

Northlands and Sunfield City School**GRADE 2 – Health Education****Revision of unit 2: Food (part 1)****Week 11 -Homework prepared by Miss Krisma**

ACTIVITY 1:**I. Answer the following questions.**

a) Why do you eat food?

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b) When do you eat food?

.....

II. Tick the true statement.

a) Eating too much food is good for health.	
b) I eat food to have strong bones and teeth.	
c) It is important to eat a variety of food and drink plenty of water.	
d) I eat food to grow.	

ACTIVITY 2:**Answer the question.****I. Where does our food comes from?**

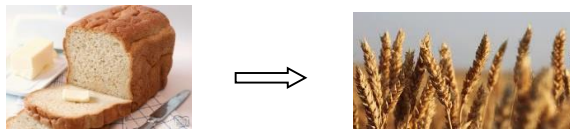
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II. Choose and write the correct answers.

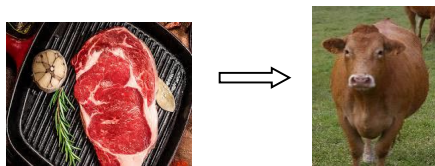
a) Milk comes from a (pig, cow)



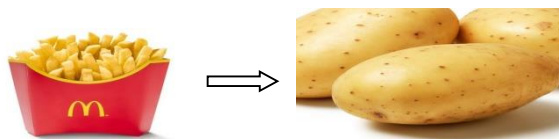
b) Bread comes from (wheat, rice)



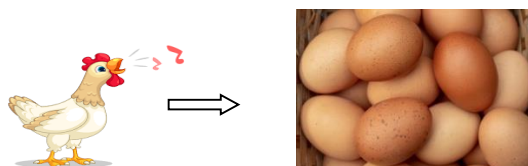
c) Meat comes from (carrot, cattle)



d) Chips come from (tomatoes, potatoes)



e) Hen lays (egg, milk)



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ACTIVITY 3:

I. Name the foods.

Circle the foods that come from animals.



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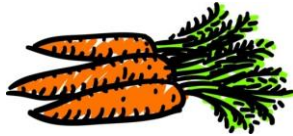
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II. Name the foods.

Circle the foods that come from plants.



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ACTIVITY 4:**I. Answer the following questions.**a) Name 3 fruits that you usually eat.

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b) Name 3 vegetables that you usually eat.

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c) Name 3 foods that you should avoid.

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II. Observe the pictures carefully.

These foods should not be eaten too often because:

a) They may cause (eye infection, tooth decay)

b) You may put on (weight, clothes)

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ACTIVITY 5:

It is important to eat a variety of foods. Foods help us to grow and be in good health.

Observe the pictures.

- a) Circle the foods that you usually eat to be in good health.**
- b) Tick the food that are not good for your health.**



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Grade 2: Health Education

Topic: Revision on food (part 1)

Answer Sheet: week 11

ACTIVITY 1:

- I. a) I eat food to be in good health.
b) I eat food in the morning, at noon and at night.
- II. a)
b) ✓
c) ✓
d) ✓

ACTIVITY 2:

- I. Our foods come from plants and animals.
- II. a) cow
b) wheat
c) cattle
d) potatoes
e) egg

ACTIVITY 3:

- I. potatoes fruits and vegetables cheese
eggs milk bread
- II. meat carrot macaroni
chicken maize watermelon

ACTIVITY 4:

- I. a) Banana
Apple
Orange
- b) Cabbage
Carrot
Onion
- c) Chocolate
Candy
Fried foods
- II. a) tooth decay
 b) weight

ACTIVITY 5:

I. a)

b)

Vegetable salad

burger, chips and pepsi ✓

rice and currySoup

chocolate candy ✓

bean curry