll through this book with you — look for us at the bottom of the pages!

🔍 I Spy — In the Market!



A busy, colourful market stall. Look very, very carefully!

Can you spy...? Tick each one when you find it. Answers are on page 12!

- ☐ Red apples 🍎
- ☐ Hanging bananas 🍌
- ☐ Orange carrots 🥕
- ☐ Purple brinjals 🍆

- ☐ Big pumpkins 🎃
- ☐ Green peas 🟢
- ☐ A small bird 🐦
- ☐ The seller in a yellow turban 👳

🔢 Spy and Count (Numbers Link!)

Count the pumpkins in the picture. Count the coconuts. Write the numbers: Pumpkins ___ Coconuts ___ Bananas bunches ___

👦👧🧒 *We are hiding in this book too — keep an eye out for us!*

📖 Story: Meena's Magic Lunch Box



Sharing makes every lunch a feast!

One day at lunch, Meena opened her box. Inside were soft idlis, a banana and a small box of grapes. Kavin had forgotten his lunch box at home! His tummy went **grrr**.

Meena Do not worry, Kavin. My Amma says a lunch box becomes magic when we share it. Come, eat with me!

Kavin Thank you, Meena! Tomorrow I will bring extra fruits for you.

Arun I have carrot sticks and curd rice. Let us put all our food in the middle — a friendship feast!

They ate together, slowly and happily. Nothing was wasted. And Meena's small lunch box felt bigger than a feast!

💜 **MORAL OF THE STORY:** Food tastes best when we share it. Eat healthy, share happily, and never waste food!

🍎 Fruits — Sweet and Juicy



A rainbow of fruits! Which colour will you eat today?

🥭 **Mango has ONE big seed inside!**

🍌 **Banana gives us quick ENERGY!**

🍉 **Watermelon is full of sweet WATER!**



APPLE — Red

Crunchy! Small seeds inside



MANGO — Yellow

Sweet! One big seed



GRAPES — Purple

Small and round, in a bunch



ORANGE — Orange

Juicy! Full of vitamin C

📖 **Read with me:** I eat a mango. The mango is sweet. The banana is yellow. Fruits keep me strong!

✋ CPA — Touch → See → Say | 🥗 Make a Fruit Salad!

Touch: Hold a real fruit. Is the skin smooth or rough? **See:** Point to its colour here. **Say:** "The ___ is ___." With a teacher: wash, cut and mix 3 fruits — your own fruit salad!

🥕 Vegetables — Up and Down



So many vegetables! Some grow up in the sun, some hide down in the soil.

☀️⬆️ ABOVE THE GROUND

🍅 Tomato • 🍆 Brinjal
🫛 Beans • 🎃 Pumpkin
🌿 Spinach (leafy green!)

🌱⬇️ BELOW THE GROUND

🥕 Carrot • 🥔 Potato
🧅 Onion • 🫚 Beetroot
They hide in the soil!

🥕 **Carrots help our EYES see well!**

🌿 **Green leaves make our BLOOD strong!**

🍆 **Brinjal wears a green CAP!**

📖 **Read with me:** The carrot grows in the soil. The tomato grows on the plant. I eat vegetables every day!

✋ CPA — Touch → See → Say

Touch: Touch a carrot and a tomato. Which is hard? Which is soft? **See:** Find them in the market picture. **Say:** "___ grows above / below the ground."

🍽️ Meals of the Day & My Healthy Plate

We eat three big meals every day. Each meal gives us power to play, learn and grow!



BREAKFAST

Morning food — idli, dosa, pongal, milk. Never skip it!



LUNCH

Midday food — rice, dal, vegetables, curd



DINNER

Night food — roti, soup, vegetables. Light and early!

🚦 Grow, Glow, Go — on My Plate!



GO Foods

Give ENERGY to run and play: rice, roti, banana, potato



GROW Foods

BUILD my body: milk, curd, egg, dal, nuts



GLOW Foods

PROTECT me: fruits, vegetables, water

📖 **Read with me:** I eat breakfast in the morning. My plate has Go, Grow and Glow foods. I drink clean water.

🍽️ My Healthy Plate Rule

Half my plate = fruits and vegetables 🌈 | Some grains (rice/roti) | Some Grow food (dal/milk/egg) | And a glass of water! Wash hands before eating — always!

🎵 Poem: Yummy in My Tummy

🍎 Crunch an apple, munch, munch, munch,

🥕 A carrot for my lunch, lunch, lunch!

🥛 Drink my milk, sip, sip, sip,

🍌 A banana — peel and zip!

🍇 Grapes go pop, one, two, three,

🥭 Sweet mango — share with me!

Wash my hands and say “thank you”,

Healthy food makes me strong — and you too!

— Sing it, clap it, munch it with your friends!



🎭 Act the Poem!

Apple line — pretend to bite and crunch! Milk line — pretend to sip a glass! Grapes line — pop your cheeks with a finger! Mango line — pass a pretend mango to a friend!

💬 Talk Time (Finland)

Which food in the poem is YOUR favourite? What sound does it make when you eat it? Tell the class!

