

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



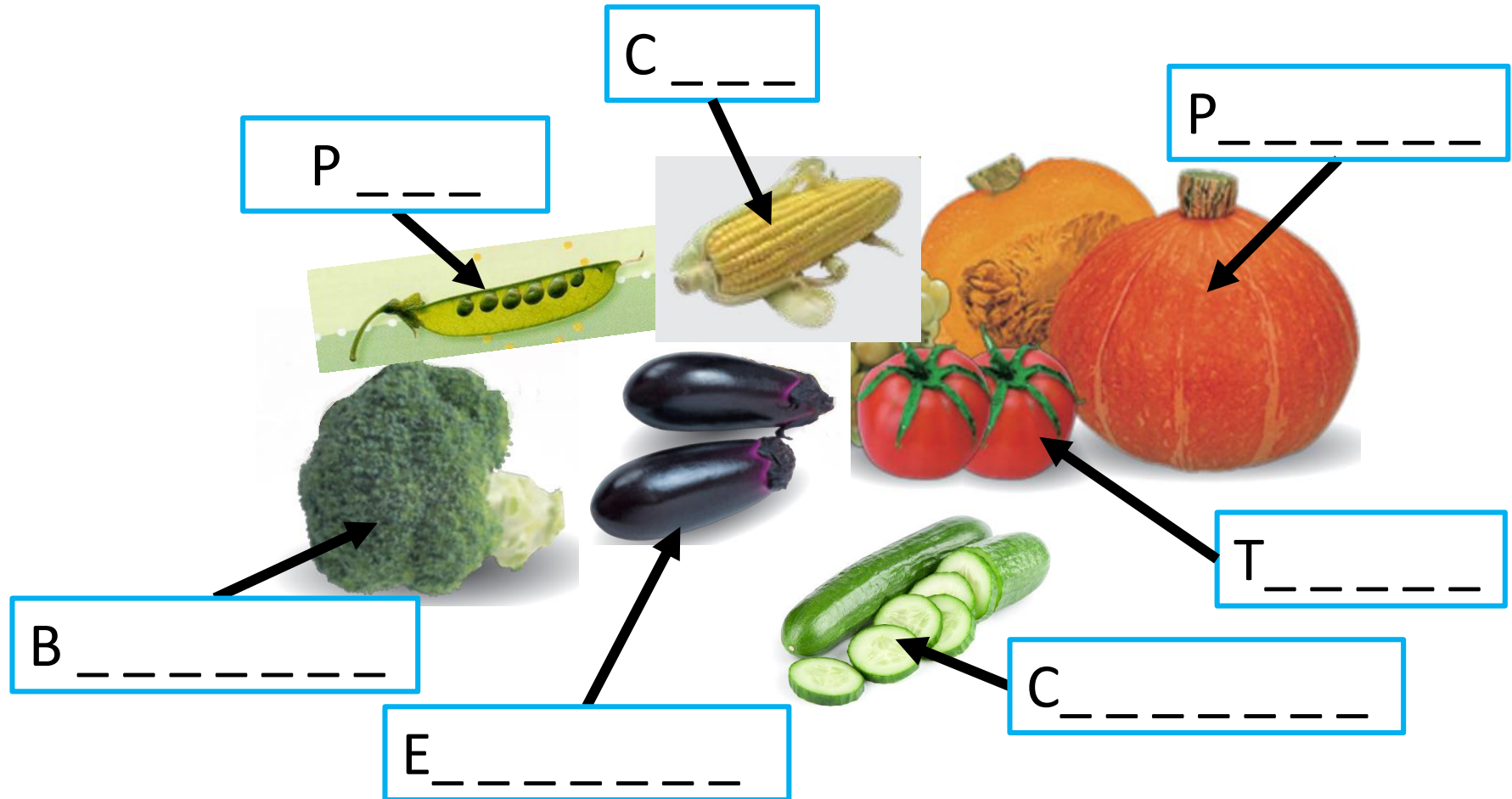
GIFTED EDUCATION SECTION, CDI, EDB

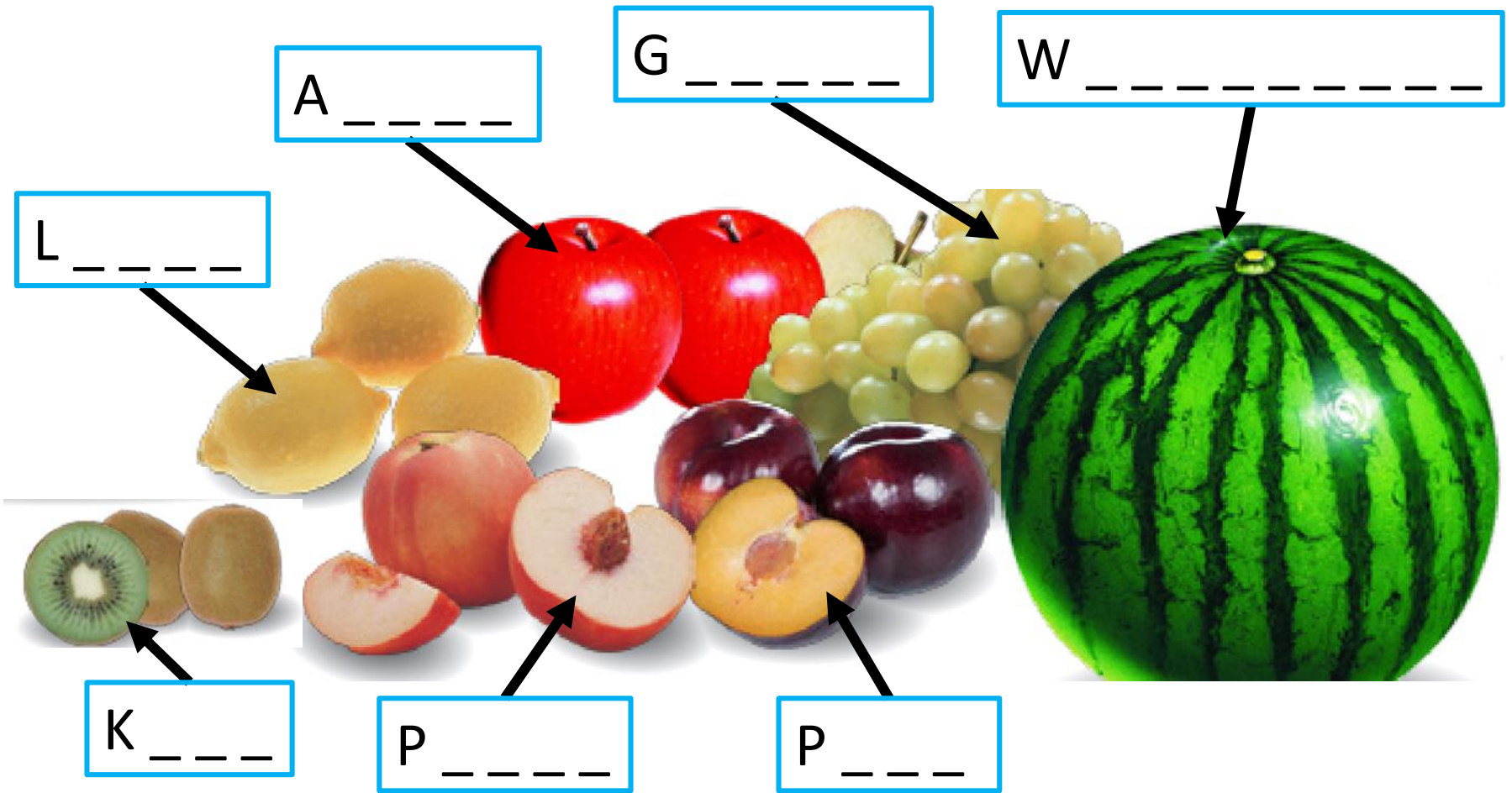


Topic:	Healthy eating
Learning Objectives:	<ul style="list-style-type: none"> ➤ To learn about the importance of fruit and vegetables to keep us strong; ➤ To learn the features of acrostic poems; ➤ To create acrostic poems on their favourite fruit or vegetables with original and informed ideas; ➤ To enhance students' creativity through language arts; and ➤ To develop reading, writing, listening and speaking skills.
Language Focuses:	<ul style="list-style-type: none"> ➤ 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!





