

2

STAY STRONG, LIVE LONG!

Can you see any food?

What is your favourite snack?



Mindful

Contract and relax your body parts.

time

Song
I like healthy food!



I always bring healthy snacks to school. I like fruit, carrots and sandwiches.



DOCUMENTARY
In the supermarket

ARE ALL VEGETABLES GREEN?



Circle your favourite food in each group.



carbohydrates

fruit and vegetables

proteins

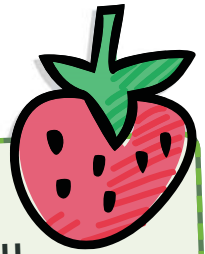
dairy

fats

Are tomatoes fruit or vegetables?



FUN FACT
Strawberries are the only fruit that have their seeds on the outside.



Project Step 1

Try it out

? What's in the box?

1 Food! Classify it into groups.



2 Make a food diary. Draw what you had for breakfast this morning. Which food groups does it belong to?



What have I learnt?



There are five food groups:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

MY DICTIONARY



dairy



fats



fruit and vegetables



carbohydrates

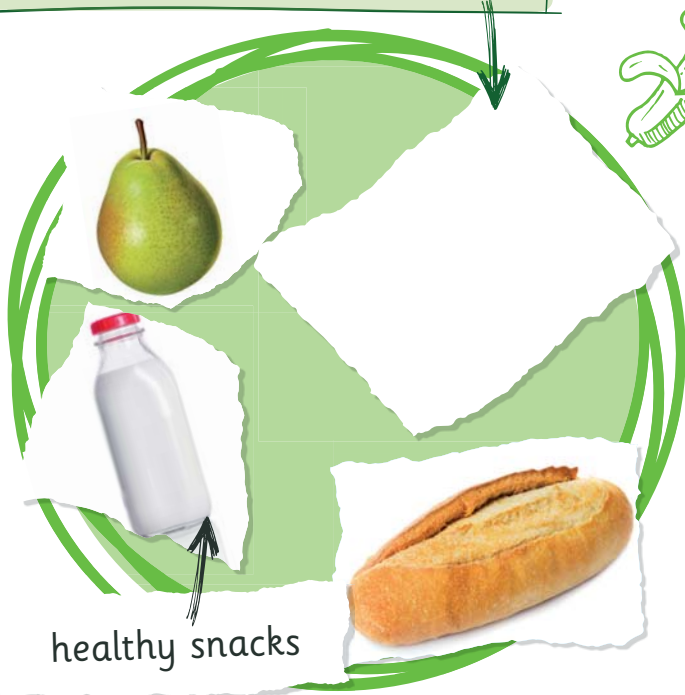


proteins

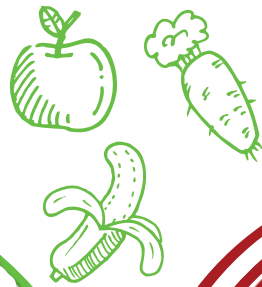
WHY IS WATER GOOD FOR YOU?

Find out

Draw another healthy snack.



healthy snacks



unhealthy snacks



Tip

Eat five times a day and don't forget to drink water!



breakfast



snack



lunch



snack



dinner

FUN FACT

10 sugar cubes = 1 can of cola



Eat five portions of fruit and vegetables every day!



Project Step 2

Try it out

Add more information to your food diary.

1 Add your snack, lunch and dinner to your diary. Draw.



2 Tell your partner.



3 Circle the healthy food in your diary.



MY DICTIONARY



breakfast



snack



lunch



dinner

What have I learnt?

It is very healthy to eat five times a day:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

How much food in your diary is healthy?



IS WALKING GOOD FOR YOU?



Find out

Tell a classmate your favourite sport.

Sport keeps you **fit** and **healthy**.
Your **heart** and **muscles** grow strong.

3 Golden Rules



30 minutes of sport every day.



Sleep **10 hours** a day.



1 hour of TV or video games a day, only.



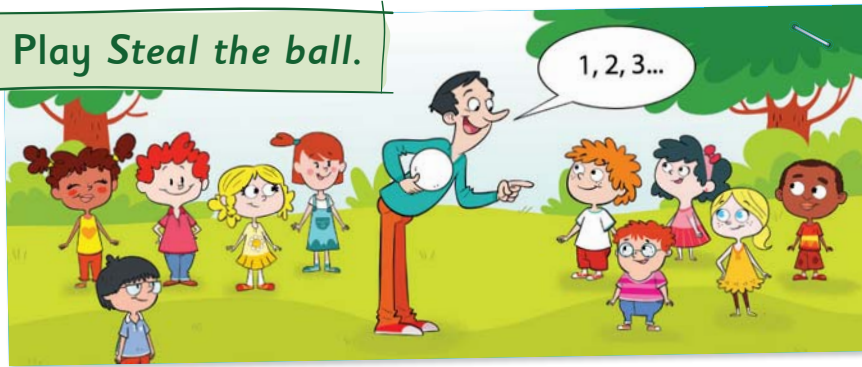
SUPER-HUMAN FACT



The world record for the 100 metre sprint is 9.58 seconds!

