

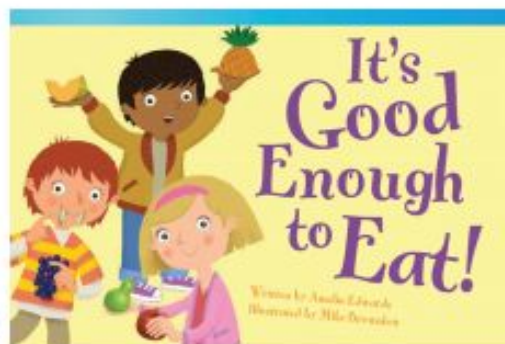
For ages  
6 & up!



# A Fun Guide

to Storytelling and Activities

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Inspired by:

**It's Good Enough to Eat**  
by Amelia Edwards



Fun reading  
starts here!

Me Books





# Foreword

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**Hello educators!**

**This serves as a storytelling and activity guide to make learning fun and interactive in the classroom. We want to inspire young learners by bringing stories to life.**

**We hope you and your students enjoy the contents of this guide just as much as we do!**

**Me Books Asia**



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## OVERVIEW & PURPOSE

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Teaching students about different types of fruits and vegetables in the world and cultivating imaginative thinking.

## LEARNING OUTCOME

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1. Familiarising students with different types of fruits and vegetables.
2. Learning the importance of eating fruits and vegetables.

# Contents

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|   |    |
|---|----|
| <b>Activities - during storytelling</b> ..... | 1  |
| <b>Activities - post-storytelling</b> .....   | 7  |
| <b>Novice</b> .....                           | 8  |
| Stamp! (10 Mins)                              |    |
| A Healthy Me Everyday (10 Mins)               |    |
| To-may-toe Toh-mah-tow (20 Mins)              |    |
| <b>Intermediate</b> .....                     | 12 |
| The Produce Platter (20 Mins)                 |    |
| Are All Greens Really Green? (20 Mins)        |    |
| The Vege Garden (25 Mins)                     |    |
| <b>Advanced</b> .....                         | 14 |
| It's Fun To Eat Fruits and Veggies! (40 Mins) |    |
| The Taste Test (40 Mins)                      |    |
| Healthy & Yummy (40 Mins)                     |    |

