



early stage



FOOD SMART

Czyli smakowity projekt edukacyjny na r.sz. 2025/26
o jedzeniu i zdrowym odżywianiu.

Poznamy różnorodne kuchnie świata i tradycje kulinarne.



Zeskanuj QR kod i wskocz na platformę projektową!
Czekają na Ciebie specjalne piosenki i zadania językowe.

W ramach projektu wspieramy:



1 PIZZA PIZZA PER FAVORE

Pizza, pizza per favore } x2
Prego, prego, mio amore



PIZZA

Mio amore, sì!
Italian sun plus Italian food
Is the recipe for a good mood!



SPAGHETTI

Spaghetti, spaghetti per favore } x2
Prego, prego, mio amore



LASAGNE

Mio amore, sì!
Italian sun plus Italian food
Is the recipe for a good mood!



RAVIOLI

Lasagne, lasagne per favore } x2
Prego, prego, mio amore



GNOCCHI

Mio amore, sì!
Italian sun plus Italian food
Is the recipe for a good mood!

Ravioli, ravioli per favore } x2
Prego, prego, mio amore



TIRAMISU

Mio amore, sì!
Italian sun plus Italian food
Is the recipe for a good mood!

Gnocchi, gnocchi per favore } x2
Prego, prego, mio amore

Mio amore, sì!
Italian sun plus Italian food
Is the recipe for a good mood!

Tiramisu per favore } x2
Prego, prego, mio amore

Mio amore, sì!
Italian sun plus Italian food
Is the recipe for a good mood!

La panna cotta per favore } x2
Prego, prego mio amore

Mio amore, sì!
Italian sun plus Italian food
Is the recipe for a good mood!

Gelati, gelati per favore } x2
Prego, prego mio amore

Mio amore, sì!
Italian sun plus Italian food
Is the recipe for good mood!
Italian sun plus Italian food
Is the recipe for good mood!



LA PANNA COTTA



GELATI

2 COLOURFUL VEGGIES

What's green? What's green?

Lettuce, spinach, cabbage, peppers

What's red? What's red?

Tomatoes, beetroots, radishes, peppers

What's yellow? What's yellow?

Corn, courgette, haricot, peppers

What's white? What's white?

Cauliflower, turnip, parsley, celery



LETTUCE



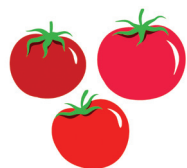
SPINACH



CABBAGE



PEPPERS



TOMATOES



BEETROOTS



RADISHES



PEPPERS



CORN



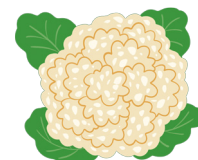
COURGETTE



HARICOT



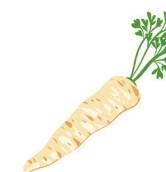
PEPPERS



CAULIFLOWER



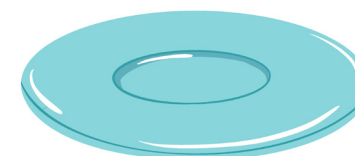
TURNIP



PARSLEY



CELERY



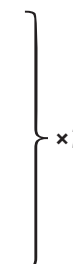
PLATE

Green lettuce, red beetroots

Yellow corn, white turnip

Colourful veggies on the **plate**

It's the veggie feast! Hurray! Hurray!



