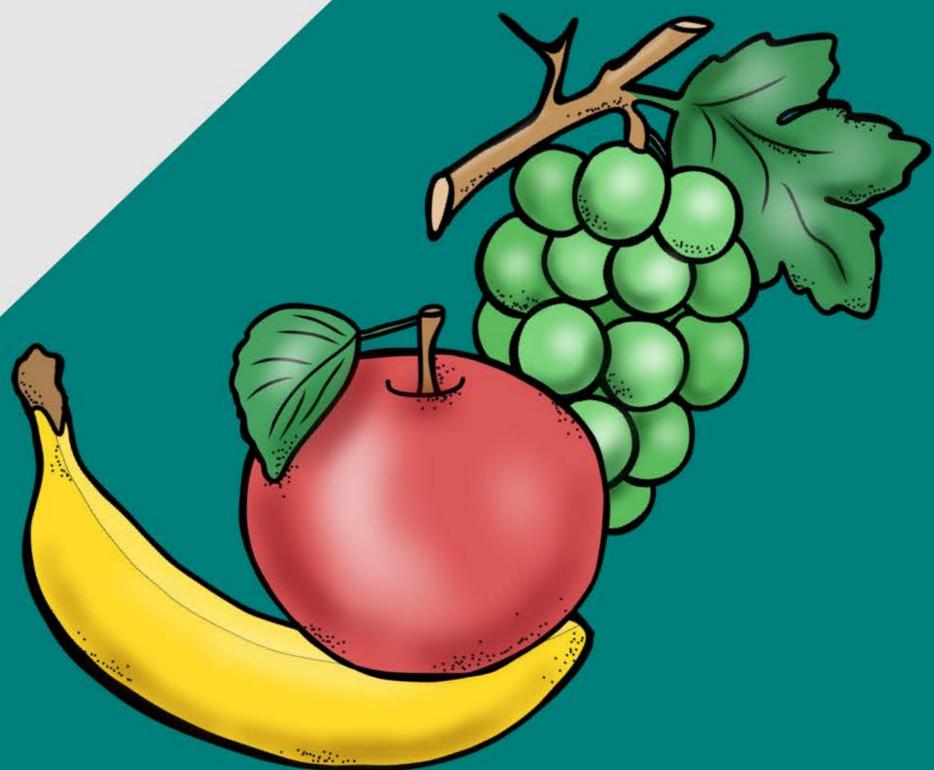


Week 4: Food

Virtual Chinese School



食物



Overview

欢迎(huān yíng) Welcome!

谢谢(xiè xiè) Thank you for joining with me on this Chinese learning adventure! I have poured my heart into these lessons and I hope you and your little one(s) experience great joy while learning Chinese.

How to access materials

You can access all content for our Chinese virtual school from my website: www.xiaopandapreschool.com.

Sharing Online

Feel free to tag me online in photos and videos from your participation and activities as you use Virtual Chinese School. You can use the hashtag #xiaopandapreschool or tag my Instagram @xiaopandapreschool so I can see the fun you're having. I would love to see the class in action!

However, sharing of any course materials: videos, login access, downloads, etc. is prohibited as these materials are protected by copyright. (See Terms and Conditions)



Creating a Routine

Choose a routine time and set up that your child can rely on a predictable routine.

Here is a SAMPLE schedule you can try with your child while using Virtual Chinese School.

9:30–10:00 Watch Virtual Chinese School video. There are new videos for Monday through Thursday, and you can rewatch one for Friday morning if you'd like!

10:00–10:20 Stretch break, snack, finish any art or project they may want to do from the video. Parent prep extension activity.

10:20–10:50 Try to speak Chinese and use vocabulary words as you play and learn using extension activity ideas.

10:50–12:00 Free Play

12:00 Lunch

12:30 Try another extension learning activity or review materials from the video and practice using Chinese words.



Supplies Needed for this Week:

- Printer and Paper
- Watercolors
- Oil Pastels or Crayons
- Watercolor (or sturdy) paper
- Lemons
- Dish Soap
- Baking Soda
- Popsicle or Craft Stick
- Milk
- Q-tip

Supplies Needed for Extension Lesson Plans:

- Printer and paper
- Snack Foods
- Play Dough
- Recycled Food Containers
- Fruits and Vegetables

Terms and Conditions: Copyright

Please realize this is my small business and **all materials are protected under copyright**. Do not share your login info with anyone. If you share your login info your account may be shut down and banned from further access to any course materials, without a refund.

