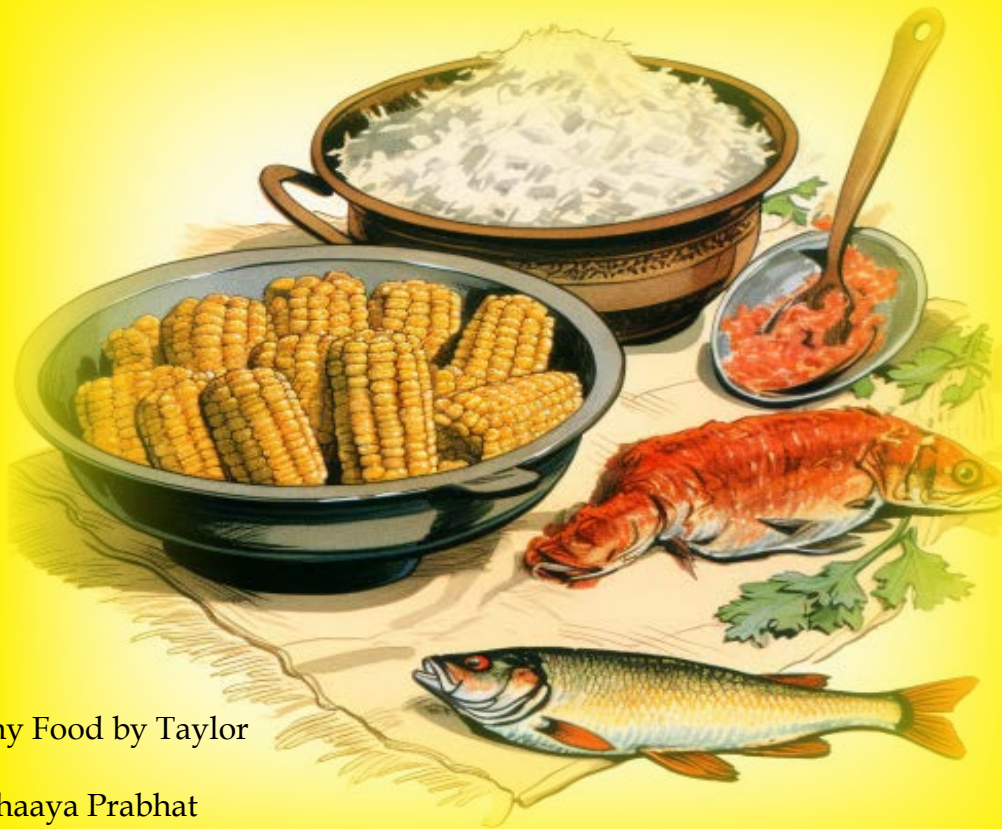


Healthy Food



Based on: Healthy Food by Taylor
Frederick
Illustrated by: Chaaya Prabhat



AUTHORS
GNII-HNE RUSSELL AND FOUZI SNORTON

Healthy Food



Introduction for Ministry of Education Online Early Childhood Education Teaching and Learning Materials

The Liberia Ministry of Education has developed 50 context-relevant and age- appropriate early childhood education readers. These readers would be addressing the chronic need of improving the quality of teaching and learning materials and the widespread lack of curriculum materials for foundational literacy and play-based learning. Twenty-five of these ECD readers were written by ECE master trainers and, 25 were contextualized using online open- source stories from the global digital libraries.

Welcome to this audio edition of early childhood books aligned to the Liberia Early Childhood Education Curriculum. There are 50 eBooks in this edition. The uniqueness of this Ministry of Education approach is that each book has a sign language version.

The books come in three categories or levels:

- Beginner or nursery is for children ages 3 to 4
- Intermediate or K-I is for children ages 4 to 5 and
- Advance or K-II is for children ages 5 to 6

The development and production of these books were made possible through the Bureau of Early Childhood Education of the Ministry of Education, with support from the Global Partnership for Education with funding from the World Bank. The eBooks and the accompanying audio books were designed by WE-CARE Foundation, a local educational NGO.

