

Dear Parents,

Welcome to Topic 2 of *Open Day 2 Home Connection*. We hope you enjoyed working with your child on Topic 1.

Topic 2 is called **Yummy Food!** In this topic, your child will learn about fruit and vegetables and the importance of healthy eating and a balanced diet and how they are vital for your child's physical and emotional development. The **Topic Preview Activity** gets your child thinking about the topic and is a great opportunity for you to show that you are interested in what he or she is doing in the English class.

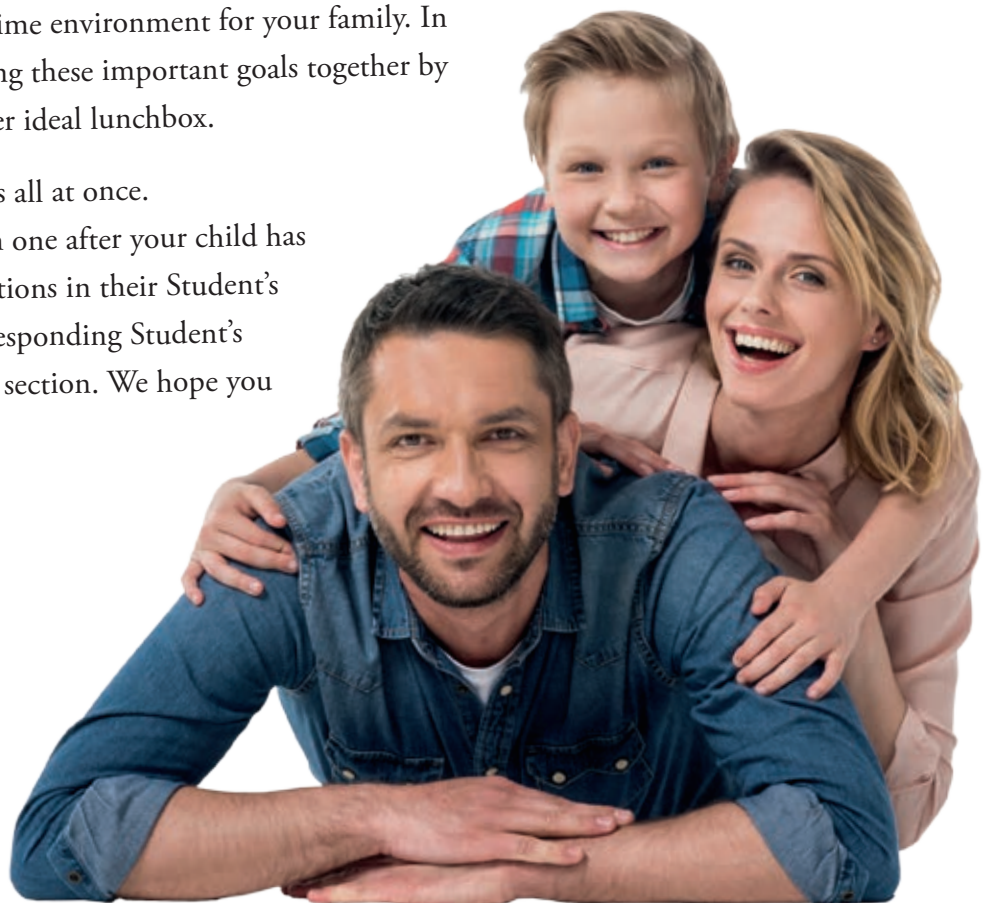
We continue the theme of food and diet in the **Animal Activities** by exploring what turtles eat. Did you know that turtles are omnivores? They eat plants and meat and can live for over 100 years!

The **Mindfulness** section of this topic focuses on mindful eating. Mindful eating encourages children to be as aware as possible of what they are eating and promotes a positive relationship with food. In the **CLIL (Content and Language Integrated Learning)** section we work with the subject of health. Your child will learn about different kinds of food and how they combine to make a balanced diet. This encourages your child to make healthy choices on his or her own. The **Citizenship** section continues this positive approach by encouraging your child to think about ways he or she can help at the dinner table.

The topic highlights the importance of food in feeling healthy and happy and aims to create an enjoyable mealtime environment for your family. In the **Closing Activity**, we will bring these important goals together by helping your child make his or her ideal lunchbox.

You don't have to do the activities all at once.

We recommend that you try each one after your child has completed the corresponding sections in their Student's Book or Practice Book. The corresponding Student's Book pages are indicated in each section. We hope you enjoy Topic 2 of *Open Day 2*.



Topic Preview Activity Student's Book pages 42–43

Yummy Food!

Encouraging children to eat a healthy balanced diet starts at home. It is important to make your child aware of the

importance of healthy eating from a young age. In this activity we will suggest some ways you can do this.

◆ Get Ready

Part 1

Take your child to the fruit and vegetables section in your local grocery shop or market. Ask them the names of the different fruit and vegetables and talk about the different dishes you can make with them. You can also set them some simple challenges, such as:

1. Find three sweet things.
2. Find one thing that doesn't grow in your country.
3. Find two things you can eat without peeling.
4. Find something you have to boil.

Have fun with the different fruits and vegetables!

