

Food Preference

Curriculum Links:

SPHE - Strand: Myself **Strand Unit:** Taking Care of my Body

Mathematics - Strand: Early Mathematical Activities **Strand Unit:** Classifying

Learning Outcomes:

Pupils classify a set of fruit and vegetables as either food they like, food they don't like or food they would like to try. *(This can be used as a follow on exercise to Food Letters.)* Pupils examine their food preferences and what characteristics they like/dislike about the fruit and vegetables and classify into category.

Teaching Notes:

Teachers can print, laminate and cut out the fruit & vegetables in advance of the class. Each pupil will be given three sheets like/dislike/try and are asked to sort the fruit & veg into the plate that matches them. Alternatively pupils could draw their selected food onto the plates. If there is enough space you could convert it to a 'moving debate'. Stick the plates on the walls and make sure the students know which is like/dislike/try. Call out a fruit or vegetable and ask them to stand at the wall that most suits them. Please be mindful of all school policy and Department of Education guidelines.

Tasting

Some children will have tasted all of the fruit and vegetables. Some may not. This is not essential and if the children have not tasted some of the fruit and vegetables simply incorporate this into the discussion.

Discussion Prompts

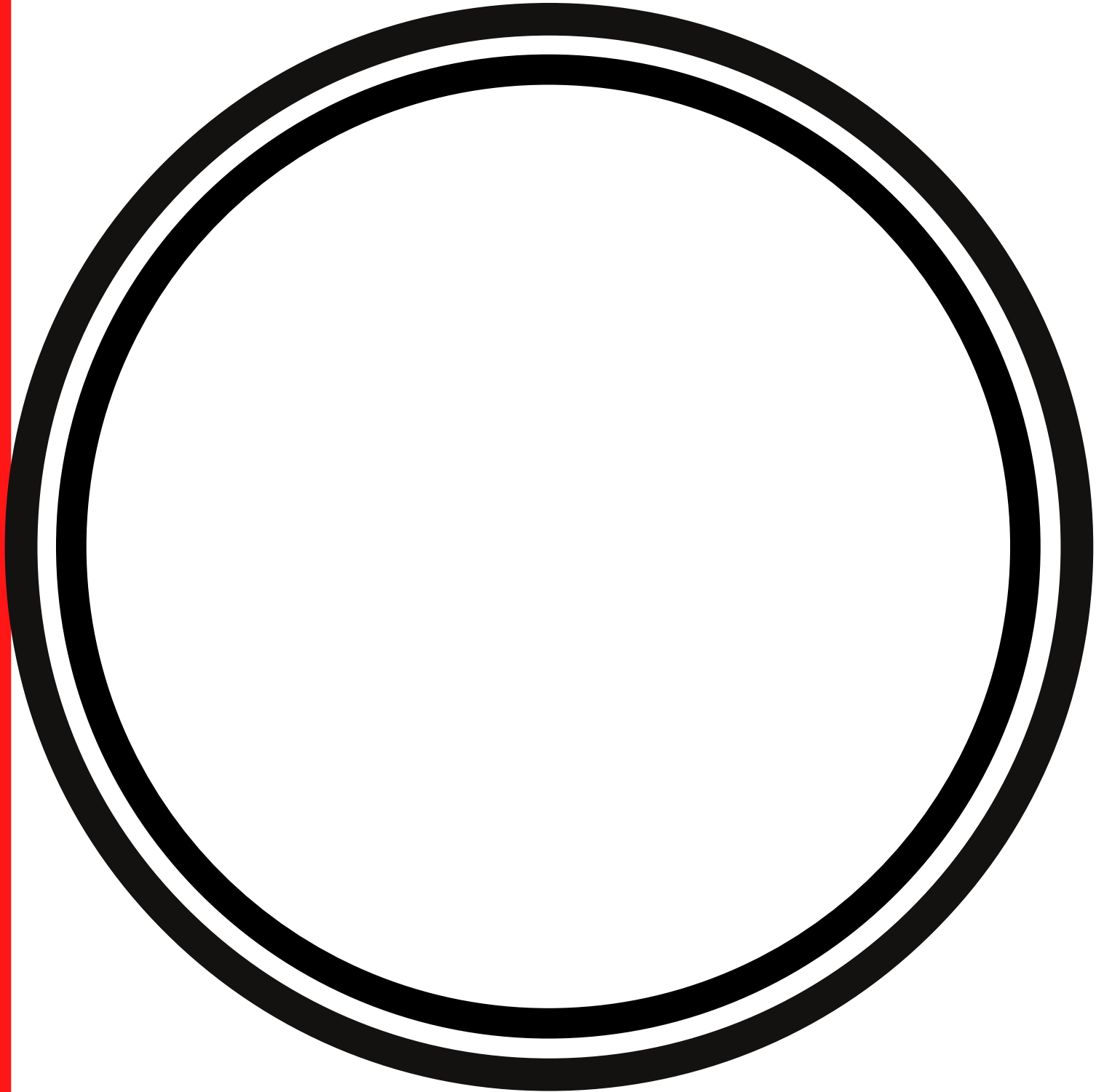
When discussing the fruit and vegetables with the children try to ask open ended questions. Make it as natural a conversation as possible and make it fun. If they don't have an answer that is ok. Allow them to think on it themselves and hear the other pupils answers.

