



Northern Ireland
Curriculum

Reading Scheme to Support the
Learning for Life and Work Thematic Units (SLD)

Eat Well, Feel Better!

Level 1

Writers' Group:

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Feel Better!**

Level 1

Notes to the Teacher:

The activities in this booklet are designed to support the topic *Eat Well, Feel Better!* You can photocopy, cut out and laminate the picture cards at the back of the booklet and use them together with the picture board in a variety of ways. For example:

- Have the learners practise picture recognition by sticking the cards on top of the identical squares on the board.
- Have the learners place all the cards in front of them. Say a word, and they point to or hold up the corresponding picture card.
- Give a clue, such as ‘lots of people have these in salads’, and invite the learners to hold up the corresponding card (tomatoes).
- Call out specific categories for the learners to sort and categorise their cards, for example ‘fruit and vegetables’ and ‘other foods’.
- Hold a class discussion on the topic, talking about the picture on each card. Discuss what the learners have already eaten that day and whether or not they chose healthy foods.
- Use two sets of laminated cards to play matching pairs. Place all the cards face down. Working in pairs, the learners take turns to turn over two cards – if they match, they keep the cards. The winner is the one with more cards at the end.

We all need to look after our bodies.

Eating good foods helps us to feel good.



Fruit and vegetables are very good for us. We should all eat five pieces a day.

What fruit and vegetables do you like to eat?

Some other foods are good for us, too.

Put a tick (✓) beside the things that are good for you. Put a cross (X) beside the things that are bad for you.



bananas



burgers



chips



chocolate



tomatoes



sweets



porridge



broccoli

Picture Board



biscuits



sweets



bread



burgers



yoghurt



chips



tomatoes



eggs



apples



chocolate



fish



broccoli

Picture Cards A



biscuits



sweets



bread



burgers



yoghurt



chips



Picture Cards B



tomatoes



eggs



apples



chocolate



fish



broccoli



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Rewarding Learning