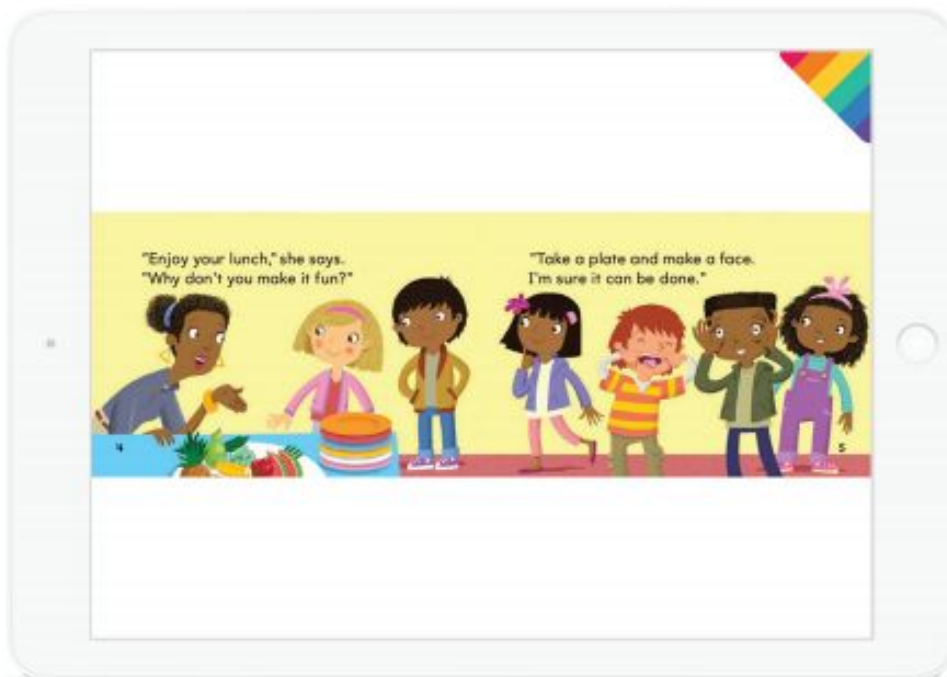


# **ACTIVITIES**

## **- during storytelling**



**Engaging children with creative play and questions that involve participation throughout the process.**

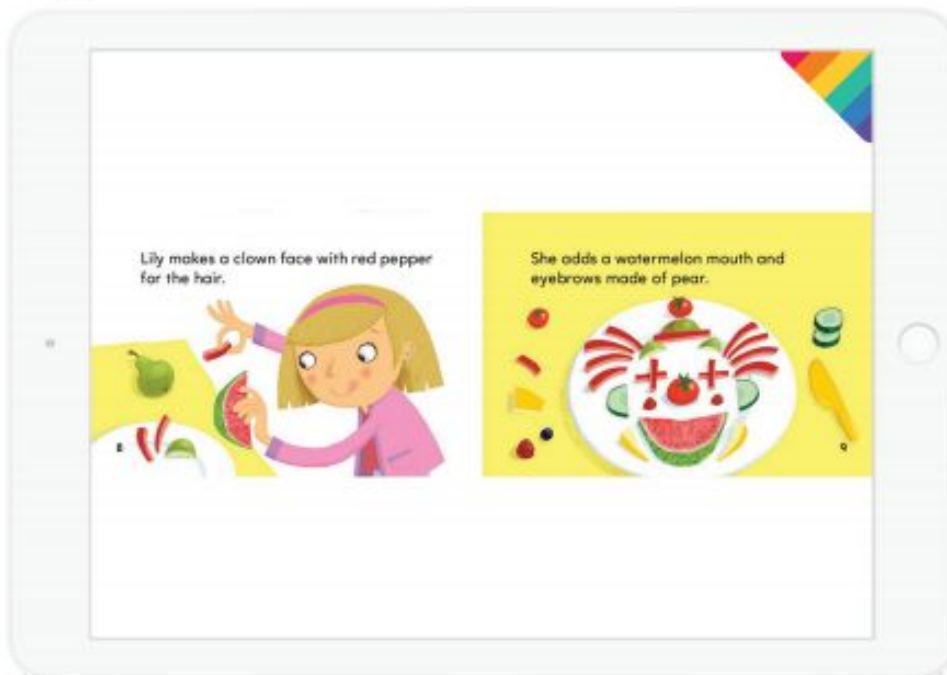
**1** Ask students the question - What time do you eat lunch?**2** Make a funny face.



- 3 **What other are the fruits you see on Marco's plate?**  
(Suggested answer: Grapes, Watermelon, Pears)



- 4 **What other fruits or vegetables do you see on Lily's plate?**  
(Suggested answer: Tomatoes, Cucumber)



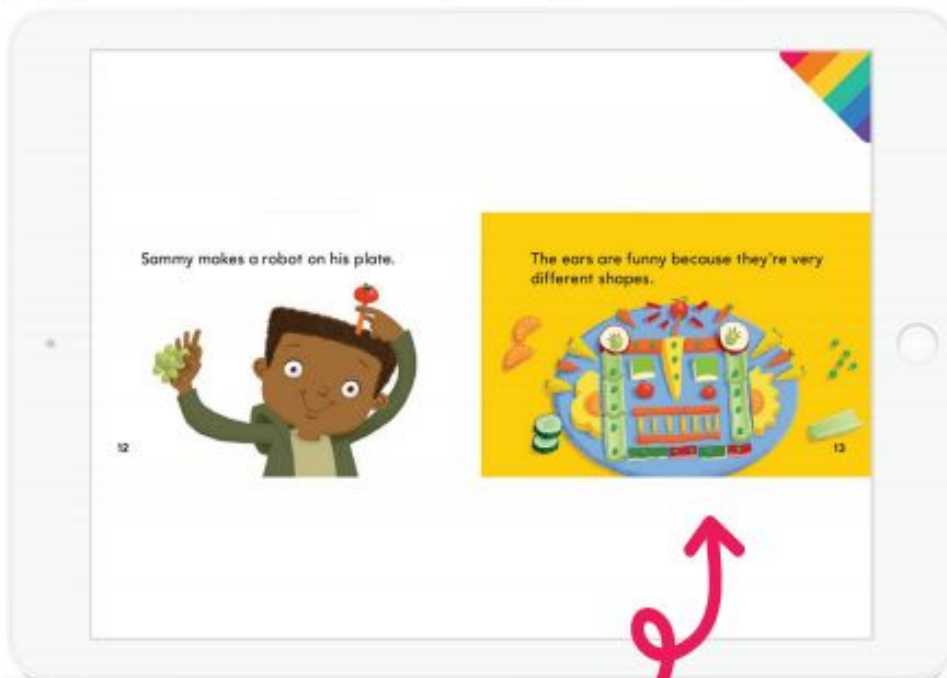
5

How do you roar like a tiger? Use the "Draw & Record" function to record the loud majestic roars.



