



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

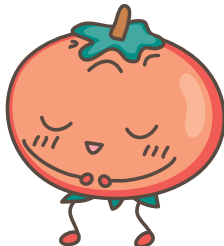
fruit and vegetables

proteins

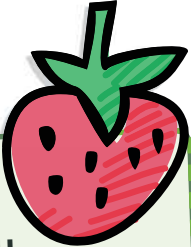
fats

dairy

Are tomatoes fruit or vegetables?



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







# Project Step 1

## 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

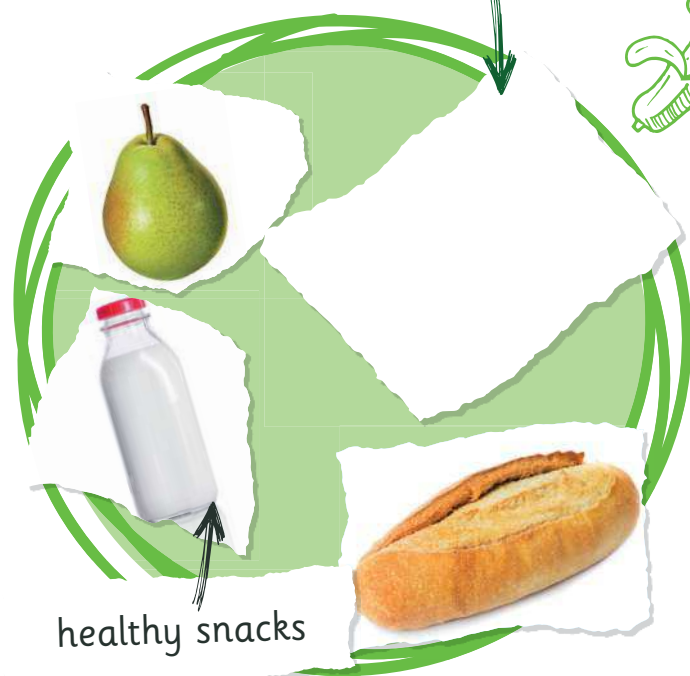


proteins



# WHY IS WATER GOOD FOR YOU?

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.



## What have I learnt?

It is very healthy to eat five times a day:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

### MY DICTIONARY

breakfast

snack

lunch

dinner

### How much food in your diary is healthy?



# IS WALKING GOOD FOR YOU?



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!

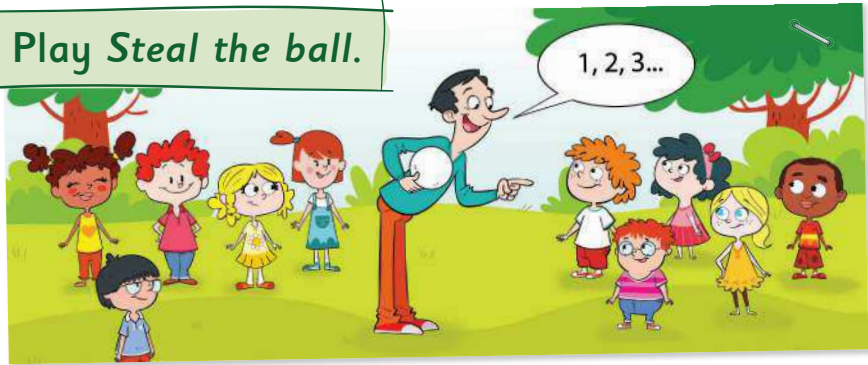
Find the basketball hidden in the unit!



Try it out

Game Zone

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?

Find out

Brush your teeth after you eat.

Wash your hands.

Have a shower every day.

An illustration of a young girl with curly hair, wearing a purple polo shirt, standing inside a large, stylized bathtub. The bathtub has a brown frame with white and blue decorative patterns. Three speech bubbles point to the girl, each containing a hygiene tip: 'Brush your teeth after you eat.', 'Wash your hands.', and 'Have a shower every day.' Surrounding the bathtub are various hygiene-related icons: a toothbrush, a bar of soap labeled 'SOAP', a rubber duck, a bathtub, and a comb.

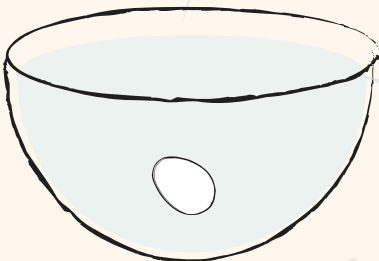
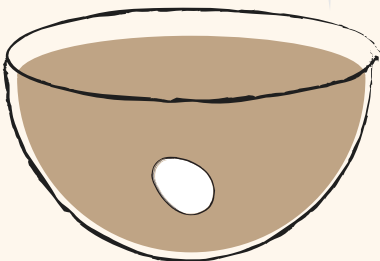
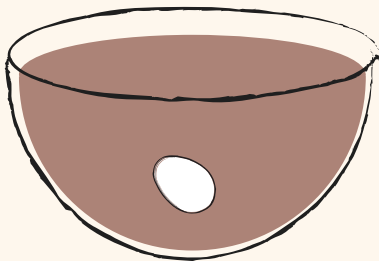
Who is doing the right thing? Tick (✓).







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.

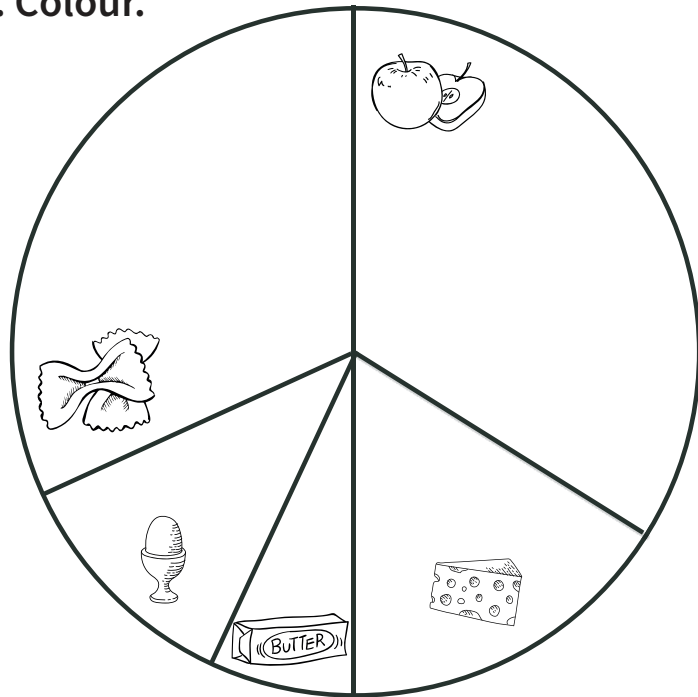


Now I know

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.



\_\_\_\_\_

ruift

\_\_\_\_\_

tspor

Chant  
Be healthy

I am Louis Pasteur.

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