J _ _ _ _ _

B _ _ _ _ _

A _ _ _ _ _

G _ _ _ _ _

[Click here for answers](#)

★ **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?

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

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:

Reference:

https://www.isd.gov.hk/eng/tvapi/19_md314.html



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

[Click here for answers](#)

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.

Nutritious fruit and vegetables in abundant choice

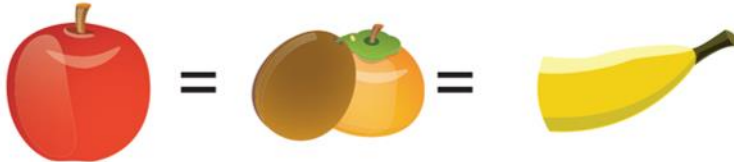
Fruit and vegetables are a rich source of water, dietary fibre, minerals, vitamins, etc., and thus very good for health. **Dietary fibre** helps stabilise blood sugar and prevent constipation. **Potassium** helps stabilise blood pressure. **Vitamin C** promotes growth and repair of cells and aids wound healing. **β -carotene** helps maintain good eyesight.



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

[Click here for answers](#)

"One serving of fruit"
is roughly equivalent to:



1 piece of
medium-sized
fruit (size of a
female's fist)

2 pieces of
small-sized
fruit

$\frac{1}{2}$ piece of
large-sized
fruit

"One serving of vegetables"
is roughly equivalent to:

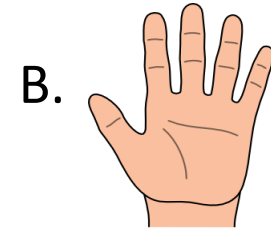


1 bowl of
raw
vegetables

$\frac{1}{2}$ bowl of
cooked
vegetables

$\frac{3}{4}$ glass of
freshly squeezed
vegetable juice
without
added sugar

6. Which photo below shows a fist?



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?

[Click here for answers](#)

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

★ A title (the name of the thing you describe)

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

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!

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

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

Read Poem 2 and find out how the **use of descriptive language** can **enrich your poem** and **make it interesting!**

Poem 2:

CARROT



★ Lines can be made up of single word or phrases

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!**

★ “Sweet”
and “Eat”
rhyme

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

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



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**

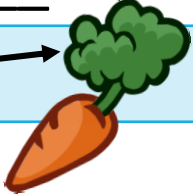
These are my **favourite** snack to eat!

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.

Areas described	Adjectives in the poem
Taste	➤ _____
_____	➤ orange ➤ green ➤ _____
Parts	➤ green tops → 
_____	➤ long ➤ thin
Texture	➤ _____

[Click here for answers](#)

Part 4 : Writing Task (An Acrostic Poem)

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

size	colour	shape	others
taste	texture	parts	

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.

Extended Learning : Rhyming words

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!



