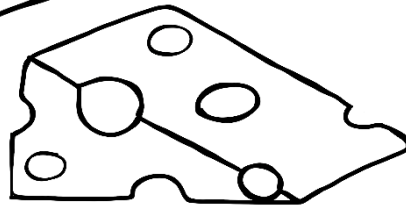
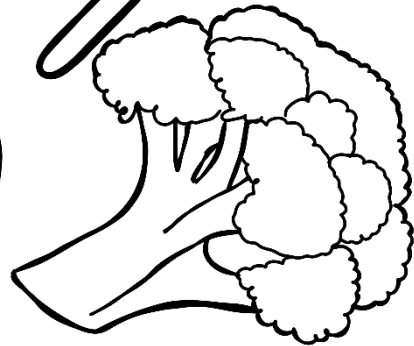
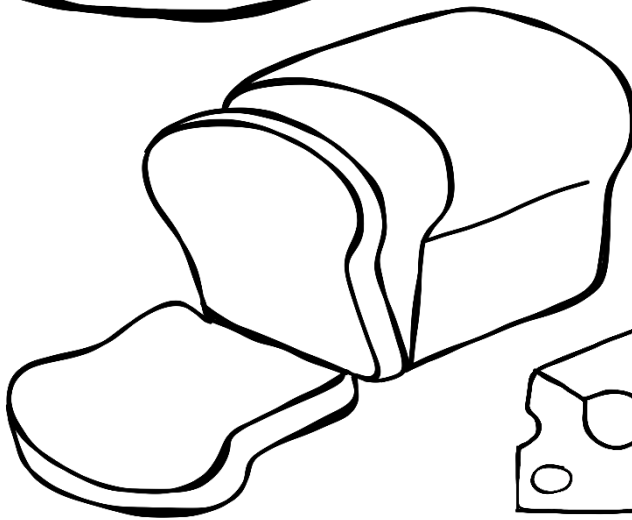
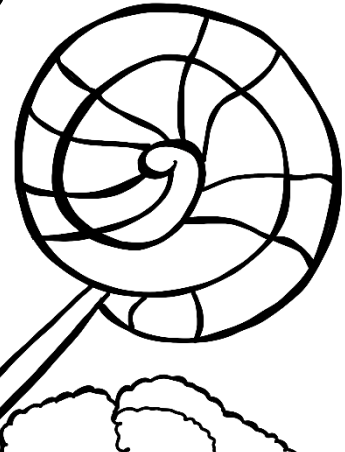
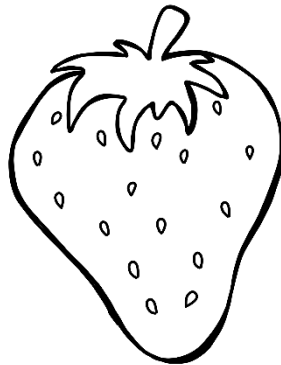
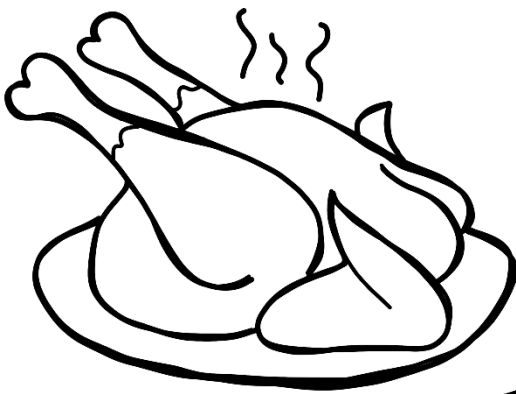


Graad 1
Lewensvaardigheid

Kwartaal 3



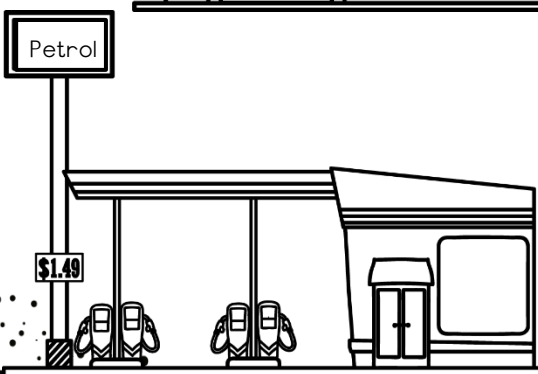
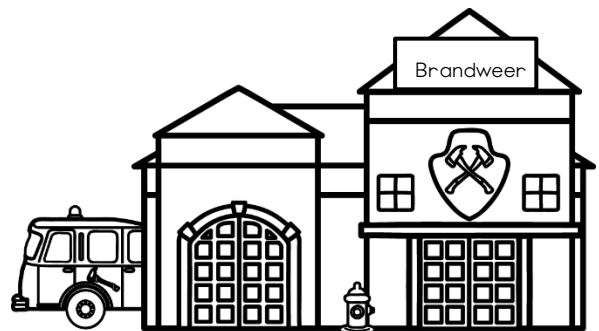
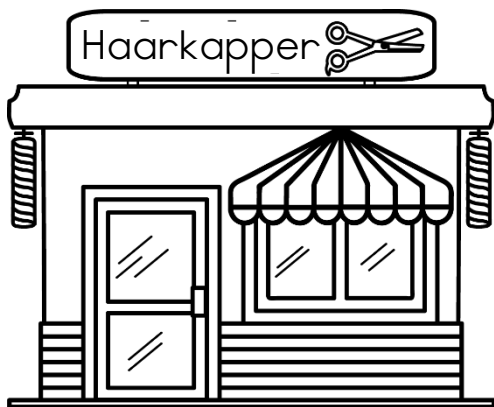
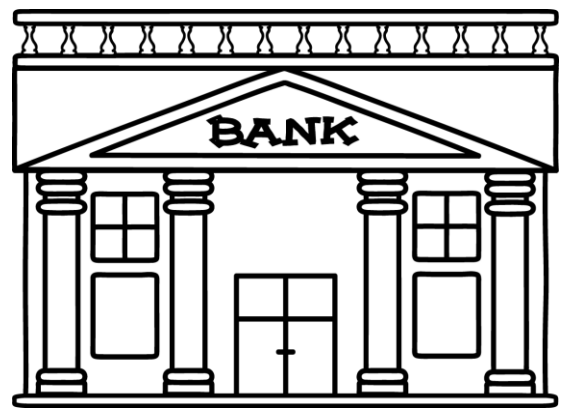
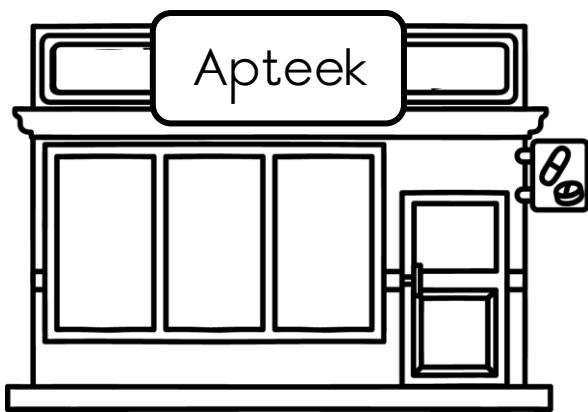
Naam:

Plekke in my gemeenskap

Die mense met wie jy elke dag praat en wat jy elke dag sien vorm deel van jou gemeenskap.

