Week 4: Food

Weekly Lesson Plans

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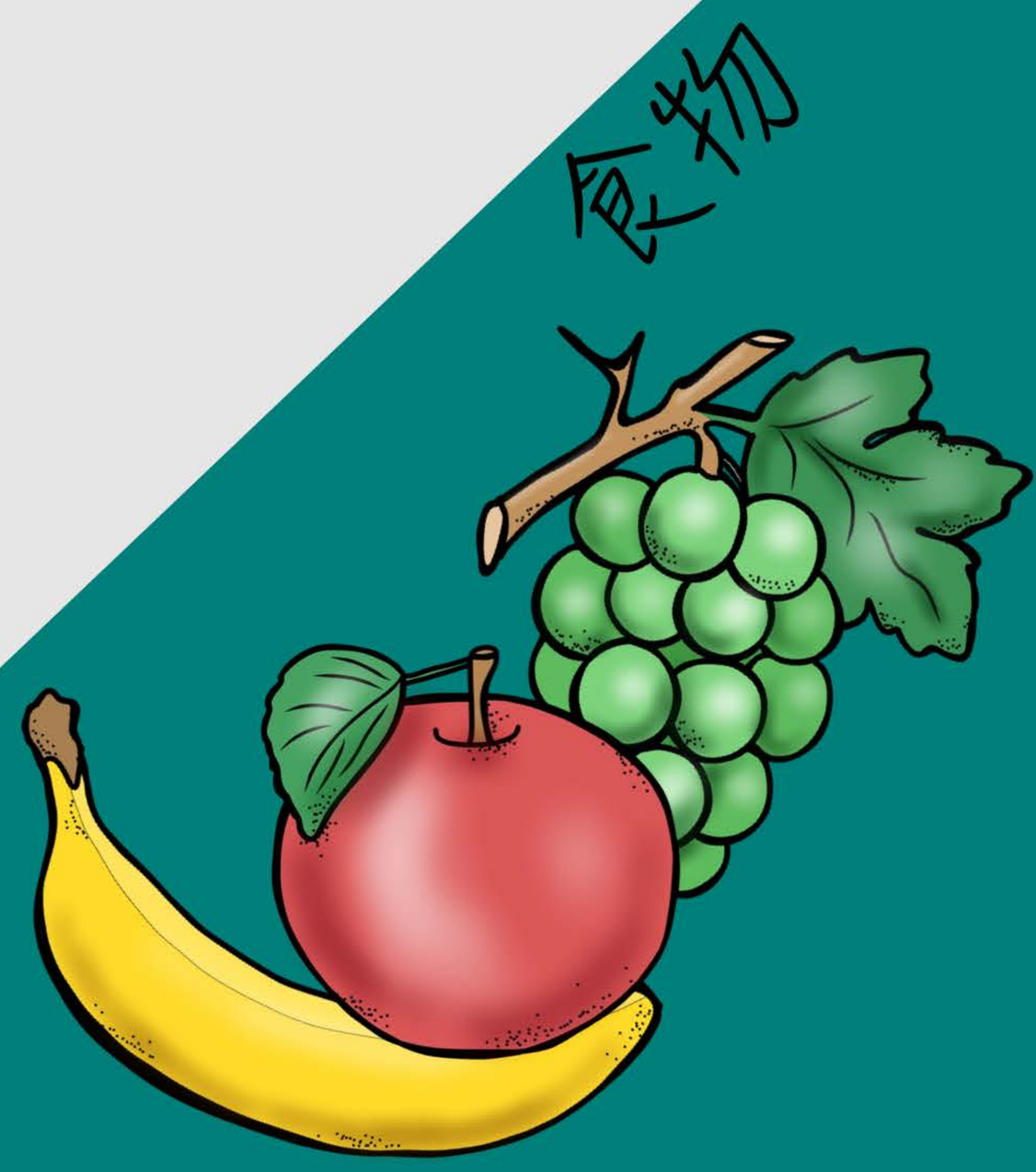

