



Government of the Republic of Trinidad and Tobago

MINISTRY OF EDUCATION



Infants Activity Pack

Week 7-Term 1

World Food Day



Our actions are our future!

Let us strive for better nutrition, better food production, a better environment, and a better life.

Every year on **OCTOBER 16** **World Food Day** is celebrated.

We are reminded of the day in 1945 when the **Food and Agriculture Organisation (FAO)** of the United Nations was created to get **rid of hunger, improve nutrition and develop agriculture.**

Why celebrate World Food Day?

It is a day when we show our **appreciation** for the amazing food we eat. We also **think** about people around the world who do not have enough to eat.

On **World Food Day** this year, we will focus on **what we can do.**
We can:



- Help make or produce food
- Encourage those around us (including ourselves) to eat healthy foods
- Keep a healthy environment so that we can get more food
- Enjoy a better life eating the right foods.

Where does our food come from?

We get food from different sources:

- Plants
- Animals
- Factories (Processed Foods)



Our food comes mainly from **plants and animals.** Farmers work on the land to plant crops and rear animals for food. Fishermen work in the sea to gather seafood for us to eat.

Some foods like cereal and bread are made in factories. They are sold in are packages like boxes and cans.



Eating a Balanced Diet

We should eat less foods made in factories such as **chocolates, candies** and **sweets.** These foods have a lot of sugar and can give us cavities. They can also cause serious illnesses.



JUNK FOOD

We should also eat less fried and fatty foods. Foods such as fried chicken, chips and pizza contain a lot of salt, fat and preservatives that are bad for us.

We should be eating more natural food like:



Meats and Seafood



Fruits



Vegetables

Eating healthy starts with making healthy choices.

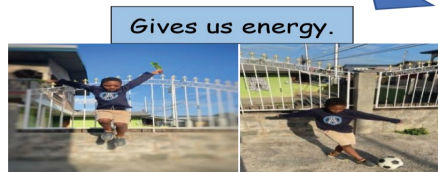
Eating foods that are good for you:



Helps the brain to work



Builds our muscles



Gives us energy.



Feeds the body



Review of the letters s,a,t,i

Infant 1

Length

Circle the pictures on each line with the same **beginning** sound as the first picture.

Draw and colour the other object described in each picture

a longer nail 	a shorter caterpillar
a wider gift box 	a longer toy train
a taller girl 	a shorter tree

Review of the letters s,a,t,i

Number Name

Circle the letter for the **beginning** sound of each picture.

Practice: Write the number names.

s a t i	s a t i
s a t i	s a t i
s a t i	s a t i

1 one		one		
2 two				
3 three				
4 four				
5 five				
6 six				
7 seven				
8 eight				
9 nine				
10 ten				

Phonics - long 'i'

Infant 2

Shape Castle

The letter "e" at the end of a word changes the short sound of the vowel, which comes before it, to a long sound.

For example: nine **9** ice

Read the words with the long 'i' sound. Draw a line from each word to the correct picture.

bike •

kite •

mice •

smile •

lime •

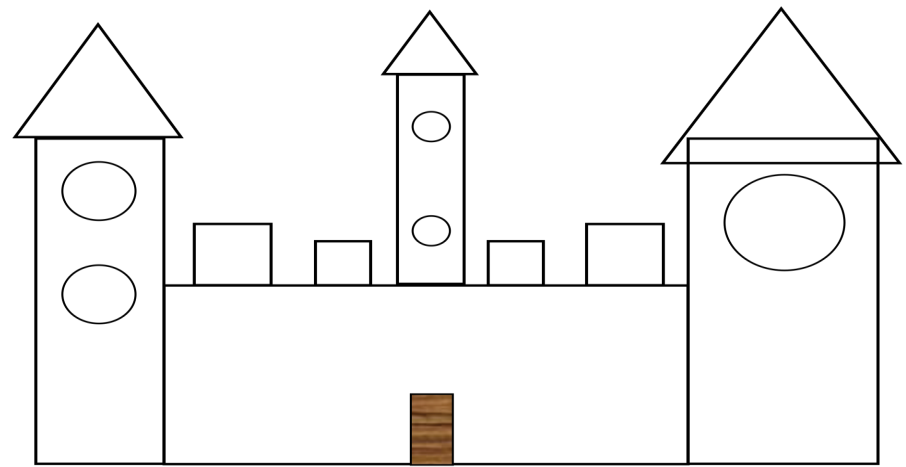
pineapple •

(A line is drawn from 'lime' to the lemon picture)

Read these sentences.
Mike can ride a bike and fly a kite.
We put ice in the lime and pine drink.

Complete the table then colour the castle. Use the clues as a guide

Clues	Shape	Colour
I have 4 straight sides. I have 4 corners. All my sides are the same		Blue
I have no corners. I go round and round no end to be found.		Yellow
I have 4 corners. I have 4 sides. I have 2 long and 2 short sides		Green
I have 3 corners. I have 3 sides.		Red



Sequencing

Look at the pictures. Write 1, 2, 3 or 4 in the boxes to put the story in order.