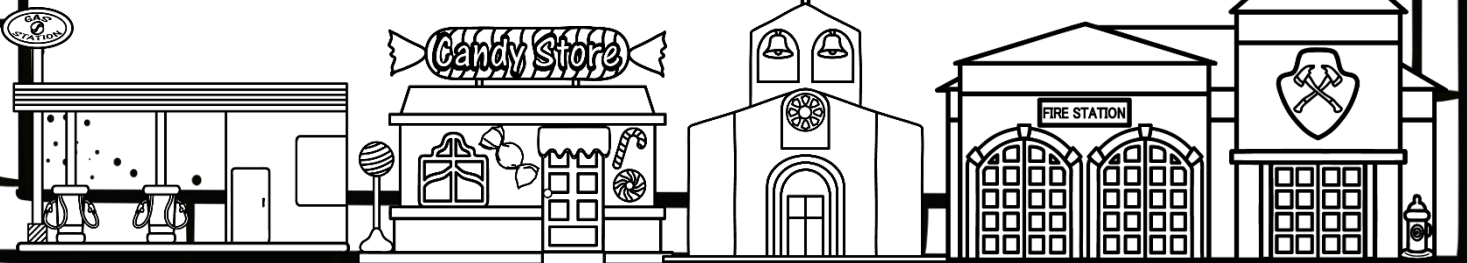
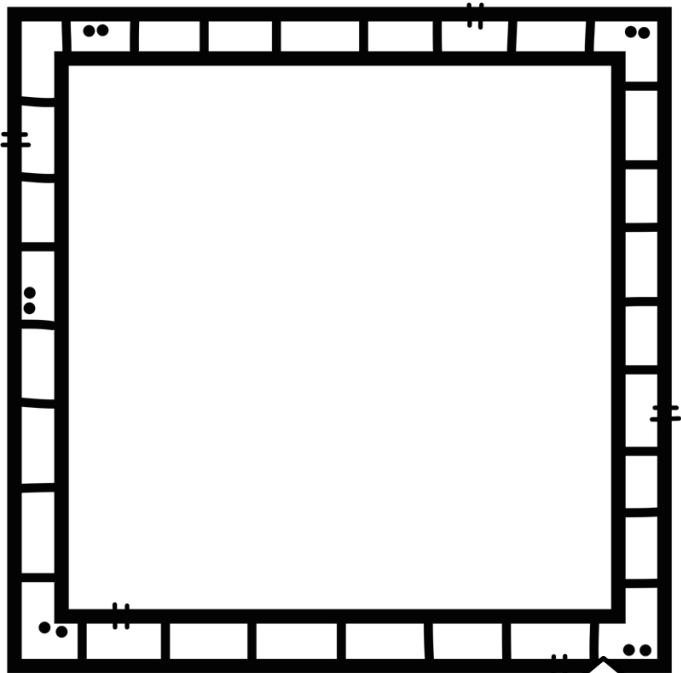
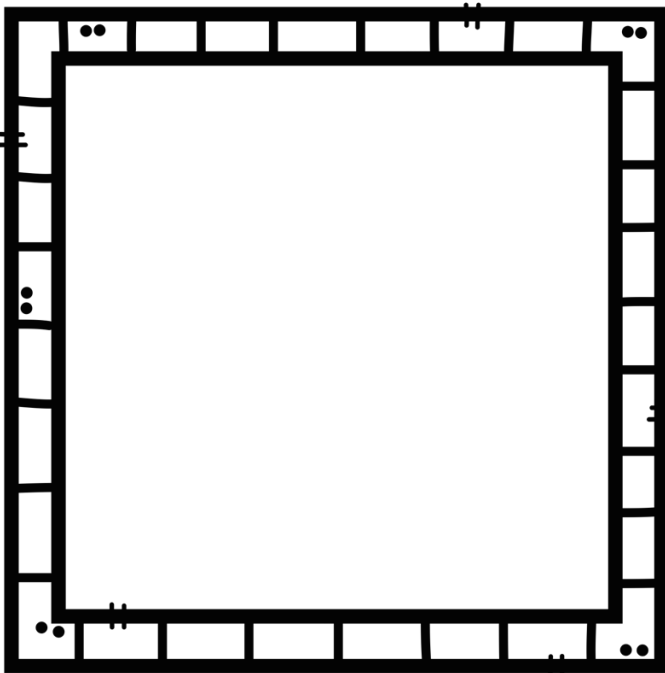
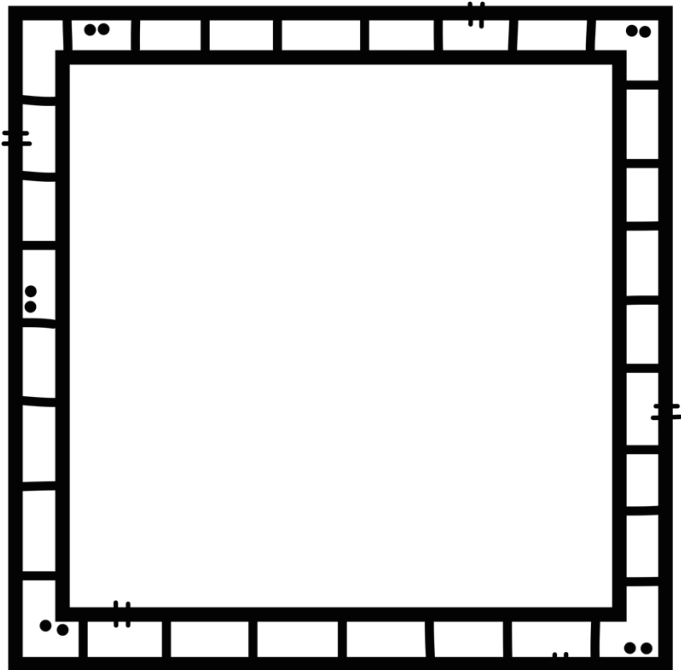
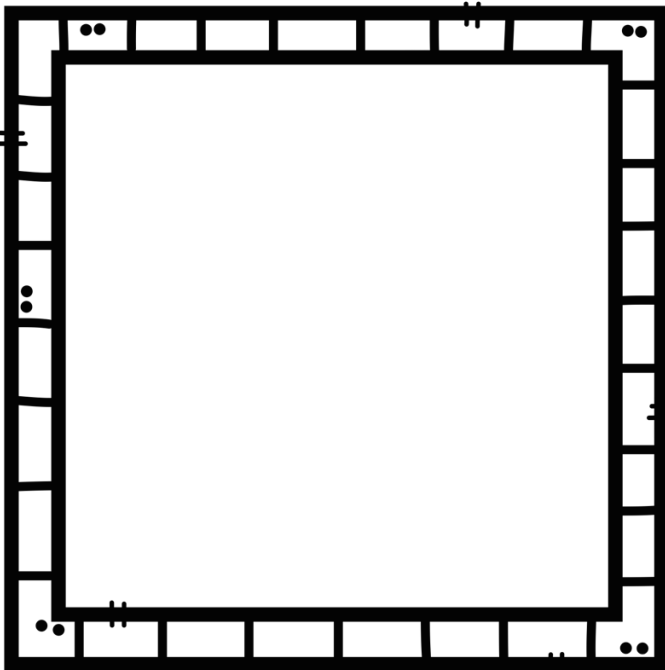
Dit kan mense op straat wees of mense wat naby aan jou woon. Dit kan mense by die kerk of by die skool wees, die polisie in jou omgewing, dokters en baie ander mense.

Plekke in ons gemeenskap het allerhande fasiliteite wat almal kan gebruik. Klinieke, skole, sportvelde en hospitale is fasiliteite wat ons almal gebruik. Ons moet al die fasiliteite in ons gemeenskap mooi oppas. Ons moet ook ons omgewing skoon hou, sodat almal dit kan geniet.



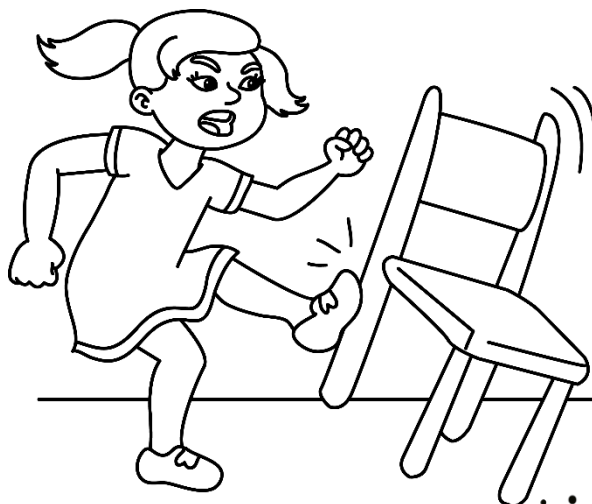
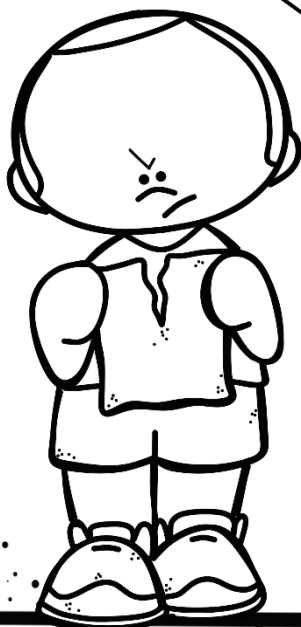
My gemeenskap

Teken 4 prente van plekke in jou gemeenskap wat jy al besoek het. Skryf die plek se naam neer.



Is dit reg of verkeerd?

Kyk na die prente en bespreek met jou maat wat jy nie moet doen nie.



Mense in my gemeenskap

Skryf die woorde in die blokke by die regte prent.

