



Po Kok Primary School
80th Anniversary School Activity

Cross-subject Learning Week
Healthy Life

Name : Nanita (9)

Class : P.3 A



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Timetable

Date	Time	Activities
24/10-4/11	Whole day	<ol style="list-style-type: none">1. Learn how to choose healthy food by reading the food label.2. Learn how to store food properly.3. Understand that food hygiene is important. Make a chef hat during the Visual Art lesson.
31/10(Mon)	A.M.	Visit Hong Kong Yakult CO.,LTD
2/11(Wed)	A.M.	Celebration

Study Skills

This learning week you will learn how to **compare** different ideas or things.

What is Comparing?

When we **compare**, we take two or more things and find out what the similarities and differences among those things are.

When we think if it is good or bad, right or wrong and make decisions, we can use charts like the one below to help us think. Then, we can write down the relevant key words about the topic. We should try to get as much information as we can to understand things better.

One of the ways to compare things is (there are other ways too):

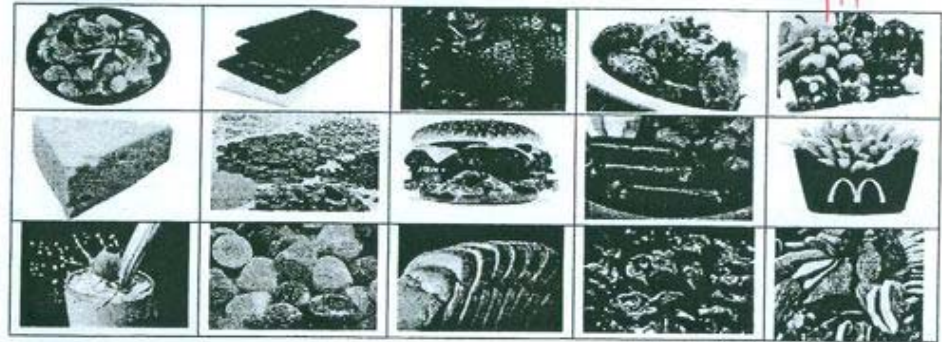
Good - advantages	Bad - disadvantages

Subject: English

Date: 1st November, 11

Mark: 11

A. What kinds of food do you like? Is your favourite food healthy or unhealthy? Put the following food items into the correct column.



Healthy food	Unhealthy food
strawberries, chicken, vegetable, cheese, cereals, milk, bread, dried cherries, meat	chips, chocolate, hamburger, sausage, French fries, candy

*Can you think of other healthy or unhealthy food items?

Write it down in the table.

*Why shouldn't we eat too much unhealthy food?

Because it makes us unhealthy, fat and sick.

*Useful words:

meat / chocolate / candies / milk / dried cherries /
 bread / hamburger / French fries / cereals / cheese /
 sausages / fries chicken wings / vegetables / strawberries /
 potato chips

Subject: English

Date: 1st November, 11

Mark: 11/11

Do you know how to make
Traffic-light sandwiches?

Ingredients:

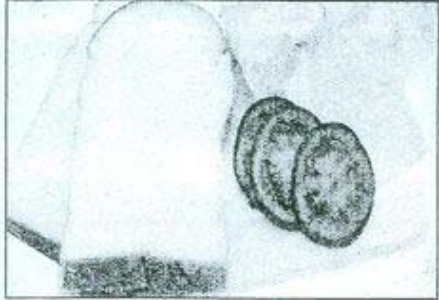
* some tomatoes

* Some cheese

* Some lettuce

* some slices of

* bread



B. Look at the following pictures and fill in the missing words.



First _____ cut the crusts
off the bread _____.

Then _____ make
three _____ holes in one
slice of bread _____.



Next _____ on the second
slice of bread, put _____ the
three _____ slices on the top,
take _____ a slice of
cheese _____ across the
middle, take _____
lettuce _____ at the bottom.