6

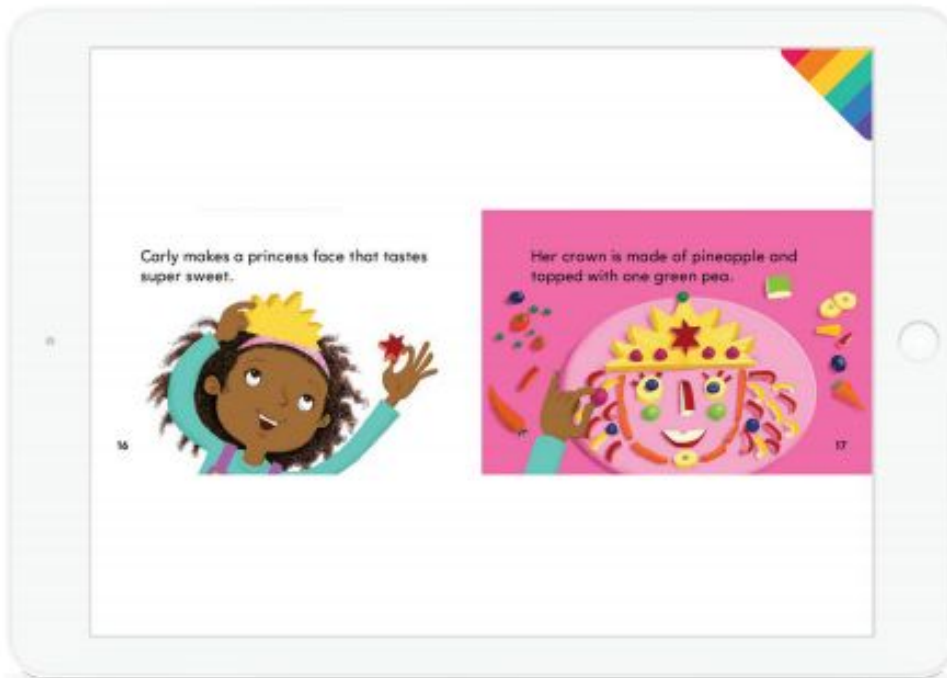
What fruits and vegetables do you see on Sammy's plate?  
(Suggested Answers: Carrots, Celery, Tomatoes)



7

Does Sammy's robot look like him?

**8** Raise your hand if you like to eat pineapples!



**9** From left to right, name all the faces on the plate (From left to right: clown, alien, cat, tiger, robot, princess).





# ACTIVITIES

## - post-storytelling



**Each level is based on the difficulty of the activity and approximately how long each activity will take.**



NOVICE LEVEL

TIME



INDIVIDUAL

## 1.1 Stamp!

Instructions:

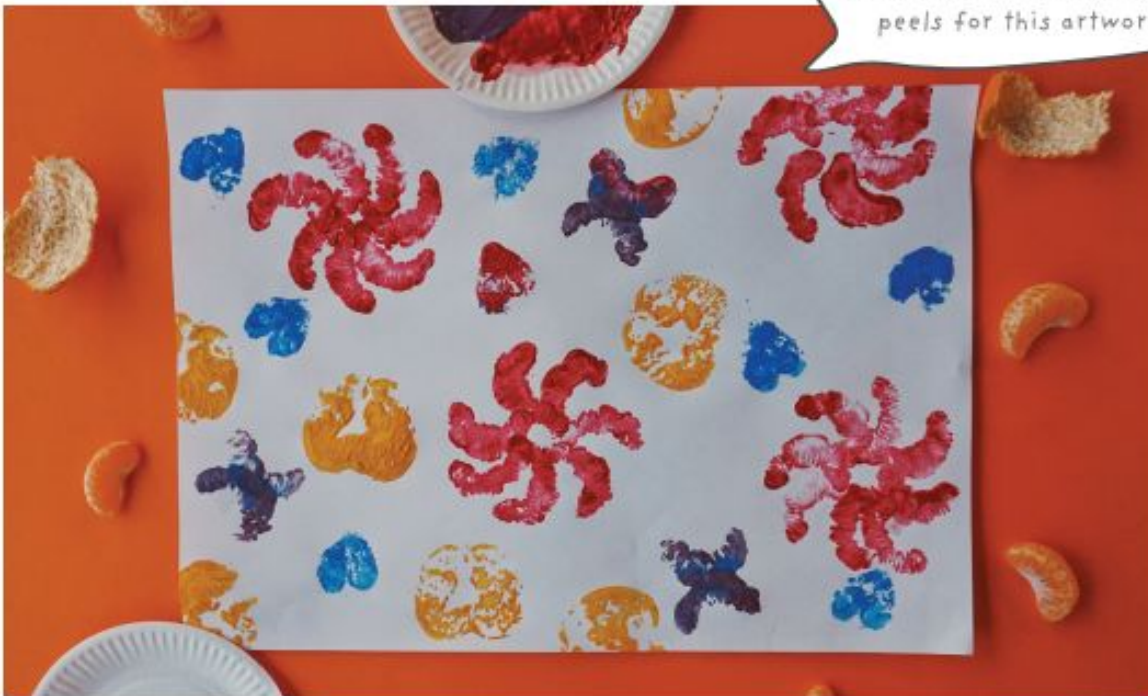
**Use various fruits and vegetables to create fun patterns!**