bloemiste

brandbestryder

dokter

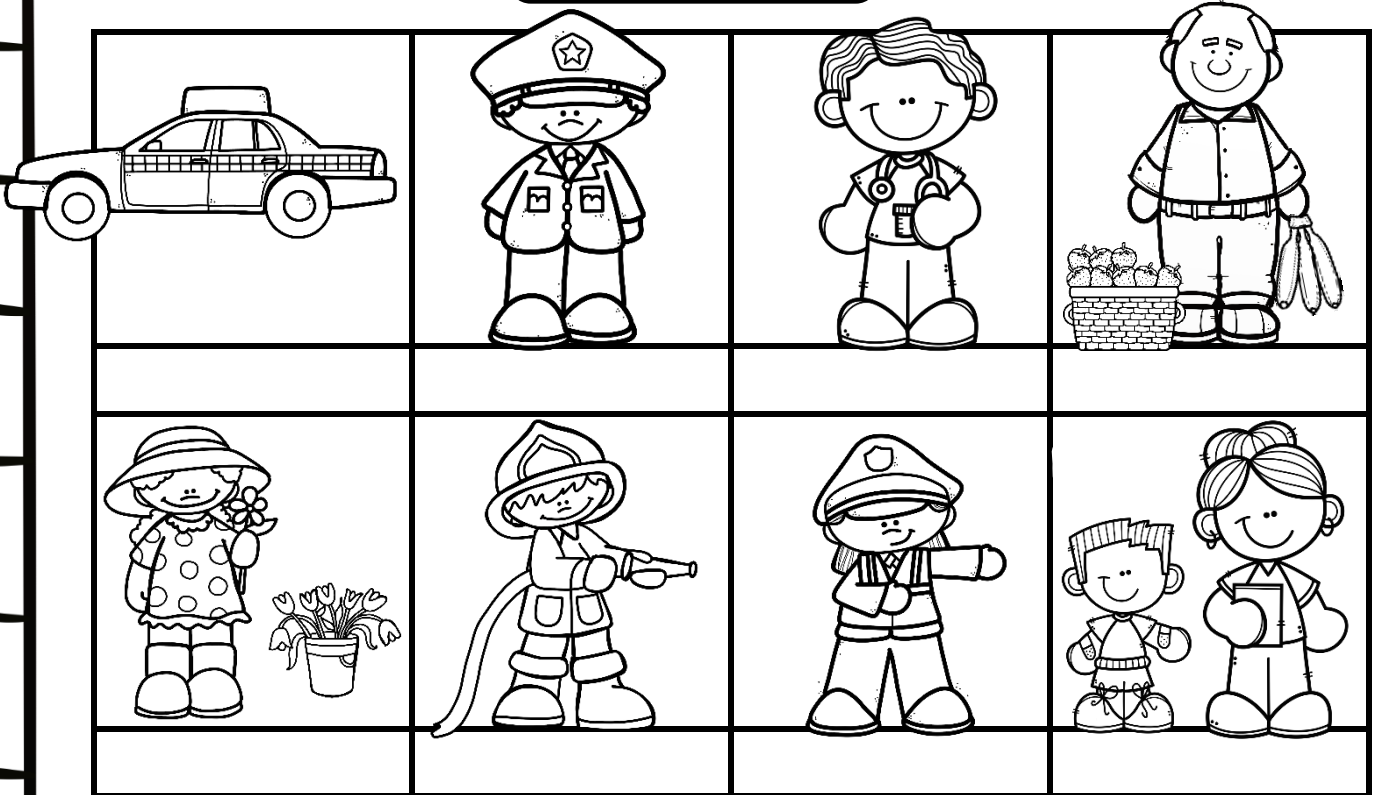
verpleegster

vrugteverkoper

verkeersbeampte

taxibestuurder

polisie-beampte



Verbind die soort beroep links met die korrekte beskrywing regs.

'n Dokter

'n Brandbestryder

'n Vrugteverkoper

'n Lid van die SA Polisie-diens

'n Petroljoggie

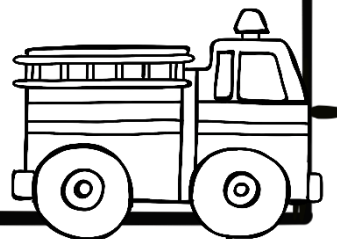
gooi brandstof in motors.

vang misdadigers.

blus vure.

maak ons gesond.

verkoop vrugte.



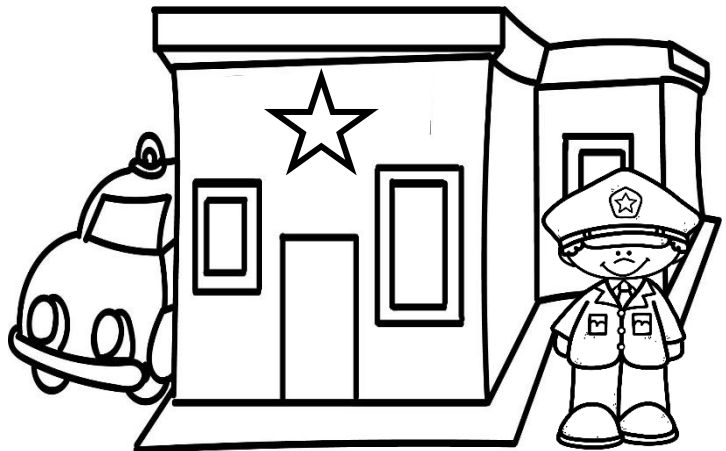
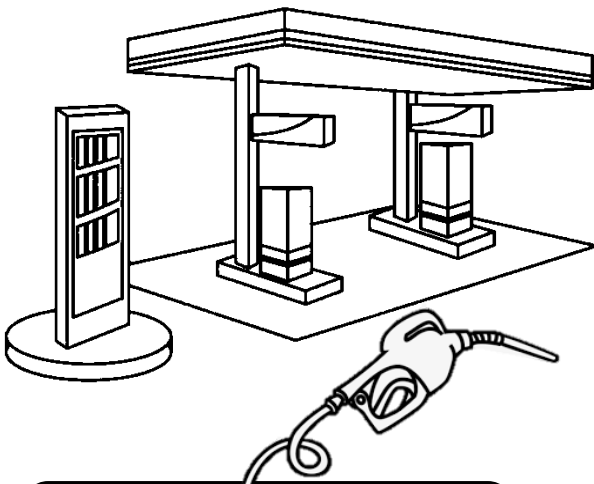
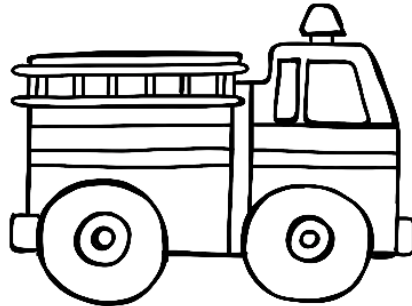
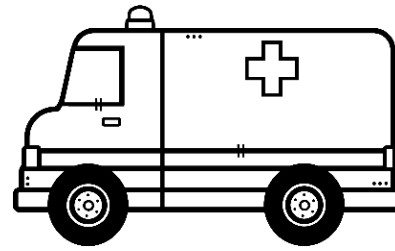
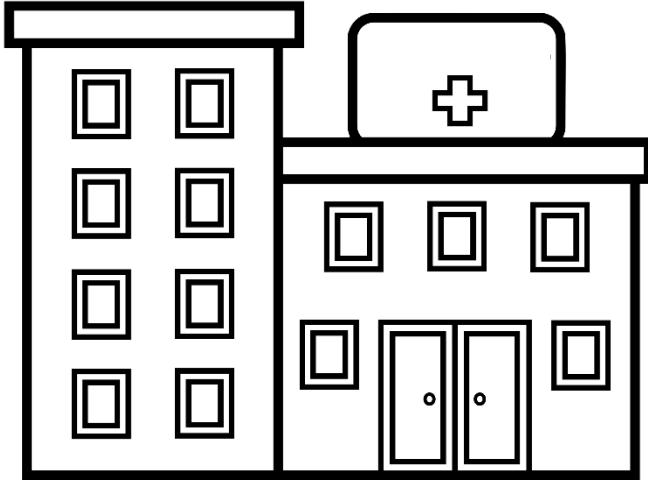
Skryf die woorde in die blokke by die regte prent.

brandweerwa

hospitaal

polisiestasie

vulstasie



Troeteldiere

Skryf die woorde in die blokke by die regte prent.

haas

hond

kat

slang

vis

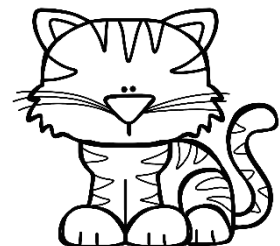
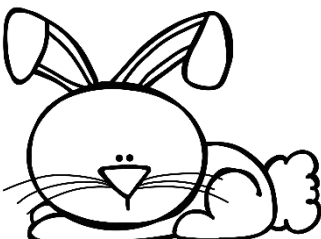
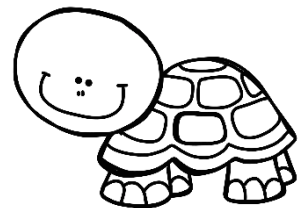
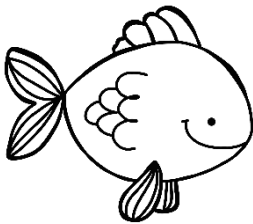
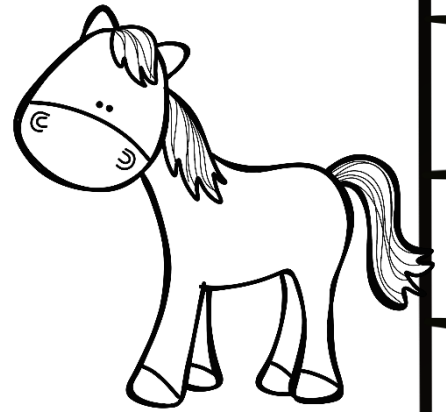
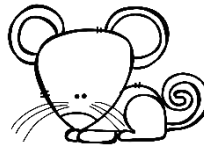
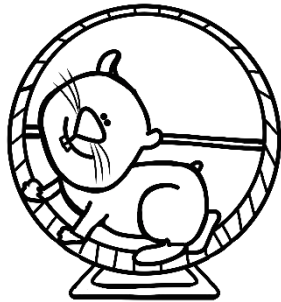
perd