Finally _____ place the
bread _____ with the holes
on the top _____.
Now you have a traffic-light
sandwich with red _____,
yellow _____ and
green _____ lights.



Fruit Salad

First wash the apples then cut in to small pieces.

Next add some grapes and cherries then put into a a bowl.

Then cut the pears and oranges into small pices

Finally sit down and enjoy our fruit salad.

Useful words:

first / then / after that / next / finally...

cut / put / pour / mix / wash ...

apples / pineapples / pears / peaches / cherries / corn / bananas / strawberries / grapes /

oranges / chocolate / jelly beans / salad dressing ...

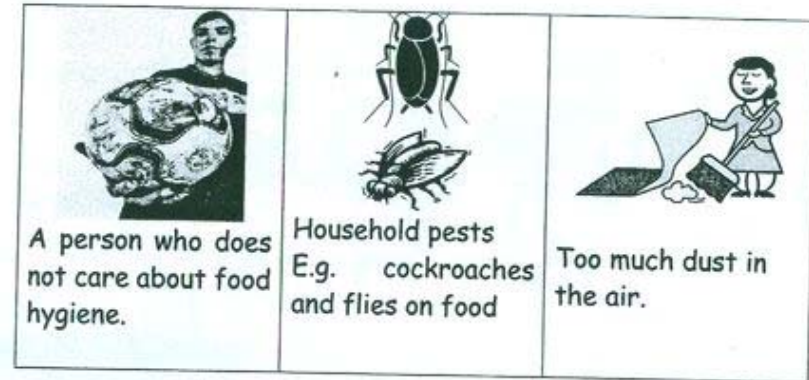
Subject: GS

Date: _____

Mark: A

Keeping food clean and fresh - food hygiene: Preventing food from getting dirty

Sometimes we get food poisoning. If we do, we may get abdominal pain or vomit because the food was dirty (contaminated). We should pay attention to food hygiene. There are many causes of food contamination, for example:



***Keeping food clean and tidy is very important to prevent food contamination. There are three things that we should do to prevent food contamination when we are making the sandwich:

1. Keeping clean and tidy (Personal hygiene)
2. Keeping the cooking place clean
3. Treating the food properly

1. Personal hygiene

a) Let's think! What should you do before you prepare food?

Chef hat
Put it on, then the hair won't go into the food

Hair
tidy our hair

Fingernails
Cut and clean it

Hands
wash it

Cloth / apron
Wear and keep it clean

b) What should you do if you cough or sneeze?

Wear a mask.

c) Do you still prepare the sandwich if you are sick? Why?

No, I want get some rest.

2. Keep the cooking place clean

lid / serving / clean / rubbish / dry

I should clean the table before and after making the sandwich.

I should keep serving equipment carefully and separate them from the cooking equipment.

I should clean and hang up my chef hat or apron to dry after using.

I should remove all rubbish after making the sandwich.

I should throw the rubbish in the bin and cover it with its lid.

3. Treat the food properly

Cover / Wash / Store

Wash the appropriate ingredients before you cook it.













Store all the ingredients on the table.

Cover the sandwich properly if you are not going to eat it.

Date: 14-11-2011





Mark: A 76/11

Food can be preserved so that it doesn't spoil. Compare the items on 'Food Items Page' on P.29. Which kinds of food can be kept for long? Cut and paste the food items in the table.

Can be kept for a long time	Cannot be kept for a long time
	
	
	
	
	
	

How should the mangoes be stored so that they can be kept fresh for a long time?

Match the mangoes with the way they can be preserved. (The answer of each question can be more than one.)



1. <u>Dried Mangoes</u>		Sucking out all the air
2. <u>Frozen mangoes with vacuum packaging</u>		Covering in sugar (sugar as a preservative)
3. <u>Canned Mangoes</u>		Taking out all the wetness/moisture
4. <u>Mangoes in a sealed jar</u>		Keeping it in a very cold place

Compare what's good and what's bad about the food in each question. Think of

the situations carefully. Share your results with your classmates.