Lesson Plans/Extension Activities

Materials	Activity/Lesson	Chinese Vocabulary Connection
None	Take a field trip to the grocery store and as you are choosing food have your child say either: 喜欢吃 or 不喜欢吃. (xǐhuān chī/like to eat or bù xǐhuān chī/don't like to eat) as you add items to the cart. For example, you are putting apples in the cart and your child gives a thumbs up and says, "xǐhuān chī!" but when you're adding hot peppers your child puts their thumb down and says "bù xǐhuān chī"	Like=喜欢/xǐhuān Dislike=不喜欢 /bù xǐhuān Eat=吃/chī
Snacks Optional: chī/吃 writing page (included)	As your child eats snack, try making the word chī/吃 with small snacks such as cereal. (You can use the printable writing practice page as a guide if needed) Or give your child a plate of something like ranch dressing and they can write chī/吃 in the sauce with their carrot as they dip!	chī/吃
Seek and Find Page (included)	Use printable page to find and count how many of each picture of food is on the page.	Numbers and Counting; fruit and veggie words
Food Sorting Page (included)	Cut out pictures of food items and glue them down into categories based on which food group the item belongs.	Food vocabulary and food group words.
Play Dough	Use play dough to create any sort of pretend foods! Kids love "cooking" with play dough. Practice phrases and food words while you pretend to cook and eat!	Make Food=做饭 /zuòfàn Yum=好吃 /hǎochī
Snack Foods	Use foods to create patterns (like in Class 3 with Suzy Laoshi). Use foods such as crackers, cheese, grapes, apple slices, etc. to create patterns with the food.	Food words: Repeat the pattern aloud.

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Lesson Plans/Extension Activities

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Materials	Activity/Lesson	Chinese Vocabulary Connection
Recycled Food Containers	Use recycled food containers and food toys to make a pretend grocery store or play pretend house with your child and ask for certain foods in Chinese.	Food vocabulary as well as phrases such as please (qǐng) and thank you (xiè xie) and I'm hungry (wǒ è le!)
Food or Food Toys Paper Bag	Hide a food item inside a paper bag and give clues about the food. Have a partner try to guess what food is in the bag. Try to use as much Chinese as you can!	Food words, color words, shapes, yummy/yucky, etc.
Apple Craft Page	Build your child's fine motor muscles by letting them rip or snip pieces of paper and glue them down onto the apple coloring page. Make sure to practice the color words as well as the word for apple as you go!	Apple-píngguǒ/苹果 Colors Rip-撕/sī Cut-剪/jiǎn
Kitchen Sink Child-friendly knife	Allow your child to work with you in the kitchen during meal preparation times. They can stand at the sink and wash fruits/veggies or help chop some foods. (Adult supervision required)	Food Vocabulary Wash-洗/xǐ Cut/Chop-切/qiē
A variety of fruits	Create a science lesson by cutting open a variety of fruits and observing the seeds. Are the seeds big/small, many/few, etc. Draw your observations, count the seeds, etc.	seed=zhǒngzi/种子 big= dà/大 small= xiǎo/小 many=hěnduō/很多 few= hěn shǎo/很少
A variety of foods	Make a tasting tray with lots of different kinds of foods in small pieces. One person closes their eyes, and another person feeds them a taste of a secret food. See if you can guess what the food is and say if you like it or dislike it.	yum/good-hǎochī/好吃 yuck/bad -bùhǎochī 不好吃 guess-cāi猜

