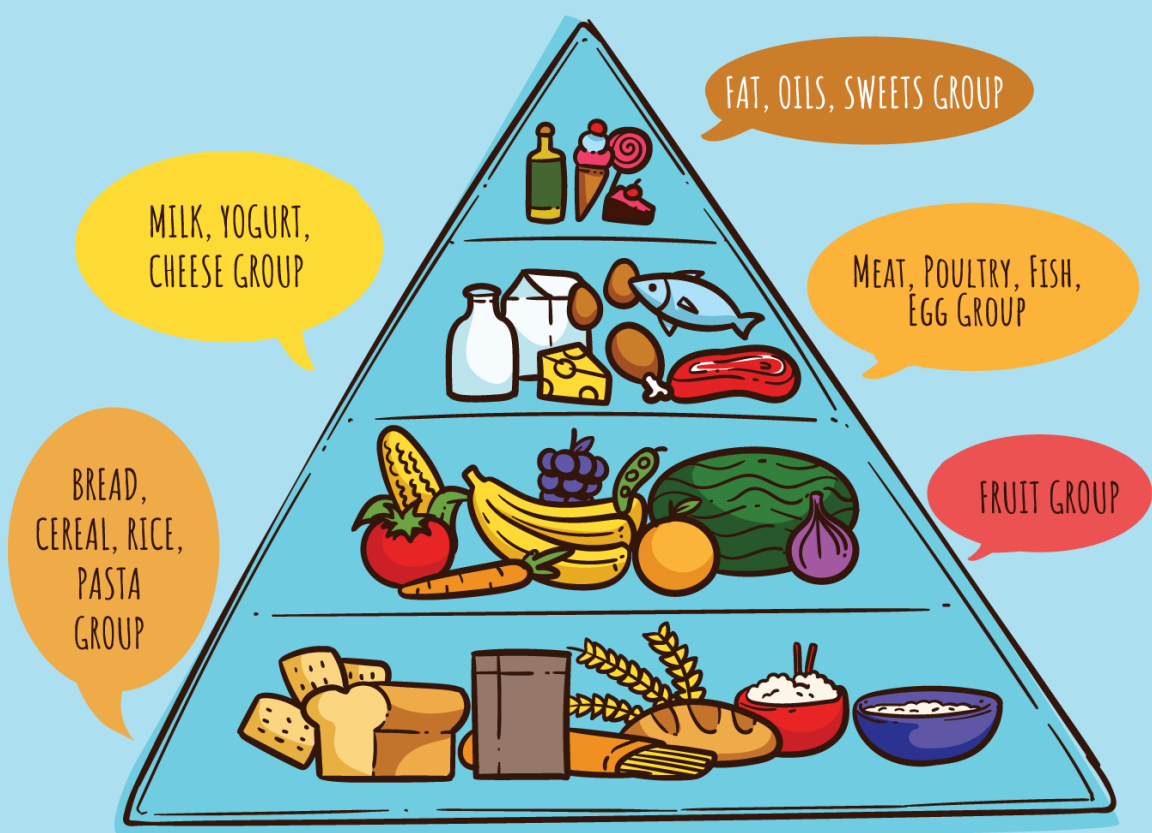


Grade 2 Life Skills

WE NEED HEALTHY FOOD TO LIVE



FOOD PYRAMID

TERM 1 WEEK 1

We need healthy food to live



Let's read

Our bodies need healthy food so that we can grow. We must eat some food from each of the food groups every day. We need to eat healthy food so that we will have enough energy to do everything we need to do. If we don't eat healthy food, we can become very ill.

The five food groups

Grains and grain products

Vegetables and fruit

Some people are vegetarians. This means they do not eat any meat. They eat mainly from the other 4 food groups.

Meat, fish, poultry, nuts and beans

Fats and oils

Dairy products



Let's do

Talk to your friend about which of these foods are healthy. Circle them.

Date



Let's write

Pretend you are going to the supermarket to buy food for supper. Make a shopping list of foods that would be healthy for your family to eat.