hamster

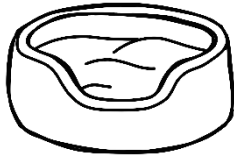
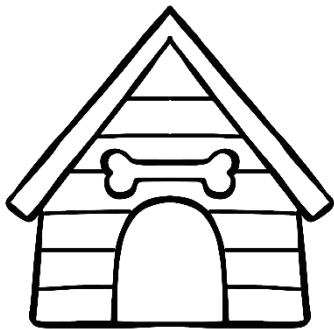
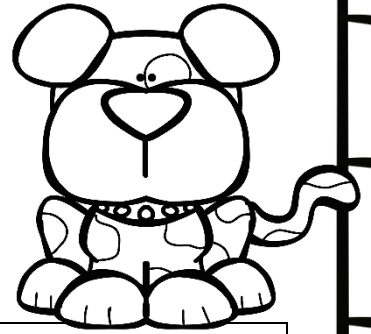
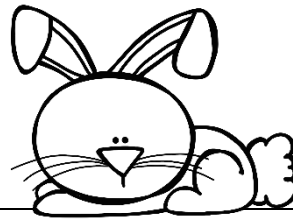
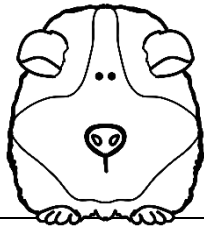
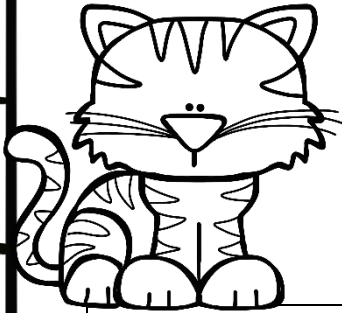
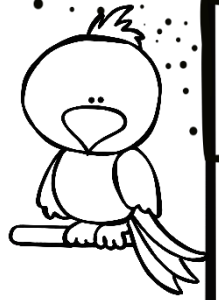
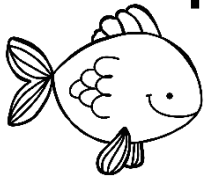
skilpad

papegaai

muis



Hoe versorg jy jou troeteldier?



'n Warm, droë slaapplek.

Kos en water.



Liefde en aandag.

'n Veearts as hy siek is.

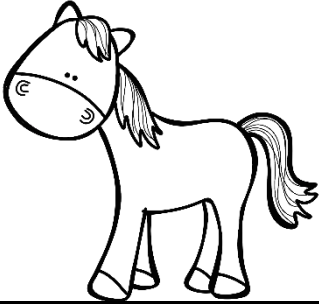
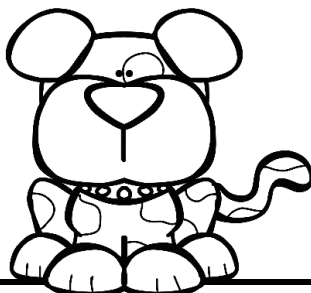
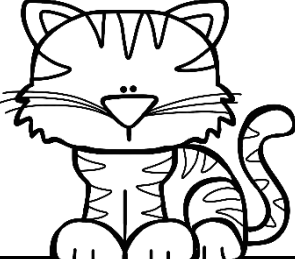
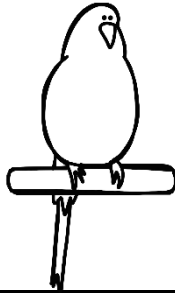
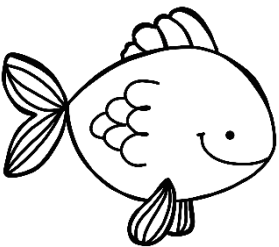
Teken 'n prent van jou
troeteldier.

My troeteldier

Wat is jou
troeteldier se naam?

Teken 4 prente hoe jy jou troeteldier versorg en skryf 'n
byskrif vir elkeen.

Teken die skuiling wat hierdie diere nodig het.
Skryf dan die name van die eerste 3 se babas neer.

Dier	Skuiling	Naam van baba
		<hr/>
		<hr/>
		<hr/>
		
		

Maniere en verantwoordelikhede

Goeie maniere het te doen met hoe ons ander mense behandel. Ons maniere wys vir mense hoeveel ons hulle respekteer. Ons geniet dit om met iemand te praat wat goeie maniere het. Dit is ook lekker om bevriend te wees met iemand wat goeie maniere het. Dit is ons verantwoordelikhede om ander mense altyd goed te behandel. Daarom behoort elkeen van ons goeie maniere aan die dag te lê.

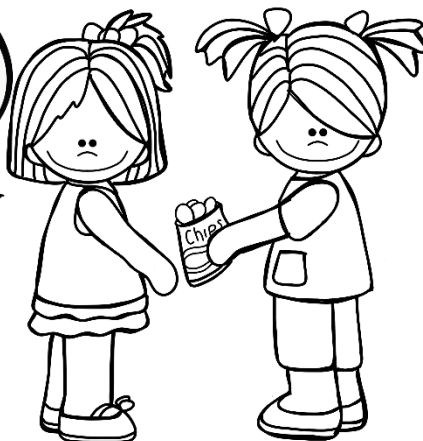


Help ander mense.



Wag jou beurt af.

Deel met ander.



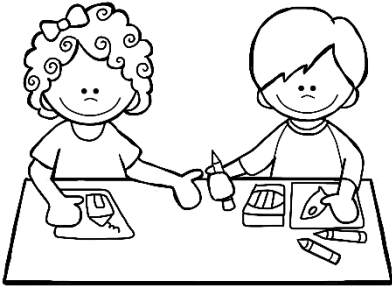
Wees vriendelik en gaaf.



Wees eerlik.



· · Verbind die prente regs met die regte beskrywing links.



Ek help om die huis netjies te hou.



Ek wys vir my gesin dat ek lief is vir hulle.



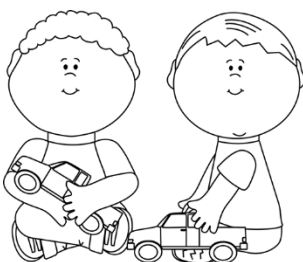
Ek speel mooi met my maats se speelgoed.



Ek is 'n goeie maat en help ander.



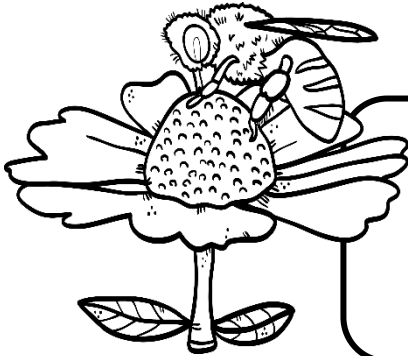
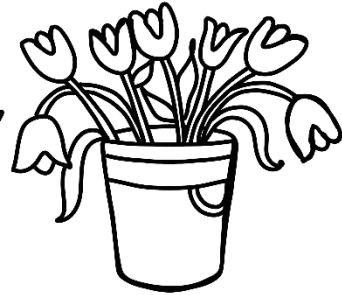
Ek deel met my maat my kryte.



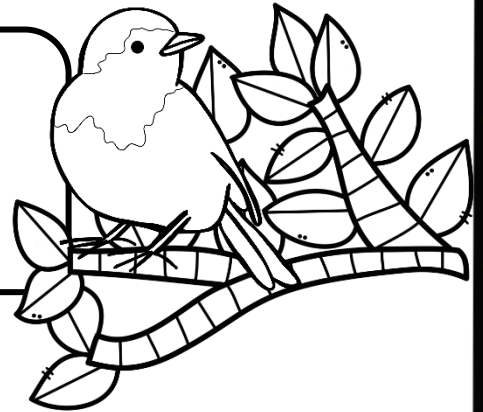
Ek help my ma om die tafel te dek.

Ons het plante nodig

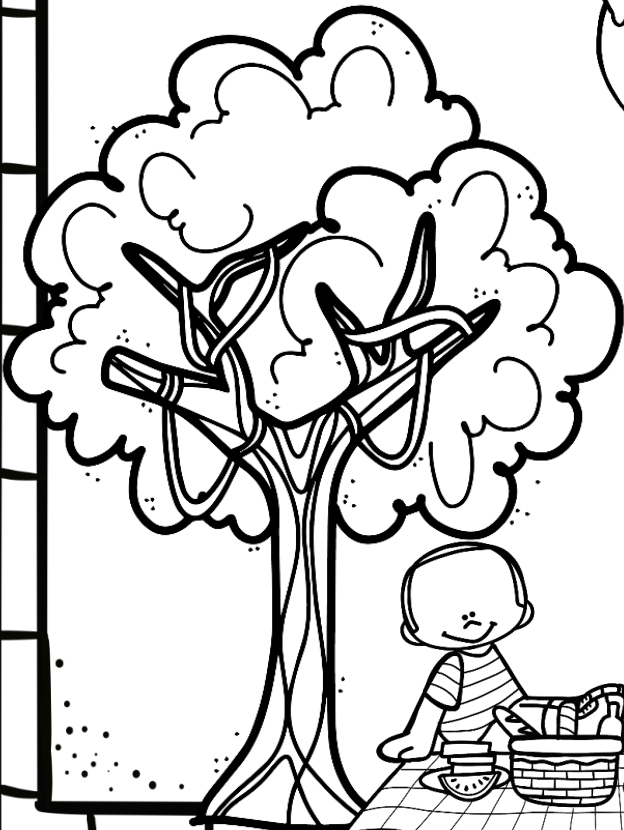
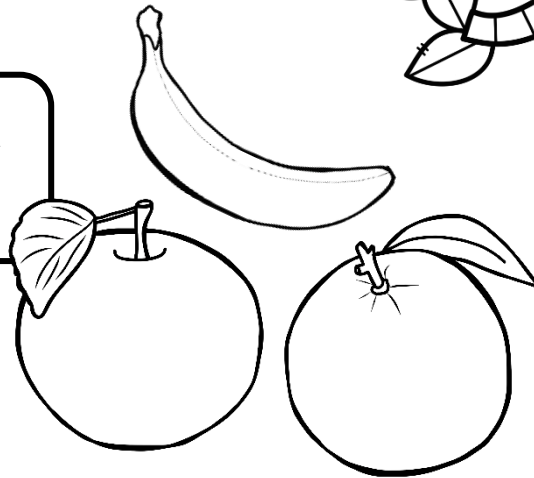
Party plante gee vir ons blomme om ons huise mee mooi te maak.