ETV, EDB > Subject > English Language Education

A A A

Let's move around

Author : ETV, EDB

Create Date : 26/04/2006

2 1 79



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**

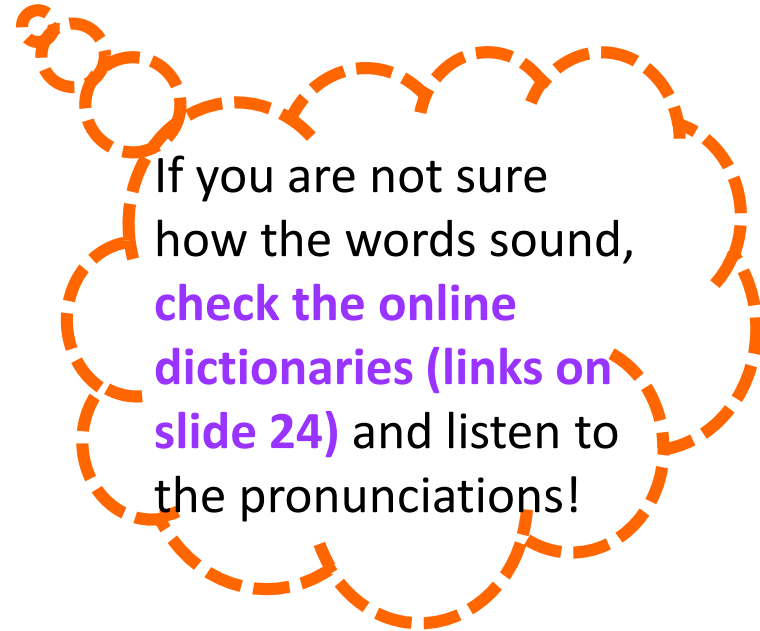
★ "Bounce", "down",
"around" and
"ground" have the
same end sound
/ʊnd/

They are
rhyming words!

Extended activity

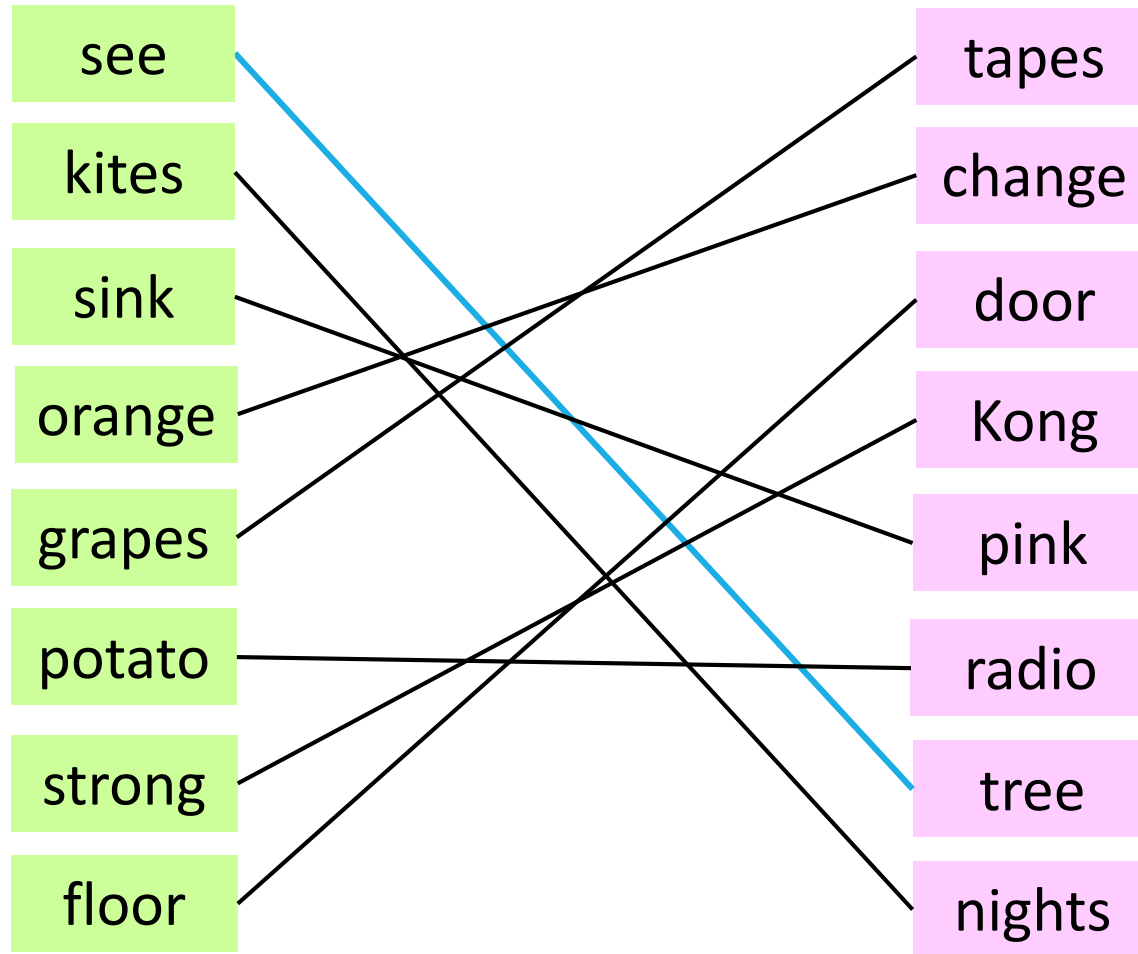
Part A: Draw a line connecting each word on the left with a word on the right that rhymes with it. One has been done for you as example.