You May:	You May NOT:
<ul style="list-style-type: none">• Use Virtual Chinese school materials in a single classroom or in a single home.• Have older and younger siblings watch and learn together.• Print multiple copies of worksheets for siblings to practice as well.	<ul style="list-style-type: none">• Give login information or access to your friends or colleagues.• Copy videos or files for use by others.• Post videos or materials on a website for download. This includes personal websites, school websites, Amazon, WeChat, etc.• Post any portion of this or a like copy for sale or for free.

Copying **any** part of this product and placing it **on the internet in any form is strictly forbidden** and is a violation of the Digital Millennium Copyright Act (DMCA).

Clip Art Credits:



Terms and Conditions: Safety

Parents should supervise children as they participate in these videos as well as any extension activities.

Please be aware of any allergies your child or student may have. Never allow children to consume any foods they may be allergic to. If a child is allergic to any materials or foods recommended in Virtual Chinese School, do not use them.

Xiao Panda Preschool LLC and Suzy Williams is not liable or responsible for any bodily harm or other harm due to engagement with the activities or materials included in Virtual Chinese School.

Activities should only be offered under adult supervision. By paying, you are agreeing to these terms.

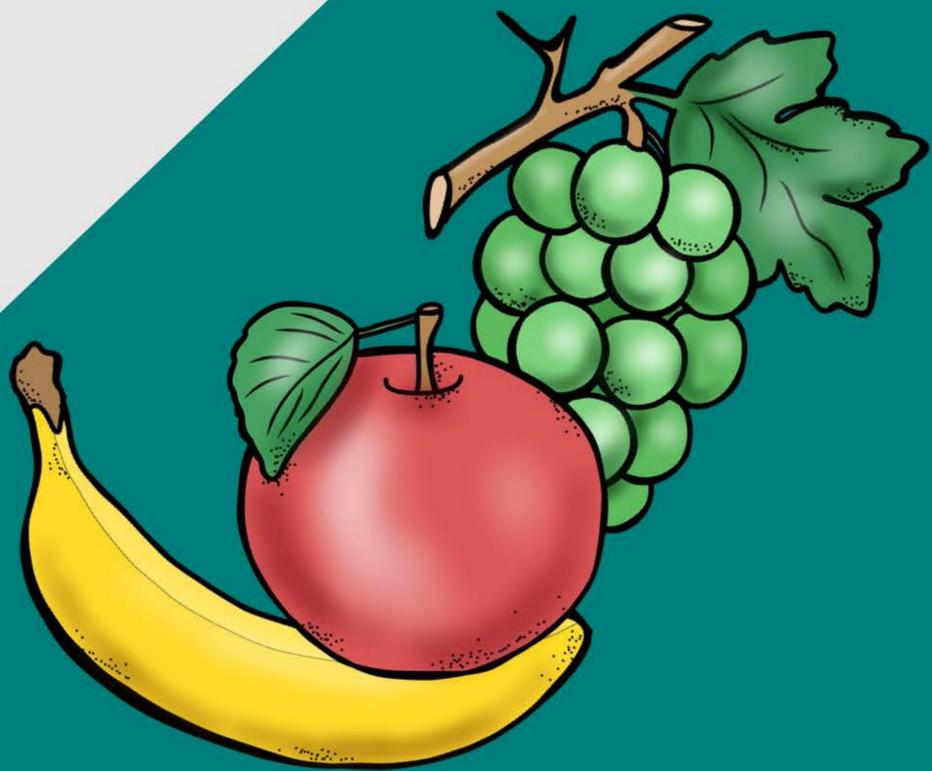


Week 4: Food

Weekly Lesson Plans



食物



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.