Party plante en bome gee skuiling aan diere.



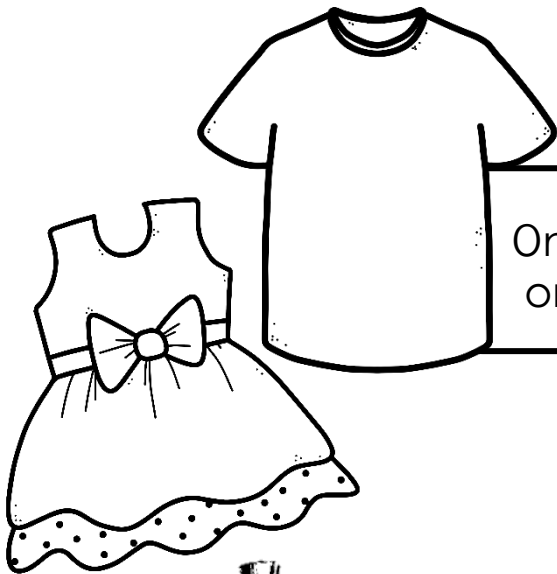
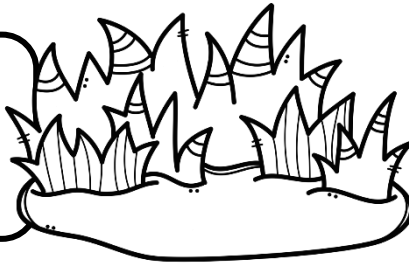
Party plante gee vir ons sap en voedsel.



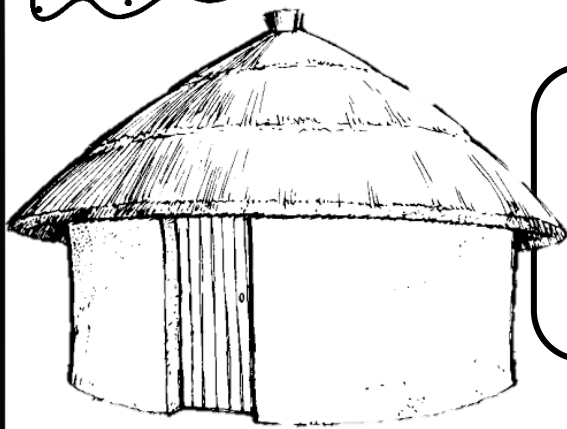
Party plante gee vir ons skaduwee.

Ons het plante nodig

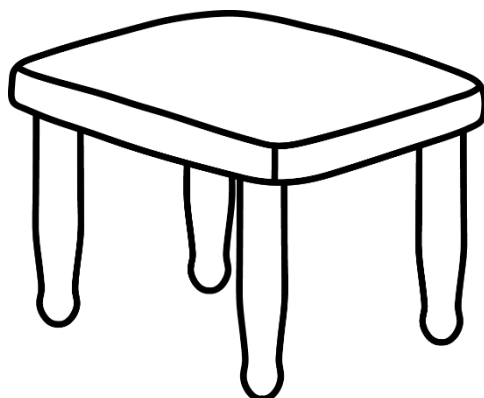
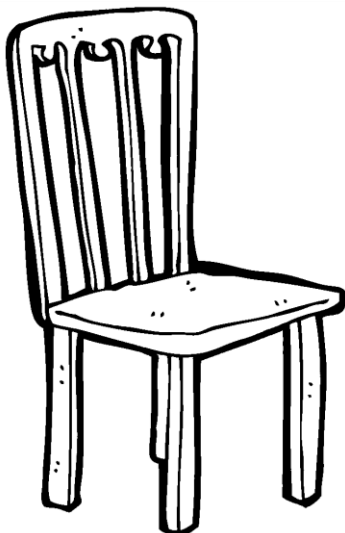
Ons het gras vir ons sportvelde nodig.



Ons gebruik katoen om klere te maak.



Ons gebruik riete om mandjies en dakke mee te bedek.



Ons gebruik plante en bome om meubels mee te maak.

Hoe plante lyk

Plante bestaan uit verskillende dele.

Gebruik die woorde in die blokke om die dele van die plant te benoem.

wortels

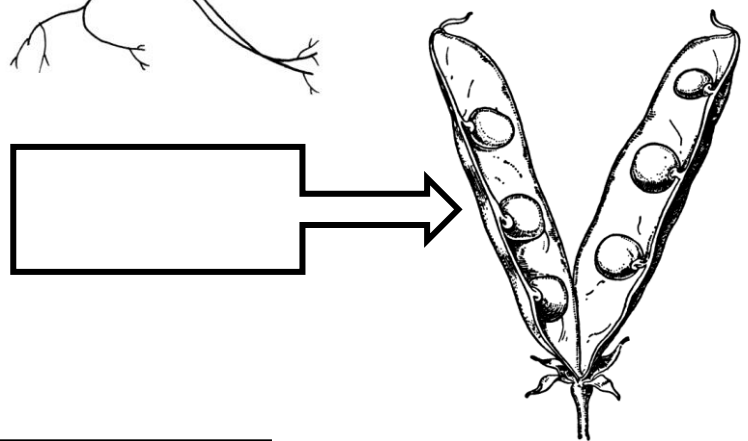
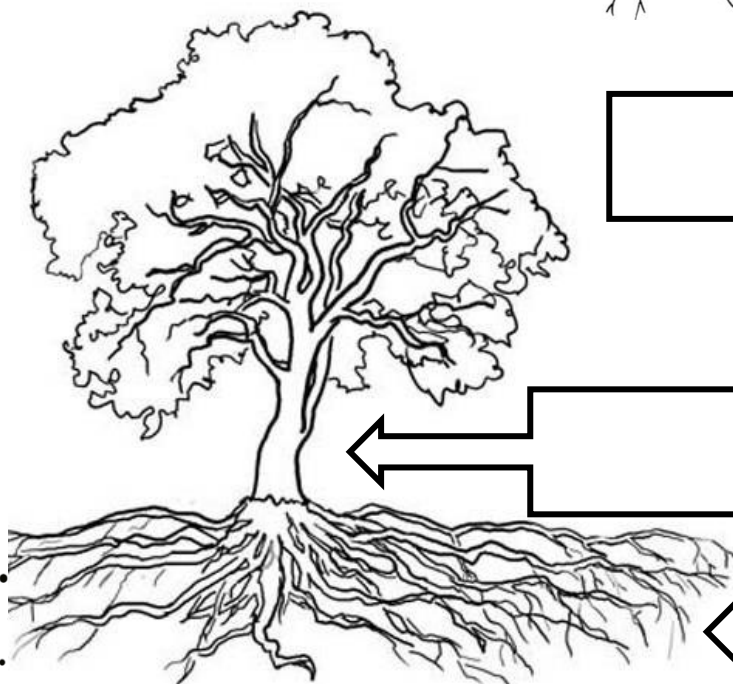
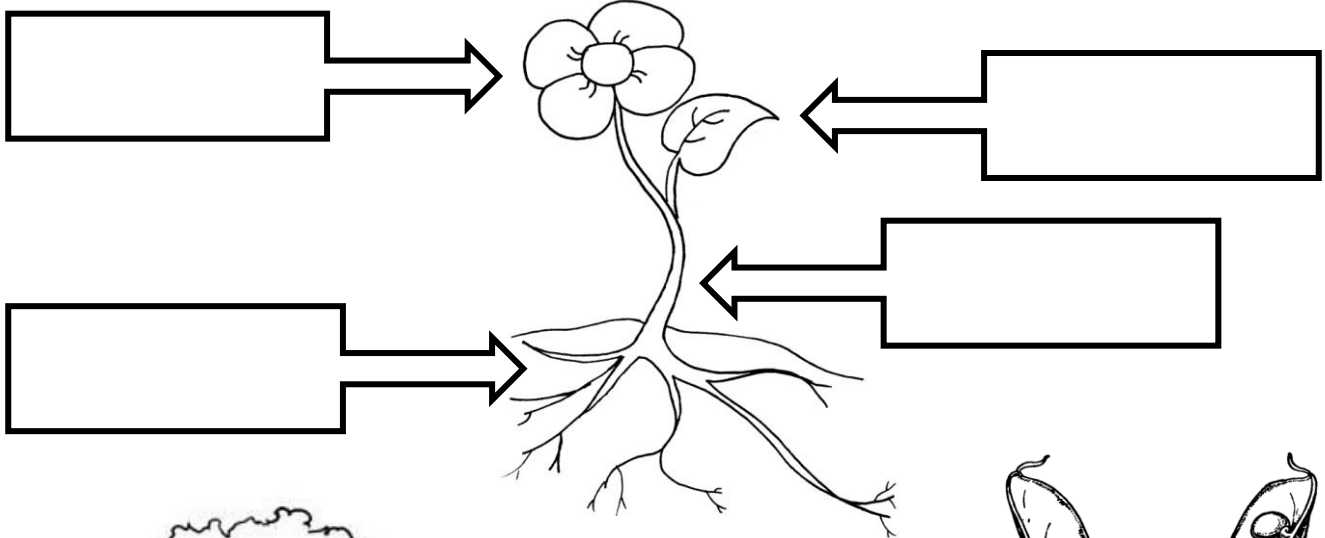
blom

