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?

<table>
<thead>
<tr>
<th>Think about the sounds</th>
<th>Think about the meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Starts with** ................
- **Rhymes with** ..............
- **Has** .......... syllables
- **Sounds like** ..............

- **Goes with** ..............
- **Category** ..............
- **Use it for** ..............
- **Looks like** ..............
- **Is a** ..............