3 FRUIT SALAD

Fruit salad – juicy and sweet

Is the best for summer heat

Raspberries, strawberries

Blueberries, grapes

Pineapple, apricots

Kiwi, plums

Fruit salad – juicy and sweet

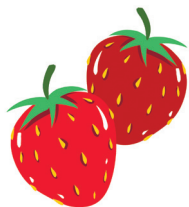
Is the best for summer heat



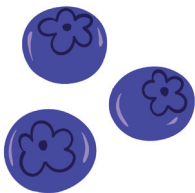
FRUIT SALAD



RASPBERRIES



STRAWBERRIES



BLUEBERRIES



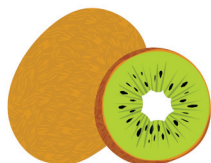
GRAPES



PINEAPPLE



APRICOTS



KIWI



PLUMS

Watermelon, peaches

Apples, cherries

Oranges, bananas

Lemons, pears

Fruit salad – juicy and sweet

Is the best for summer heat



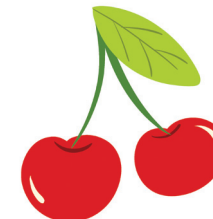
WATERMELON



PEACHES



APPLES



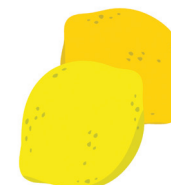
CHERRIES



ORANGES



BANANAS



LEMONS



PEARS

4 FRUIT AND VEGGIES

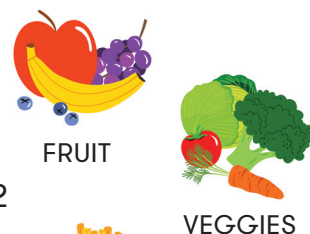
Fruit and veggies are so good

Fruit and veggies – the healthiest **food**

} x2

Pumpkins, potatoes, beetroots, peas

Tomatoes, cucumbers, broccoli, corn



FRUIT

VEGGIES



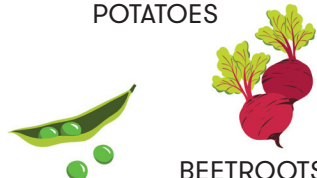
FOOD



PUMPKINS



POTATOES



BEETROOTS

PEAS



TOMATOES

Fruit and veggies are so good

Fruit and veggies – the healthiest food

} x2

Oranges, bananas, peaches, plums

Apples, grapefruit, lemons, pears



CUCUMBERS

BROCCOLI

CORN

ORANGES



BANANAS



PEACHES



PLUMS



APPLES



GRAPEFRUIT



LEMONS



PEARS



CAULIFLOWER



CABBAGE



PEPPERS



SPINACH



LETTUCE



CARROTS



COURGETTE



TURNIP



TANGERINES



WATERMELONS

Cauliflower, cabbage, peppers, spinach

Lettuce, carrots, courgette, turnip

Fruit and veggies are so good

Fruit and veggies – the healthiest food

} x2

Tangerines, watermelons, melons, limes

Cherries, apricots, strawberries, figs

Fruit and veggies are so good

Fruit and veggies – the healthiest food

} x2



MELONS



LIMES



CHERRIES



APRICOTS



STRAWBERRIES



FIGS

5 TASTES OF THE WORLD

German schnitzel



GERMAN



SCHNITZEL

Polish dumplings



POLISH



DUMPLINGS

Thai soup



THAI



SOUP

French cheese



FRENCH

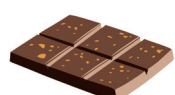


CHEESE

Swiss chocolate



SWISS



CHOCOLATE

Italian pasta



ITALIAN



PASTA

They're all tasty
Try them, please } x2

English pudding



ENGLISH



PUDDING

Spanish olives



SPANISH



OLIVES



TURKISH



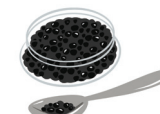
HALVA

They're all tasty
Try them, please } x2

Czech knedliki



RUSSIAN



CAVIAR

Indian curry



GREEK



YOGHURT

Chinese noodles



CZECH



KNEDLIKI

French cheese

Swedish meatballs



INDIAN



CURRY

Mexican tacos

They're all tasty
try them, please } x2



CHINESE



NOODLES



SWEDISH



MEATBALLS

6

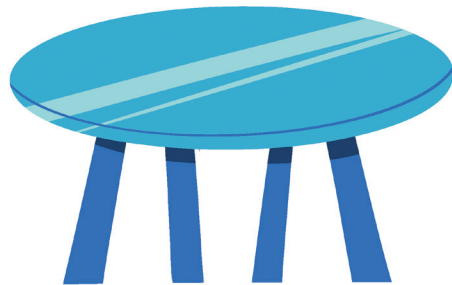
SETTING THE TABLE

Set the **table** – it's dinner time
 Put a **table cloth** – clean and white
 A **fork** on the left
 A **spoon** on the right
 A **plate** in the middle
 Now, please, do it right!