👦👧🧒 *We sang it twice — our tummies are happy!*

🚜 From the Farm to My Plate



Thank you, farmer! Thank you, cow! Our food travels a long way.

FINLAND PHENOMENON — ONE FOOD, ONE LONG JOURNEY

1 🚜 FARMER grows it in the farm

2 🛒 MARKET — we buy it fresh

3 🏠 HOME — Amma cooks it with love

4 🍽️ MY PLATE — I eat and say thanks!

🥛 The Milk Story

The cow eats green grass. She gives us milk. The milk comes to our home. From milk we make curd, butter and ghee! Say thank you to the cow and the farmer.

✂️ Cut-Out Craft: Make Your Healthy Plate!

🍽️

MY PLATE

Cut a paper plate circle

🍎🥕🥛

FOODS

Cut out food pictures from old magazines

📌

STICK!

Stick 1 Go + 1 Grow + 2 Glow foods

Show your plate to the class. Say: “My plate has ___.” 👦👧🧒

🎲 The Food Path Game — Full Page!

How to play (2–4 players): Put a coin or button on START. Take turns to roll a dice (or pick a number card 1–3). Move forward. Name the food aloud when you land! First to reach the FEAST wins — and has made a full healthy lunch!

START 🏠	🛒 MARKET	🍎 Pick an apple +1 happy!	🥕 VEGGIE STALL	🐄 Meet a cow	🥛 MILK TIME

⬇️ keep going... ⬇️

🍌 Banana break	🏠 KITCHEN	👩‍🍳 Amma cooks	🍽️ LUNCH READY	🙏 Say thank you	🏆 FEAST! Yum Done!

⭐ Bonus Rules

Land on 🍎 or 🍌 — take one more turn! Land on 🐄 — say "moo" and move 1 step more! Land on 🙏 — say thank you to someone in the room!

🏠 Home Play (Finland — Family Time)

Play with Amma, Appa, Akka or Anna tonight. Then help set the real lunch table at home!

👦👧🧒 *We played twice. Kavin reached the feast first!*

🎨 Play, Trace and Sort

✏️ Trace the Food Words

APPLE MANGO CARROT

MILK BANANA GRAPES

🧺 Sort It! Every Day vs Sometimes

💚 EVERY DAY foods (healthy)

🍎 🥕 🥛 🍌 🥦 _____

Put fruits, vegetables and milk here!

💛 SOMETIMES foods (a little, rarely)

🍬 🍟 🥤 🍫 _____

Sweets, chips and cola live here!

🧩 Match It! Fruit → Colour

🍌 → **Yellow** | 🍇 → _____ | 🍓 → _____ | 🥭 → _____

⭕ Odd One Out

🍎 🍌 🥭 🥕 | 🥛 🧀 🥚 🍊 | 🌅 **Breakfast: 🥣 / 🍽️ Dinner plate at noon?**

Circle the odd one. Tell why! (Carrot is a vegetable; Orange is not a Grow food; the last one is silly — noon is lunch!)

🎨 Draw Your Lunch Box

Draw YOUR lunch box with 3 healthy foods. Write one sentence: “I love _____ because _____.”

🏆 Quiz, Star Page & Notes

❓ Quick Quiz

1. Which fruit has ONE big seed? 2. Does a carrot grow above or below the ground? 3. Name one GROW food.
4. What is our first meal of the day called? 5. Name the 3 meals of the day. 6. Read aloud: “Fruits keep me strong.”

✅ I Can Do It!

⭐ I can name fruits and vegetables. ⭐ I can say where vegetables grow. ⭐ I can name breakfast, lunch and dinner.
⭐ I can build a healthy Go-Grow-Glow plate. ⭐ I can share food and say thank you.

🔑 Answer Key

I Spy (p3): Apples — centre basket; Bananas — hanging at the top; Carrots — basket on the right; Brinjals — bottom right basket; Pumpkins — bottom right corner; Green peas — in the sack; Small bird — near Kavin's hand on the stall; Seller — behind the stall, in the yellow turban. Counts will vary — teacher checks. **Page 11:** Match: Grapes→Purple, Strawberry→Red, Mango→Yellow. Odd one out: Carrot, Orange, the silly noon dinner. **Quiz:** Mango; Below the ground; Milk / curd / egg / dal (any one); Breakfast; Breakfast, Lunch, Dinner; —.

📘 For Parents & Teachers — How This Book Was Built

Methods: Singapore NEL (play-based, creative expression) + CPA (Concrete→Pictorial→Abstract); Finland ECEC phenomenon-based learning (food's journey from farm to plate as one real-world phenomenon), nature, whole child, child's voice.
Magazine craft, from the world's best: NG Kids (full-bleed cover, teasers, visual contents, fact badges, speech bubbles), Ladybug (I Spy page, full-art poem, cut-out cards, guide characters), GAJA (one big activity per page, moral of the story, clean focus). No tests, no pressure — observe, play, talk, create.

🎉 You are a FOOD STAR! ⭐ Eat healthy, share happily!

Next Book 8: Transport World — buses, boats and planes are waiting! 🚌✈️ | 369 Tesla • Kalviyogi • © Edunivra Pvt Ltd