Youtube

3

肚餓了
I'm Hungry

肚餓啦！ 肚餓啦！

今天我們吃什麼?

芒果 Momo Samosa

一起來吃到飽飽啊!

重點詞語
Key vocabulary

肚餓 Hungry	吃 Eat
芒果 Mango	飽 Full

歌詞直譯
Lyrics translation

肚餓	了
Hungry	already

肚餓	啦	!	肚餓	啦	!
Hungry	la	!	Hungry	la	!

今天	我們	吃	什麼	?
Today	we	eat	what	?

芒果	Momo	Samosa
Mango	Momo	Samosa

一起	來	吃到	飽飽	啊	!
Together	come	eat till	full full	oh	!

主題: K1-3 食物　　歌曲: 肚餓了
Topic: K1-3 Food　　Song: I'm Hungry

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3 I am Little Chef

Please beware of food allergy.
Ingredients may be adjusted according to personal needs.

Fruit Salad

1. **Prepare different fruits and vegetables**, such as apple, strawberry, grape, tomato, potato, salad vegetables and corn, etc.

2. **Get your kid involved in simple steps** such as washing fruits and vegetables.

3. Cut the ingredients. **Kid can help putting them in a large bowl and mixing them together.**

4. **Add appropriate amount of salad dressing.**

5. **Share the food together!**

Materials

- Fruits
- Vegetables
- Salad dressing
- Knife
- Tableware

Remember to tell your kid to **wash their hands** before touching the food!

Get your kid involved in simple steps!

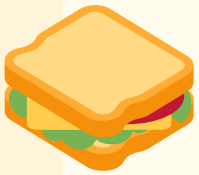
Please beware of food allergy.
Ingredients may be adjusted according to personal needs.

Healthy Sandwich

1. **Prepare bread, different ingredients** such as fruits, egg, corn, tomato, crab fillet, tuna, cheese, cucumber etc, **and the sauce,** such as vegetable butter and peanut butter.

2. **Get your kid involved in simple steps** such as washing fruits and vegetables.

3. Cut the ingredients. **Kid can choose different ingredients and put them in the sandwich.**

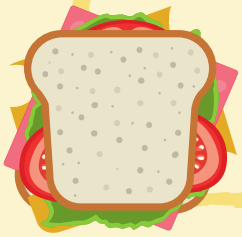


4. **Share the food together!**

Pancake

Buy pancake powder in the supermarket. You can make the pancake in few steps according to the instructions shown in the packing.

Materials for healthy sandwich

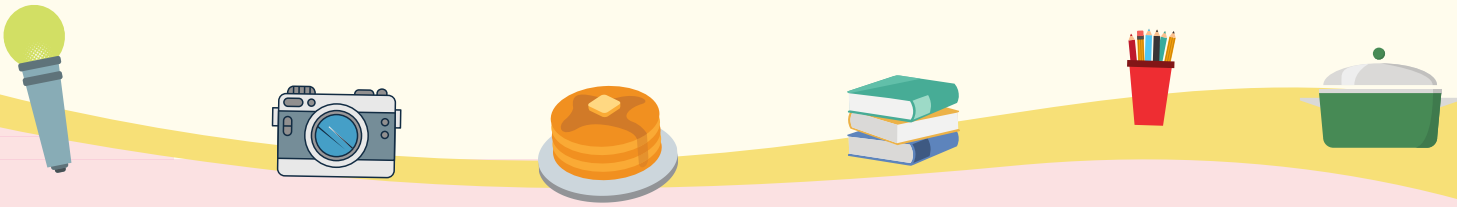


- Bread
- Vegetables
- Fruits
- Knife
- Sauce
- Any food you want to add!

Materials for pancake

- Pancake powder
- Egg
- Water
- Milk
- Tableware
- Pan

*mentioned in the packing of the pancake powder



Finish? Well done!

Date :

Parent's signature :