*Set the table
 It's dinner time
 So please, remember
 This simple rhyme*

A fork on the left
 A **knife** on the right
 A plate in the middle
 Now, please do it right

*Set the table
 It's dinner time
 So please, remember
 This simple rhyme*



TABLE

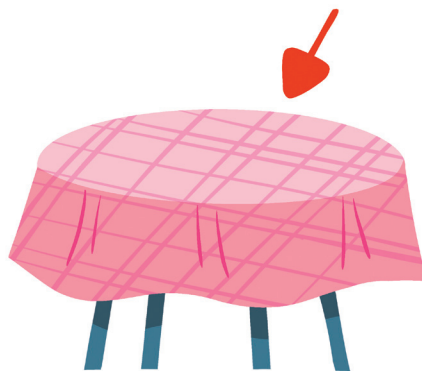


TABLE CLOTH

A **napkin** on the left
 A glass on the right
 A plate in the middle
 Now, please, do it right!

*Set the table
 It's dinner time
 So please, remember
 This simple rhyme*

Are you now able
 to set the table?



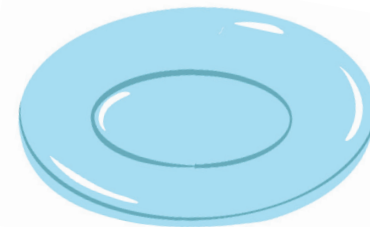
FORK



SPOON



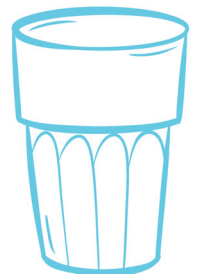
KNIFE



PLATE



NAPKIN



GLASS

7 DON'T FORCE YOUR KIDS TO EAT

Here's your **soup**, here's your **meat**
 You must eat, You must eat
Mummy knows what's good for you
 Eating well's what you must do!
 I'm not hungry, mummy, please
 I'm not hungry, mummy, please



KIDS



SOUP

*Please, don't force your kids to eat
 They eat as much as they need*

Here's your **sandwich**, here's your **pie**
 You must eat, I'll tell you why
Daddy knows what's good for you
 Eating well's what you must do!
 I'm not hungry, daddy, please
 I'm not hungry, daddy, please



MEAT



MUMMY

DADDY



SANDWICH



SANDWICH

Here's your **pasta**, here's your **steak**
 Here's your Granny's **apple cake**
Grannie knows what's good for you
 Eating well's what you must do
 I'm not hungry, Granny, please
 I'm not hungry, Granny, please



PASTA



STEAK

*Please, don't force your kids to eat
 They eat as much as they need*

But there is just one rule
 All children should obey
 No **sweets** before a **meal**
 Remember! Stay away!
 Remember! Stay away!
 Stay away!



GRANNIE



APPLE CAKE



SWEETS



MEAL

TABLE MANNERS

Wash your **hands**, wash your hands

Wash your hands before each meal

Wash your hands, wash your hands

Do it, please, it's no big deal

Sit straight at the table

Use your **knife** and **fork**

Come on, you know well

How to do it right

Don't chew too fast,

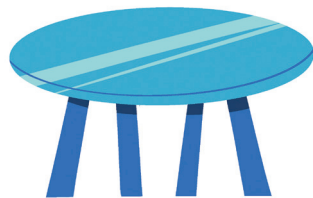
Don't **pick your teeth**

Don't **slurp**, don't **smack your lips**

Don't burp or talk with your **mouth** full

These are most useful tips

Wash your hands, wash your hands



TABLE



HANDS

WASH YOUR HANDS



KNIFE



FORK



PICK YOUR TEETH

Wash your hands before each meal

Wash your hands, wash your hands

Do it, please, it's no big deal

Take your **elbows** off the table

Put a **napkin** on your **knees**

If you want to be polite

Say 'No, thank you' or 'Yes, please'