Situation 1:

Which kind of mango you will bring along for the school picnic?

	<u>Mangoes in a sealed glass jar</u> 	<u>Dried Mangoes</u> 
What's good: (advantages)	it's still juicy	easy to carry
What's bad: (disadvantages)	the jar is breakable	it's too dry
Which kind of mango do you like better? Why?	dry mangoes because it is easy to carry	

Situation 2:



Which kind of mango will you buy for your grandparents who like to eat sweet food?

	<u>Dried Mangoes</u> 	<u>Fresh mangoes</u> 
What's good: (advantages)	easy to carry	it is fresh
What's bad: (disadvantages)	it has sugar	it is rotten
Which kind of mango will you buy? Why?	Fresh mangoes because it is fresh	

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Food Label

Choosing healthy food: Comparing 'Food Labels'

<p>Steamed Dumplings (16 pieces) Net weight: 350 grams Ingredients: Wheat flour, pork, water, cabbage, MSG, spring onions, salt, pepper Nutrition information (per 100 g): Energy 210 kcal, protein 8 g, total fat 9 g, saturated fat 3 g, trans fat 1 g, carbohydrates 25 g, sugar 2 g, sodium 470 mg Serving suggestion: Remove packet. Steam for about 15 minutes. Serve immediately. Made by: E&H Food Limited xx South Street, New Territories, Hong Kong Customer hotline: 2123 xxxxx</p>	<p>Cabbage and Pork Dumplings (16 pieces) Net weight: 350 grams Ingredients: Wheat flour, cabbage, pork, water, onion, salt, sesame oil, sugar, starch, spices. Nutrition information (per 100 g): Energy 174 kcal, protein 6.5 g, total fat 9 g, saturated fat 2 g, trans fat 0 g, carbohydrates 19.2 g, sugar 1.9 g, sodium 430 mg Serving suggestion: When the water boils, put dumpling on the steaming rack. Steam with lid at medium-high heat for 8 minutes.</p>
<p>Made by: Wanchai Ferry Peking Dumpling xx Au Pui Wan Street, Shatin, New Territories, Hong Kong Customer hotline: 2838 xxxxx Best before 12-08-2012</p>	

Date: 10-11-2011

Mark: A-11/11

- Compare the 2 food labels and let's see what you find out?
- Think of the appropriate questions to ask.

Question	Steamed Dumplings (16 pieces)	Cabbage and Pork Dumplings (16 pieces)
e.g.: What ingredients do dumplings have?	Wheat flour, pork, water, cabbage, MSG, spring onion, salt, pepper	Wheat flour, cabbage, pork, water, onion, salt, sesame oil, sugar, starch, spices
i. What is the Net weight?	350 grams	350 grams
ii. What is the Customer hotline?	2123 xxxxx	2838 xxxxx
iii. Who Made it?	E and H Food Limited xx	Wanchai Ferry Peking Dumpling xx
iv. Nutrition information	(per 100 g)	(per 100 g)

Which dumpling would you like to choose? Why?

Cabbage and pork dumpling.
Because it has no MSG.

Excess

Summary Exercises

A. Please circle the correct answer as below:

I)



II).

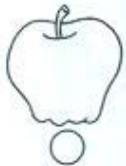


- Why does the old lady have stomachache?
(She has eaten overcooked food / She has eaten rotten food)
- Why is the canned food in her basket swollen?
(The canned food is spoilt / The cans are too full)
- What food may make us sick? (More than one answer)
(Expired food / Overcooked food / Uncovered food)

B. Colour the correct circles.

1. Which food items need to be cooked thoroughly before we eat?

A.



B.



C.



D.



2. Which items can we use to store food?

A.



B.



C.



D.



