

EATING WELL

Read

1. Read the poem about aunty Faatimah's delicious sandwich.

DELICIOUS SANDWICH

Aunty Faatimah is making a delicious sandwich. She first takes the bread and cuts it. She takes some vegetables and washes them and then cuts them up.

Aunty is careful that she doesn't cut herself.



2. Let's answer questions about Aunty Faatimah's sandwich.

a. What is Aunty Faatimah making?

b. What does she do first?

c. Which vegetables does Aunty Faatimah use?

d. What else can you see in Aunty Faatimah's sandwich?

e. Do you think Aunty Faatimah's sandwich is healthy?

3. Follow the instructions to make a fruit salad.

a. Slice all the fruits



b. Get a bowl from the kitchen



c. Put all the sliced fruits in the bowl



d. Pour yogurt over the fruits



e. Enjoy your fruit salad



4. Now it's time for you to create your own fruit salad! Using pictures from magazines.