What students will learn:

An increased knowledge of the abundant variety of fruits and vegetables.

Example:

We used mandarin oranges, apples and mandarin orange peels for this artwork!





## 1.2 A Healthy Me Everyday








### Instructions:

Fill in a fruit or vegetable for every day of the week. Make sure every day is a different one!

### What students will learn:

An increased knowledge of the abundant variety of fruits and vegetables.

### Example:

| Days      | Fruit/Vegetable   |
|-----------|---|
| Monday    |  |
| Tuesday   |  |
| Wednesday |  |
| Thursday  |  |
| Friday    |  |
| Saturday  |  |
| Sunday    |  |

Retrieve the template from page 17 or

download activity sheet here:  
<http://bitly.com/vol6003a>



NOVICE LEVEL

TIME



## 1.3 To-may-toe Toh-mah-tow

Instructions:

**Create your very own tomato in this fun arts and crafts.**

What students will learn:

Help students practice and refine their creative process.



### Materials Needed:

1. Paper plate

2. Brush

3. Red or orange paint

3. Glue

4. White paper

4. Green paper

7. Marker pen



## How to:



- 1 First, prepare all your materials.



- 2 Paint the entire paper plate in the shade of red or orange.



- 3 Once you're done, draw a pair of eyes on the white paper. As for the green paper, draw out the tomato stem, in the shape as shown above.



- 4 Cut out the eyes and the stem using a pair of scissors.



- 5 Paste the eyes and stem with glue on the plate.



- 6 Draw a smiley face for a finishing touch!



or



INDIVIDUAL

GROUP WORK

## 2.1 The Produce Platter

### Instructions:

**Draw out your favourite fruits and vegetables on the plate. Then, state which is your favourite fruit or vegetable and why. Get the students to present it in class.**

### What students will learn:

Teaching students to identify and acknowledge their preference for fruits and vegetables.

### Example:





## 2.2 Are All Greens Really Green?







### Instructions:

According to the colours, draw fruits and vegetables that belong in the same colour.

### What students will learn:

Identifying and recognising fruits and vegetables through the diversity of colours.

### Example:

| Colour | Fruit   | Vegetable   |
|--------|---|---|
| Yellow |  |  |
| Orange |  |  |
| Purple |  |  |

Retrieve the template from page 18 or

download activity sheet here:  
<http://bitly.com/vol6003b>

## 2.3 The Vege Garden

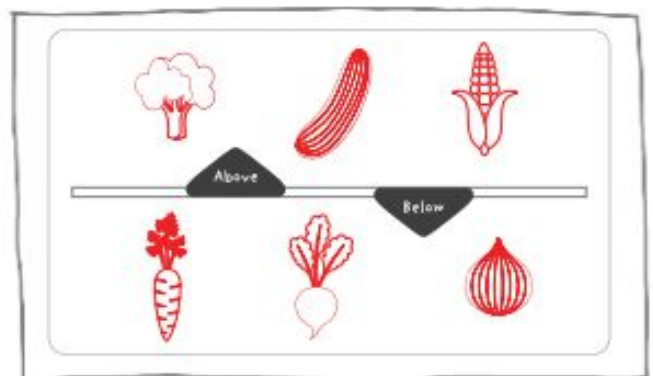
### Instructions:

What vegetables can you find above and below the ground? Use a large piece of cardboard paper and draw a horizontal line in the middle (with the top to represent above ground and bottom to represent below the ground) to classify the vegetables accordingly.

