LEARNING AND TEACHING RESOURCES FOR UPPER PRIMARY LEVELS (ENGLISH LANGUAGE)

GIFTED EDUCATION SECTION, CDI, EDB
<table>
<thead>
<tr>
<th>Topic:</th>
<th>Healthy eating</th>
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</table>
| Learning Objectives: | ➢ To learn about the importance of fruit and vegetables to keep us strong;  
➢ To learn the features of acrostic poems;  
➢ To create acrostic poems on their favourite fruit or vegetables with original and informed ideas;  
➢ To enhance students’ creativity through language arts; and  
➢ To develop reading, writing, listening and speaking skills. |
| Language Focuses: | ➢ To understand the features of an acrostic poem |
Part 1: Getting started

Do you know the English names of the fruit and vegetables in the photos? Let’s label them!
SHARE WITH YOUR FAMILY/TEACHERS/FRIENDS

- How many fruit and vegetables in the photos do you know?
- Which one is your favourite? Why?
- When do you eat it and how often do you eat it?

Reference: all photos are extracted from the website of Centre for Health Protection, Department of Health
Miss Chan, your class teacher, wants you and your classmates to stay healthy during the outbreak of COVID-19. She told you that in order to improve health and reduce risks of getting COVID-19, it is really important for you to have enough fruit and vegetables every day. She sent you a video (Slide 7) to watch and asked you to answer Questions 1 to 3.
1. How many servings of fruit should we have every day?

2. People usually have fruit and vegetables in every meal. What other time can we have fruit and vegetables?

3. Fill in the blanks with appropriate words from the video:

   It is important for us to have enough fruit and vegetables every day because fruit and vegetables can ________ the risk of many __________ diseases.

Reference:
After watching the video, you look for more information about fruit and vegetables on the website of Centre for Health Protection. Read the information and answer Questions 4 to 7.

4. What makes fruit and vegetables good for our health?

5. Your friend, John, spends so much time on his smartphone that he has started to have blurred vision. He should eat more fruit and vegetables because they contain:

A. dietary fibre
B. potassium
C. vitamin C
D. β - carotene

6. Which photo below shows a fist?

A.  

B.  

C.  

7. Jack has two glasses of fresh tomato juice and a medium-sized banana today. Does he have enough fruit and vegetables intake for a day?

Part 3: Learning about Acrostic Poems

What are acrostic poems?

An acrostic poem is a poem where the first letters of each line spell out a specific word vertically that acts as the theme of the poem and lines can be made up of single word or phrases. All the lines in an acrostic poem are written about the focus word.

Easy steps to write acrostic poems

1. Decide what to write about (the focus word).
2. Write your word down vertically.
3. Brainstorm words or phrases that describe your word.
4. Create an acrostic poem using the vocabulary you brainstormed.
Read poem 1 and know more about acrostic poems.

Poem 1:

FRUIT

- Fruit and vegetables are healthy choices
- Really easy to buy them from shops
- Usually we eat 5 servings of fruit and vegetables a day
- It gives us energy and protection
- To stay strong and fit!

- Ideas in the lines are all about fruit
  (e.g. healthy choices, 5 servings, energy, protection, stay strong and fit)

- The first letters of each line spell out the word “FRUIT” (the focus word and title of the poem)

- You could write the first letter in bold, or colour it to make the letters of the focus word stand out more!

- A title (the name of the thing you describe)
Read Poem 2 and find out how the use of descriptive language can enrich your poem and make it interesting!

Poem 2:

```
CARROT

Carrots orange, long and bright
Amazing
Ready to be shredded thin
Rabbits also love the green tops on them
Oh carrots are crunchy, cold and sweet
These are my favourite snack to eat!
```

The first letters of each line spell out the word “CARROT”

Lines can be made up of single word or phrases

“Sweet” and “Eat” rhyme

Extended Learning
Click HERE to learn more about rhyme in poems!
The poet describes carrots in different ways. Can you identify them? Look at the **adjectives** carefully and **circle** them.

