

NORTHLANDS AND SUNFIELD CITY SCHOOL

Grade 3 – 2nd term 2020

HEALTH EDUCATION

Prepared by Miss Amrine Fareedun

Guideline: Parents are requested to assist the child by reading the instructions and explaining the activities.

Activity 1

Circle the food for health which protect you from getting sick.



cake



strawberries



zucchini



almonds



fries



cookies



grapes



corn



soda



pizza



candy



green beans

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Activity 2

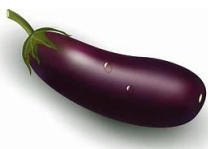
It is important to eat a variety of colourful vegetables and fruits. Fruits and vegetables are classified as food for health. They protect us from diseases.

(i) Identify 2 vegetables and fruits from the pictures for each colour listed in the first column of the table below.

(ii) Write their names in the space provided.

(iii) Circle the names of 5 fruits and vegetables that you like to eat.

Colour	Fruits and vegetables	
Red	1.	2.
Purple	1.	2.
Yellow	1.	2.
Orange	1.	2.
Green	1.	2.



eggplant



tomato



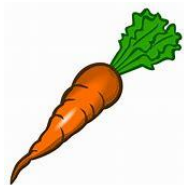
squash (patisson)



pawpaw



watercress



carrot



lady fingers



grapes



lemon



watermelon

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Activity 3

Find the fruits and vegetables from the drawing below and colour the line drawings.



- a) Which vegetables can you choose to help Mr. Pineapple to prepare your favourite pasta dish for you?

....., ,

- b) Which fruits can you choose to eat with your pasta dish?

....., ,