To access these early childhood books online, please go to the Ministry of Education website: www.moe.gov.lr

Do you like food? Which type of food do you like? Do you eat a lot of candies or a lot of vegetables? Which one is healthier?



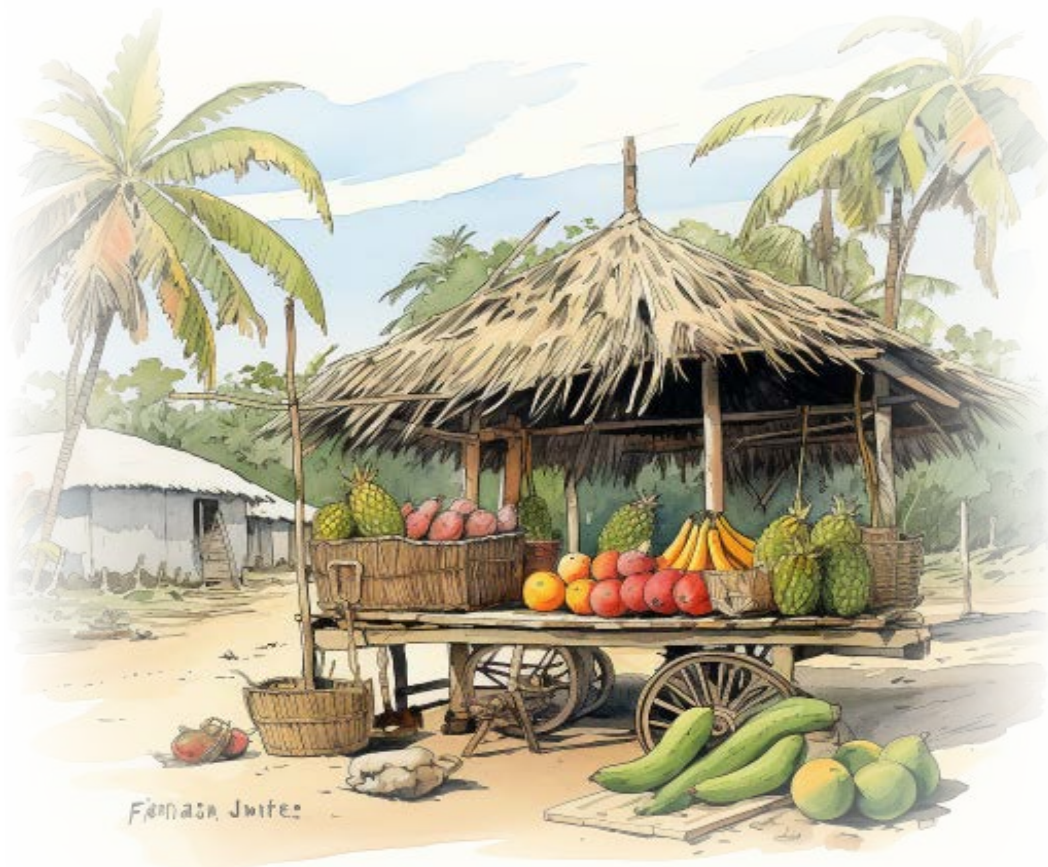
Which foods are healthy?



Fruit! Fruits are very healthy. They have vitamins. They are also sweet. Perfect!



Some fruits are mango, orange, banana, avocado, and pineapple.



Another healthy foods are vegetables. They have minerals.



Some vegetables are cabbage, collard green, potato green, and tomatoes.



Also, you need grains. What types of foods are grains?

Corn meal comes from grain. And rice! It is also bread. They give you energy to play!



Meat, fish, and beans are protein foods. Protein foods build your body!



Dairy foods are very healthy, too. What are dairy foods?

Dairy foods are milk, cheese, ice cream, and yogurt.



These are healthy foods. (But you can eat doughnuts and or other sweets once in a while.)



Healthy food are delicious!



Reading Level: Intermediate- Advance (Age 4 -6)

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Healthy Food

Synopsis

Learn about food that are good for you to eat.

