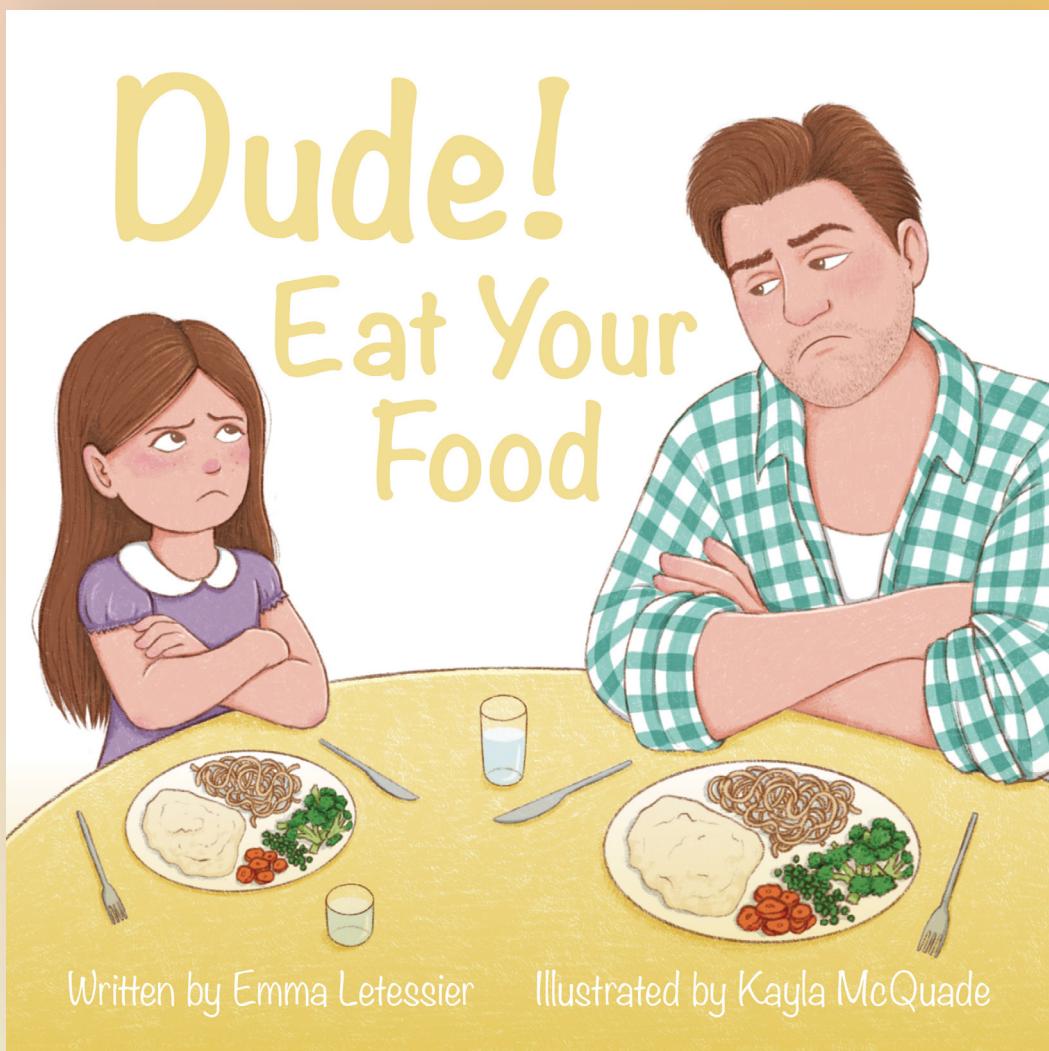


Teacher Resource Guide and Lesson Plan for Dude! Eat Your Food



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Overview

Title: Dude, Eat Your Food

Author: Emma Letessier

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Target Age Group: 4–7 years old (Years 1–3)

Themes: Mealtime, emotions, role reversal, family dynamics, humour, resilience

Learning Objectives

English (Levels 1–2):

- Recognise and understand ideas within and across texts.
- Use oral, written, and visual language features to create meaning.
- Engage with imaginative texts for enjoyment and reflection.

Health and Physical Education:

- Describe feelings and ask questions about personal health and wellbeing.
- Express ideas, needs, and feelings clearly.
- Build relationships through empathy and turn-taking.

The Arts (Drama/Visual):

- Develop ideas through movement, facial expression, and creative visuals.
- Explore character, mood, and simple narrative through performance and drawing.

Discussion Prompts

Before Reading:

- What do you usually eat for dinner?
- What happens when someone doesn't want to eat their food?
- What do you think this book might be about?

During Reading:

- Who do you think is acting like the grown-up?
- What emotions can you see on the characters' faces?
- Has this ever happened in your house?

After Reading:

- Why do you think the parent was being silly?
- What could they do next time to make dinner easier?
- What do you do when you don't feel like eating?

Extension Ideas

1. Creative Writing & Drawing:

Prompt: “If I were the parent at dinner time...” Students can write and/or draw their own dinner scenario, using humour or kindness to solve a problem.

2. Role Play:

Students act out a dinner scene, swapping roles as adult and child. Emphasise tone, expression, and empathy.

3. Food Feelings Chart:

Create a class chart of foods students love, dislike, and feel unsure about. Use this to explore emotional reactions and respectful disagreement.

4. Mealtime Manners Poster:

Collaboratively design a poster about respectful, fun, or helpful things to do at the table.

NZ Curriculum Achievement Objectives Reference

English Level 1:

- Processes and strategies: Selects and uses sources of information, processes, and strategies with some confidence to identify, form, and express ideas.
- Ideas: Recognises and describes ideas within and across texts.

Health and PE Level 1:

- Personal Health and Development: Describe feelings and ask questions about health and wellbeing.
- Relationships with Others: Express ideas, needs, wants, and feelings clearly and listen to those of other people.

The Arts (Drama/Visual Arts) Level 1:

- Drama: Explore and share ideas about how to perform roles.
- Visual Arts: Share ideas through drawings, collages, or other creative formats.

Home Connection/ Parent Letter

Dear Parent/Caregiver,

This week, we read a playful and relatable story called *Dude, Eat Your Food*, which explores a common mealtime moment through humour and role reversal. Your child may enjoy sharing the story with you or even acting it out!

Here are some questions to ask your child:

- What did you like about the book?
- Who do you think was being the grown-up?
- What do you think makes dinner time easier or more fun?

We also discussed emotions, kindness, and what to do when we don't like something on our plate. Feel free to share your own childhood dinner stories with your child to continue the conversation at home!

Kind regards,

[Teacher Name]

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