stingel

blaar

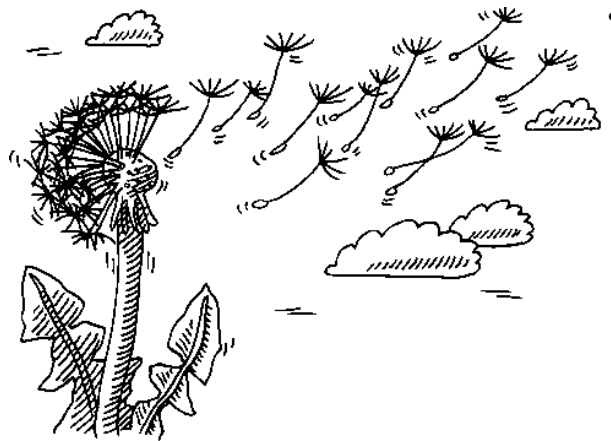
stam

saad/peul



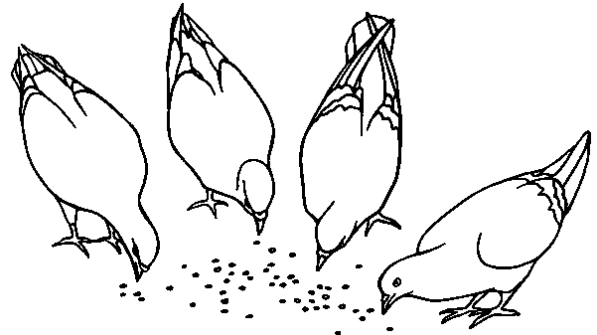
Saad en waar dit

vandaan kom



Sommige plante het sade wat in die blomme of die vrugte gebêre word. Ons kan hierdie saad plant om nuwe plante te laat groei.

Saad kom ook los van die plante en word nuwe plante. Sommige sade word deur die wind of deur mense, insekte en ander diere versprei.



Sommige saadpeule word deur voëls geëet en later word die saad uitgeskei. Hierdie saad beland op ander plekke en begin daar groei.

As jy jou eie plante wil kweek, kan jy die saad van daardie plante in jou tuin plant. Jy kan ook saad by 'n winkel koop.



Wat benodig 'n plant om te groei?

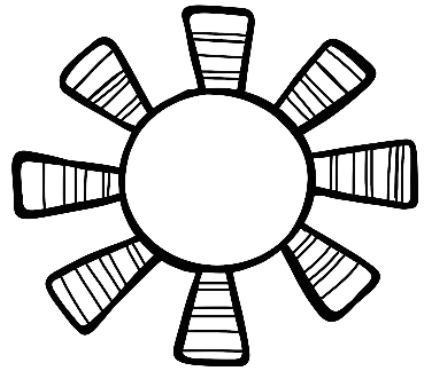
Skryf die woorde in die blokke by die regte prent.

water

sonlig

voedingstowwe

lug



Die kos wat ons eet

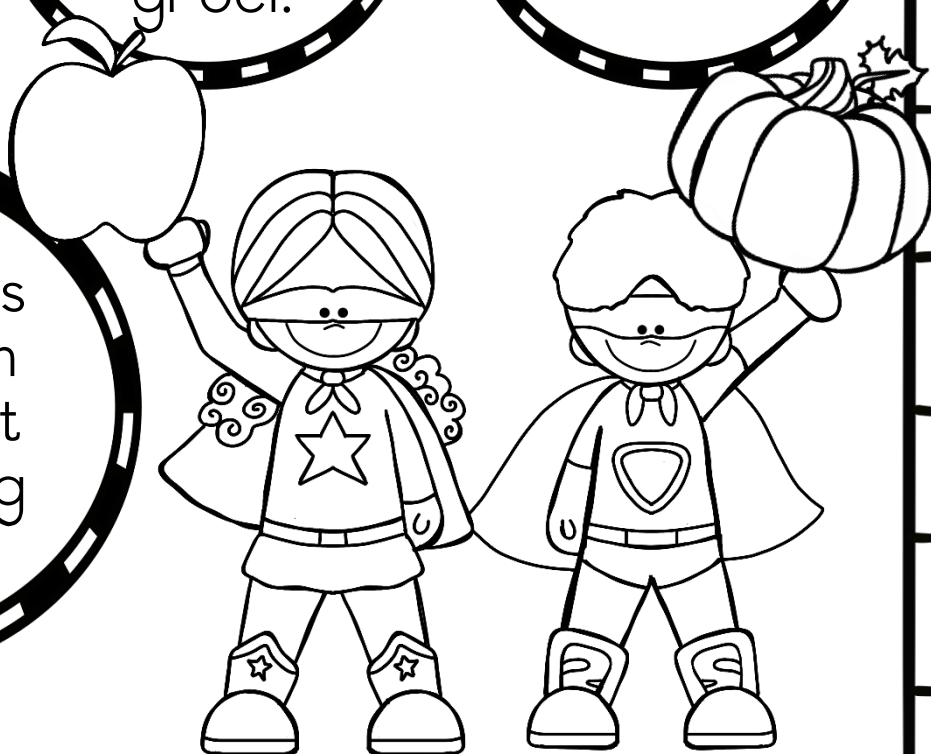
Goeie kos hou ons aan die gang soos brandstof 'n motor aan die gang hou.

Gesonde kos gee ons energie.

Gesonde kos help ons om te groei.

Gesonde kos maak ons sterk.

Gesonde kos help ons om te doen wat ons elke dag doen.



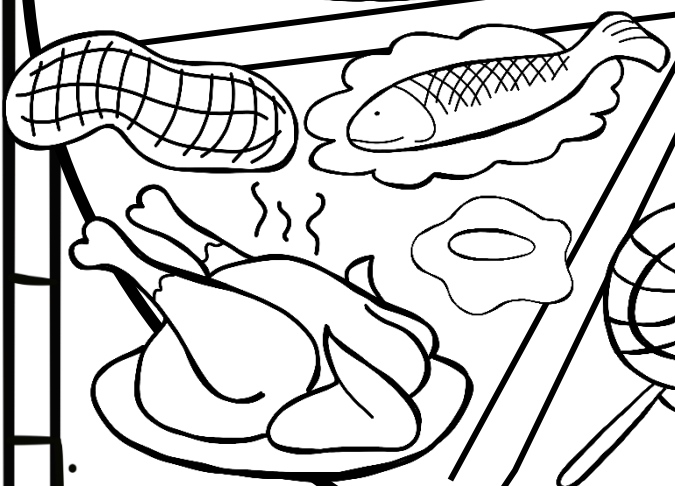
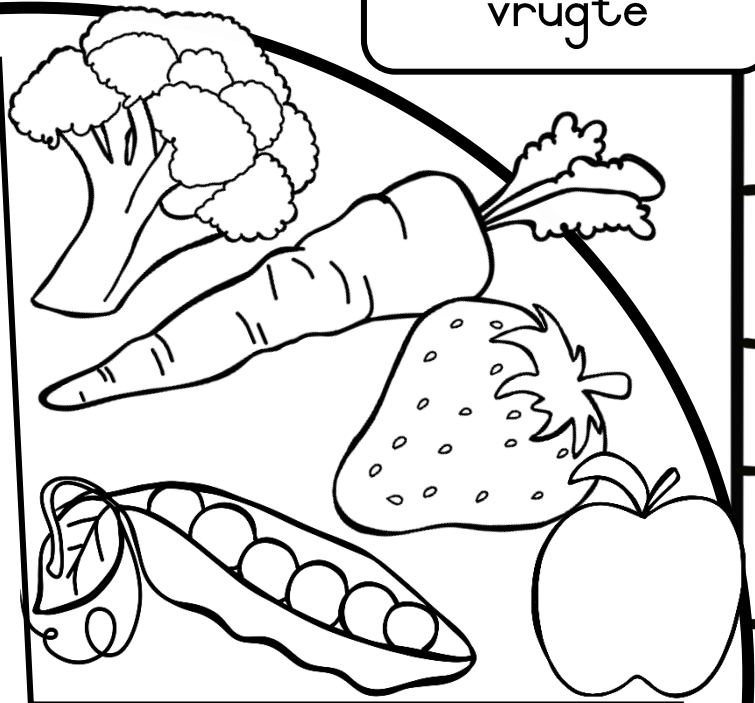
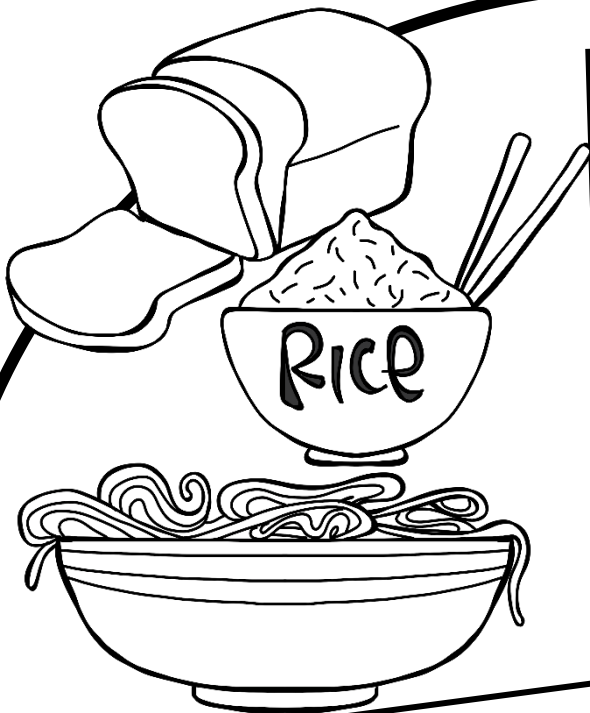
Kos waarvan ons hou, is nie altyd goed vir ons nie. Soms hou ons van ongesonde kossoorte wat nie goed is vir ons nie. Soms hou ons nie van gesonde kossoorte wat goed is vir ons nie. Dit is belangrik dat ons 'n gesonde en gebalanseerde dieet moet volg. Daarom is te veel van dieselfde kossoort nie goed vir ons nie. Dit is ook belangrik om die regte hoeveelhede te eet. Eet net totdat jy versadig voel. Moenie aanhou eet net omdat jy van iets hou nie.