C. Read the food label and answer the questions.

28-10-2011

Healthy Cow Low-Fat Milk

Ingredients: Fresh milk, flavouring, vitamin D3

Volume: 250 mL

Producer: Nutritious Food Limited, 123 Tai Po Road, N.T.

Product of Hong Kong

*Consume within 6 months from manufacture date

*Refrigerate immediately after opening.

Produced: 04 September 2011



1. What ingredients does this food item contain?

Fresh milk, flavouring, vitamin D3

2. How long can this food item stay fresh?

6 months

3. How should we store this food item after opening it?

Put it in the fridge

4. Where is the food item produced?

Hong Kong

5. Would it be safe to drink this bottle of milk today?

Yes, it is safe to drink this bottle of milk today.

Well done!

D. Answer the following questions in complete sentences.

1. Name the food that you bring to school most often as a snack.

I bring biscuit to school most often as a snack

2. Is it a healthy food? Yes/No, because...

Yes, because biscuit is a healthy snack. Also the biscuit is not too sweet

3. Do you think you need to change the snack?

No, I don't think I need to change the snack.

4. Lily eats a packet of chips as a snack and drinks a can of coke every day?

What advice would you give her?

Eat some vegetable. Don't eat too much chips and drink coke as a snack

5. What should you do before each meal?

Wash our hands before each meal.

Student Self-Assessment and Parent Assessment

Please colour your result:

	Assessment items:	Student Self-assess	Parent Assess
1	I know how to choose healthy food.	○○○○○	○○○○○
2	I know how to practise food hygiene.	○○○○○	○○○○○
3	I can list ways to handle and store food properly.	○○○○○	○○○○○
4	I choose food that is safe to eat and hygienic.	○○○○○	○○○○○
5	I pay attention to food hygiene.	○○○○○	○○○○○
6	I am able to list the main sources of food in Hong Kong.	○○○○○	○○○○○
7	I am able to explain how technology helps in food production, processing and storage.	○○○○○	○○○○○
8	I choose hygienic and healthy food.	○○○○○	○○○○○
9	I can explain how technology relates to our daily life.	○○○○○	○○○○○
10	I know how to use 'COMPARE' for analyzing the problem	○○○○○	○○○○○

1. What did you learn during the Cross-subject Learning Week? (Please write 2 things)

I learn witch food can be kept for long time
I learn about recipes

Student's signature: Nanita

2. Comments on my son's / daughter's work:

Nanita is good. She is hardworking.
but she have learn more more
things so please help her.
Thank you very much.

Parent's signature: D. J. S.

Teacher-Assessment

Assessment guidelines:

○	○○	○○○	○○○○	○○○○○
Need improvement	Try harder	Fair	Good	Excellent

	Assessment items:	○	○○	○○○	○○○○	○○○○○
1	My child can choose healthy food.					✓
2	My child can talk about how to practise food hygiene.				✓	
3	My child can list ways to handle and store food properly.				✓	
4	My child chooses food that is safe to eat and hygienic.				✓	
5	My child pays attention to food hygiene.				✓	
6	My child can list the main sources of food in Hong Kong.					✓
7	My child understands how technology helps in food production, processing and storage.					✓
8	My child is able to give advice on healthy and safe eating choices				✓	
9	My child can explain how technology relates to our daily lives.					✓

Conclusion



好 好
VERY GOOD

To all Students,

After finishing the Cross-subject Learning Week, we are sure you have learned a lot about keeping good habits, especially when it comes to food. We hope you have also learned new skills and that you will use these skills in the future so that you can find things out for yourself. We are proud of you! Well done!

Very good, Nanita! You can almost reach the goal. You have shown what you have learnt! You also write tidily

Read aloud.

I buy fresh food.

I buy food that is safe to eat.

I buy food that is hygienic.

I wash my hands properly before eating
or preparing food.

I wash and cook food well,

I avoid eating spoiled food.

I keep the cooking tools and kitchen
clean.

I store food properly to make it last
longer.

It's great to have a healthy lifestyle!