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



Suggested Answers

How many correct pairs of **rhyming words** do you have?



Extended activity

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

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 _____

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”.

Suggested Answers

★ “sweet” rhymes with “heat”
“vine” rhymes with “fine”

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 power

Some words that rhyme with “sour”:

power, hour, tower, flower, flour, shower, empower, our

Which word fits in the blank and suits the meaning?

Go back to Slide 12

WORD WHIZ

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:

https://www.chp.gov.hk/en/resources/e_health_topics/12472.html



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

Local Situation Dashboard | Latest News | News Videos | What is COVID-19 | Clarifications | Useful Information | Updates on Infection Situation | Health Tips | Resource Centre | Community Involvement

Flights/trains/ships taken by confirmed cases of COVID-19 during the symptomatic phase in the past 14 days

Countries/areas with reported cases of COVID-19

Don't spread germs to those around you

Cover your cough

Cover your mouth and nose when sneezing or coughing

Dispose of the contaminated tissue properly

If tissue is not available, cough into your clothes or upper sleeves

DON'T

HEALTH TIPS

Stay at home as far as possible

Together, We Fight the Virus – Social Distancing

Epidemic Prevention Clinic Hand Hygiene

Epidemic Prevention Clinic – Hand Hygiene

Wash your hands properly, avoiding your face, rubbing your eyes

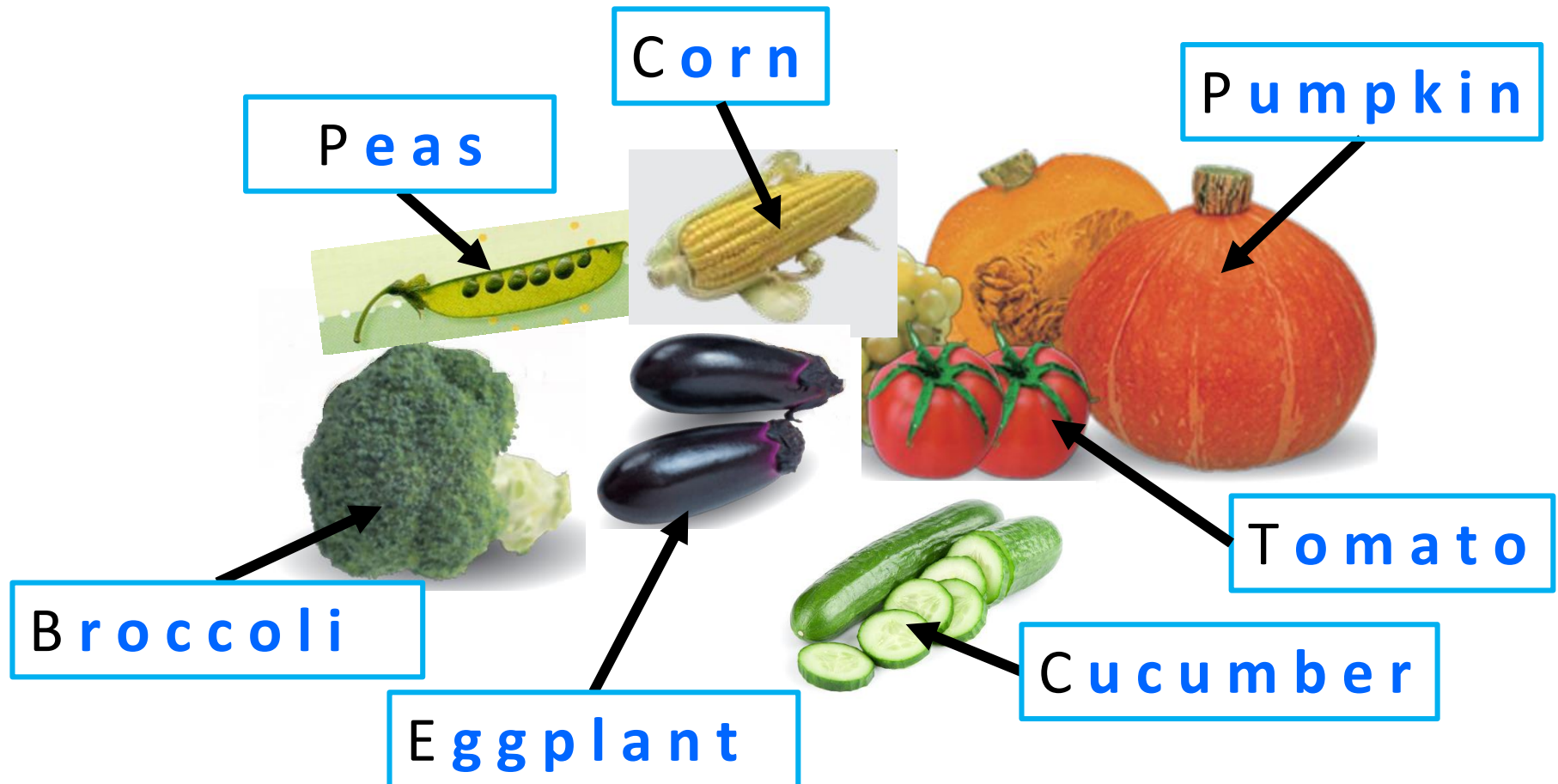
Together, We Fight the Virus!