- What do you think of this fruit/vegetable?
- Have you tried it before?
- Did you like it? what did you like about it? what did you dislike about it?
- Would you like to try this fruit/vegetable and why?
- What is your favourite fruit/vegetable and why?
- What fruit & vegetables would you like to try and why?

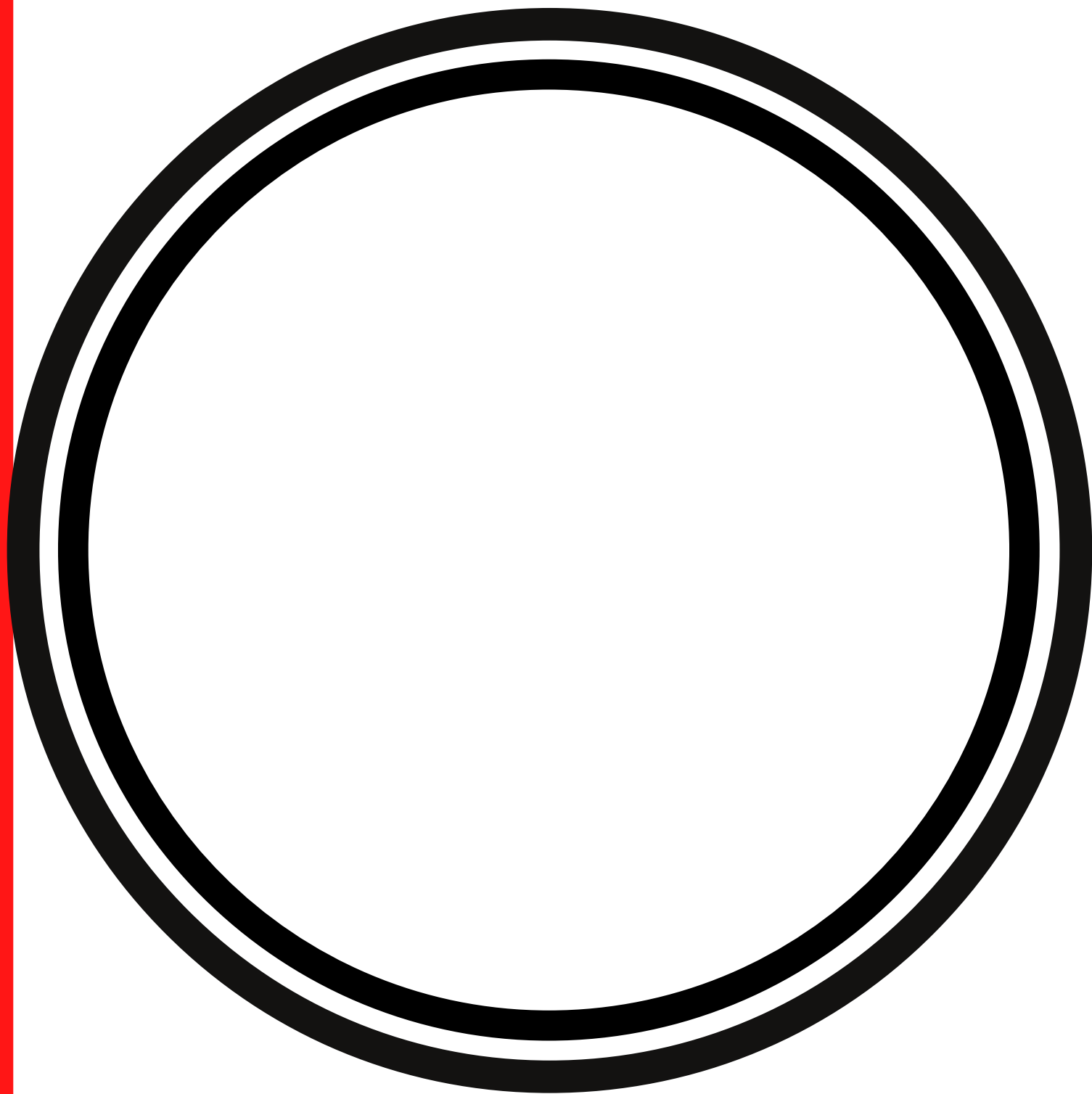
Refer to sensory notes in Food Letter teaching notes for further prompts.