Lesson Plans/Extension Activities

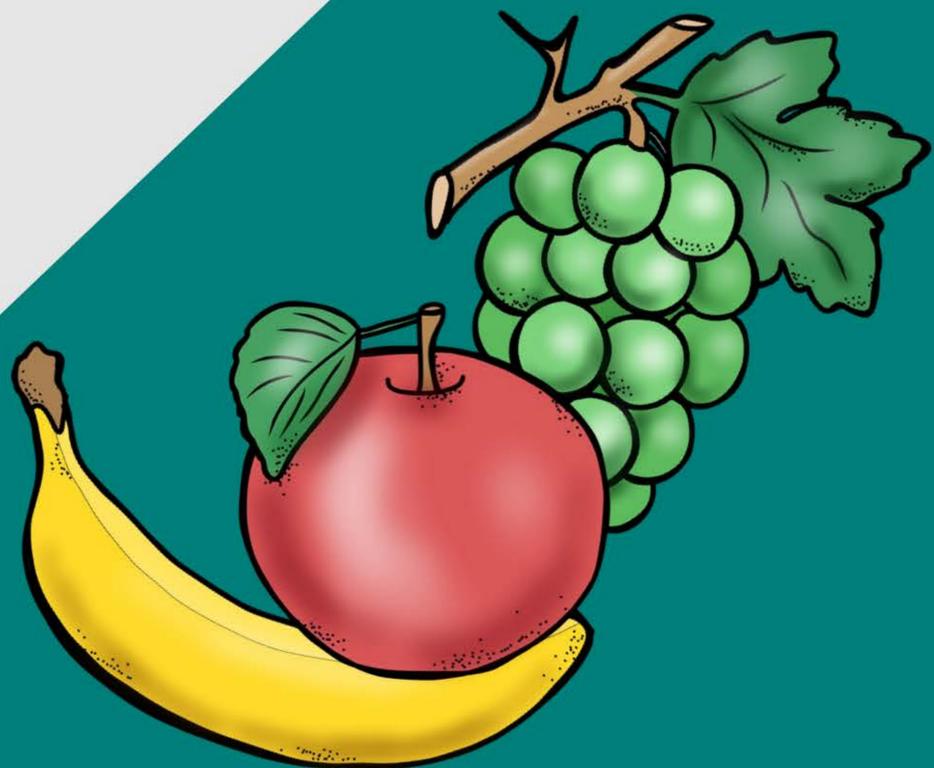
Materials	Activity/Lesson	Chinese Vocabulary Connection
Recycled Food Containers	Use recycled food containers and food toys to make a pretend grocery store or play pretend house with your child and ask for certain foods in Chinese.	Food vocabulary as well as phrases such as please (qǐng) and thank you (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