Part 2

Talk about your child's favourite dish. Ask: *How often do you eat it? Do you buy it or make it? Who makes it? What's in it?* Find out why he or she likes the dish and talk about how healthy it is. Then get your child to find out what the favourite dishes of one other family member are. Then rank the dishes from the healthiest to the least healthy.

◆ Make a Meal Plan

Planning meals together can get children excited about the tasty food coming up during the week. It can also help you prepare your shopping lists. Sit with your child and discuss what meals you'll make during the week. Check that there are plenty of fruit and vegetables included in each day's menu.

Animal Activity Unit 3 Student's Book pages 46–47

◆ Get Ready

Watch this video for some different ways we can reuse plastic bags and store them at home in a fun way:

<https://www.youtube.com/watch?v=GdgN2mhzyU>

Did you know that turtles often mistake plastic bags for food? It's really important that we use less plastic and that we recycle the plastic that we use.

◆ Make a Bag Dispenser

Why not make one of the bag dispensers from the video at home? It's so easy and fun to make! You can decorate the container with little turtles. Then when you need a bag to go shopping, you can easily pull out a bag from the dispenser. Every little bit helps to reduce the amount of plastic we use.



Mindfulness Student's Book page 50

◆ Get Ready

The mindfulness focus for this topic is mindful eating. Here we encourage children to try different foods and to analyse their texture, taste, smell and appearance. Not every child will like the same types of foods, but we can try to help them be aware of variety and encourage them to try new things. For this activity you will need different types of food like fruit, vegetables and some healthy snacks, and a scarf or long piece of cloth for blindfolding.

◆ Play a *Blind Taste Test*

Why don't you try playing a blind taste test with your child? You can invite his or her friends too! Watch this video to see one way of doing it:

https://www.youtube.com/watch?v=rKitHvcgJ_w

If you like, you could choose a green theme (cucumber, apple, lettuce, cabbage, green candies etc). This is a great way for encouraging children to use different senses when they eat: touch, smell and taste.



Animal Activity Unit 4 Student's Book pages 60–61

◆ Get Ready

One way to get kids to eat more varied and nutritious food is to make the experience as much fun as possible. They should enjoy what they are eating and have a positive experience with meals. Can you think of some fun ways to prepare your child's meal?

Watch this video for some creative ideas to prepare your child's meals:

<https://www.youtube.com/watch?v=kF5a-jLXd6c>

◆ Creative Cooking Party

Did you like any of the ideas? Why don't you try some of them at home with your child? Or you can organise a creative cooking party with your family and friends!

Did you know that depending on where they live, turtles like eating different things? Many baby turtles start off life eating meat, but when they get older they like eating more plants. Sea turtles enjoy eating fish and seafood, like squid and jellyfish. Land turtles love eating fruits, grass and insects, like beetles.



◆ Get Ready

Different-coloured fruit and vegetables contain different nutrients. That's one reason why it's important to eat a variety of different fruit and vegetables each day. Focusing on colour can be a fun way to encourage children to eat more fruit and vegetables. To find out more, visit these sites:

Spanish: <https://www.consumer.es/alimentacion/aprender-a-comer-con-los-colores.html>

English: <https://www.healthier.qld.gov.au/tools/colour-recipe-wheel/>

◆ Play the *Eat a Rainbow Challenge*

Why don't you try the *Eat a Rainbow Challenge*? Check out this site for the instructions.

https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_466712.pdf



This game will help encourage your child to have fun while eating healthily!

Citizenship Student's Book page 68

◆ Get Ready

The Citizenship focus in this topic is having good table manners. Not only is it important to eat and drink the right things, it's also important to take time to eat as a family. Give your child the responsibility to set or clear the table and to practise the good table manners they have discussed in class.

◆ Play *Spinning Top*

A fun way to practise setting the table is by playing *Spinning Top*. To play the game, first help your child make the spinning board. Cut a coloured card into a circle and illustrate or name the cutlery items (spoon, fork, knife), plate, bowl and cup in different sections. Use a paper clip for the spinner. Put all the real cutlery items in the middle of your table. Then take turns to spin the spinner. When you land on “fork” you get to set the fork at your place, and so on. The first person to set their side of the table is the winner.



A Healthy Snack

Making a healthy snack is a great way to involve children in what they eat. It allows them to express their creativity, to try different flavour combinations and to experiment with food to find out what he or she likes and doesn't like. For this activity you will need a variety of fruit such as orange, banana, apple, strawberry, kiwi, melon and other fruit that provide a good variety of colours and textures. You will also need wooden sticks to put the fruit on. You could choose to make a savoury healthy snack if you prefer, using vegetables like carrots and a healthy dip.

◆ Get Ready

Talk about the different fruit. Ask your child about the different textures, smells and appearance of each fruit and get them to predict the flavours if the fruit is new to them. Allow the child to choose which fruits they would like to use in their fruit sticks and in which order they would like to arrange the fruit.

◆ Make your Healthy Snack

To make the healthy fruit sticks, help your child to cut up the fruit into bitesize pieces. Encourage them to try the fruit as they are preparing it. Arrange the fruit on the sticks and praise your child for a beautiful, colourful-looking snack that is both fun to make and really healthy! Enjoy eating your snacks together.

