

Senior Fun Activities

5 to 10 Years



● Learning Objectives

- To learn healthy eating habits.
- To develop fine motor skills.

● Materials Needed

- Old magazines & newspapers
- Child-friendly scissors
- Glue
- Two A4 sheets of chart paper - coloured or white

● What to do?

- Draw a smiling face on one A4 sheet at the top centre and one sad face on the other sheet.
- Write 'Healthy Food' below the smiling face and 'Junk Food' below the sad face.
- Using the child-friendly scissors, cut out pictures of food items from the magazines and newspapers.
- Sort the cut pictures into healthy and junk food and paste them on the appropriate sheets.
- Check page 2 for one more fun exercise.

Let's do this fun exercise of writing down the names of healthy and junk food from A-Z. Please take the help of your parents for spellings only.

| LETTERS | NAMES OF HEALTHY FOOD | NAMES OF JUNK FOOD |
|---------|-----------------------|--------------------|
| A | | |
| B | | |
| C | | |
| D | | |
| E | | |
| F | | |
| G | | |
| H | | |
| I | | |
| J | | |
| K | | |
| L | | |
| M | | |

LETTERS

NAMES OF HEALTHY FOOD

NAMES OF JUNK FOOD

| | | |
|---|--|--|
| N | | |
| O | | |
| P | | |
| Q | | |
| R | | |
| S | | |
| T | | |
| U | | |
| V | | |
| W | | |
| X | | |
| Y | | |
| Z | | |

