Sadhu Vaswani International School For Girls
Shanti Niketan, New Delhi-21

September 2026

K G *Bulletin*

Theme Of The Month- ***Fruits and Vegetables***



Cognitive Skills

Recognition - Recognizing and naming different fruits and vegetables.



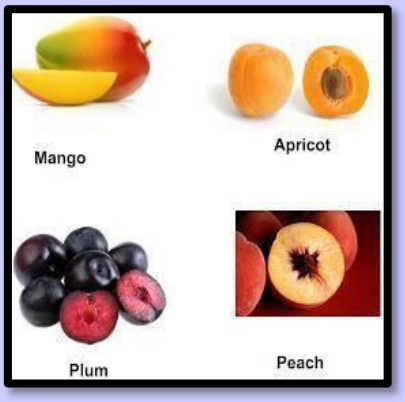
Identification - To identify shapes and colours of different fruits and vegetables.



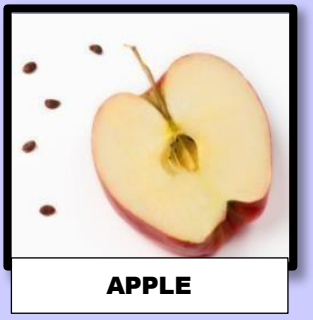
Classification –

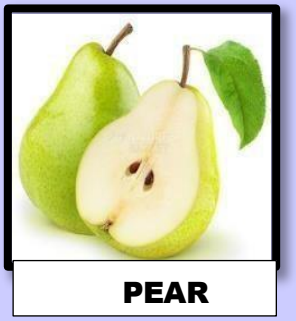
1) Classification of fruits- On the basis of seeds:

One Seed

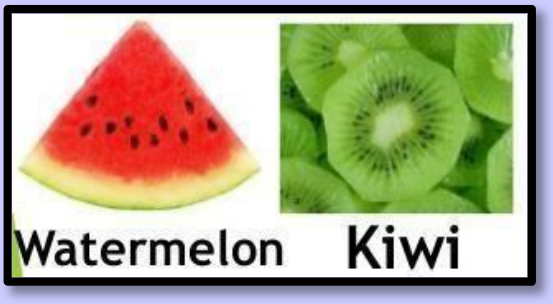


Few Seeds



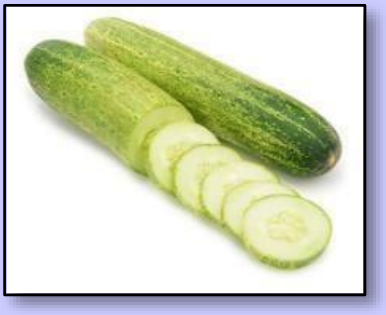


Many Seeds



2. Vegetables that can be eaten- raw, cooked, both raw and cooked.

RAW





Example- Cucumber, Radish

COOKED



Example- Ladyfinger, bitter gourd,brinjal, bottle gourd

RAW AND COOKED

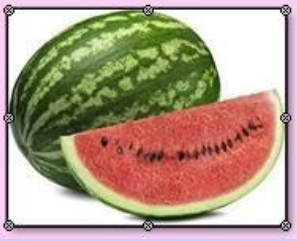






3. Juicy Fruits- For example-

Watermelon	Orange	Mango	Grapes






Multi-Sensory Learning–- Number of activities are planned for the students related to the topic fruits and vegetables.

S.No	Date	Activity	Material Needed
1	14.9.26	Show and Tell-My Favourite Vegetable	Prop/flashcard of your favourite vegetable
2	18.9.26	Cooking without Fire	The dish as per your choice
3	21.9.26	Say no to junk food	Pictures of healthy and junk food.

Celebration- Teachers' Day Students will express love & gratitude for their teachers by designing cards and the significance will be discussed.



JANMASHTAMI - Festival will be celebrated and its significance will be discussed.



Language Skills

ENGLISH: Conversation on the topics –'My Teacher' and 'Healthy and Junk Food'.(Children will be encouraged to speak short sentences.)

My Teacher



*My teacher's name is……
*She is very caring and kind.
*She teaches and guides us well.
*She tells us good moral stories.
*I love my teacher.

Healthy and Junk food

* Food is very important for our body.
*We should eat healthy food like fruits, green vegetables and salads.
*Healthy food makes us fit and strong.
* Junk food like burger, pizza, maggi, etc. makes us fat and lazy.
*Eat healthy, be healthy.



STORY OF THE MONTH

STORY SHEET - SEPTEMBER

The Greedy Mouse

A greedy mouse saw a basket full of corn. He wanted to eat it. So he made a small hole in the basket. He squeezed in through the hole. He ate a lot of corn. He felt full. He was very happy.