Week 4: Food

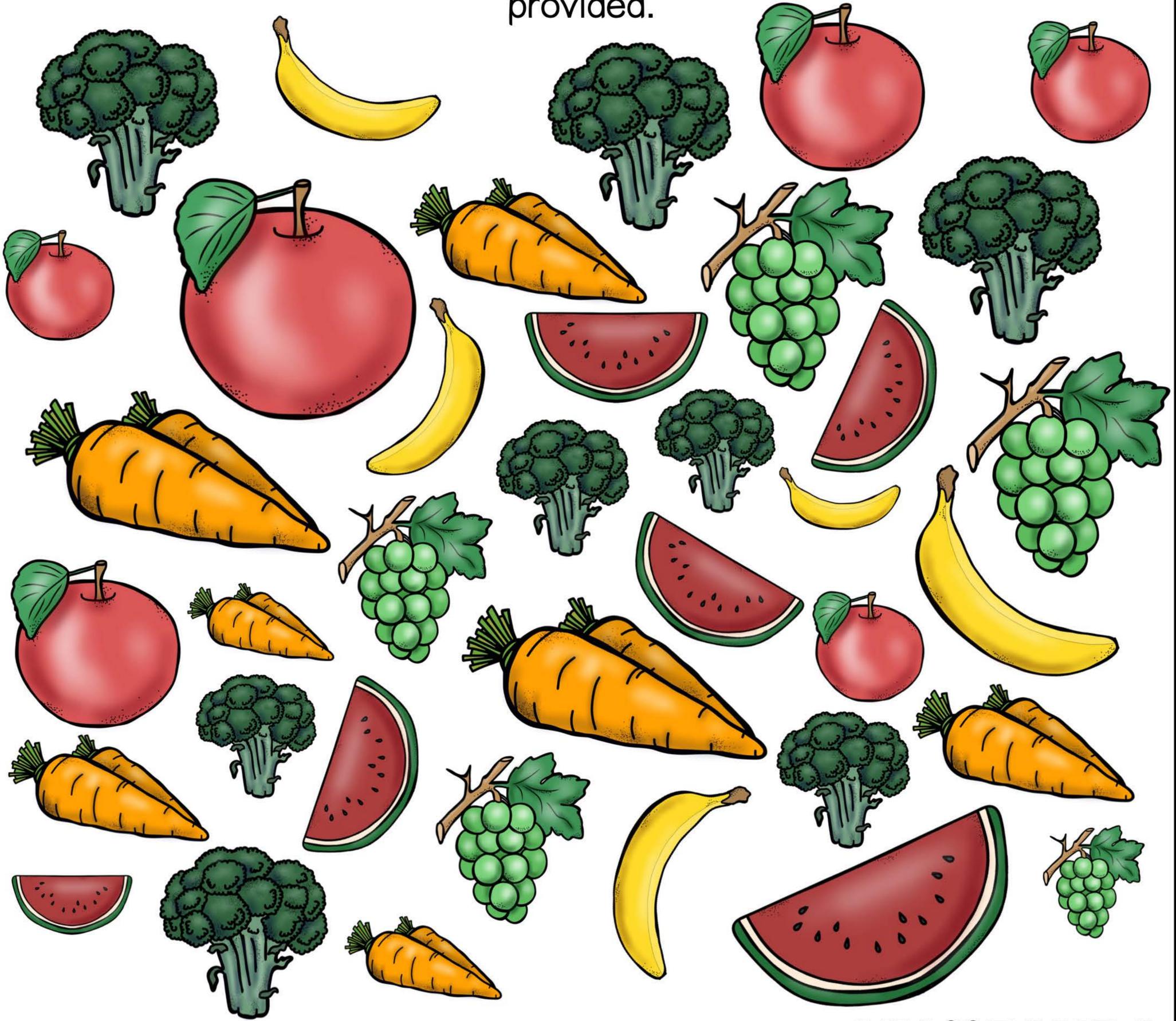
Activity Printables



食物

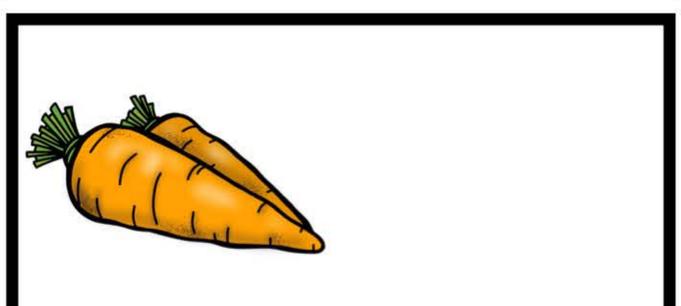
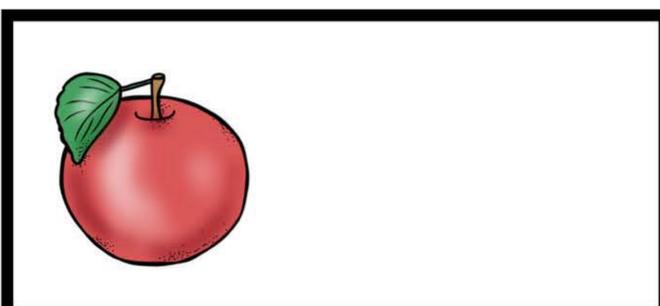
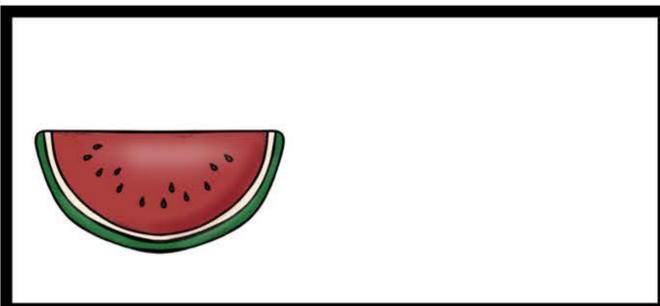
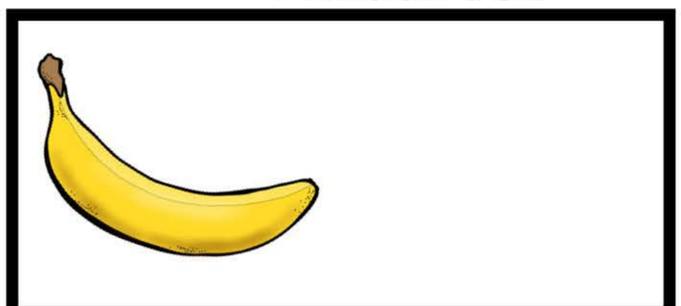


Find and Count each different food. Record the number in the space provided.

