

LESSON PLAN GUIDE

PictureBook English Reading Series

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Category	Vocabulary	Title	B18 – My Mom is on a Diet
Ages	4–8	Theme	Food Vocabulary + The Food Pyramid + Countable and Uncountable Nouns

INTRODUCTION OF THE BOOK

In this book, children learn the most common food words in English alongside the food pyramid — a simple, visual tool that helps them understand which foods are healthy and which should be eaten in moderation. The book also introduces uncountable food nouns alongside countable ones, helping children naturally absorb an important English grammar distinction through familiar vocabulary.

By sorting and categorising foods to create their own food pyramid, children engage actively with the new vocabulary in a way that is both meaningful and memorable.

LEARNING OBJECTIVES

Children will be able to:

- Name common food words in English
- Understand and use the food pyramid to categorise foods
- Distinguish between healthy foods and foods to eat in moderation
- Identify countable food nouns (e.g. an apple, two eggs) and uncountable food nouns (e.g. rice, water, bread)
- Create their own food pyramid by sorting and arranging food vocabulary

LEARNING ACTIVITIES

1. Talk about favourite foods first

Before opening the book, ask your child about their favourite and least favourite foods. You can also ask what they had for breakfast, lunch, and dinner. This connects the new food vocabulary to their daily life and makes the learning feel personally relevant from the start.

2. Sort foods by how healthy they are

As you read through the book together, ask your child whether each food is good for staying healthy or not. This helps even young children begin to understand the concept of high and low calorie foods, and introduces the important idea that some foods are best enjoyed in moderation. Keep the discussion light and positive — the goal is awareness, not anxiety about food.

3. Make your own food pyramid

After reading the story, encourage your child to create their own food pyramid, arranging foods from those they should eat most at the bottom to those they should eat least at the top. Talk together about which foods belong at each level and why. This hands-on activity reinforces both the food vocabulary and the concept of a balanced diet in a fun and creative way.

FOLLOW-UP ACTIVITIES

Ask your child to look inside your kitchen cupboards or fridge and name as many foods as they can in English. Then sort them together — which level of the food pyramid does each one belong to? For an extra challenge, ask your child which foods are countable and which are uncountable. For example: 'Can you say one rice? Or two rices?' This makes the grammar point feel playful rather than intimidating.

Try the fun online learning activities for this book on our website!

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TEACHER'S NOTES & TIPS

The countable/uncountable noun distinction is one that many young ESL learners find tricky — especially those whose first language does not make this distinction. Introduce it gently through the food context rather than as a grammar rule. A simple test that works well for children is to ask: 'Can you count it?' — 'one apple, two apples' works, but 'one rice, two rices' does not. When discussing healthy eating, keep the tone positive and balanced — the aim is to build vocabulary and awareness, not to create pressure around food choices.