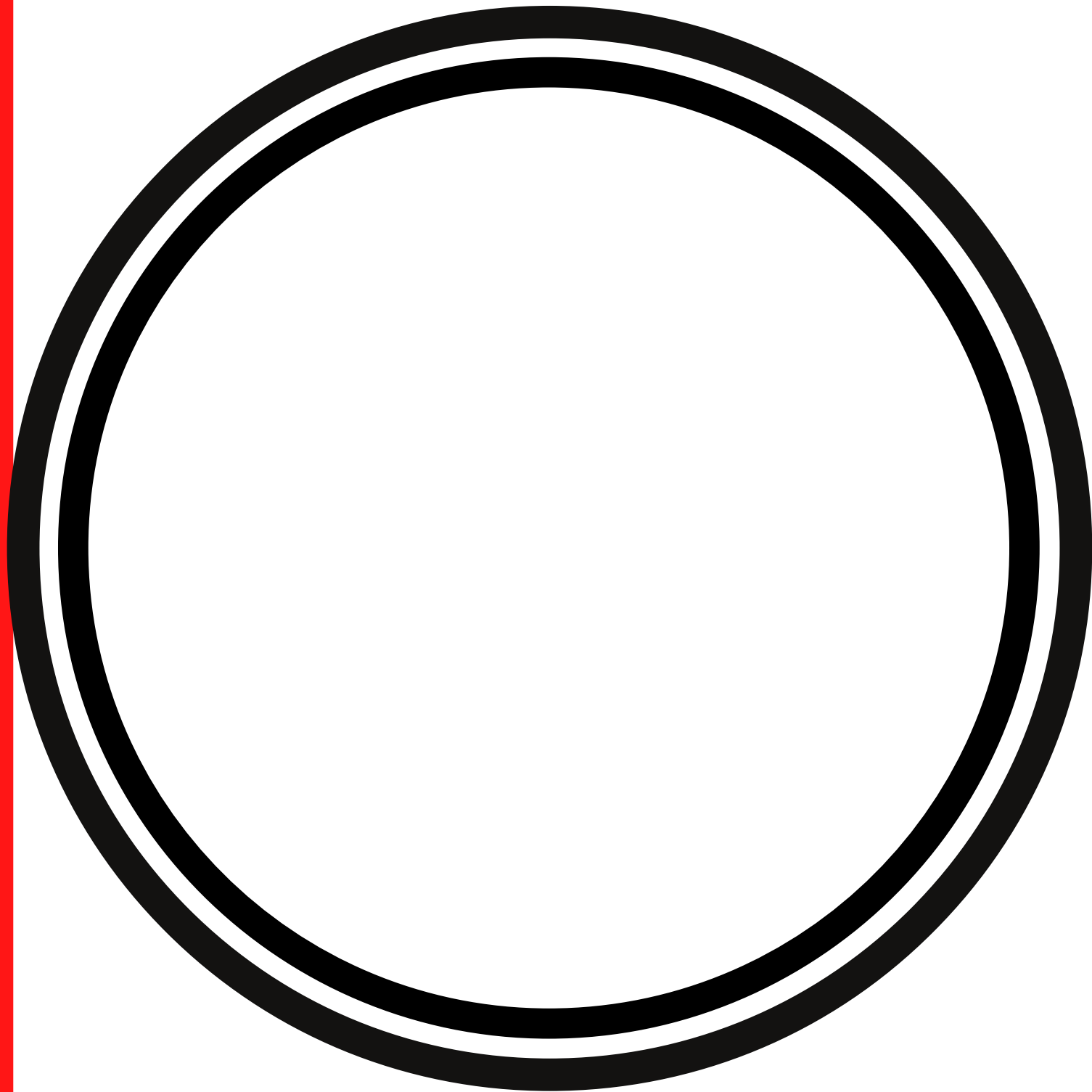
FOOD I LIKE



FOOD I DON'T LIKE

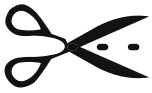


FOOD I'D LIKE TO TRY

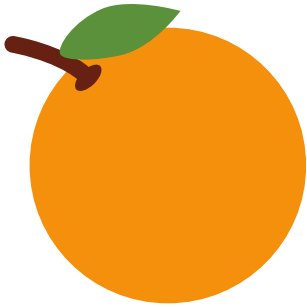


Irish Heart
Foundation

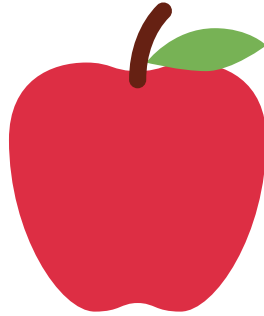
Food I like/Food I don't like/Food I'd like to try