**CARROT**

**C**arrots orange, long and bright

**A**mazing

**R**eady to be shredded thin

**R**abbits also love the green tops on them

**O**h carrots are crunchy, cold and sweet

**T**hese are my favourite snack to eat!
**CARROT**

Carrots orange, long and bright
Amazing
Ready to be shredded thin
Rabbits also love the green tops on them
Oh carrots are crunchy, cold and sweet
These are my favourite snack to eat!

Read the acrostic poem “Carrot” again and fill in the table on the right.

<table>
<thead>
<tr>
<th>Areas described</th>
<th>Adjectives in the poem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taste</td>
<td>➤ orange</td>
</tr>
<tr>
<td></td>
<td>➤ green</td>
</tr>
<tr>
<td></td>
<td>➤ ___________</td>
</tr>
<tr>
<td>Parts</td>
<td>➤ green tops</td>
</tr>
<tr>
<td></td>
<td>➤ long</td>
</tr>
<tr>
<td></td>
<td>➤ thin</td>
</tr>
<tr>
<td>Texture</td>
<td>➤ ___________</td>
</tr>
</tbody>
</table>
Part 4 : Writing Task (An Acrostic Poem)

Create an acrostic poem on your favourite fruit or vegetables making use of the choice board below.

<table>
<thead>
<tr>
<th>size</th>
<th>colour</th>
<th>shape</th>
<th>others</th>
</tr>
</thead>
<tbody>
<tr>
<td>taste</td>
<td>texture</td>
<td>parts</td>
<td></td>
</tr>
</tbody>
</table>

You may even illustrate your poem!
You may work on any ONE of the levels below.

(a) Brainy Beginner

Create an acrostic poem on one of your favourite fruit or vegetables. Please describe your favourite fruit or vegetables on any one or two area(s) from the choice board. Make sure your poem has at least four lines.

(b) Logical Learner

Create an acrostic poem on one of your favourite fruit or vegetables. Please describe your favourite fruit or vegetables on any three or four areas from the choice board. Make sure your poem has at least five lines.

(c) Creative Challenger

Create TWO acrostic poems on your favourite fruit or vegetables. Please describe your favourite fruit or vegetables on more than four areas from the choice board (preferably ideas on “others”). Make sure each poem has at least five lines.
Self-evaluation
Use the checklist below to evaluate your work. Put a tick in the appropriate boxes.

☐ My poem includes a title and I have written the title in capital letters.

☐ I have started each line with the correct letter from the fruit/vegetables I choose.

☐ I describe my favourite fruit/vegetables with details using the choice board.

☐ (For Creative Challenger) I describe my favourite fruit/vegetables in at least two areas on “Others” from the choice board.

☐ All the lines in the poem are about my favourite fruit/vegetables.

☐ I use new and interesting vocabulary.

☐ I have checked my spelling carefully.
What is a rhyme?

A rhyme is a repetition of similar sounding words, often occurring at the end of lines in poems or songs. A rhyme can bring rhythm or musicality to poems.

Watch the ETV on the right and listen to Uncle Teddy’s rhyme (video from 3’58” to 5’36”) to know more about rhyming words!

Reference:
https://www.hkedcity.net/etv/resource/514153493
Do you remember the rhyme Uncle Teddy performed in the ETV? Read the rhyme below and circle the rhyming words!

Bounce, bounce, bounce
Bouncing up and down
Bounce, bounce, bounce
Bouncing all around
Let's all turn around
Touch the grassy ground

“Bounce”, “down”, “around” and “ground” have the same end sound /ʊnd/

They are rhyming words!
Extended activity

Part A: Draw a line connecting each word on the left with a word on the right that rhymes with it. One has been done for you as example.

