

Dear parents,

The past few weeks at Innocent Minds were so enriching as children got to know more about healthy and unhealthy food. They explored this theme through many exciting activities such as cooking healthy meals, tasting a variety of food, sorting food by categories....

They also learned about table manners and were so enthusiastic to set a table as part of Montessori Practical life exercise.

In language, children played many amusing games related to healthy and unhealthy food:

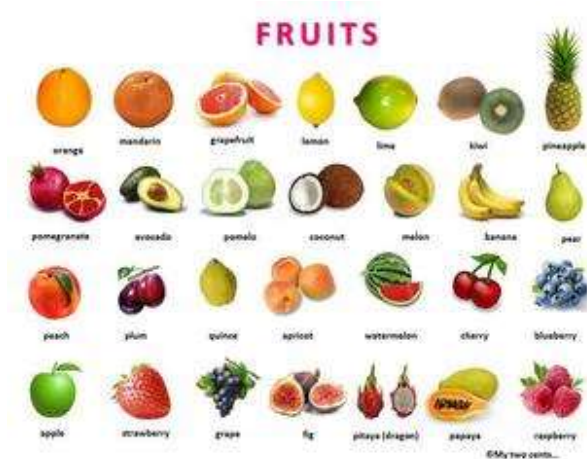
- They discussed the five food groups, then created the “My healthy plate ”.
- They watched a video related to the theme where each child was asked to list some of his favorite food.
- They created a fruit and vegetable basket, where they pasted pictures of different fruits and vegetables.
- They played a memory game using fruits and vegetables flashcards.



In Science, children were able to differentiate between solid and liquid, between salty and sweet, sour and bitter.



They tasted several food and made a vegetable salad to learn that healthy food help them grow.



Purple color was introduced and children played different games like finding purple objects around the classroom and coloring pictures using this color.

In math, they were able to identify and name the heart shape.



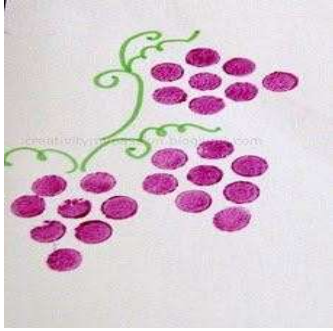
In addition, they are able to name the number 6, trace it, and relate it to objects.



The new concepts such as: Full/ empty and more and less were also introduced



In art, children printed purple circles using the water bottle caps to create grapes.



Some of them created the fruit and vegetable basket out of paper plates.



Next month, children will explore Farm Animals and learn about their food, habitat, sound and shelter.

