GRADE 2 – Health Education

Revision work of unit 2: Food (part 2) Week 12: Homework prepared by Miss Krisma

ACTIVITY 1:

Answer	the	follo	wing	questions.
	ULIC	LUIIU	*****	questions

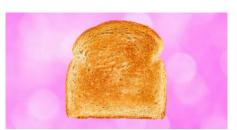
a)	When do you usually eat your meals?
b)	How many meals do you eat in a day?
	I eat meals a day.
c)	What is your favourite food?
	My favourite food is
d)	The food I eat at a specific moment is known as (dinner, meal)
e)	Fast foods are (healthy, unhealthy)

ACTIVITY 2:

i. Name these breakfast meals correctly.Cereals, egg, banana, toast, milk, juice













ii.	a) Name 3	3 drinks	that you o	can have	for	breakfast
-----	-----------	----------	------------	----------	-----	-----------

.....

b) What do you usually eat for breakfast?

.....

Activity 3:

i.	Answer the following questions.
	a) Lunch is the meal of the day.
	b) When do you eat your lunch?
	c) Why is it important to have your lunch?
ii.	Look at the pictures carefully.
	a) Name the foods.
	b) Circle the foods that you have for lunch.
iii.	Name $\underline{3}$ healthy foods that you can have for lunch.
iv.	Name 3 unhealthy foods that you need to avoid for lunch.

Activity 4:

a)	What happens when you skip dinner?
b)	Is it important to eat dinner?
c)	Name your favourite food, which you usually eat for dinner.
d)	What happens when you eat too much food for dinner?
e)	What should you include in your dinner?
Dr	aw a complete dinner meal.
Dr	aw a complete dinner meal.
Dr	aw a complete dinner meal.
Dr	aw a complete dinner meal.
Dr	aw a complete dinner meal.
Dr	aw a complete dinner meal.

Grade 2: Health Education

Revision work of unit 2: food (part 2)

Week 12: Homework prepared by Miss Krisma

Activity1:

- I. a)
 - > In the morning
 - > At noon
 - > At night
 - b) 3
 - c) Spaghetti, chicken and salad
 - d) Meal
 - e) Unhealthy

Activity 2:

- I. Egg cereals toast
 - Milk juice banana
- II. Milk, Milo, fruit juice
- III. Bread, butter, cheese, a banana and milk or cereals with milk.

Activity3:

- I.
- > Second
- ➤ At noon
- > To be fit for the rest of the day
- II. Candies rice and chicken milk
 Farata egg

- III. Bread, lentils, fish and salad
 - Macaroni ,eggs and carrot
 - Farata, soya beans, pumpkin
- IV. Chocolate
 - Fried snacks
 - Chips

Activity 4:

- I. a) I will wake up in the middle of the night, hungry and craving for food.
 - b) Yes, it is important to have dinner.
 - c) Rice, curry and salad
 - d) It can cause obesity and stomachache.
 - e) Fruits, vegetables and water

II.