- see -> tapes
- kites -> change
- sink -> door
- orange -> Kong
- grapes -> pink
- potato -> radio
- strong -> tree
- floor -> nights

If you are not sure how the words sound, check the online dictionaries (links on slide 24) and listen to the pronunciations!
How many correct pairs of rhyming words do you have?

Suggested Answers

- see
- kites
- sink
- orange
- grapes
- potato
- strong
- floor

- tapes
- change
- door
- Kong
- pink
- radio
- tree
- nights
Extended activity

Part B: Read the acrostic poem below, can you find all the rhyming words? Circle them.

G
rapes are juicy and sweet 
R
really tasty on the vine 
A
mazingly fresh in the heat 
P
urple or green are fine 
E
even if the grapes are sour 
S
urely they can give you ____________

One word is missing in the last line, can you think of a word to fill in the blank? The word should rhyme with “sour”.

Grapes are juicy and sweet
Really tasty on the vine
Amazingly fresh in the heat
Purple or green are fine
Even if the grapes are sour
Surely they can give you ________

Some words that rhyme with “sour”:
power, hour, tower, flower, flour, shower, empower, our
Which word fits in the blank and suits the meaning?
Visit the following dictionary web sites (in alphabetical order) to learn more about the pronunciation, definition and usage of words:

1. Cambridge Dictionary
   https://dictionary.cambridge.org/

2. Oxford Learner’s Dictionaries
   https://www.oxfordlearnersdictionaries.com/
After knowing about the importance and benefits of having fruit and vegetables every day, why don’t you learn to **cook some healthy fruit and vegetable meals** with your family?

Visit the following websites of the Centre for Health Protection, Department of Health to get some recipes:

For more information on combatting COVID-19, please visit the website of the Centre for Health Protection, Department of Health:

Part 1: Getting started (Slides 3 – 5)

Do you know the English names of the fruit and vegetables in the photos? Let’s label them!

- Peas
- Corn
- Pumpkin
- Broccoli
- Eggplant
- Tomato
- Cucumber
Suggested Answers

Apple

Grapes

Watermelon

Lemon

Kiwi

Peach

Plum
Suggested Answers

Jackfruit

Banana

Avocado

Reference: all photos are extracted from the website of Centre for Health Protection, Department of Health
Suggested Answers  (Slide 7)

Part 2: Reading & Listening – Knowing the Importance of Fruit and Vegetables

1. How many servings of fruit should we have every day?
   Two/2 servings of fruit

2. People usually have fruit and vegetables in every meal. What other time can we have fruit and vegetables?
   We can have fruit and vegetables as snack.

3. Fill in the blanks with appropriate words from the video:

   It is important for us to have enough fruit and vegetables every day because fruit and vegetables can reduce the risk of many chronic diseases.
4. What makes fruit and vegetables good for our health?
   *It is a rich source of water, dietary fibre, minerals, vitamins, etc.*

5. Your friend John spends a lot of time on his smartphone that he starts to have blurred vision, he should eat more fruit and vegetables because they contain:

   A. dietary fibre
   B. potassium
   C. vitamin C
   D. β-carotene

   *Suggested Answers (Slide 8)*
6. Which photo below shows a fist?

A. ![Hand gesture]

B. ![Hand gesture]

C. ![Hand gesture]

7. Jack has two glasses of fresh tomato juice and a medium-sized banana today. Does he have enough fruit and vegetables intake for a day?

No, he needs 2 servings of fruit and 3 servings of vegetables every day. But he only has 2 servings of fruit (a banana) and a little more than 2 servings of vegetables (2 glasses of tomato juice).
### Areas described | Adjectives in the poem
---|---
Taste | ➤ *sweet*

**Colour**
 ➤ *orange*
 ➤ *green*
 ➤ *bright*

Parts | ➤ *green tops*

**Shape**
 ➤ *long*
 ➤ *thin*

Texture | ➤ *crunchy*
Stay Positive and Be Proactive!
Together, We Fight Against the Virus!