Tell the story to someone.

What is the lesson we can learn from this story? Circle one answer.

- A. We can eat ice cream on a hot day.
- B. We must make wise choices.
- C. We must share with others.

Number Concepts

Write in the missing numerals then cut out the images and order them from largest to smallest in the direction of the arrow.

1. →

2. →

3. →

Let us keep our land and sea healthy.

Our food comes from the **land** and **sea**. We should treat them with **respect** and **not** pollute them. We should **not**:

WATER

Dump litter and garbage into our seas and oceans



LAND

Burn our forest

Cut down the trees

Throw garbage on the ground



Enjoying a better life with the right foods

When we do not eat the right foods, diseases and health problems affect how we feel and what we can do.




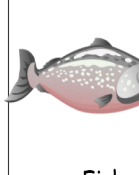
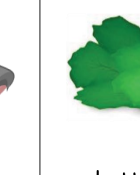
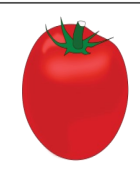


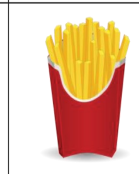




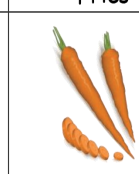

Health problems can include being **overweight** and suffering from diseases like **diabetes** (too much sugar in our diet).



Eating the right foods helps us have a better and happier life.

Activity

Circle the foods and drinks below that are good and healthy for us.

 Rice	 Chicken	 Burger	 Fish	 Lettuce
 Tomato	 Soft Drink	 Beans	 Fries	 Cookies
 Bananas	 Candy	 Fruit Juices	 Carrots	 Milk

Be a Food Hero!!



This year for World Food Day, you can become a Food Hero by:

Buying locally grown crops that are in season



Creating a backyard garden to grow your food



Not wasting food



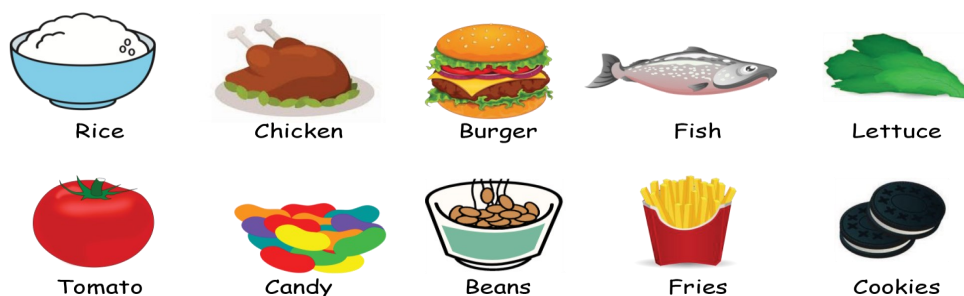
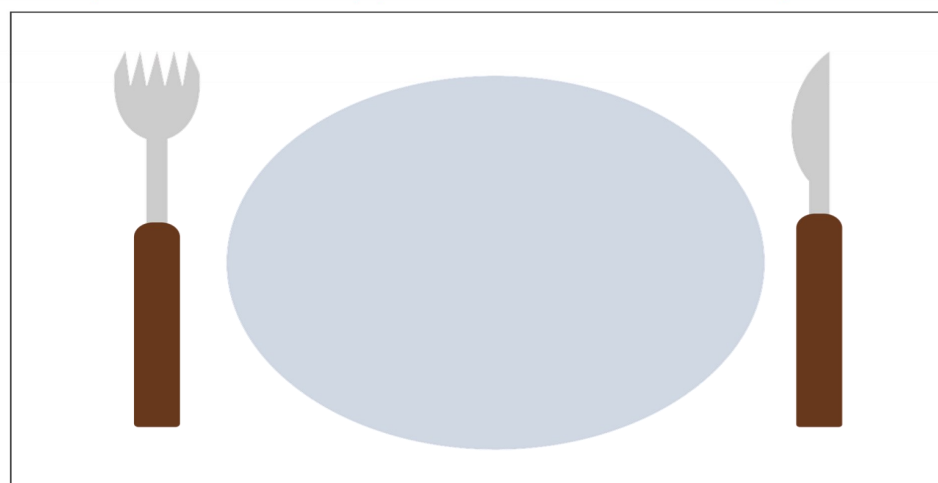
Eating a wide variety of healthy foods



The future of food is in our hands!

Activity

Put the foods that are good and healthy for us on the plate. To do so, ask an adult to help you cut and stick the correct pictures.



THANK YOU!

We wish to thank our friends at **NALIS**, for their commitment and willingness **each week**, to collaborate and share information with us, as the MoE seeks to educate students and the general

THANK YOU

Sincere thanks to the following persons who contributed their personal photos to last week's edition "**Chinese Arrival to Trinidad and Tobago**": Mr. Ken Chang On- Photographer, Mr. Thomas Inkim, Mrs. Gillian Inkim, Ms. Elizabeth Inkim, Mrs. Angela Young Lai and Ms. Stacey Quan Kep.