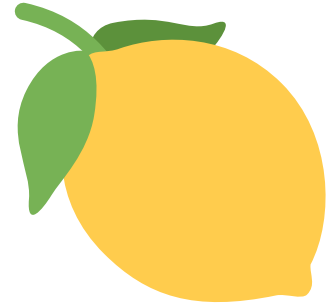
Cut out and sort into the plate of food I like, food I don't like or food I'd like to try.



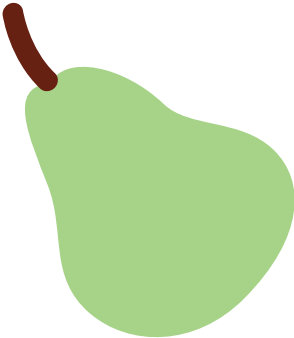
Orange



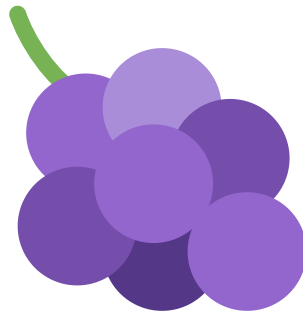
Apple



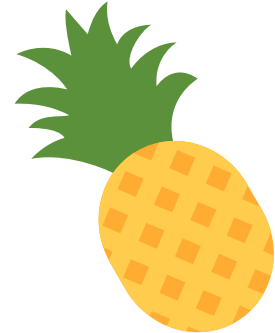
Lemon



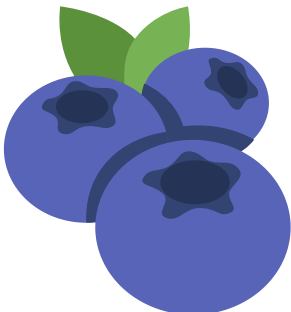
Pear



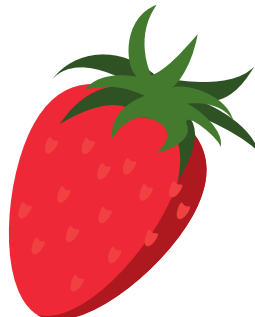
Grapes



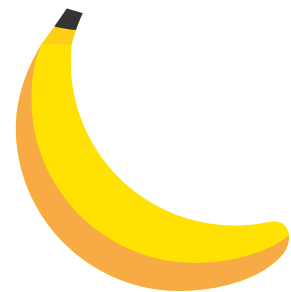
Pineapple



Blueberries



Stawberry



Banana



Food I like/Food I don't like/Food I'd like to try



Cut out and sort into the plate of food I like, food I don't like or food I'd like to try.



Mushroom



Lettuce



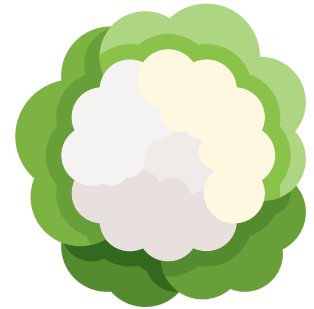
Carrot



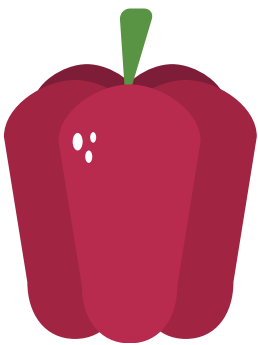
Sweetcorn



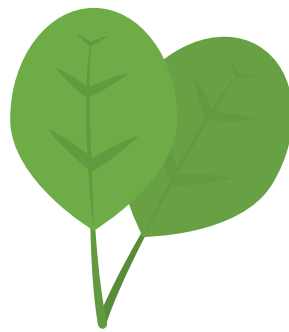
Broccoli



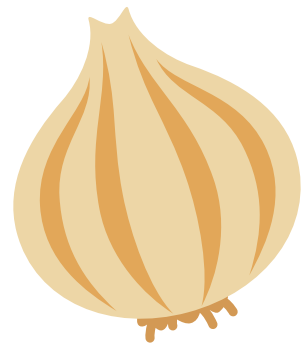
Cauliflower



Pepper



Spinach



Onion