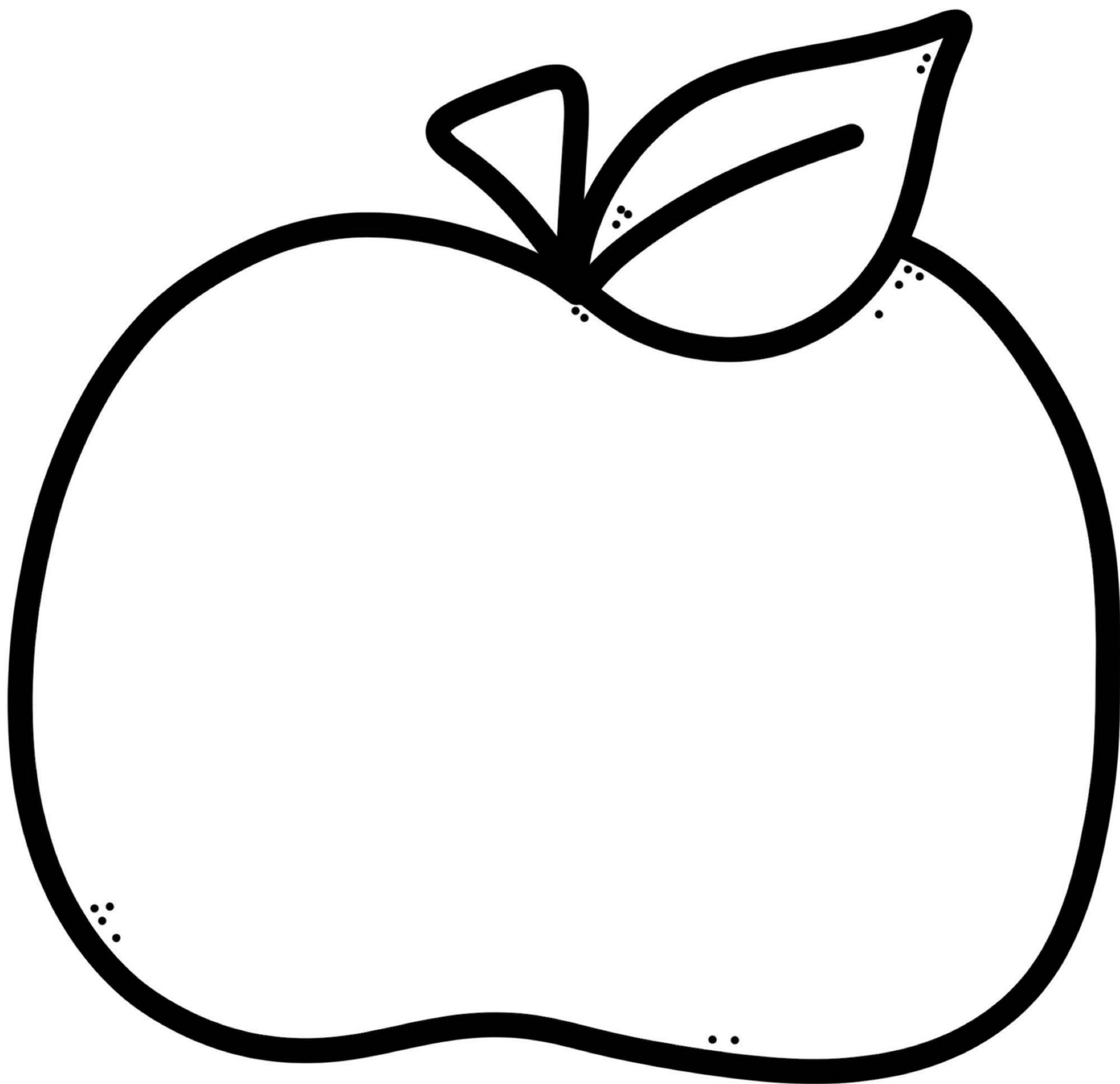


How Many? 有几个?

