

Web- Let us eat healthy (1 July – 7 July 2025)

Nursery

LANGUAGE ARTS

- Story-Food group-big screen
- Value-caring story
- Arrival Activities
- Rhymes



ART & CRAFT

- Draw your favourite food-step by step drawing
- Sticking of food cutouts in the activity book-Pg.18



LET US EAT HEALTHY

MUSIC & MOVEMENT

- Healthy Food Vs. Unhealthy Food Song
- Healthy Food Will Make You Smile
- Good Food
- Freeze dance Activity

PHYSICAL ACTIVITIES

- Food group action wheel-doing actions as per the food groups
- Bean bag and soft ball throw in the basket
- Freeplay- Buttoning and playdough
- Dance-Shake your sillies out



GROUP ACTIVITY

- Show and Tell-using healthy and unhealthy flashcards
- Sorting of healthy and unhealthy food-using flashcards of healthy and unhealthy foods and sorting them separately



HINDI

- Introduction to आ- using flashcard
- Work book- pg.10(colouring)
- Skill book- Pg 19 & 23(colouring)

CONCEPT/ COGNITIVE SKILLS

EVS

- Importance of Eating Healthy Food-using real and toy objects
- Introduction to Food Groups-big screen
- Introduction to Balanced Meal and Mealtime Routine-Benny's happy day story
- Worksheet-My Activity Book-Pg.17

MATH

- Introduction to number 3-using slate and counting objects
- Introduction to big and small-using real objects
- Introduction to colour blue-using paint and flashcards
- Worksheet-Numeracy Book-Pg.9,10,11
- Number Book-Pg.3-Tracing number 3

ENGLISH

- Introduction to letter D- flashcard and letter D friends
- Introduction to sight words-Mirror and cupboard-flashcard of the spelling and the picture
- Reinforcement of letters A, B, C and D- using flashcards of letters and friends
- Worksheet-Literacy Book- Pg 8 & 9
- Letter Writing-Pg.4-Trace letter D
- Notebook Writing- tracing letters A and B

