

Grade one-Health & Physical Education









Week 6- FOOD- Eat a variety of foods

Prepared by Ms. Nametah

**Full name of
child:.....**

Guidelines: Parents are requested to let the child complete atleast one activity per day. The child must be guided by parents throughout the paper. Therefore, instructions must be given to the child before she/he starts the activities.

Question 1

Fruit or Vegetable?	
Color the circle green for vegetable and red for fruit.	
 <input type="radio"/>	 <input type="radio"/>
 <input type="radio"/>	 <input type="radio"/>
 <input type="radio"/>	 <input type="radio"/>
 <input type="radio"/>	 <input type="radio"/>

Question 2

With the help of your parents, classify each of the food listed by writing in the correct section of the pyramid.

Food Pyramid Quiz

Foods	
bananas	oatmeal
broccoli	oranges
butter	potatoes
carrots	pasta
cheese	steak
chicken	rice
cake	rolls
dried beans	yogurt
fish	
eggs	
grapes	

You can listen to a song here:

<https://www.youtube.com/watch?v=BCBketJ6Ug8>

Question 3

Food from animal source

With the help of your parents, match each food to its source.



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Question 4


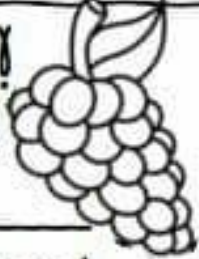
Importance of fruits and vegetables

I fill the blanks with the words given below.

Fruits are Fantastic!

Fruits and vegetables are fantastic because they help to keep us _____

Fruits and vegetables have lots of different _____ that our bodies need. Fruits such as _____ give us lots of vitamin C. Vitamin C helps our bodies to fight _____. Vegetables like _____ give us lots of vitamin A. Vitamin A helps our _____ to see well. It is good to eat a variety of fruits and vegetables so that we get lots of different vitamins!



carrots
oranges
healthy
vitamins
eyes
germs

Draw and label a fruit or vegetable you like.

