

# Our Healthy Fridge

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## Introduction

Our Healthy Fridge is a handmade craft that was created in school year 2012-2013.

It is a creative and fun way to teach and revise basic vocabulary.

## Aim

To consolidate pre-taught language (colours, fruits and vegetables, Do you like... What colour is.. )

## Objectives

- ✓To activate knowledge.
- ✓To revise vocabulary.
- ✓To practise pronunciation
- ✓To motivate and engage pupils in the learning process.
- ✓To support creative expression.
- ✓To enhance healthy eating habits.
- ✓To have fun by using pre-acquired knowledge.

## Skills

- ✓Speaking
- ✓Drawing / cutting skills
- ✓Fine motor skills
- ✓Collaborating

## Procedure

Pre-taught A' class PEAP activities:  
B4-Colours  
B7-Food and sweets

Equipment:  
One shoe box  
Colouring pages of fruits and vegetables  
Markers  
Scissors  
Glue

Class arrangement:  
Individual

### STEP 1

T. hands out a colouring page to each students and asks them to colour in all the fruits and the vegetables.

### STEP 2

T. asks students to cut out the items .

T. starts a class discussion on the eating habits of the students. Ss. answer questions about their likes and dislikes, for example, "Maria, do you like apples?"



## Procedure

### STEP 3

Presentation of the fridge:

T. places the shelves in the fridge (each shelf is of a different colour) .

T. asks the students to place one item on the correct shelf.

Ss. choose the fruit or vegetable they like most and place it on the shelf saying the name and the colour of the item they hold, for example, "This is a yellow banana"

### STEP 4

Ss. choose the fruit or vegetable they like most and place it on the shelf saying the name and the colour of the item they hold, for example, "This is a yellow banana"

TIME NEEDED: 1 teaching hour (45').

## Outcomes

Language learning outcomes:

Vocabulary related to colours, fruits, vegetables, this is/these are, Wh-questions, expressing preferences.

Pedagogical outcomes:

Creating healthy eating habits.

Developing skills (artistic, language, collaborative, etc.)

## Conclusion

Pupils clearly have a lot of fun during the lesson and it is a wonderful opportunity to be creative in the classroom. This is also an effective way of recycling vocabulary in a freer way rather than traditional classroom drilling.

## References

PEAP, Teaching-Learning Materials, A grade, Cycle B: Activities B4, B7. Available at <http://rcel.enl.uoa.gr/peap> (Accessed :9<sup>th</sup> June 2013)

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## For Further Information

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