

Objective

By the end of this lesson, the student will understand the meaning of the phrase "an apple a day keeps the doctor away" and will be able to explain the importance of healthy eating, particularly the benefits of apples.

Materials and Prep

- Paper
- Colored pencils or crayons
- A timer (optional)
- A comfortable space to sit and work

Before the lesson, ensure the student understands what a proverb is and has some basic knowledge of fruits, especially apples.

Activities

- **Story Time:**

Read a short story about a character who learns the importance of eating healthy foods, especially apples. Discuss the story afterward and relate it to the saying.

- **Drawing Apples:**

The student will draw a big apple and write down three reasons why apples are good for health. Encourage creativity with colors and designs!

- **Healthy Eating Chart:**

Create a chart together where the student can list their favorite fruits and vegetables. Discuss why each one is good for them and how they can include them in their diet.

- **Role Play:**

Act out a scene where the student is a doctor and you are a patient. The doctor gives advice about eating healthy foods, including apples! This will help reinforce the lesson in a fun way.

Talking Points

- "What do you think it means when we say 'an apple a day keeps the doctor away'?"
- "Can you name some healthy foods? What do you think makes them healthy?"
- "Why do you think apples are special? What do you like most about them?"
- "How can we make sure to eat healthy foods every day?"
- "If you were a doctor, what healthy foods would you tell your patients to eat?"
- "What is your favorite fruit? How does it help your body?"
- "How can we remind ourselves to eat healthy? Maybe we can make a fun chart!"