Now he wanted to come out. He tried to come out through the small hole. He could not. His belly was full. He tried again. But it was of no use.

The mouse started crying. A rabbit was passing by. It heard the mouse's cry and asked: "Why are you crying my friend?"

The mouse explained: "I made a small hole and came into the basket. Now I am not able to get out through that hole."

The rabbit said: "It is because you ate too much. Wait till your belly shrinks". The rabbit laughed and went away.

The mouse fell asleep in the basket. Next morning his belly had shrunk. But the mouse wanted to eat some corn. So he ate and ate. His belly was full once again. He thought:

Oh! Now I will go out tomorrow".

The cat was the next passerby. He smelled the mouse in the basket. He lifted its lid. He ate the mouse.







Moral : One should not be greedy.

PRE-PRIMARY - 4

SOME MORE STORIES

THE FOX AND THE CRANE

https://youtu.be/Gx66S3eXLfw?si=mjhlzFb4QbtGiY2S

THE MAN, HIS SON AND THEIR DONKEY

https://youtu.be/gl_MW_c8k4k?si=QlOP11nfFNUvrZD3

Rhyme Time

EAT THEM ALL

Tomato and carrot,
Potato and beans.
Cauliflower and cabbage,
And vegetables green.
Your body needs them,
They are good for us.
Don't screw up your nose,
Eat them all without a fuss.



FRUITS

Banana, apple,
orange,cherry,
Mango, watermelon
and strawberry,
All the fruits are my
friends dear,
I wash them very
clear,
and eat them without
fear.





VEGETABLES

Carrots, beans, and
potatoes

Corn and peas and
tomatoes

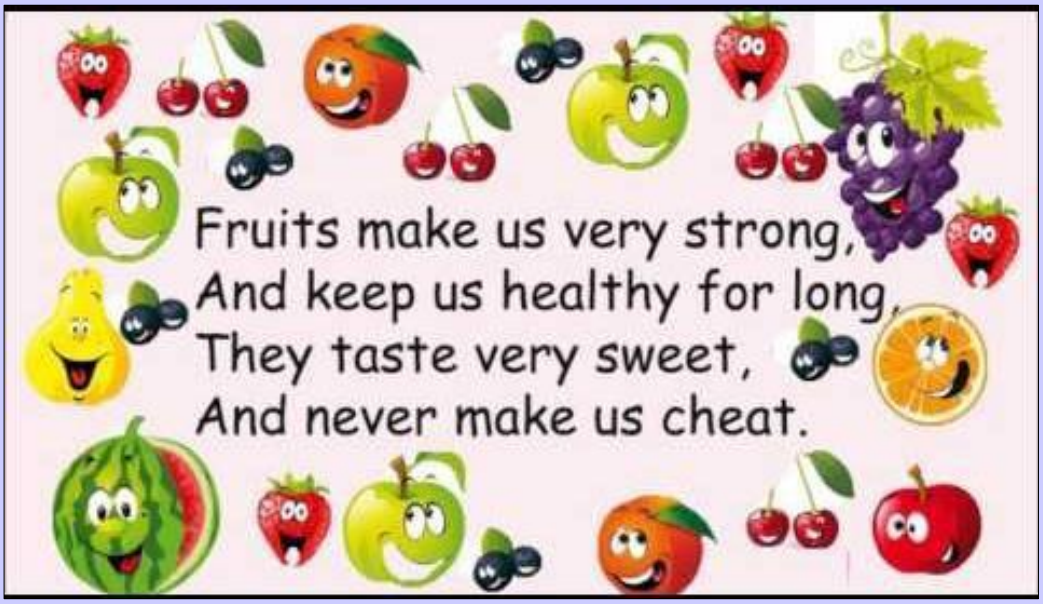
Mix and stir up in
a pot.

Smells so good as
it gets hot.

Soup's on-1, 2.
Soup's on-3, 4.

1, 2, 3, 4-Let's all eat
a good healthy
soupy treat.

Rhyme Time



Five Little Ducks

Five little ducks went out one day,
Over the hills and far away.
Mother duck said, "quack quack quack quack,"
But only four little ducks came back.

Four little ducks went out one day,
Over the hills and far away.
Mother duck said, "quack quack quack quack,"
But only three little ducks came back.

Three little ducks went out one day,
Over the hills and far away.
Mother duck said, "quack quack quack quack,"
But only two little ducks came back.

Two little ducks went out one day,
Over the hills and far away.
Mother duck said, "quack quack quack quack,"
But only one little duck came back.

One little duck went out one day,
Over the hills and far away.
Mother duck said, "quack quack quack quack,"
And all of the five little ducks came back.

