



Design a Healthy Meal

Objective:

Pupils will identify healthy food choices and create a balanced meal using suitable vocabulary, sequencing words and simple sentences.

Instructions:

- 1 Work in groups of 3–4.
- 2 Each group receives pictures or word cards of different foods and drinks.
Examples: rice, milk, apples, carrots, chicken, bread, juice.
- 3 Sort the foods into:
 - Countable nouns
 - Uncountable nouns
- 4 Discuss and choose healthy foods to create a balanced meal.
- 5 Write a short paragraph (50–80 words) about your healthy meal. Use:
 - sequencing words (*first, then, next, finally*)
 - health adjectives (*healthy, energetic, fit, strong*)
- 6 Present your healthy plate to the class.

Example Paragraph

'First, I ate rice with grilled chicken and vegetables. Then, I ate an apple for a snack. Next, I drank a glass of milk. Finally, I felt healthy and energetic after my meal.'

Helpful Words	
Sequencing Words	Health Adjectives
• first • then • next • finally	• healthy • energetic • fit • strong