XIAO PANDA PRESCHOOL

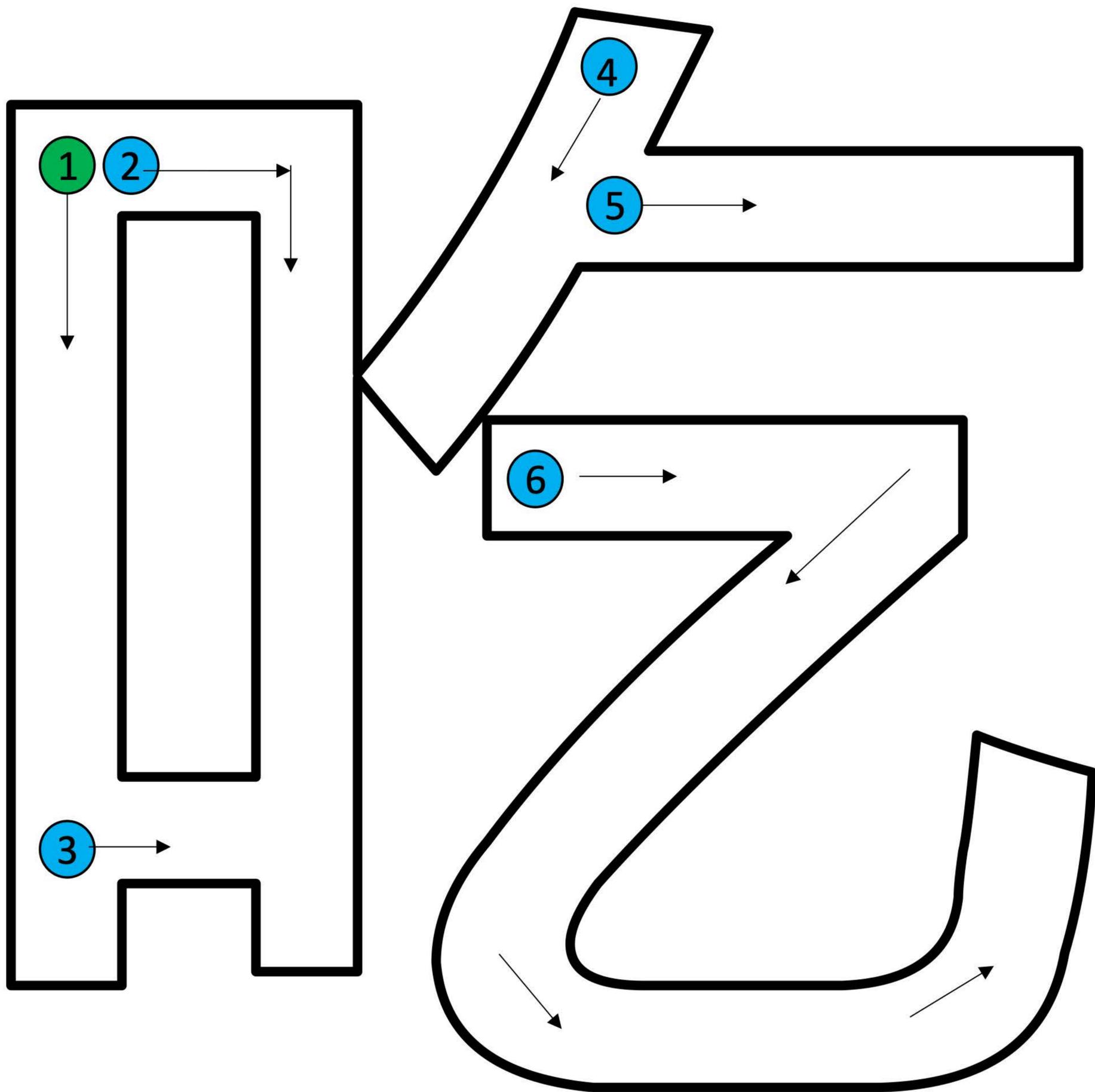


Rip up or cut up pieces of red, yellow, or green paper and glue them onto the apple. Trace the Chinese word.



苹果

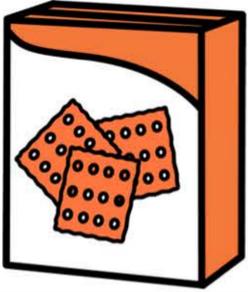
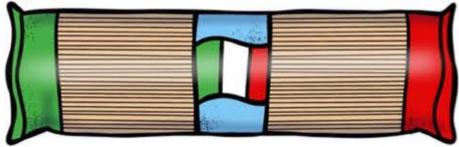
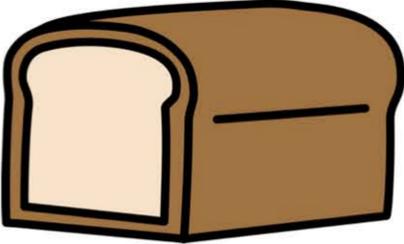
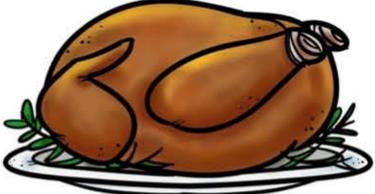
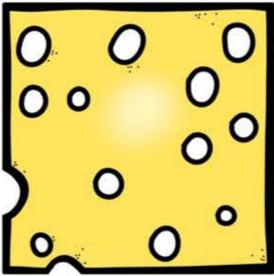
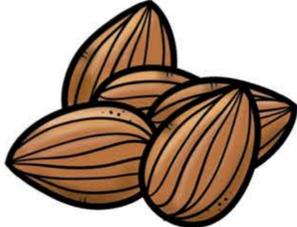
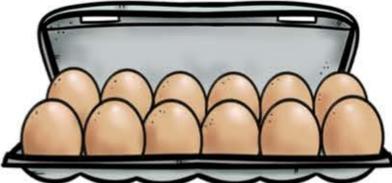
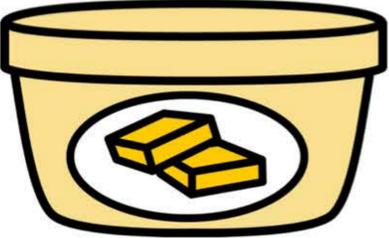
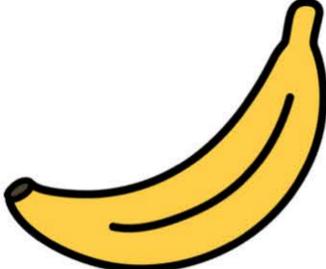
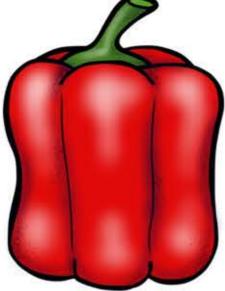
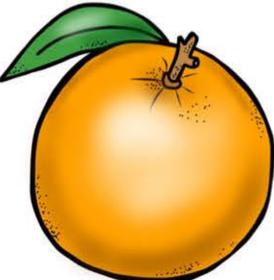
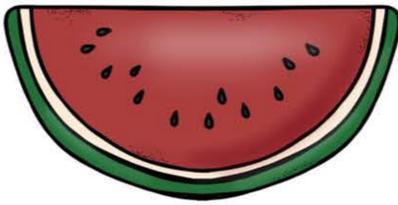
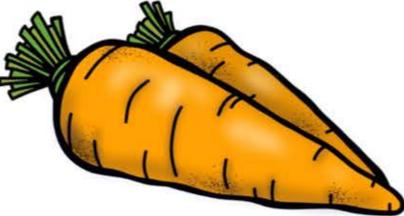
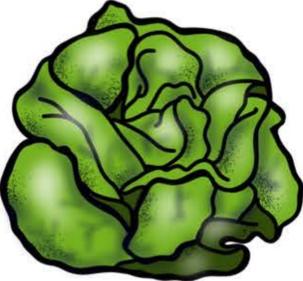
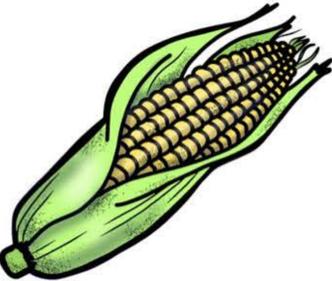
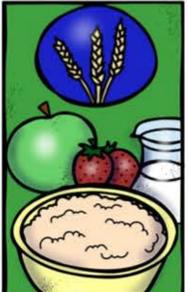
píng guǒ