Wash your hands, wash your hands

Wash your hands before each meal

Wash your hands, wash your hands

Do it, please, it's no big deal

Wash your hands, wash your hands

Wash your hands before each meal

Wash your hands, wash your hands

Do it, please, it's no big deal



SLURP



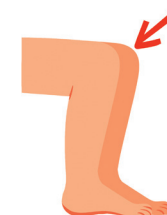
SMACK YOUR LIPS



MOUTH



NAPKIN



KNEES

9 KITCHEN ACTION SONG

Cheese is for **grating**

Apples are for **peeling**

Eggs are for **beating**

Dough is for **kneading**

Bread is for **slicing**

Cream is for **whipping**

Coffee is for **grinding**

Nachos are for **dipping**



CHEESE GRATING



BACON GRILLING



WHIPPED CREAM TOPPING



TEA BREWING

Bacon is for **grilling**

Whipped cream is for **topping**

Tea is for **brewing**

Chives are for **chopping**

Turkey is for **stuffing**

Steaks are for **frying**

Lemons are for **squeezing**

Onions are for **crying!** } x2



APPLES PEELING



EGGS BEATING



DOUGH KNEADING



CREAM WHIPPING



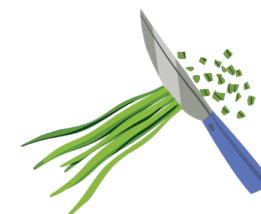
BREAD SLICING



COFFEE GRINDING



NACHOS DIPPING



CHIVES CHOPPING



TURKEY STUFFING



STEAKS FRYING



LEMONS SQUEEZING



ONIONS CRYING

10 CLEANING UP

Sticky **worktop**, dirty floor
 Here and there an **apple core**
Greasy spots on my white dress
 When we cook there's such a **mess**
 We need help! Here and now!
 We must clean up! We don't know how
 When me and **mum** make a mess
 Who will clean up? Can you **guess**?
 When me and mum make a mess
 Who will clean up?
 Your **daddy**?

Yeah, yeah, yeah, yeah! } ×4

He likes to eat delicious meals
 Cooking is not like he feels
 So when I cook and bake with mum
 He looks and thinks – it's not great fun
 But when we're done, it's daddy's role
 To wash the **plates**, clean the floor
 and **set the table** for our **meal**
 He says: For me it's no big deal
 So who cleans up now all the mess?
 I know! I know! Your daddy!

Did I guess? } ×4



WORKTOP



DIRTY FLOOR



APPLE CORE



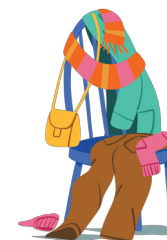
GREASY SPOTS

Sticky worktop, dirty floor
 Here and there an apple core
 Greasy spots on my white dress
 When we cook there's such a mess
 We need help! Here and now!
 We must clean up! We don't know how
 When me and dad make a mess
 Who will clean up? Can you guess?
 When me and dad make a mess
 Who will clean up?
 Your mummy?

Yeah, yeah, yeah, yeah! } ×4

She likes to eat delicious meals
 But cooking is not like she feels
 So when I cook and bake with dad
 She looks and thinks – it's pretty bad
 But when we're done, it's mummy's role
 To wash the plates, clean the floor
 and set the table for our meal
 She says: For me it's no big deal
 So who cleans up now all the mess?
 I know! I know! Your mummy!

Did I guess? } ×4



MESS



MUM



GUESS



DADDY



PLATES



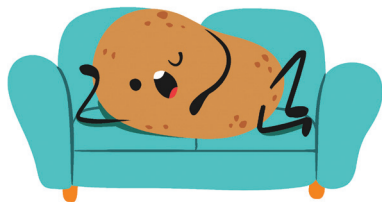
SET THE TABLE



MEAL

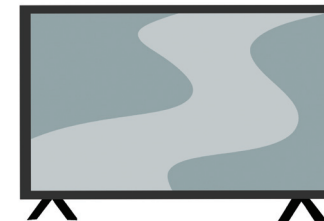
11 DON'T BE A COUCH POTATO

I like **burgers** and **sweet buns**
Eating them is such great fun
I like **ice cream** and **iced tea**
I like watching sports on **TV**
I like **cakes** and **fatty food**
When I eat I'm in a good mood
But when I step on the **scales**
I'm overweight - that's what I face

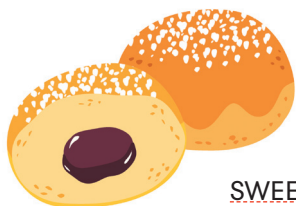


COUCH POTATO

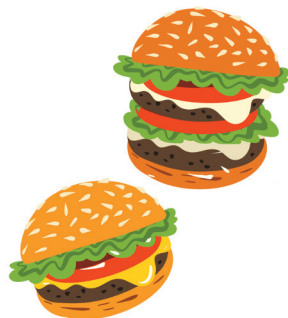
Don't be a couch potato
Get moving and don't sit
Eat **healthy food**
and watch your weight
It helps you to be fit! ×2