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Week 4: Food

Activity Printables

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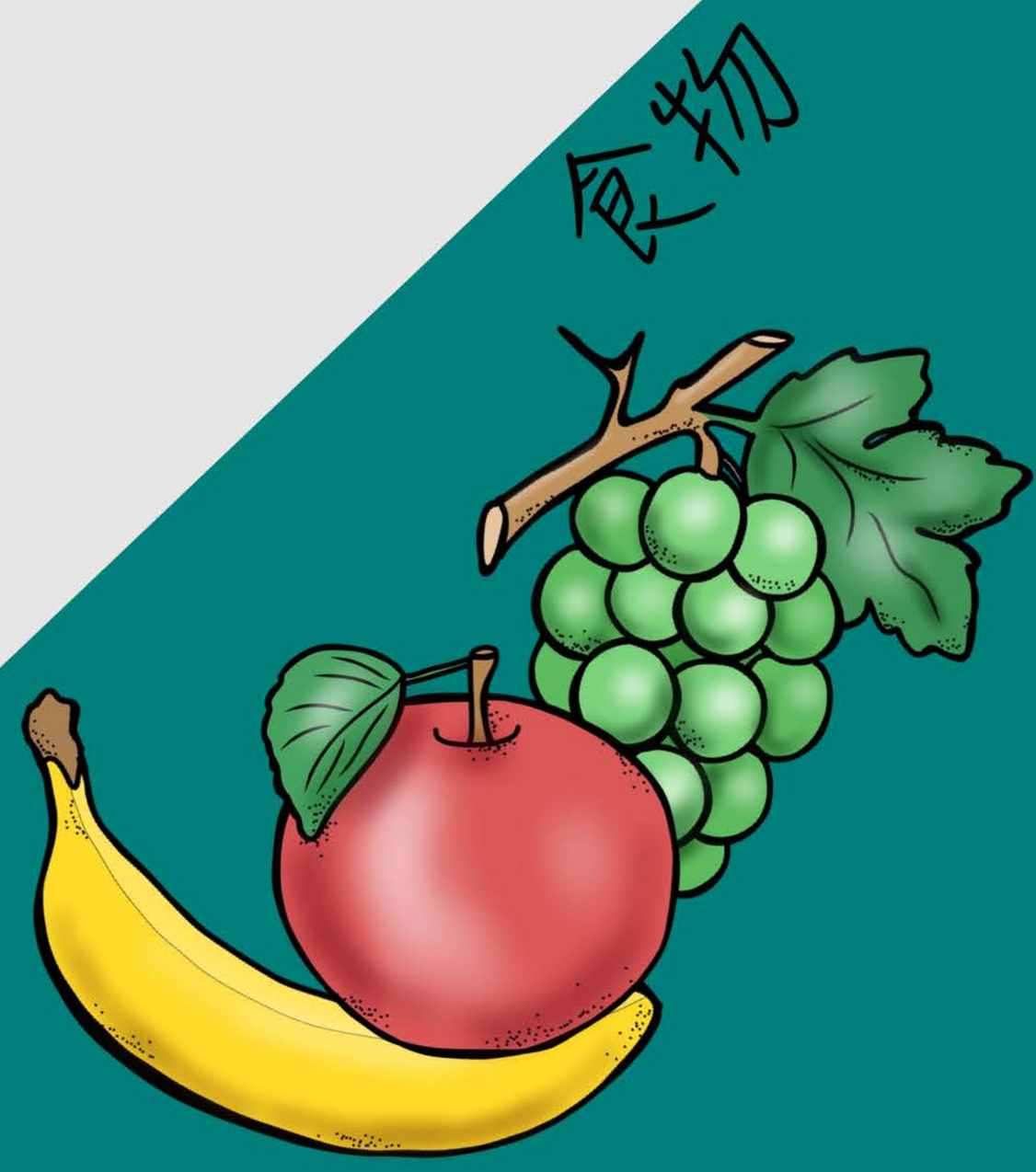
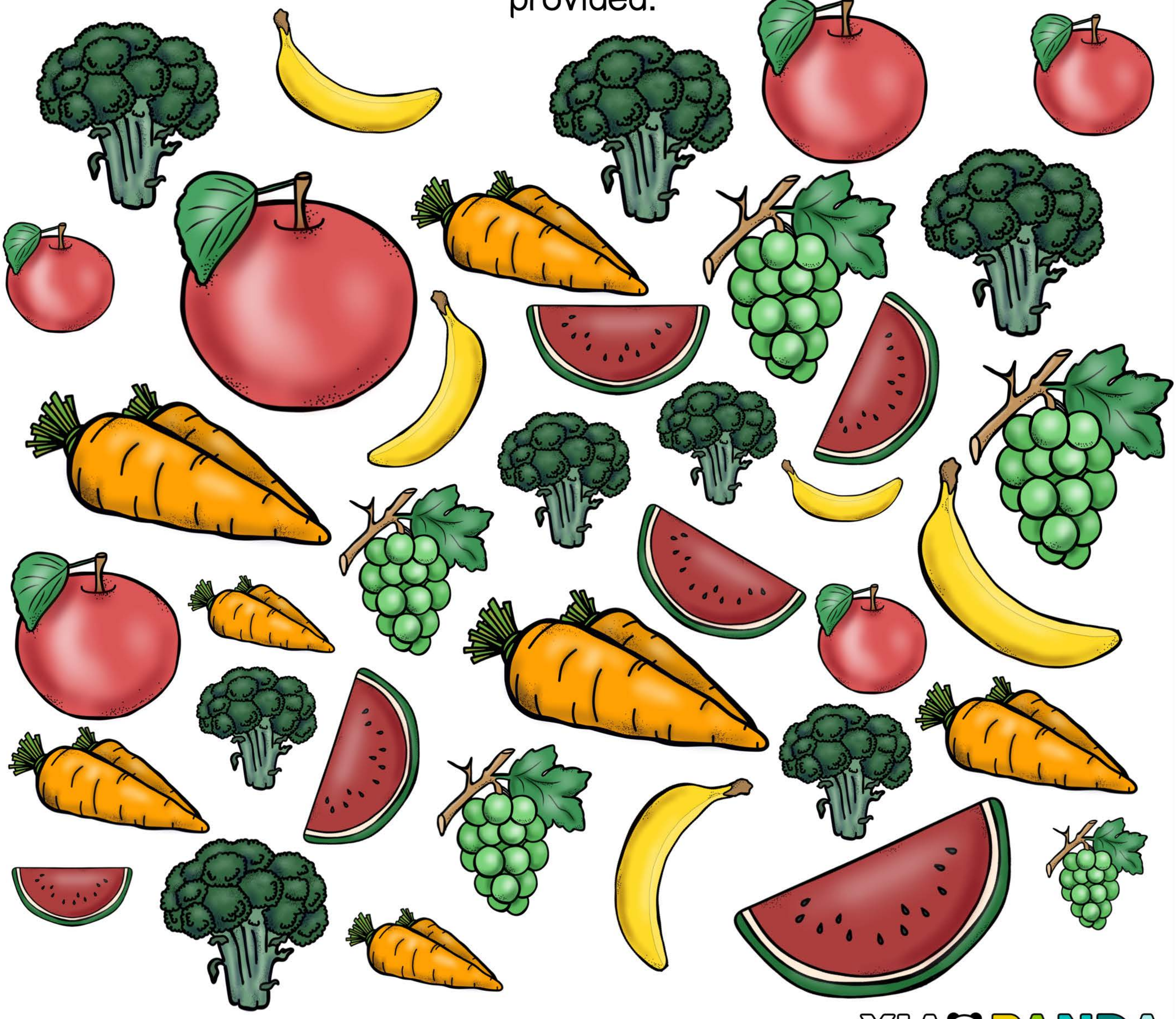


