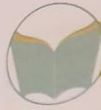


Unit 2 Food and Active Living



Lesson 2(a) - Food for energy

Activity 1 Why do I need energy?

1. Observe the pictures below.



2. Describe what is happening in the pictures?

3. Can you play if you have not eaten food? Why?

4. How do you feel when you have not eaten your breakfast in the morning?

- Foods for energy provide you with energy to carry out all your daily activities such as walking, running, moving, reading and writing.
- I should always eat my breakfast before coming to school to get energy to read, write and play.

Activity 2 Why do I need energy?

Fill in the blanks with the given words:

(energy, jumping, running, walking, work)

1. I need to run and play everyday.
2. When I eat breakfast I can in class.
3. Some physical activities that we do everyday are ,
..... , and

Activity 3 Identifying foods for energy

Fill in the blanks with the given words:

1. Observe picture below.
2. I put a tick (✓) on the food that gives me energy.



Activity 4 Examples of foods for energy

1. In the box below I cut, paste and write the names of foods that gives me energy.

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