TV



SWEET BUNS



BURGERS



CAKES



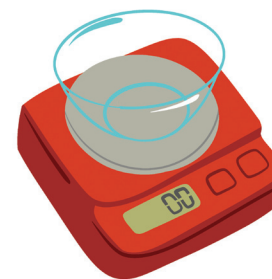
FATTY FOOD



ICE CREAM



ICED TEA



SCALE



HEALTHY FOOD

12 NO TO FAST FOOD

You hear it on the **radio**

You see it on TV ×2

They tell you it's so tasty

You think – a **treat** for me ×2

Say 'No' to fast food

It's old fashioned

It's no good ×4

You eat it in a hurry

you eat it in the **street** ×2

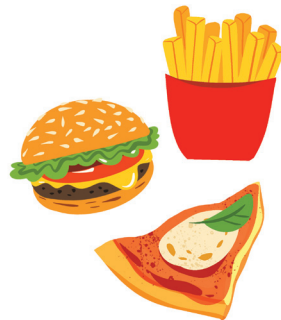
There aren't enough veggies

And there is too much **meat** ×2

Say 'No' to fast food

It's old fashioned

It's no good ×4



FAST FOOD



RADIO

So be a clever **eater**

And think before you eat ×2

Not all you see and hear

Is good for you to eat ×2

Say 'No' to fast food

It's old fashioned

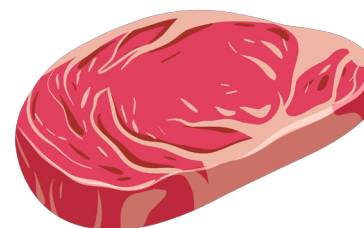
It's no good ×4



TREAT



STREET



MEAT



EATER

13 VITAMIN ALPHABET

A, B, C, D, E and K

What do they mean? Can you say?

They are **vitamins**, we need them all

In **winter**, **summer**, **spring** and **fall**

Vitamin A in **sweet potatoes**

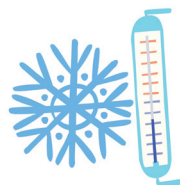
Vitamin B in **tuna** and **trout**

Vitamin C in **kiwi** and **peppers**

And what is vitamin D about?



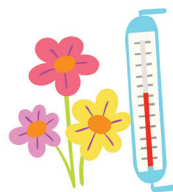
VITAMINS



WINTER



SUMMER



SPRING



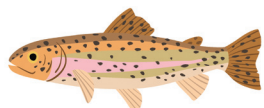
FALL



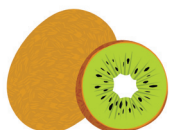
SWEET POTATOES



TUNA



TROUT



KIWI



KIWI



MACKEREL



SALMON



SPINACH



BEETS

A, B, C, D, E and K

What do they mean? Can you say?

They are vitamins, we need them all

In winter, summer, spring and fall

Vitamin D in **mackerel** and **salmon**

Vitamin K in **spinach** and **beets**

Sorry to say so, but there are no vitamins

In **ice cream**, **lollies**, **sugar** and **sweets**

A, B, C, D, E and K

Are the vitamins

you need every day!

They are vitamins, we need them all

In winter, summer, spring and fall



ICE CREAM



LOLLIES



SUGAR



SWEETS

14 FAMILY DINNERS

Parents come back from work
 Children come back from school
 Eat your dinner together
 Follow this old good rule
 At dinner it's time to **talk**
 At dinner it's time to **joke**
 At dinner it's time to **laugh**
 At dinner it's time to **ask**
 How was your work?
 How was your school?
 Not just to ask
 'How are you'?
 (Regular meals are a must)
 A family meal
 is something to **cherish**
 We should never let
 this habit **perish**
 Here are some useful
 Phrases and words
 'Please' and 'thank'



FAMILY DINNERS



TALK



JOKE



LAUGH

You are the first
 May I have some more soup?
 Could you pass the cake?
 I would like a drink.
 What a delicious shake!
 If you want to learn
 some more from me
 Begin your dinner
 With '**Bon appetite**'!
 When you are finished
 Please, don't go away
 May I leave the table?
 That's what you should say



ASK



CHERISH



PERISH



BON APPETITE

A family meal
 is something to cherish
 We should never let
 this habit perish ×3