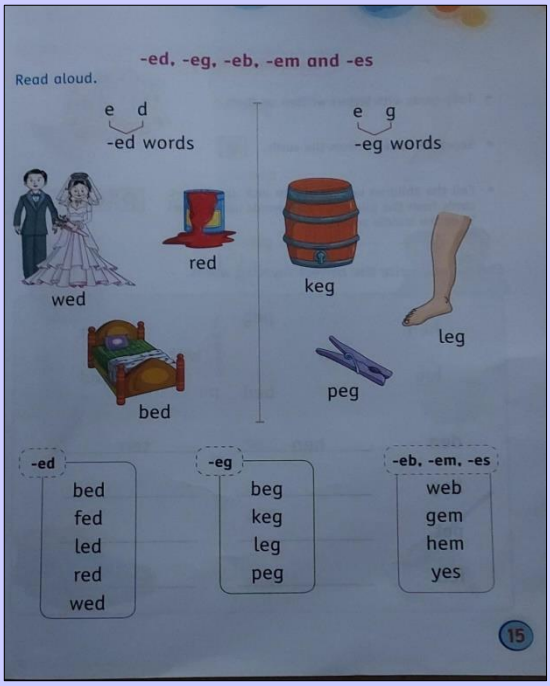
Vocabulary Building: favourite , peel , raw, junk, sliced , juicy , sour , spicy , junk , healthy

Writing Skills:

1) Revision of cursive alphabets and words of vowel 'a'

2) Introduction of three letter words of vowel **'e'** along with their pictures. For e.g. pen, bed , leg , wet



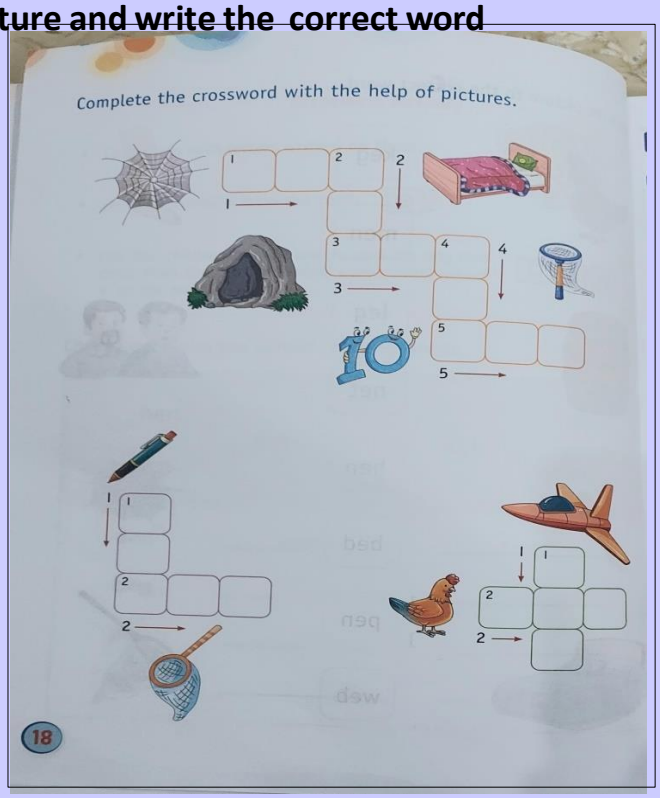


Differentiation: Match the pictures with the correct word.

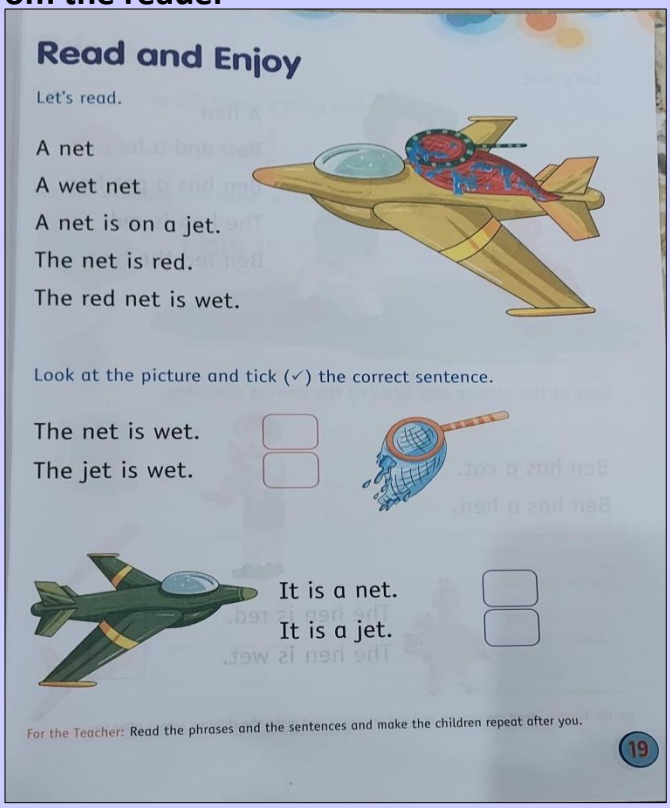


Identification

To identify the picture and write the correct word



Reading Skills: Reading and comprehension of three letter words and sentences (a and e vowel) from the reader