SHOPPING LIST

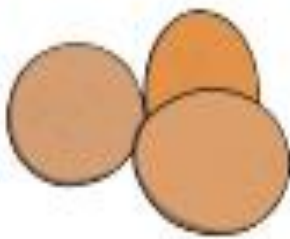


THE CROODS 2 A NEW AGE

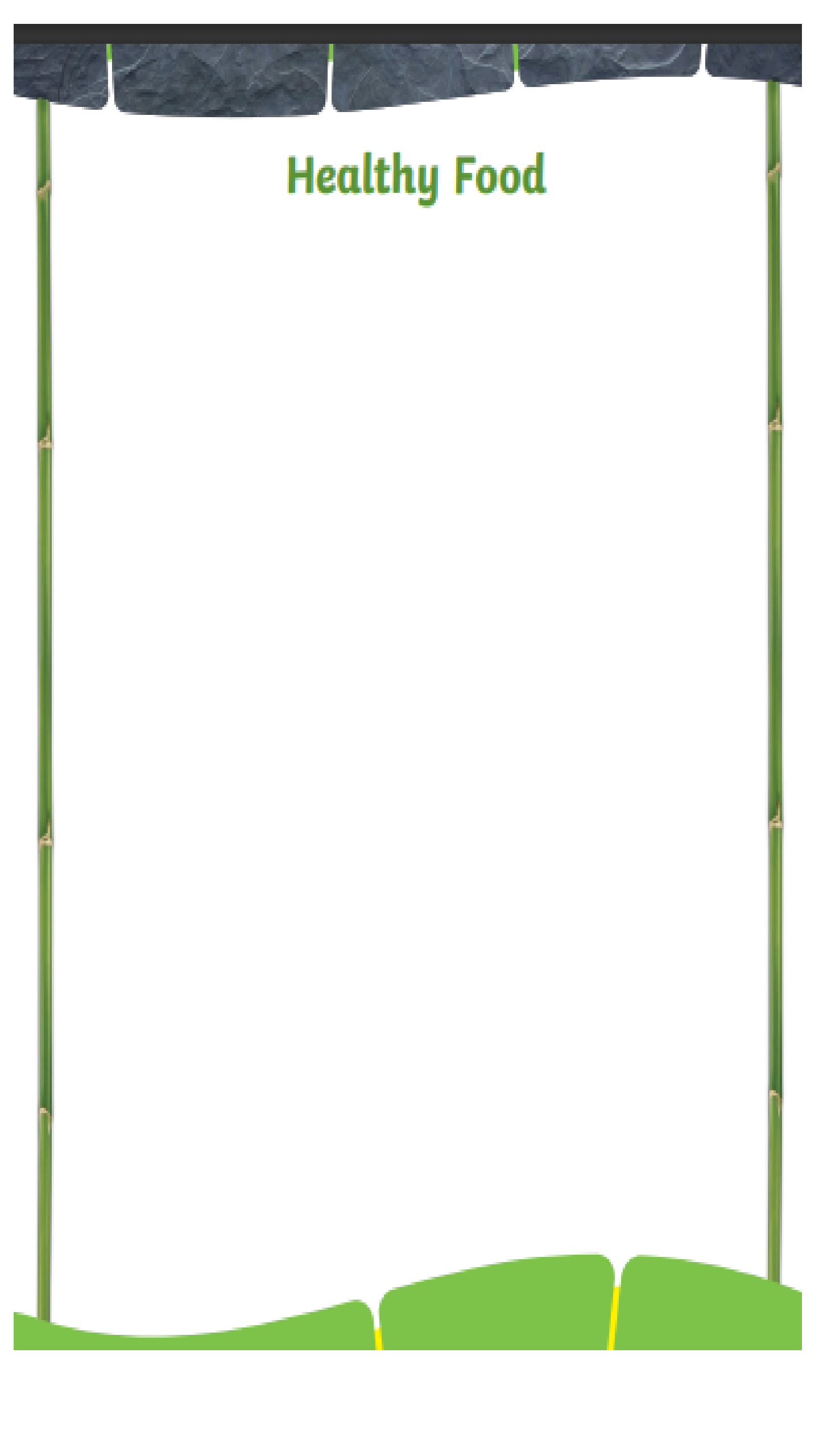
Healthy and Unhealthy Food

The Bettermans eat lots of healthy food that they grow at their home.

