一年级水果王国探秘班会课设计

设计说明。一年级学生认识水果多靠吃，说不清名字和来历，也容易被果脯零食吸引。本节班会课三十五分钟，用童话闯关的方式串起三个环节：全班当一回水果王国的游客，过问答关、拼盘关、健康关。以下是一年级语文组集体备课时形成的定稿，供班主任直接使用。

活动目标。一是能说出五种常见水果的名字，知道它们长在哪里；二是愿意和同桌一起摆一个简单拼盘，敢举手介绍；三是记住两条健康提醒：吃水果前要洗手洗果，果脯糖果不能代替水果。

活动准备。教师准备水果图卡、一个神秘袋、闯关小红旗六面；学生课前每人带一种水果，在班长的水果篮里集合拍照，课后归还。桌子六人一组，每组发一个一次性大盘。提醒家长提前把水果洗净，不带核多难切的品种。

第一关，水果知识问答。教师把图卡放进神秘袋，学生伸手摸形状猜水果，摸一个猜一个，猜对的全组贴一颗星。问题降低难度：苹果是红色的还是紫色的、草莓长在地上还是树上、冬天我们这里能吃到什么水果。一年级注意力短，这一关控制在八分钟，答错不扣分，教师带着全班一起说答案。

第二关，水果拼盘展示。每组十分钟，只摆不切，把带来的水果在盘里摆出样子，比如一条鱼、一个太阳。教师给每组拍照，投到屏幕上，全班用掌声大小当评委，选出笑得最好看拼盘。介绍环节只要求说一句：我们摆的是什么。说完整句子有进步的学生，教师当场发一张水果贴纸。

第三关，健康饮食提醒。教师拿出两样东西对比：一盘鲜水果和一袋果脯。问学生水果王国里谁是真水果、谁是水果变的零食。学生举手判断，教师总结两条：水果要洗了再吃，一次吃一小碗；果脯是零食，一周最多吃几片。最后全班拍手念儿歌：水果好，水果香，洗净再吃不生病，果脯糖，靠边站，每天水果不能少。

课后延伸。请学生回家把今天摆拼盘的事讲给家长听，和家长一起洗一次水果，拍一张照片发到班级群。板书只写三行：水果王国、三个关卡、洗了再吃。一年级班会重在规则和兴趣，知识问答不求多，拼盘不求像，健康提醒两条记牢就算达标。

Grade One Class Meeting Design: Inside the Fruit Kingdom

Design notes. First graders know fruits mostly by eating them; they cannot always say the names or where the fruits grow, and they are easily pulled toward candied snacks. This class meeting lasts thirty five minutes and links three sessions through a fairy tale quest: the whole class becomes tourists in the Fruit Kingdom, passing the quiz gate, the platter gate and the health gate. What follows is the final draft from the Grade One Chinese group lesson planning, ready for the homeroom teacher to use.

Activity goals. First, students can name five common fruits and say where they grow. Second, students are willing to arrange a simple platter with their deskmate

and raise a hand to introduce it. Third, students remember two health reminders: wash hands and fruit before eating, and dried fruit and candy cannot take the place of fruit.

Preparation. The teacher prepares fruit picture cards, a mystery bag, and six small quest flags. Each student brings one kind of fruit before class; the fruits gather in the monitor basket for a photo and go home after class. Desks seat six, each group gets one disposable plate. Parents are asked to wash the fruit beforehand and avoid seedy hard to cut kinds.

Gate one, the fruit quiz. The teacher puts picture cards into the mystery bag; students reach in, feel the shape and guess the fruit, one by one, and a correct guess wins a star for the group. Questions are kept easy: is an apple red or purple, do strawberries grow on the ground or on a tree, what fruit can we eat here in winter. First graders have short attention, so this gate stays within eight minutes; wrong answers lose nothing and the teacher says the answer with the class.

Gate two, the fruit platter show. Each group gets ten minutes to arrange without cutting, placing the brought fruits on the plate into a shape, a fish or a sun. The teacher photographs each group and shows the photos on screen; the class judges by the loudness of applause and picks the Best Smiling Platter. The introduction only asks one sentence: what we made. Students who try a full sentence get a fruit sticker on the spot.

Gate three, the health reminders. The teacher shows two things side by side: a plate of fresh fruit and a bag of dried fruit. Students judge who is a real fruit in the kingdom and who is a fruit turned snack. Hands go up, and the teacher sums up two rules: wash fruit before eating, one small bowl at a time; dried fruit is a snack, a few pieces a week at most. The class claps and chants: fruit good, fruit sweet, wash it first, no germ meets; candy fruit, stand aside, fresh fruit every day.

After class extension. Students tell the platter story to their parents at home and wash fruit once with the family, sending one photo to the class group. The blackboard keeps only three lines: Fruit Kingdom, three gates, wash before eating. A Grade One meeting values rules and interest; the quiz need not be many, the platter need not be exact, and remembering the two health reminders counts as reaching the goal.