### What students will learn:

Categorising vegetables that grow in different places.

### Example:





### 3.1 It's Fun To Eat Fruits and Veggies!









**Instructions:**

**Draw the food or drinks that belong to these vitamins and minerals and state one benefit for each vitamin and mineral.**

What students will learn:

Understanding the important benefits found in fruits and vegetables.

**Answers:**

| Nutrition | Benefit                        | Food/Drinks   |
|-----------|--------------------------------|---|
| Vitamin A | Good for eyes                  |  Carrot    |
| Vitamin B | Brain growth, blood production |  Broccoli  |
| Vitamin C | Fight diseases                 |  Lemon     |
| Vitamin D | Bone Growth                    |  Mushroom  |
| Vitamin E | Skin and immunity              |  Almond    |
| Calcium   | Bone Growth                    |  Milk      |
| Potassium | Heart function                 |  Pineapple |
| Sodium    | Muscle function                |  Salt      |

Retrieve the template from page 19 or

download activity sheet here:  
<http://bitly.com/vol6003c>

### 3.2 The Taste Test





**Instructions:**

**Categorise fruits and veggies into these different tastes: sweet, salty, sour, bitter and spicy. For hands-on learning, educators can also opt to prepare fruits and veggies for a simple taste experiment.**

What students will learn:

Identifying the flavours found in different fruits and vegetables.

**Example:**

| Taste  | Fruits and Vegetables  |
|--------|--|
| Sweet  |  Apple        |
| Bitter |  Bitter melon |
| Sour   |  Orange       |
| Spicy  |  Chilli       |

Retrieve the template from page 20 or

download activity sheet here:  
<http://bitly.com/vol6003d>



## 3.3 Healthy & Yummy!

### Instructions:

**Ask these questions in class and have an open discussion with students.**

#### What students will learn:

Enhancing general knowledge and gets student thinking about the questions surrounding fruits and veggies.

### Q1.

**Where do you get fruits and vegetables from?**

Suggested answers: From the farm, grocery, my garden

### Q2.

**Who grows the fruits and vegetables?**

Suggested answers: Farmers, Gardeners

### Q3.

**Why are fruits and vegetables important? Give 3 reasons.**

Suggested answers:

1. Keeps us healthy and strong
2. A good food source
3. Protects us against diseases

### Dear educators,

These are open-ended questions. There are no right or wrong answers but these questions help broaden thinking processes in students, develop speech and language skills and build confidence in self expression.

# Stickers of Encouragement



## Dear educators,

Stickers give students a sense of pride and accomplishment. Hand these out to them as a motivation booster with words like 'Good job!' or 'Keep it up!'.

This is a preview of stickers that will be distributed along with the book.

Name:

Class:

**Instructions:**

Fill on a fruit or vegetable for everyday of the week. Make sure everyday is a different one!

| Days      | Fruit/Vegetable |
|-----------|-----------------|
| Monday    |                 |
| Tuesday   |                 |
| Wednesday |                 |
| Thursday  |                 |
| Friday    |                 |
| Saturday  |                 |
| Sunday    |                 |

**Name:****Class:****Instructions:**

According to the colours, draw fruits and vegetables the belong in the same colour.

| Colour | Fruit | Vegetable |
|--------|-------|-----------|
| Yellow |       |           |
| Orange |       |           |
| Purple |       |           |



Name:

Class:

**Instructions:**

Draw the fruits or vegetables that belong to these vitamins and minerals and state one benefit for each vitamin and mineral.

| Nutrition | Benefit | Food/Drinks |
|-----------|---------|-------------|
| Vitamin A |         |             |
| Vitamin B |         |             |
| Vitamin C |         |             |
| Vitamin D |         |             |
| Vitamin E |         |             |
| Calcium   |         |             |
| Potassium |         |             |
| Sodium    |         |             |

Name:

Class:

**Instructions:**

Categorise fruits and vegetables into these different tastes:  
sweet, sour, bitter and spicy.

| Taste  | Fruits and Vegetables |
|--------|-----------------------|
| Sweet  |                       |
| Bitter |                       |
| Sour   |                       |
| Spicy  |                       |





**This guide serves to assist educators in  
storytelling and activities in the classroom.**

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**#InstillingValuesBeyondPages**

