

Topic 1 What we need to live

Worksheet 1

- 1. Find pictures in magazines and junk mail of growth foods, energy foods and health foods.
- 2. Cut out and paste the pictures in the spaces below.

Growth foods

Energy foods

Health foods

Worksheet 2

Paste pictures of healthy food for each of these meals.

Breakfast

Lunch

Supper

Worksheet 3

Paste pictures of vegetables that grow under the ground.

Worksheet 4

Paste pictures of fruit and vegetables that grow above the ground.

Worksheet 5

Tick the correct answer in the right-hand column.

Food	Where does it come from?
Cabbage	Under the ground Above the ground From the sea
Potatoes	Under the ground Above the ground From the sea
Apples	Under the ground Above the ground From the sea
Mussels	Under the ground Above the ground From the sea
Carrots	Under the ground Above the ground From the sea
Oranges	Under the ground Above the ground From the sea
Fish	Under the ground Above the ground From the sea

Worksheet 6

Read the clues. Then find the words in the word search.

Clues

- 1. A growth food from the sea.
- 2. It’s orange and grows under the ground.
- 3. Wash it before you eat it.
- 4. It gives you energy.
- 5. You must drink plenty of it every day.
- 6. Do not eat a lot of these. They are bad for your teeth.

f	i	s	h	n	j	o	l	l	s	i	p
k	q	w	w	t	u	a	s	f	w	g	l
b	r	q	i	a	c	y	l	o	e	t	r
k	e	f	l	o	a	o	l	p	e	u	w
l	t	u	o	f	r	p	h	t	t	i	y
o	a	o	k	f	r	w	r	h	s	o	e
p	w	p	h	g	o	u	e	k	h	p	j
u	g	e	f	j	t	w	i	l	q	w	k
t	k	r	j	k	s	r	s	t	h	e	e
r	h	a	e	c	h	i	c	k	e	n	g
e	o	a	t	s	a	d	w	t	k	s	a
w	d	a	e	r	b	s	r	a	l	q	b
s	l	q	w	l	e	e	c	e	f	a	b
a	s	e	m	y	w	n	a	s	d	c	a
b	a	n	a	n	a	m	l	c	s	b	c

Worksheet 7

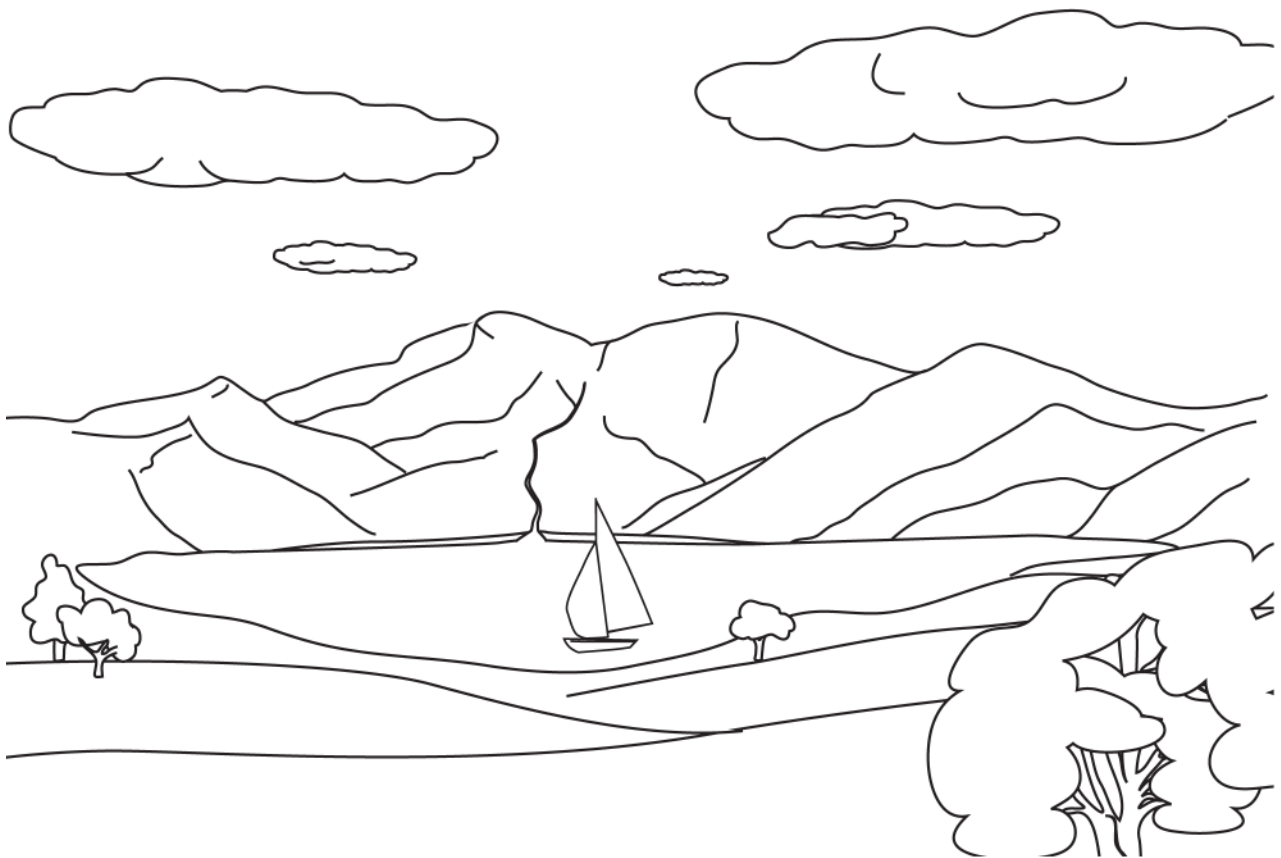
Find pictures in magazines to show why we need water.
Paste the pictures here.

Worksheet 8

Write true or false for each of the statements.

1. Water cleans our bodies on the inside. _____
2. We use water to clean our bodies on the outside. _____
3. Water in our homes comes from the dams. _____
4. We must drink water once a week only. _____
5. We waste water when we use a shower. _____
6. Rain water fills our dams. _____

Colour in the picture of the dam.



Worksheet 9

Write the correct word in the spaces.

plants ripens lie sunlight

1. Do not _____ in the sun for a long time.
2. Fruit trees need _____ to grow.
3. All _____ need sunlight to grow.
4. The sun _____ all fruit and vegetables.

Colour in the picture.



Topic 2 Myself and others

Worksheet 1

1. Write words that describe who you are. These words can describe your strengths, weaknesses, likes and dislikes.
- Label the picture to show who you are.

Who are you?

Name _____



2. Draw a picture of what you like the most about yourself?