Find and Count each different food. Record the number in the space provided.



How Many? 有几个？

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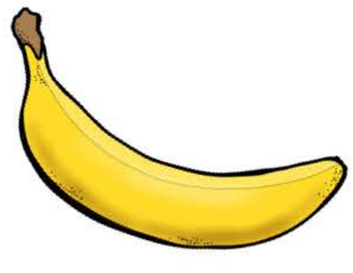
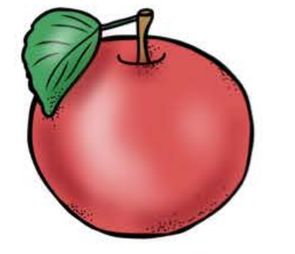
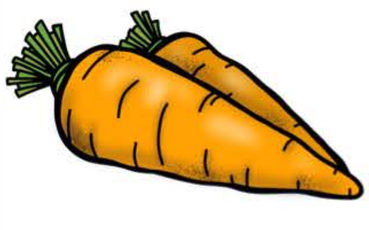
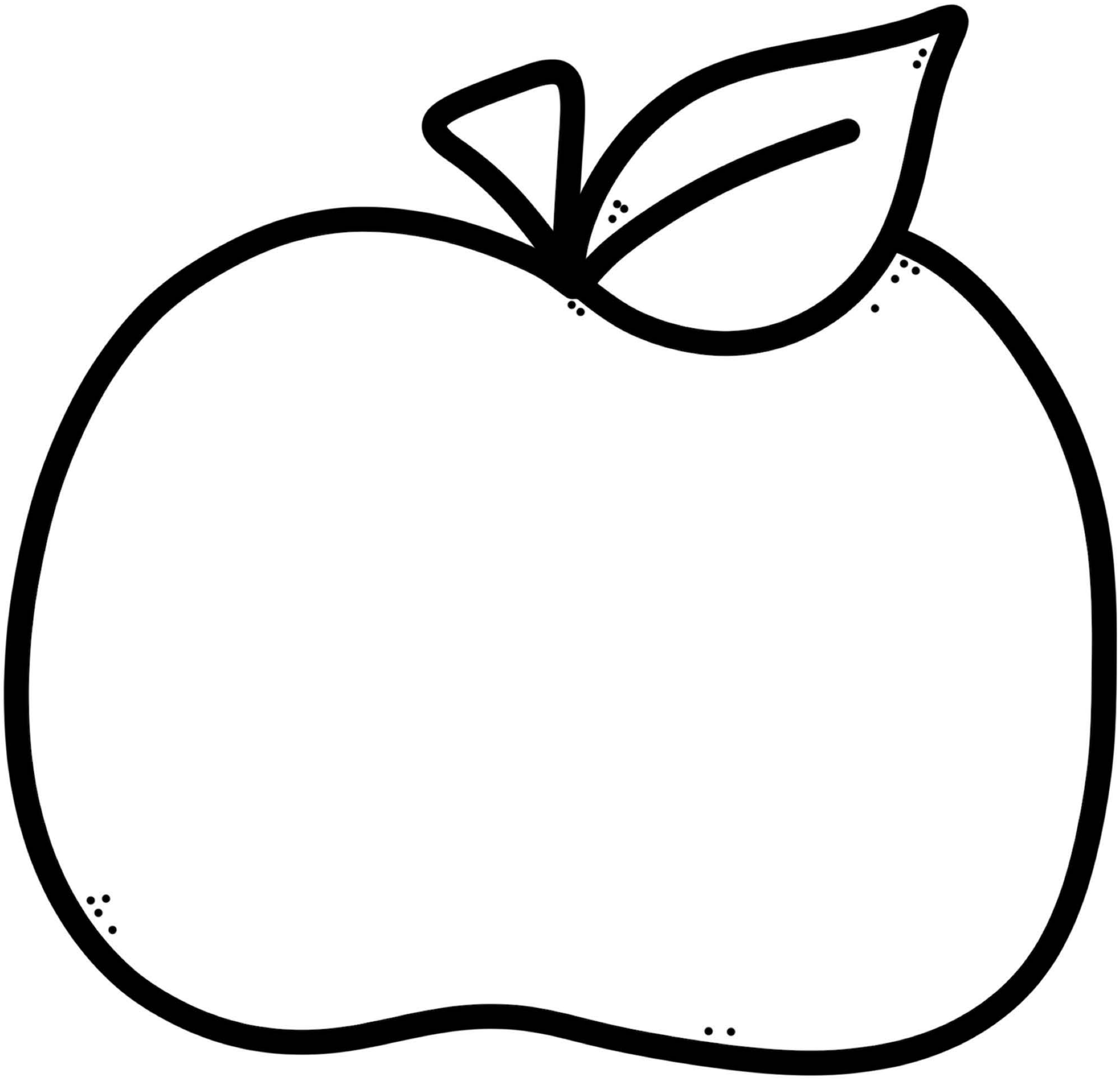






Rip up or cut up pieces of red, yellow, or green paper and glue them onto the apple. Trace the Chinese word.



苹果

píng guǒ

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水果 Fruits	蔬菜 Vegetables	乳制品 Dairy	蛋白质 Protein	谷物 Grain

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水果 shuǐ guǒ	蔬菜 shū cài	乳制品 rǔ zhì pǐn	蛋白质 dàn bái zhí	谷物 gǔ wù

