

## Grade one-Health & Physical Education

### Week 11- Revision –Food: Healthy and less healthy food and keeping my food clean and safe

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

**I match and colour all the healthy foods.**



## Question 2

### Healthy food!

Healthy food is good for you. You need healthy food to grow up and to have strong bones. Chips and cookies are tasty but eat only a few. When you eat healthy food, your body will feel good.

I circle the right answer.

a) Healthy food will make you \_\_\_\_\_

- |           |          |
|-----------|----------|
| a. Sick   | c. tired |
| b. Strong | d. tasty |

b) Which food will give you strong bones?

- |          |           |
|----------|-----------|
| a. bread | c. cheese |
| b. nuts  | d. chips  |

c) How many fruits and vegetables you should eat per day?

- |         |      |
|---------|------|
| a. zero | c. 5 |
| b. 2    | d. 1 |

d) You should eat cookies \_\_\_\_\_ .

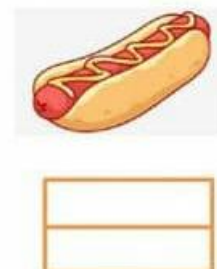
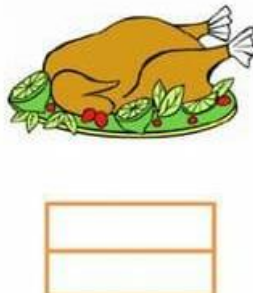
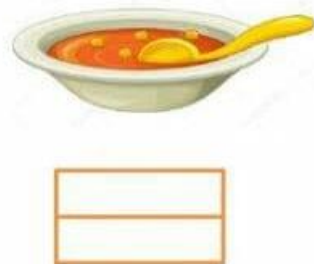
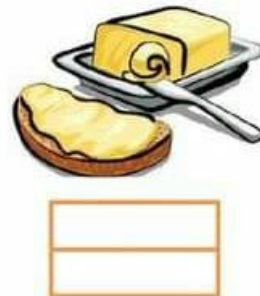
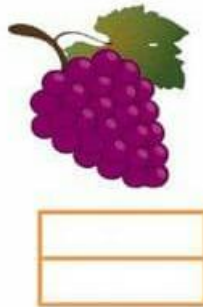
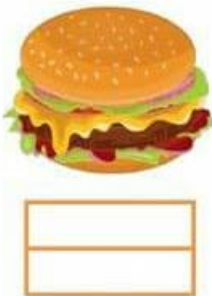
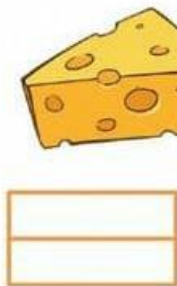
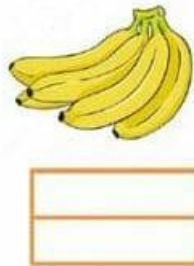
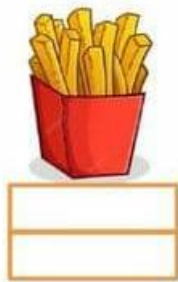
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|----------------------|-------------------|
| a. once in a while   | c. all the time   |
| b. instead of fruits | d. to grow strong |

### Question 3

#### Healthy and Unhealthy food

I write in the box the name of the food and tick the healthy food and cross unhealthy food in the box.

### HEALTHY OR UNHEALTHY



### Question 4

#### Table manners!

I complete the sentences with the words given below.

(closed, napkin, hands, please)

- a) I wash my \_\_\_\_\_ before and after eating.
- b) I say \_\_\_\_\_ passed the food.
- c) I eat with my mouth \_\_\_\_\_.
- d) I use a \_\_\_\_\_ to wipe my mouth.

### Question 5

I observe the pictures and number it in order 1-4.



Here's a little song for you kids :

<https://www.youtube.com/watch?v=-JldSBUQB34>

## Question 6

**Food from different sources.**

**Our food we eat comes from either plants or from animals.**

**I match the food to the source it comes.**



## **Answer sheet**

### **Question 1**

I match and colour healthy foods with: eggplant, lettuce, cheese, grapes, chicken, fish and peanut.

### **Question 2**

1. b- strong
2. c- cheese
3. c- 5
4. a-once in a while

### **Question 3**

**I tick: Healthy food**

Banana  
Cheese  
Grapes  
Bread & butter  
Soup  
Strawberry  
Egg  
Chicken  
Milk

**I cross: unhealthy food**

chips  
sweets  
burger  
chocolate  
cake  
ice cream  
hot dog

### Question 4

- a) Hands
- c) Closed

- b) please
- d) napkin

### Question 5

Sequence the pictures in order of 1 to 4.



3



4



2



1

### Question 6

- |             |      |             |
|-------------|------|-------------|
| Milk        | ---- | cow         |
| Orange      | ---- | orange tree |
| Chicken     | ---- | hen         |
| Bread       | ---- | wheat       |
| Fruit juice | ---- | fruits      |