NUTRITION: FRUITS

The lesson on fruits begins in the classroom. Teacher teaches the names of different types of fruits.. The children learn about different characteristics and descriptions of fruits.
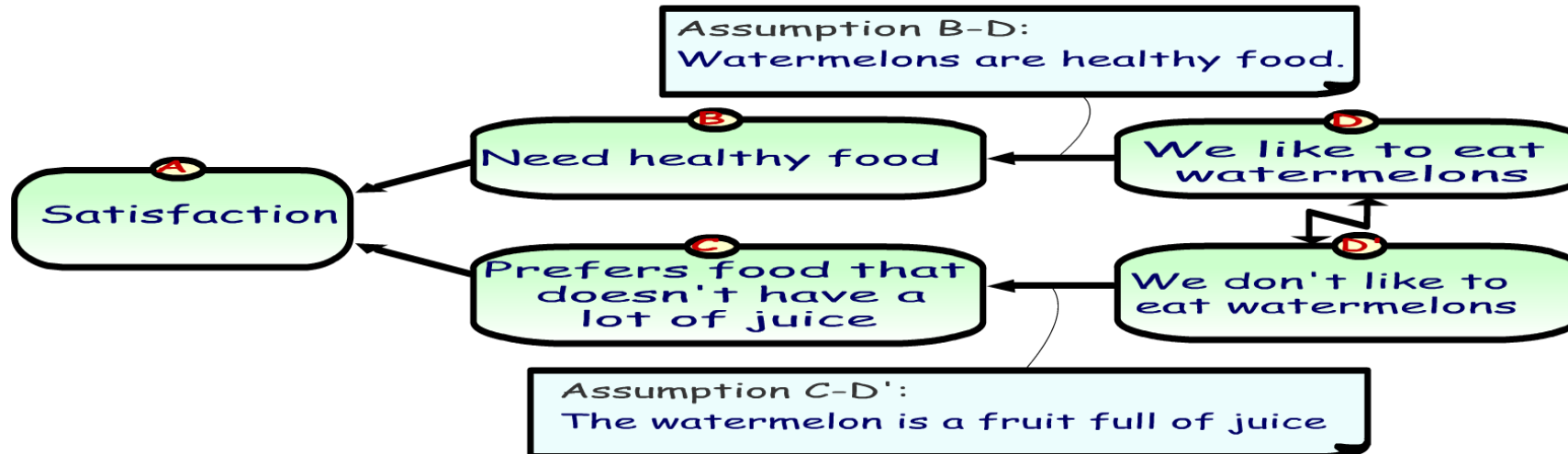
The long corridor outside the classroom is drawn with several Cloud diagrams for the classes to use.

USING THE CLOUD TO UNDERSTAND LIKES AND DISLIKES

WHAT ARE THEY LEARNING USING THE CLOUD? :

Mrs. Saarah would like the children to think through what they want about something (Fruits) and understand their needs.

This is the Cloud they made for the lesson:

Assumption B-D:
Watermelons are healthy food.

B
Need healthy food

A
Satisfaction

D
We like to eat watermelons

C
Prefers food that doesn't have a lot of juice

D
We don't like to eat watermelons

Assumption C-D':
The watermelon is a fruit full of juice

The children communicated their thoughts :

A-B-D: In order to feel satisfaction, they need healthy food, therefore they like to eat watermelons.

A-C-D': In order to feel satisfaction, they prefer food that doesn't have a lot of juice, therefore they don't like to eat watermelons.

The WIN–WIN Solutions

- Eat other types of food that are healthy
- Eat other fruits that don't have so much juice e.g guava, apples, etc

Can you eat food that is healthy but does not have a lot of juice?

Assumption B-D:
Watermelons are healthy food.

B Need healthy food

A Satisfaction

D We like to eat watermelons

C Prefers food that doesn't have a lot of juice

D' We don't like to eat watermelons

Assumption C-D':
The watermelon is a fruit full of juice