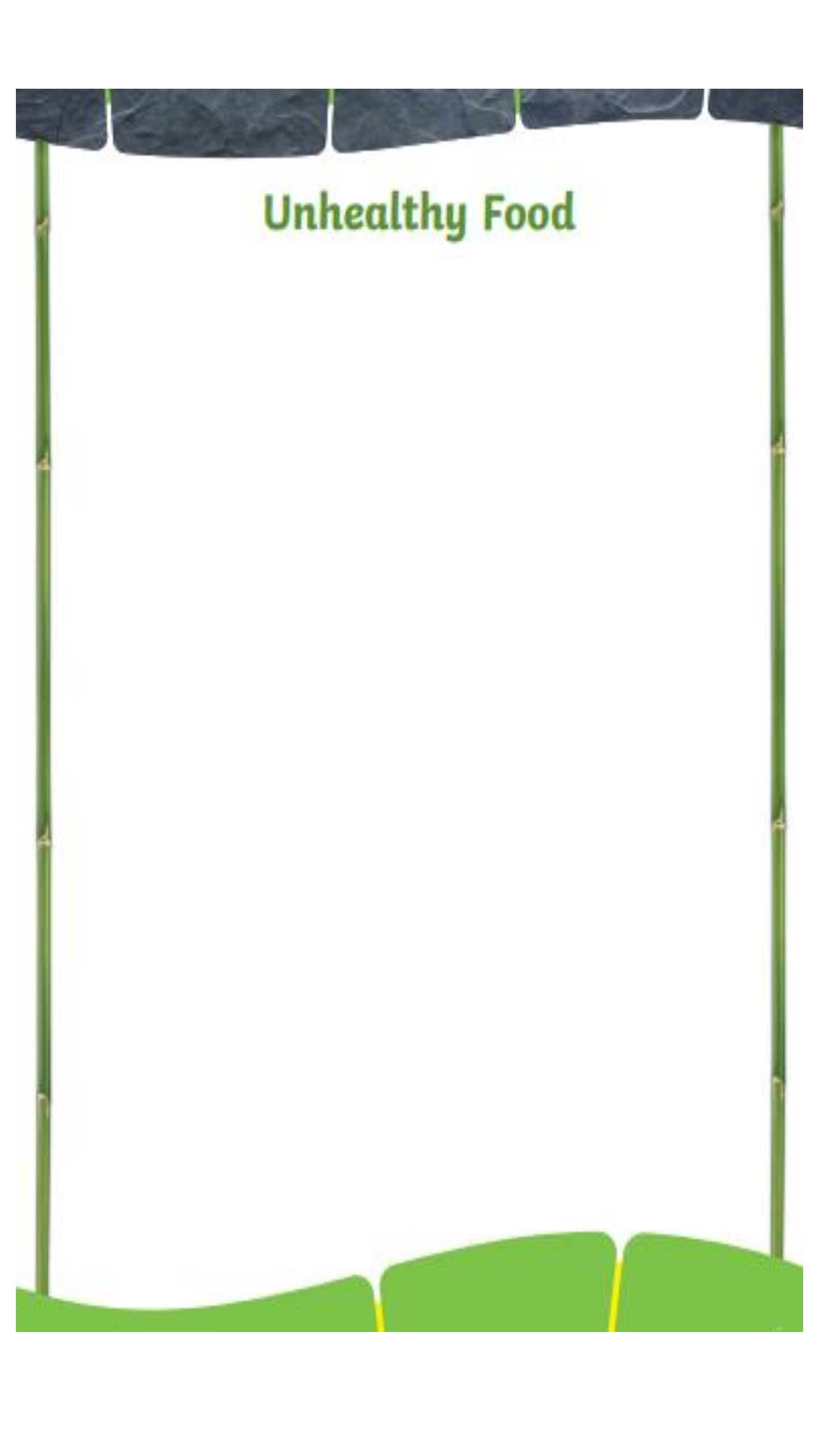
Can you help to sort the **healthy** food from the **unhealthy** food?





A vertical rectangular sign with a white background. At the top, there is a dark blue, textured border resembling a stone or fabric valance. Two thin green vertical poles support the sign. At the bottom, there is a green, wavy border resembling grass. The text "Healthy Food" is centered in the white area in a green, bold, sans-serif font.

Healthy Food



Unhealthy Food

Healthy Eating Meal Activity

Gesond Eet Maaltyd Aktiviteit

You **must** include:

- Two portions of vegetables.
- Two portions of carbohydrates.
- One portion of protein.
- One portion of dairy.

Jy **moet** die volgende insluit:

- Twee porsies groente.
- Twee porsies koolhidrate.
- Een porsie proteïene.
- Een porsie suiwel.



Healthy Eating Meal Activity

Gesond Eet Maaltyd Aktiviteit

