



## Small Group Work – Vocabulary Learning and Retrieval

### Baseline Assessment on Nutrition and Food Types

Name: .....

Date: .....

We are going to think about food and why we eat.

1 I want you to think about different sorts of food we can eat. We eat foods from different groups (e.g. meat is a food group). A sort of meat is sausages.

Tell me two more sorts of meat: .....

Tell me two more sorts of fish: .....

Tell me two more sorts of vegetables: .....

Tell me two more sorts of fruit: .....

Tell me two more sorts of dairy food: .....

Tell me two more sorts of grainy food (cereal): .....

Tell me two more sorts of sugary food: .....

2 Tell me why we have to eat (three reasons)

a: .....

b: .....

c: .....

3 Your body needs food for different reasons:-

a: to grow and mend. Tell me three foods that can do this:

.....

b: for energy. Tell me three foods that can do this:

.....

c: to help digest other food. Tell me three foods that can do this:

.....



# Cue Card

How do we learn and remember new words?

Think about the sounds

Think about the meaning

Starts with .....

Rhymes with .....

Has ..... syllables

Sounds like .....

Goes with .....

.....  
.....

Looks like .....

.....  
.....

Category

.....  
.....

?

Use it for

.....  
.....

Is a

.....  
.....