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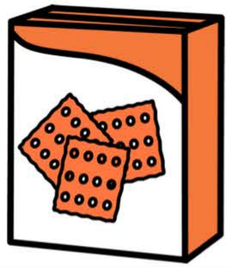
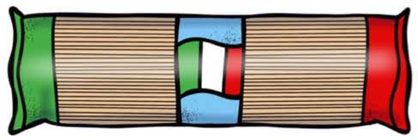
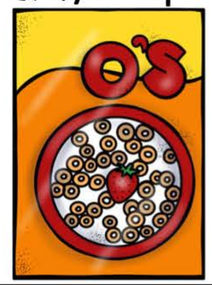
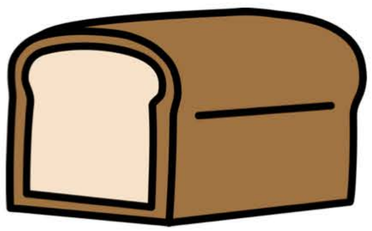
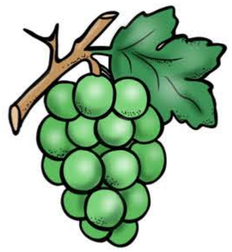
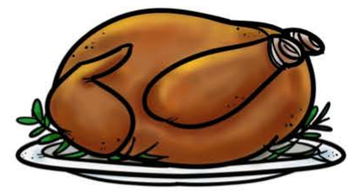
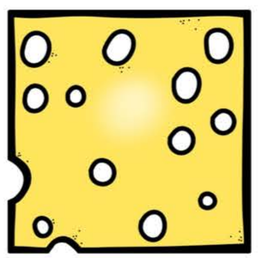
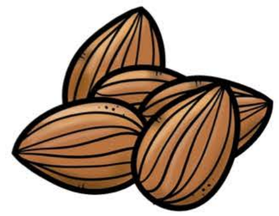
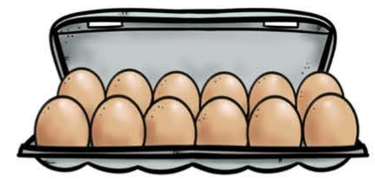
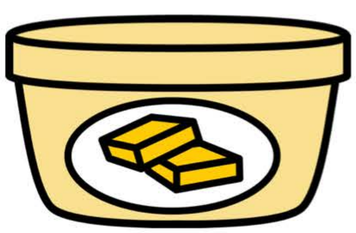
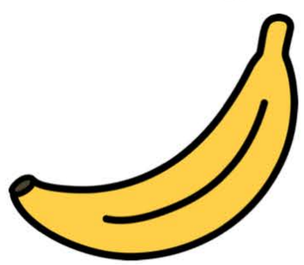
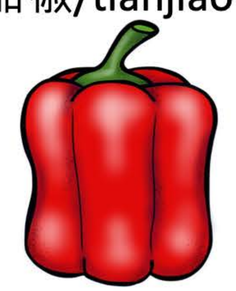
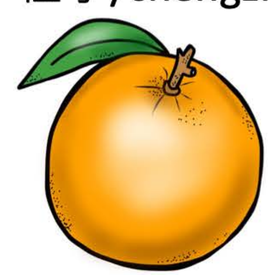
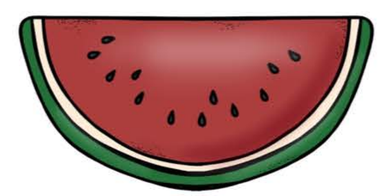
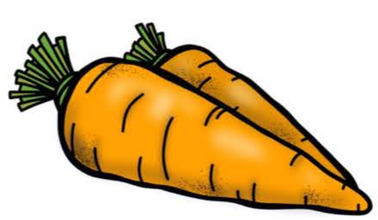
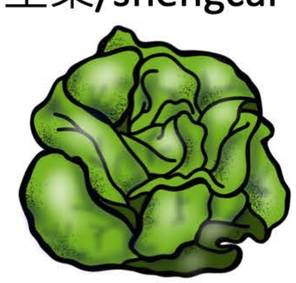
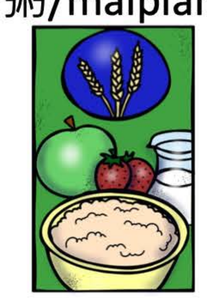
Cut out these pictures and sort onto the food groups chart.

饼干/bǐnggān 	意大利面/yìdàlì miàn 	麦片/màipiàn 	米饭/mǐfàn	苹果/píngguǒ
面包/miànbāo 	葡萄/pútao 	西兰花/xīlánhuā	鸡肉/jīròu 	豆子/dòuzi
奶酪/nǎilào 	酸奶/suānnǎi	坚果/jiānguǒ 	鸡蛋/jīdàn 	鱼肉/yúròu
奶油/nǎiyóu 	香蕉/xiāngjiāo 	甜椒/tiánjiāo 	橙子/chéngzi 	西瓜/xīguā 
牛奶/níunǎi	胡萝卜/húluóbo 	生菜/shēngcài 	玉米/yùmǐ	麦片粥/màipiànzhōu 

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