

Web- Let us Eat Healthy Pre-Nursery – 1 July to 4 July 2025

LANGUAGE ARTS

Story:

- Benny learns to share – Video
- The happy meal adventure - Video

Music-Rhythm-Movement – ICT

- Name Song
- Video on Food
- Healthy Food Song
- Follow the Beat
- Brush your Teeth
- After a Bath
- Cleaning song

PHYSICAL ACTIVITIES

- Free play – outdoor and indoor
- Parachute Play – children will hold the parachute and follow the instructions of the teacher
- Indore play – Yoga – simple bending and stretching exercise

ART & CRAFT

- Healthy Food – children will colour the food using a crayon picture of the art will be given.
- Glass of Juice – a picture of empty glass will be given children will colour using crayon.

CONCEPT/ COGNITIVE SKILLS

EVS

- Introduction to Healthy Food – through a story - using picture cards.
- Introduction to Unhealthy Food – using puppet and flashcards
- Healthy Habits and Exercise – Fruit Vendor using PPT and oral conversation
- Introduction to community helper – Nurse – using PPT and oral conversation
- My activity book page – 13

MATH

- Recap of one to one correspondence – using slate and counters
- Introduction of Number 2- through story and tracing on slate
- Number Book pages – 8 and 9

ENGLISH

- Introduction to letter E - flashcard of letter and friends of letter
- Literacy Book pages – 9 and 10
- Pattern book page 6 - trace the sleeping line using crayon
- Picture Talk – Activity book page 12 – oral conversation

Let us Eat Healthy



Active Learning / STEAM

- Healthy food Hunt – using picture cards
- Sorting – using healthy and unhealthy food picture cards
- Bathing the Doll – Doll wash – using toy doll demo by teacher