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

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

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

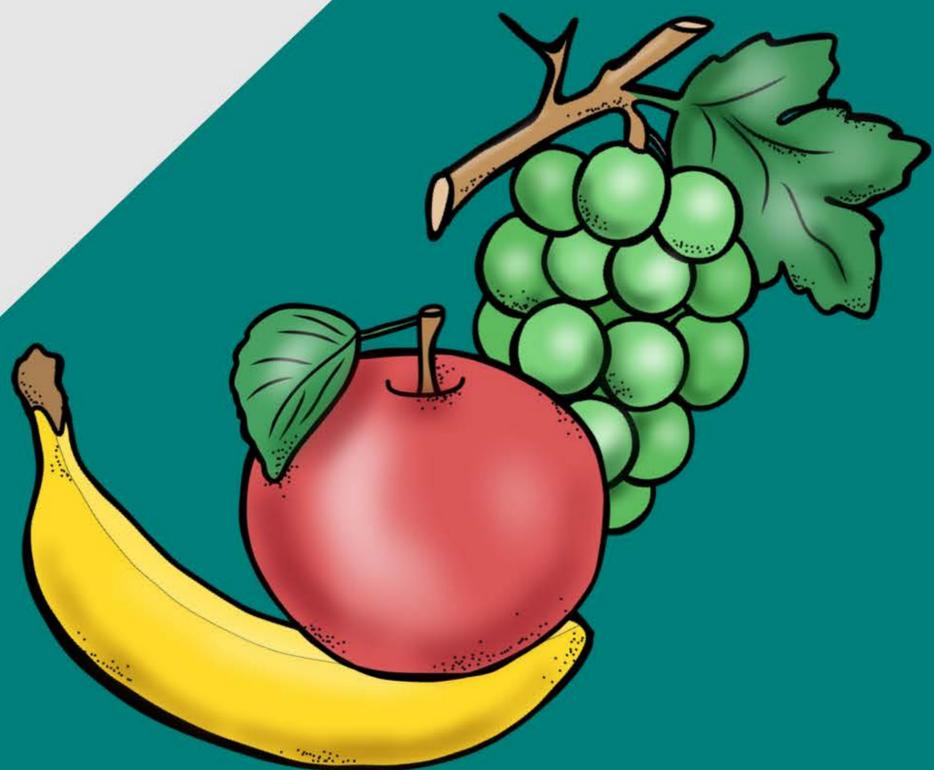
<p>饼干/bǐnggān</p> 	<p>意大利面/yìdàlì miàn</p> 	<p>麦片/màipiàn</p> 	<p>米饭/mǐfàn</p> 	<p>苹果/píngguǒ</p> 
<p>面包/miànbāo</p> 	<p>葡萄/pútáo</p> 	<p>西兰花/xīlánhuā</p> 	<p>鸡肉/jīròu</p> 	<p>豆子/dòuzi</p> 
<p>奶酪/nǎilào</p> 	<p>酸奶/suānnǎi</p> 	<p>坚果/jiānguǒ</p> 	<p>鸡蛋/jīdàn</p> 	<p>鱼肉/yú ròu</p> 
<p>奶油/nǎiyóu</p> 	<p>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