Ons het gesonde voedsel nodig om te leef

Ons liggame het gesonde voedsel nodig sodat ons kan groei. Ons moet elke dag van elkeen van die voedselgroepe eet. Ons het ook gesonde voedsel nodig om vir ons genoeg energie te gee om alles te doen wat ons moet doen. As ons nie gesonde voedsel eet nie, kan ons baie siek word.

Graankosse en
graanprodukte

Groente en
vrugte



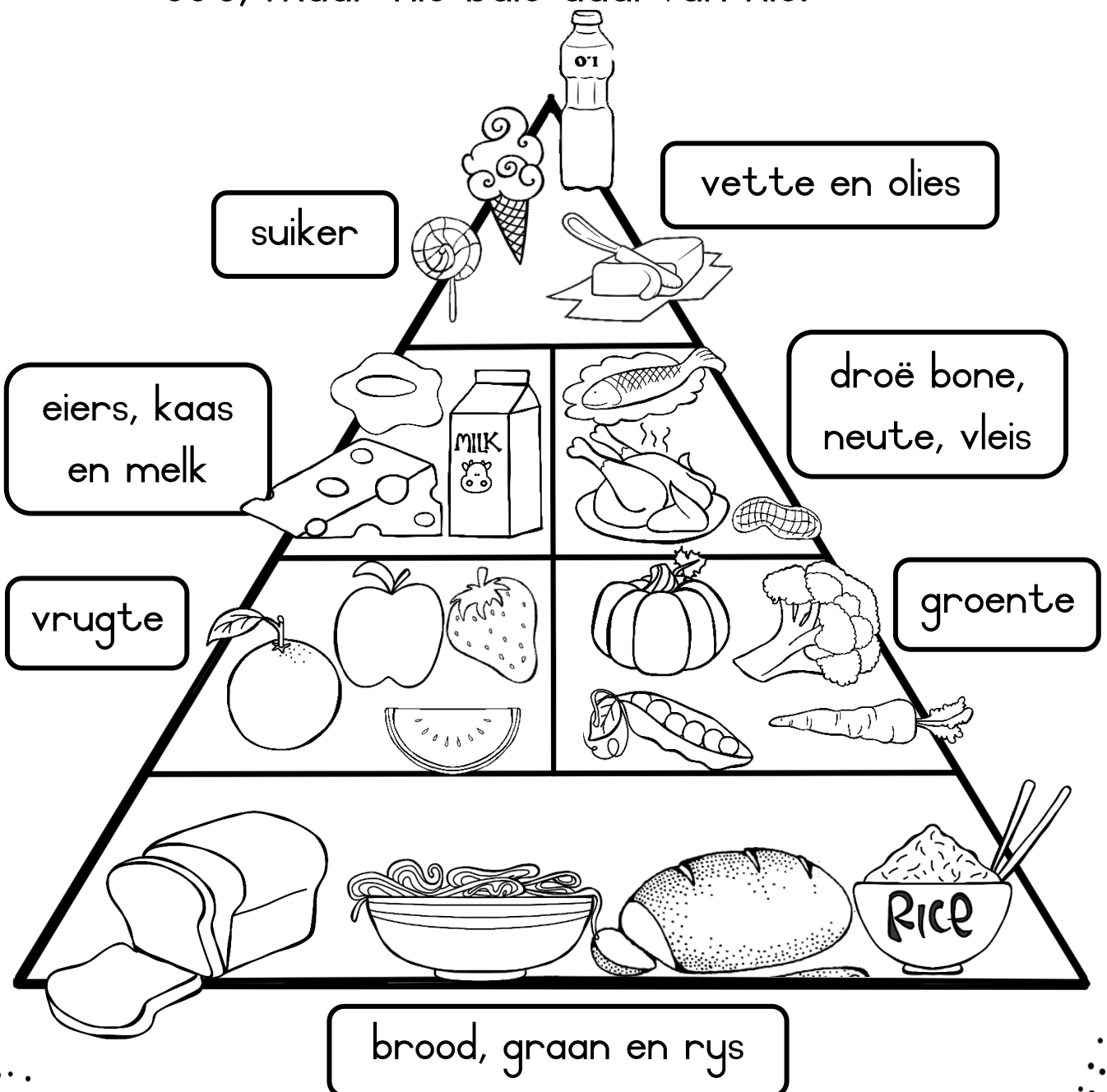
Vleis, vis, neute
en bone

Vette en olies

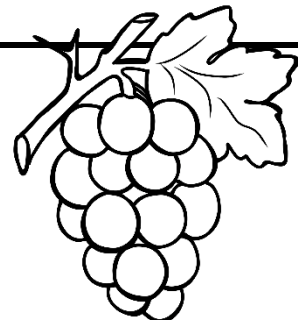
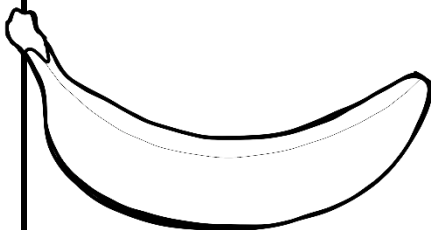
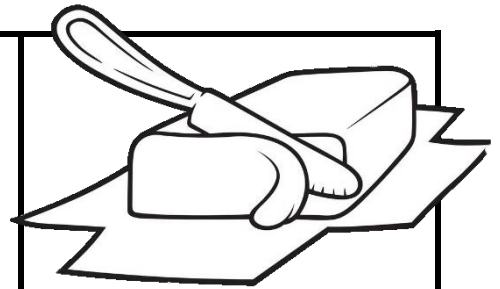
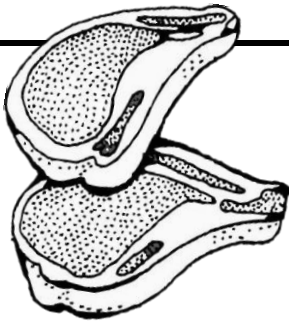
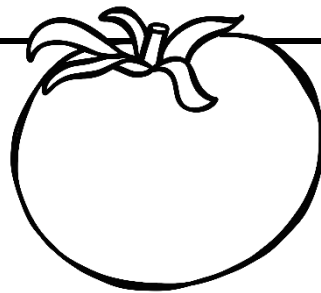
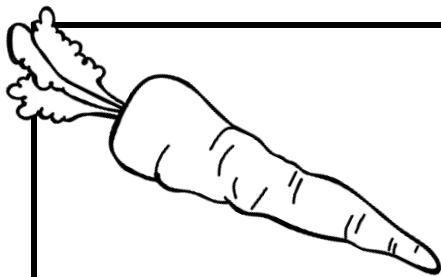
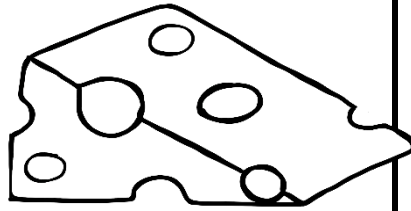
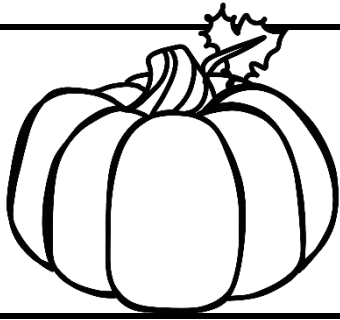
Suivelprodukte

Voedselpiramide

- ➡ Ons verdeel kossoorte in 7 groepe.
- ➡ Kossoorte aan die onderkant van die driehoek moet jy gereeld eet.
- ➡ Jy kan ook die kossoorte aan die bopunt eet, maar nie baie daarvan nie.



Plak die naam by die regte prent. Kleur dan die gesonde kos in met geel en die ongesonde kos in met rooi.



kaas

roomys

botter

pampoens

melk

druive

piesang

wortel

koek

tamatie

vleis

Coke

Die kos wat ons eet

Maak 'n lys van watter kos jy hou en nie hou nie.

Onderstreep die gesonde kos met blou.

Onderstreep die ongesonde kos met rooi.

