

Teacher Ranmeet's Reading Adventures

With
Benny the
Butterfly!

Book 8

Food, Please!

Let's learn about tasty food, ordering meals, and healthy choices!

Year 3 CEFR
Module 6
Food, Please!

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1 What's in the Fridge?

Can You Spot It?

Look for a tiny purple plum sitting on top of the milk bottle!

Teacher Ranmeet opens a picture of a giant, colorful kitchen fridge on the screen.

"Let's see what we have to eat today," she says cheerfully.

"There are some eggs and there is some milk," says Tim, pointing to the top shelf.

Sara smiles and looks at the lower tray. **"Are there any carrots?"** she asks. "Yes, look! There are a lot of crunchy orange carrots!"

VISUAL SCENE: THE KITCHEN FRIDGE



[An open refrigerator packed with bottles of fresh milk, white eggs, and bright carrots]

Benny's Word

any – used in questions or negative sentences when talking about an amount of something.

Teacher Ranmeet's Tip

Use **there is some** for things you can't count (milk) and **there are some** for things you can count (eggs)!

2

Ordering at the Cafe

Can You Spot It?

Find a small silver spoon tucked inside a chef's apron pocket!

The class pretends to sit down at a busy, lovely weekend cafe for lunchtime.

Ben acts as the friendly waiter, holding a small notepad. "Can I help you?" he asks nicely.

"Can I have some fish and chips, please?" asks Anna politely while looking at the menu.

Tim looks at the delicious drinks section. **"Is there any lemonade?"** he asks. Ben nods with a warm smile, writing down the treats.

VISUAL SCENE: THE HAPPY CAFE



[A steaming plate of golden fish and chips next to a tall glass of yellow lemonade]



Phonics Sound

sh and ch: Listen to the difference between soft /ʃ/ in **fish**, **shop** and crisp /tʃ/ in **chips**, **cheese**!



Teacher Ranmeet's Tip

When asking for food nicely, always say **"Can I have... please?"** to show great manners!

3

How Much and How Many?

Can You Spot It?

Find a tiny pink strawberry hiding behind the juice carton!

Now, it's time to count and organize our delicious ingredients on the kitchen counter.

Teacher Ranmeet holds up a crystal jug of fresh orange juice.

"How much juice is there?" asks Ben, looking closely at the markers.

"There is a lot of juice!" says Anna. Then she points to a basket of red apples. **"How many apples are there?"** she wonders out loud. Tim counts them up: "One, two, three, four!"

VISUAL SCENE: COUNTING INGREDIENTS



[A large clear pitcher filled with orange juice next to a woven basket of round red apples]

Benny's Question

What is inside your school lunchbox today? **Is there any fruit or water?** Tell your friend!

Teacher Ranmeet's Tip

Use **how much** for liquids/uncountables (juice, water) and **how many** for separate objects (apples, bananas)!

4 Eating Well Together

Can You Spot It?

Can you find a smiling green broccoli head on the blackboard corner?

At the end of the lesson, the students draw pictures of their ultimate healthy dinner plates.

They fill their paper sketches with colorful vegetables, rice, grains, and clean proteins.

Teacher Ranmeet explains that healthy food gives our bodies great energy to run and play.

"Eating a balanced meal keeps us strong," she says. The children cheer, ready to eat a healthy lunch!

VISUAL SCENE: HEALTHY DINNER PLATE



HEALTHY BODIES, HAPPY MINDS!

♥ Our Shared Value

We should choose healthy food. Eating fresh vegetables, fruits, and clean water makes our bodies grow strong and energetic!

Let's Talk

What is your absolute favorite vegetable? Why is it important to drink enough water every day?