15 HERBS ARE NATURE'S GIFT

Herbs are nature's **gift**

Use them every day

In every dish we eat

They have a role to play

They add a lot of flavour

They help us to digest

If you're not sure, go on and

Buy herbs and do a test

Use **lemon grass** with **curry**

Parsley's great with **fish**

Mint's superb with **lemonade**

Pepper spices every dish ×2

Herbs are nature's gift

Use them every day

In every dish we eat

They have a role to play

They add a lot of flavour

They help us to digest

If you're not sure, go on and

Buy herbs and do a test



GIFT



CURRY



FISH



LEMONADE



HERBS



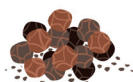
LEMON GRASS



PARSLEY



MINT



PEPPER

Sage is cool with **sausage**

Marjoram's nice with **peas**

Ginger is in **gingerbread**

Add **chives** in **cottage cheese** ×2

Herbs are nature's gift

Use them every day

In every dish we eat

They have a role to play

They add a lot of flavour

They help us to digest

If you're not sure, go on and

Buy herbs and do a test

Add **basil** to **spaghetti**

Put **thyme** in **soup** or **stew**

Your food will taste delicious

All **chefs** say so – it's true! ×2



SAGE



MARJORAM



GINGER



BASIL



THYME



SOUP



STEW



SAUSAGE



PEAS



GINGERBREAD



SPAGHETTI



CHEFS

16 FOOD IS PRECIOUS

Don't buy too much
Don't waste your **food**

Don't throw it away
– for it's no good

Use your **leftovers**

Pasta and cheese

Ham scraps and **cream**

Use them all, please

Food is precious } ×4

Hungry kids are out there

Some live not far away

It's our duty to help

We must do it one day

We must send them some aid

We must think how to help

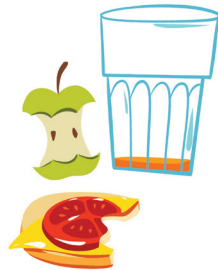
It's a duty of those

From the **rich well fed world**

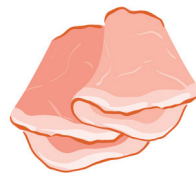
Food is precious } ×2



FOOD



LEFTOVERS



HAM



CREAM

Hunger lives in the **desert**

Sometimes not far away

Can we stop the starvation

We must find the right way

We can't feed all the hungry

But we can raise some **funds**

Let's buy food and send **doctors**

Let's help all the needy ones

Food is precious } ×4



RICH WELL FED



WORLD



HUNGER



DESERT



FUNDS



DOCTORS

17 FOLLOW THE STARS

Hello kids! Join us now!

Learn your food ABC

No time to waste, we'll tell you how

Time to start now: One, two, three!!!

All the **VIPs** and all the stars

Eat slow food – it's a trend

Famous **actors and** top **singers**

A long list will never end

They promote healthy life style

Fitness clubs and **eco food**

They move home from noisy **cities**

To quiet places in the **wood**

They buy their greens on the farm

They eat **sprouts** and drink green tea

They show us how to live and eat

And how to be a super ME!

They stay away from **GMO**

They talk about it on TV



VIP



ACTORS AND SINGERS



FITNESS CLUBS

They grow herbs and they bake **bread**

They know what's good for you and me!

So, come on! ! Join us now!

Learn your food ABC

No time to waste, you know how

Time to do it : One, two, three!!!

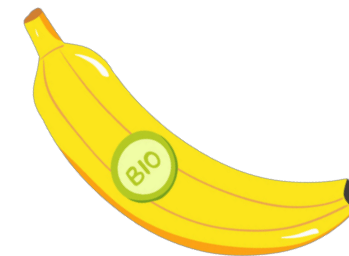
Follow the stars } x5



WOODS



GMO



ECO FOOD



CITY



SPROUTS



BREAD

18 A RULE YOU SHOULD TRUST

Big breakfast, good dinner, light supper

Listen to what I have to say

That's what you should do every day

You should stop eating before you're **full**

No **overeating** – it's a must

It's a rule you should trust

Dieting's not a healthy solution

Crash diets are not a must

It's a rule you should trust!



RULES



FULL



OVEREATING



DIETING



CRASH DIETS

Look in the mirror – like what you see

Being thin is not a must

It's a rule you should trust

Be active, exercise every day!

Some sport every day is a must

It's a rule you should trust!

Don't try to look like **catwalk** stars

Being yourself is a must

It's a rule you should trust!



CATWALK