



# Alpha-Bites: Alphabetical Food Chart

## Introduction

Ask children to choose a few vegetarian items from the lists they made when they completed the **Let's Go Shopping** lesson and instruct them to discuss what kinds of food they are (e.g., fruits, vegetables, herbs, drinks or a complete meal, such as vegetable curry).

## Activity 1: Create a Chart

Ask the children to form pairs (to encourage cooperation and dialogue), and provide them with A2 paper, writing pencils and coloured pencils.

Instruct the children to create an alphabetical chart of meat-free foods either from the items on their lists or from memory. Have them consult reference materials (e.g., the internet, dictionaries and reference books) as well. For the letters X and Z, students could list the names of foods that simply contain the letters.

Children should write and draw the foods they select next to each appropriate letter (see example).

## Activity 2: Nutritional Categories

When the chart is finished, children should indicate which of the four nutritional categories (see **Learning Objectives**) each food belongs to by underlining the names of the foods with different colours (these colours could be predetermined, or children could create their own key). If a food belongs to more than one nutritional category, it should be underlined with each applicable colour.

At the end of the lesson, compare charts by listing the names of all the foods that begin with a certain letter or finding foods that are high in a particular nutrient.

## Variation

Alternatively, you may want pupils to divide the foods into four different categories – fruit, legumes, whole grains and vegetables.

For more information on these four food groups and to find a downloadable poster, please see [pcrm.org/pdfs/health/4foodgroups.pdf](http://pcrm.org/pdfs/health/4foodgroups.pdf).

## Background

After the children's visit to a local supermarket or community shop/farmers' market (**Let's Go Shopping**), during which they listed various meat-free foods and wrote down the countries that they came from, children should organise and categorise these foods.

## Learning Objectives

Children should learn the following:

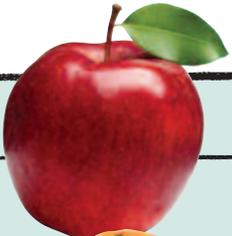
- To be familiar with a variety of meat-free foods
- To use dictionaries and other reference materials to find the names of food items and their correct spellings
- To place different foods into the four nutritional categories – carbohydrates, protein, fats and vitamins/minerals

## Extension Ideas

- Have the children use a drawing, collage or painting to illustrate a wholesome meat-free meal made from ingredients listed on their charts that belong to the four nutritional categories – carbohydrates, protein, fats and vitamins/minerals.
- Construct or use an ICT database relating to food types.
- Make collages that feature packaging from healthy and unhealthy foods.
- Produce a display illustrating a healthy diet or a week's worth of menus which include foods that provide a varied and balanced diet.



# Example of an Alphabet Food Chart

<b>a</b>	almond, apple, apricot, artichoke, asparagus, aubergine (eggplant)	
<b>b</b>	bagel, banana, baked bean, beetroot, black bean, blackberry, blackcurrant, blueberry, borlotti bean, bread, broccoli, Brazil nut, Brussels sprout, butter bean, butternut squash	
<b>c</b>	cabbage, cannellini bean, carrot, cassava, cauliflower, celery, cereal, chapatti, chickpea, chocolate, ciabatta, coconut, coffee, corn, courgette (zucchini), couscous, cucumber, currant	
<b>d</b>	Danish pastry, date, dill weed	
<b>e</b>	eggplant (aubergine), enchilada, endive	
<b>f</b>	fennel, flour, French bread, fruit juice, fusilli pasta	
<b>g</b>	garlic, ginger, gooseberry, granary bread, grape, grapefruit, greens	
<b>h</b>	hazelnut, horseradish, hummus	
<b>i</b>	iceberg lettuce, ice cream, ice lolly, Indian corn (maize)	
<b>j</b>	jam, jelly, juice	
<b>k</b>	kale, ketchup, kidney bean, kiwi fruit, kohlrabi, kumara (sweet potato), kumquat	
<b>l</b>	leek, lemon, lemonade, lentil, lettuce	
<b>m</b>	macaroni, maize (Indian corn), margarine, marrow, melon, mushroom, mustard	
<b>n</b>	nectarine, noodles, nut roast	
<b>o</b>	oatmeal, oil, okra, olive, onion, orange	
<b>p</b>	pancake, parsnip, pasta, pea, peach, peanut, pear, pecan, pesto, pickle, pineapple, pistachio nut, plum, pomegranate, potato, pumpkin	
<b>q</b>	quiche, quince, quinoa	
<b>r</b>	radish, raisin, raspberry, rhubarb, rice, rocket	
<b>s</b>	satsuma, seitan, sesame seed, shallot, soup, soya bean, spaghetti, spinach, sprouts, strawberry, sugar, sultana, sunflower seed, swede, sweet potato (kumara)	
<b>t</b>	tangerine, tapioca, tea, toffee, tofu, tomato, turnip	
<b>u</b>	ugli fruit	
<b>v</b>	vanilla extract, vegetable curry, veggie burger, vermicelli pasta, vinegar	
<b>w</b>	walnut, water, watercress, wheat	
<b>x</b>	Mexican food (taco, guacamole, etc.)	
<b>y</b>	yam, yeast, yeast extract, yoghurt	
<b>z</b>	zucchini (courgette), maize, pizza	