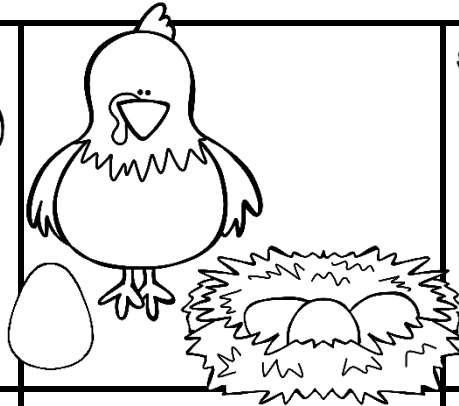
Kos waarvan ek hou	Kos waarvan ek nie hou nie



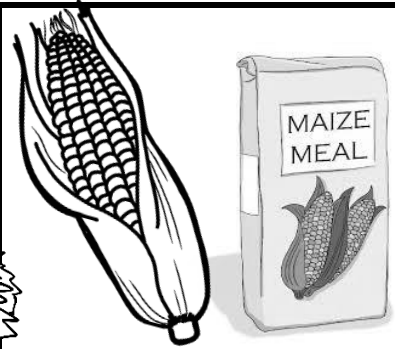
Waar verskillende kossoorte vandaan kom



Brood en graan kom van koring af.



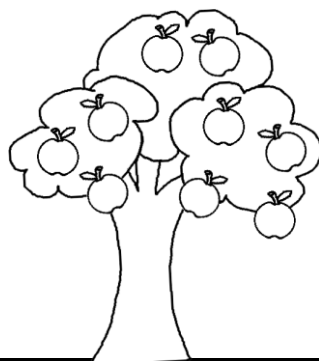
Ons kry eiers van hoenders af.



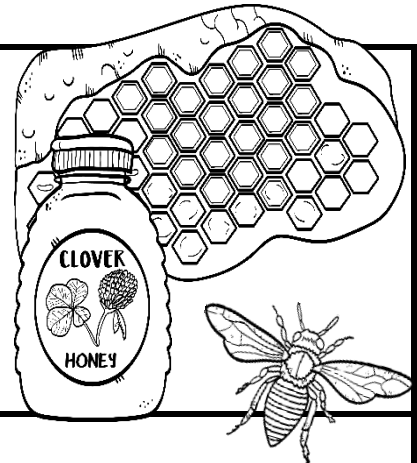
Ons gebruik mielies om meliemeel te maak.



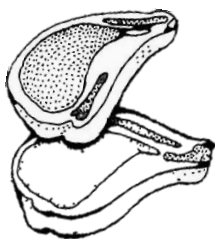
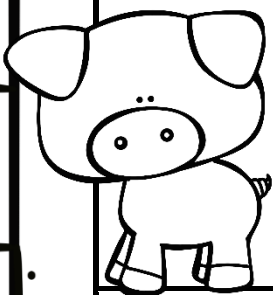
Ons kry melk en vleis van beeste af. Ons gebruik melk om kaas en jogurt te maak.



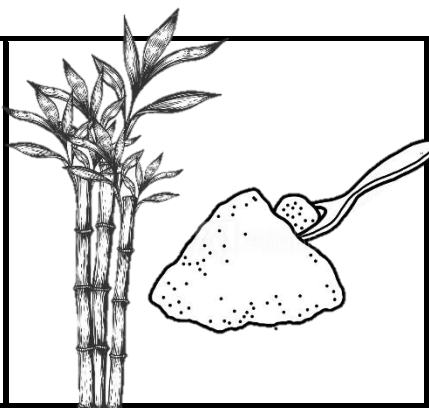
Vrugte groei aan bome en ander plante.



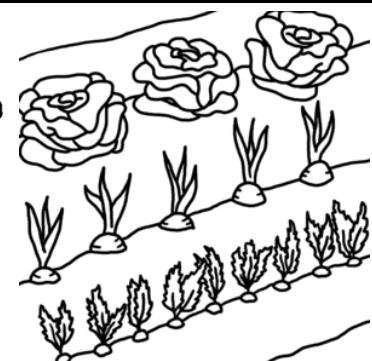
Heuning kom van bye af.



Ons kry varkveis en spek van varke.

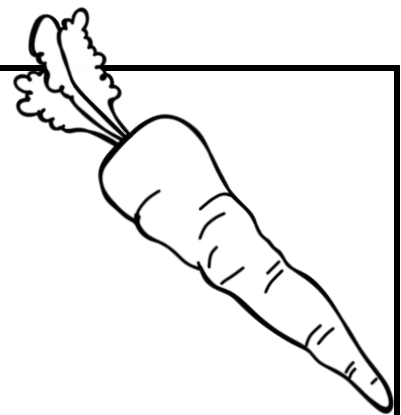
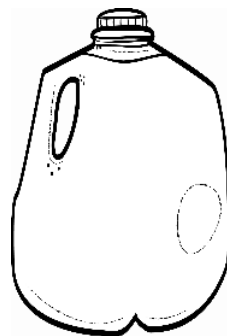
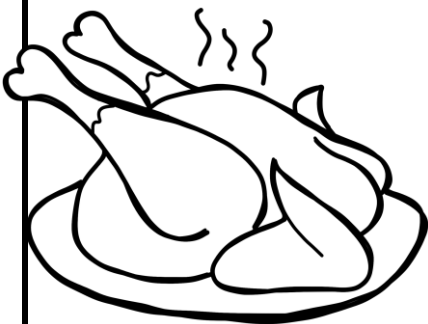
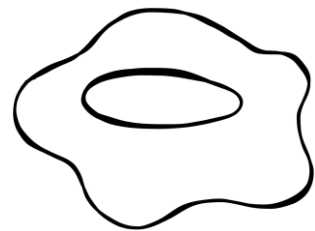
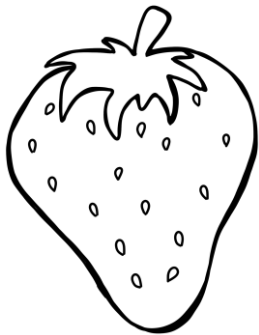
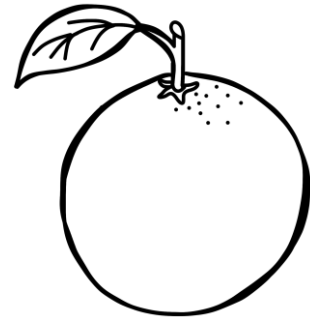
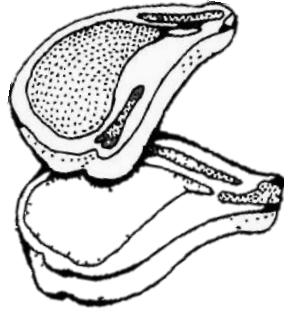
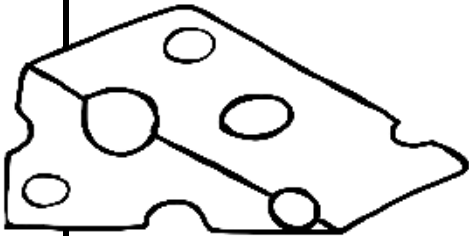


Suiker word van suikerriet gemaak.



Ons kan groente in ons tuine plant.

Waar verskillende kossoorte vandaan kom
Kyk na die verskillende kossoorte. Skryf waar
ons dit vandaan kry diere of plante.



Hoe bêre ons kos?

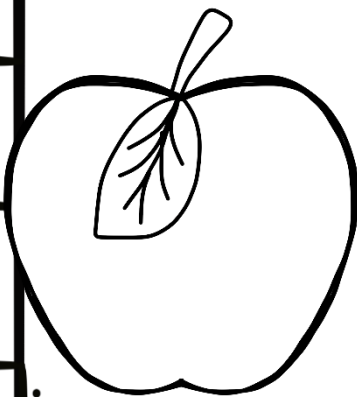
Vars kos bly nie lank vars nie. Sommige vrugte en groente begin gou verlep en verrot. Vleis, vis en sommige suiwelprodukte begin ontbind. Dan kan ons dit nie meer eet nie.

Wat kan ons doen om kos langer vars te hou?

'n Veilige plek om kos te bewaar, is in die yskas. Party kossoorte kan ook sleg word as dit te lank in die yskas bly. Party kossoorte kan op ander maniere vars gehou word.



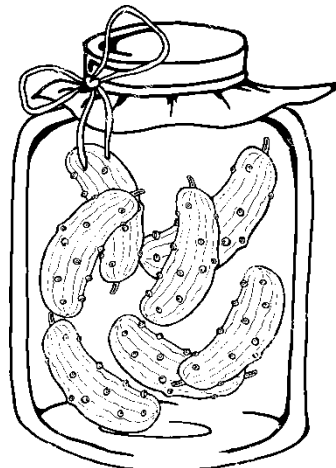
vars



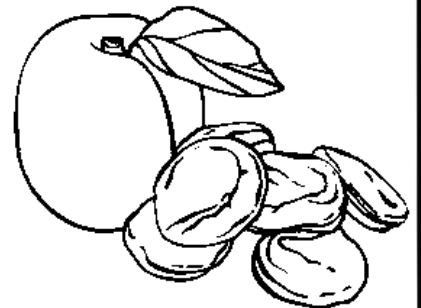
geblik



bevrore



gedroog



Skryf die woorde onder die regte prent.

vars

geblik

bevrore

gedroog

