

IN THE WEST END – INTERACTIVE READ ALOUD

Teaching Artist: Ebony Tucker

Book: *In the West End* by Will Power

Georgia Early Learning and Development Standards for the Lesson:

- **APL3.3c** Begins to work cooperatively with others to achieve a goal or accomplish a task.
- **PDM2.3b** Distinguishes healthy food choices from less-healthy food choices.

Today's Arts Focus:

- APPROACHES TO LEARNING- Apply prior knowledge in new ways
- SOCIAL/EMOTIONAL- Expresses feelings appropriately

At the end of this lesson students will be able to:

- Identifies healthy food (everyday food) vs. unhealthy food (sometimes food)
- Practices sorting healthy food choices from less-healthy food choices.

Curriculum Content Vocabulary:

- Healthy, Unhealthy

Arts Vocabulary:

- Imaginary Journey

Materials Needed:

- Emotion card, nana puppet
- Picnic basket, picnic blanket, various pretend food items,
- everyday food' & 'sometimes food' signs
- 2 plates or paper circles
- Book: *In the West End* by Will Power

Procedure:

❖ Warm Up:

How do you feel when you eat certain foods? What you eat goes to your entire body, including your nails, skin, hair, and teeth. Healthy food or 'everyday food' gives you energy and makes you strong. What types of foods could be healthy food? Take suggestions. 'Sometimes food' are nice to nibble on from time to time, but if you eat too much or every day they can make you tired and even sick. What types of food should be a "sometimes food"? Take suggestions. Pretend you ate something you shouldn't eat all the time like candy and it makes you tired. If you're like me ,you get excited when you're eating it. Help me sing this song.

Feelings song

I'm feeling (excited) tired* today.

I'm feeling (excited) tired* today.

Take a look at my face. There's a feeling in place.

I'm feeling (excited) tired* today!
Now pretend we ate something healthy and sing!
I'm feeling happy* today.
I'm feeling happy* today.
Take a look at my face. There's a feeling in place.
I'm feeling happy* today!

❖ **Main Experience:** Imaginary Journey

Imaginary Journey: **I have my special friend here with me. Would you like to meet her? This is Nana.**

Nana: Hello everyone! I recently went to the doctor and she said I have to work on eating healthier foods. I was told there are some healthy eating places in the West End. Would you help me find food I can eat every day? Wait for responses

❖ **Song:** We're going to the West End ...What will we see?

❖ **Book read; song sung during the read aloud**

Stop on page "Will nana like it?"

Teacher: Let's see if Nana will like what we found at the West End. Let's bring Nana back out. Tell her what restaurants we found that have healthy food. Wait for responses

Nana planned a picnic for the family. She has some food in her picnic basket and you can bring the food you brought her from the West End. Let's go!

❖ **Sing/chant:** We're going on a picnic, a picnic, a picnic, we're going on a picnic, what will we eat?

Optional to have students to stand and skip around or in place. At the end of our pretend travels a picnic blanket will be placed on the ground.

Teacher: Nana is learning about food that is 'everyday food' or 'sometimes food'. We need to help her out.

Nana puppet hand each student a pretend food item (*printed pictures, plastic, or imaginary*). The plates with the labels 'everyday food' and 'sometimes food' will be placed in the center, in front of the picnic blanket. One by one each student will stand up and share what food item they have and then decide if it belongs on the 'every day' tray or the 'sometimes' plate. We will continue to use our 'sometimes' and 'everyday' chants to support this activity.

Sometimes Chant

***Sometimes! Sometimes!
Nibble, Nibble- Sometimes!***

Everyday chant

***Everyday! Everyday!
Feels so good- Everyday!***

Reflection/Closing:

Nana: Thank you so much for helping me choose healthier foods for myself. I enjoyed my picnic and I'm ready for my nap!

Closing: Make a vegetable garden craft- allow students to color a veggie cutout. Glue it on a stick and add to a class garden (a box with slits to hold the stick; see pictures)

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