हिंदी

- दो अक्षर वाले शब्दों की मौखिक एवं लिखित पहचान
- दो अक्षर वाले शब्दों से वाक्य
- पाठ्य पुस्तक से पठान
- चित्र पहचान कर शब्द लिखो
- चित्र बना शब्द को सही चित्र से मिलाओ
- खाली स्थान भरो



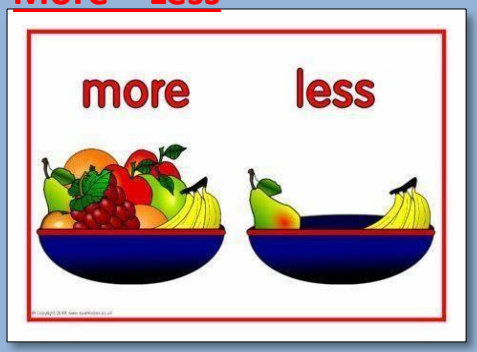


REASONING AND ANALYTICAL THINKING SKILLS-

To develop these skills following

PRE–NUMBER CONCEPTS will be introduced with examples (activity will be done in the class).

1. More – Less



2. Thick – Thin



ANALYTICAL SKILLS:

To develop quantitative and analytical skills

- **Revision of oral counting 1 to 40**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

- **Oral and Written 41 to 50**



- Revision of Back Counting 20 to 1



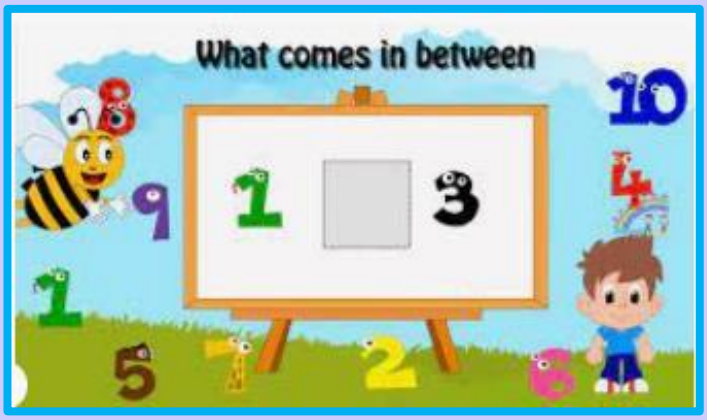
- Introduction of Back Counting 30 to 1



- Revision of What comes After



- Introduction of What comes in between



- Same exercises in the workbook

Value Education:

Being Polite Use of May I, can I, Thank you, Excuse me, sorry in small sentences. S students will learn to use these words in their day to day life. They will learn to be p polite with everyone. Our motive should be to raise a polite, kind, well-liked child.



Life Skills: Students will be made aware about junk and healthy food.

They will be made aware of different fruits and vegetables available in the market.



: To accept healthy eating habits and well-being.

For example: Being aware of eating healthy food like vegetables and fruits and avoiding junk food.



FOR PARENTS

- Show your daughter, fruits which have one seed, few seeds and many seeds.
- Help your daughter to read well from English Reader.
  (Special attention should be given to phonetic sounds.)
- To develop reading skills , encourage reading of three letter words of vowel ' a' and 'e' from story books , magazine and newspaper.
- Please prepare your ward for the following activities-

General Awareness Quiz will be conducted on 25th September '26 based on the topic Plants, Fruits & Vegetables

Some sample questions for quiz are as follows-

Sample Questions	Answers
1.) Name the different parts of plants	Roots, stem, leaves, branches, bud, flower, fruit
2.) Name the different types of plants	Trees, shrubs, herbs, climbers, creepers
3.) Name any 2 vegetables that can be eaten raw	Onion , carrot
4.) Name the things we get from plants	Wood, rubber, paper, medicines, food, etc
5.) Name two ways in which we can take care of plants.	We should water the plants daily, We should not pluck leaves And flowers
6.) What do plants need to grow?	Soil, air, water, sunlight
7.) I am a part of plant, below the ground and in the soil. What am I?	Root
8.) Name any 2 fruits with many seeds.	Papaya , watermelon
9 .) Name any 2 juicy fruits .	Orange , water melon
10.) When you sow me into the soil and water Me every day, with the help of sunlight and air I grow into a plant. Who am I?	Seed

Ms.Neelam Kalia
K G Co-ordinator