<https://www.coronavirus.gov.hk/eng/index.html>

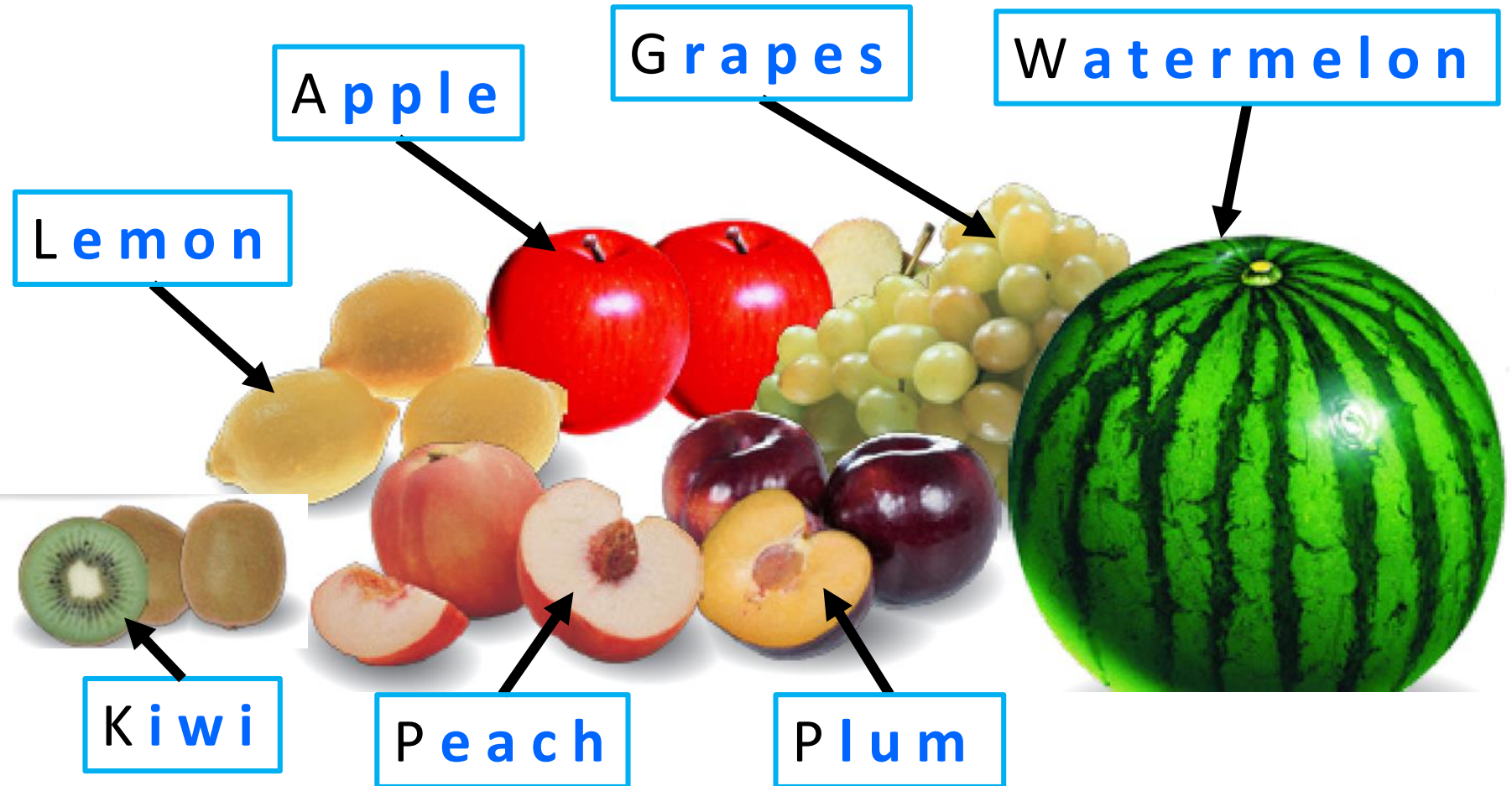
Suggested Answers

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!



Suggested Answers



Suggested Answers

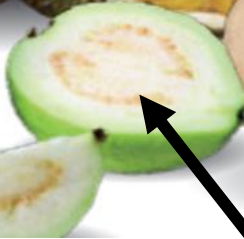
J a c k f r u i t



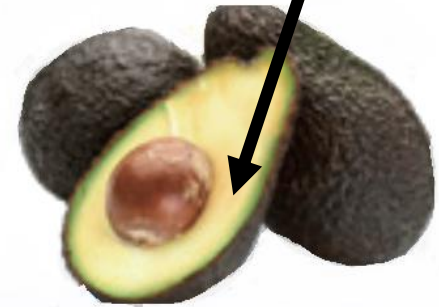
B a n a n a



G u a v a



A v o c a d o



[Go to Part 2](#)

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.



Go back to Reading

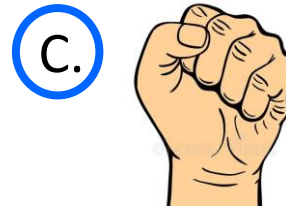
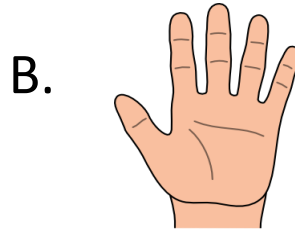
Suggested Answers (Slide 8)

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

[Go back to Reading](#)

Suggested Answers (Slide 9)

6. Which photo below shows a fist?



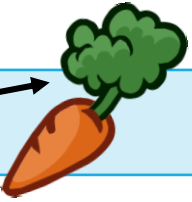
7. Jack has two glasses of fresh tomato juice and a medium-sized banana today. Does he have enough fruit and vegetables intake for a day?

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).

[Go to Part 3](#)

Suggested Answers

Part 3: Learning about Acrostic Poems (Slide 14)

Areas described	Adjectives in the poem
Taste	➤ <u>sweet</u>
<u>Colour</u>	➤ orange ➤ green ➤ <u>bright</u>
Parts	➤ green tops 
<u>Shape</u>	➤ long ➤ thin
Texture	➤ <u>crunchy</u>

[Go to Part 4](#)

Stay Positive and Be Proactive!
Together, We Fight Against the Virus!