Week 4: Food

Weekly Poem/Song



食物



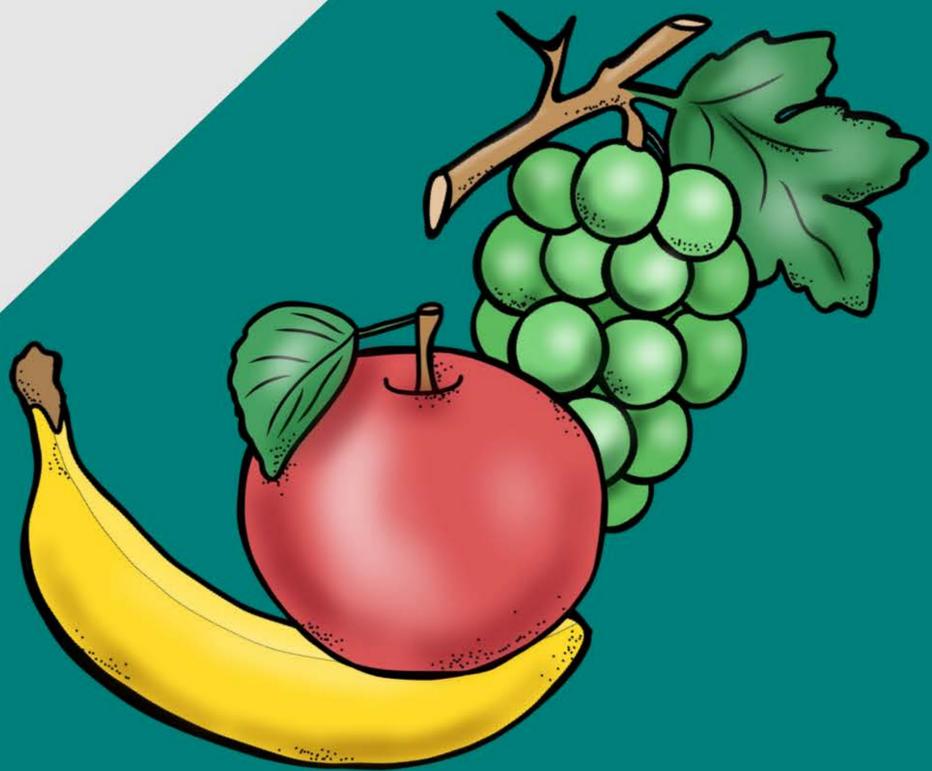
叉子叉子跑啊跑
汤匙汤匙跳啊跳
肚子饿
跳进盘里
吃个饱

Week 4: Food

Vocabulary List



食物



Vocabulary List

Eat	chī	吃
Food	shíwù	食物
Fruit	shuǐ guǒ	水果
Vegetables	shū cài	蔬菜
Meat	ròu	肉
Yummy	hǎo chī	好吃
apple	píng guǒ	苹果
banana	xiāng jiāo	香蕉
grapes	pú tao	葡萄
watermelon	xī guā	西瓜
cantelope	hāmìguā	哈密瓜
pineapple	fènglí(tw)/bōluó	凤梨/菠萝
orange	júzi(tw)/chéngzi	橘子/橙子
broccoli	xīlánhuā	西兰花
cucumber	huángguā	黄瓜
tomato	fānqié(tw)/xīhóngshì	番茄/西红柿
onion	yángcōng	洋葱
bell pepper	shìzijiāo	柿子椒
beets	tiáncài	甜菜
lettuce	shēngcài	生菜
carrots	húluóbo	胡萝卜
corn	yùmǐ	玉米
papaya	mùguā	木瓜
potato	tǔdòu	土豆

Phrases List:

Phrases to try and practice this week:

①

Are you hungry?
nǐ è le ma?
你饿了吗?

Possible Response: I'm hungry.
wǒ è le.

②

Are you full/Have you eaten?
nǐ chī bǎo le ma?
你吃饱了吗?

Possible Response: I've eaten.
wǒ chī bǎo le.

③

What do you want to eat?
nǐ xiǎng chī shénme?
你想吃什么?

Possible Response: I want to eat ____.
wǒ xiǎng chī ____.

Week 4: Food

Extras

Resources &
Supplies