Find the basketball hidden in the unit!

1 Play Steal the ball.



- 1 Get into two groups and line up. Give everyone in each group a number.



- 2 The teacher places a ball between the teams and calls a number.



- 3 The first player to take the ball to their team without being tagged is the winner!

2 How do you feel after playing? Tick (✓).



happy calm angry sad

MY DICTIONARY



keep fit



sport



heart



muscles



What have I learnt?

Sport is good for my h_____ and m_____.

It helps me keep f_____.

HOW LONG DO YOU BRUSH YOUR TEETH FOR?

Brush your teeth after you eat.

Wash your hands.

Have a shower every day.

SOAP

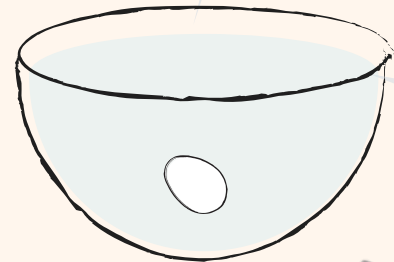
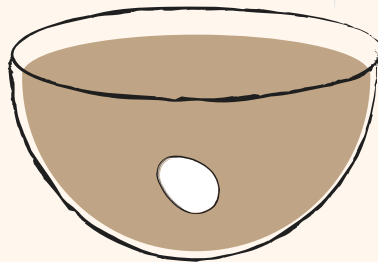
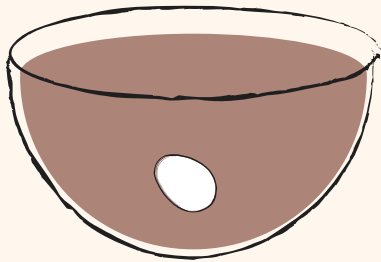
Icons: toothbrush, duck, bathtub, comb.

Who is doing the right thing? Tick (✓).





Find out what cola, vinegar and water do to eggs.



1 Put an egg in cola. Observe it for a day.

2 Put another egg in vinegar. Observe it for two days.

3 Put a third egg in water. Observe it for three days.

What happens to egg number 1?

What happens to egg number 2?

What happens to egg number 3?



Conclusion

Which egg changed first?



Which egg stayed healthy?



What happens if you do not brush your teeth?

Attitude is everything

1 When do you feel ...?



happy



calm



sad

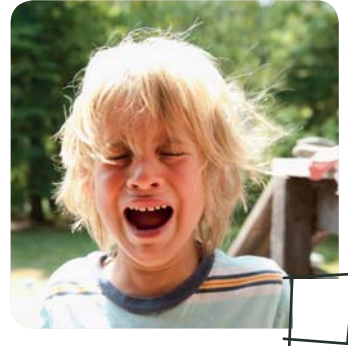


worried

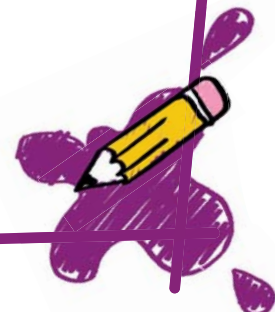


angry

2  How does Lucy feel? Listen and tick (✓).



3 How do you feel today? Draw and colour.

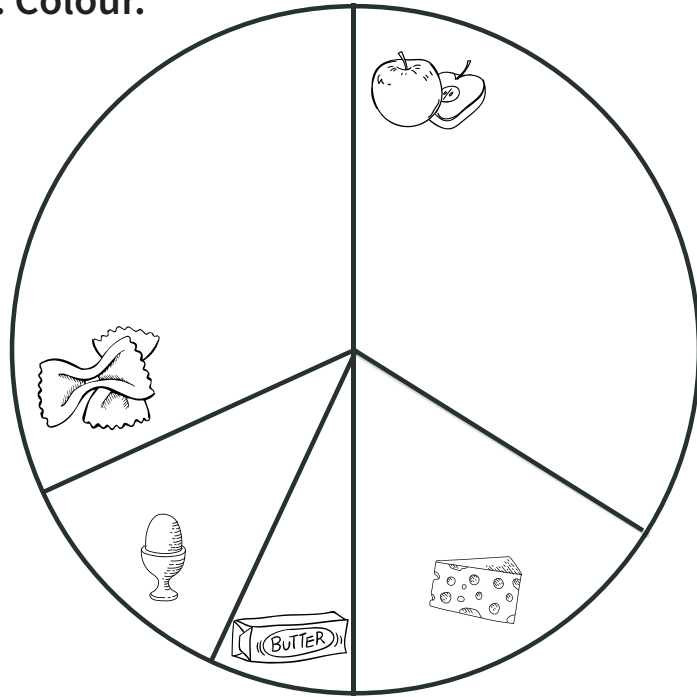


Now I know

Assessment link

Go to page 80 for more activities.

1 Draw one more item in each section of the food wheel. Colour.



2 Circle the healthy habits.



3 Look at the pictures. Look at the letters. Write the words.





r u i f t

t s p o r

Chant
Be healthy

I am Louis Pasteur.

I developed the first vaccinations,
to stop people from getting sick.

