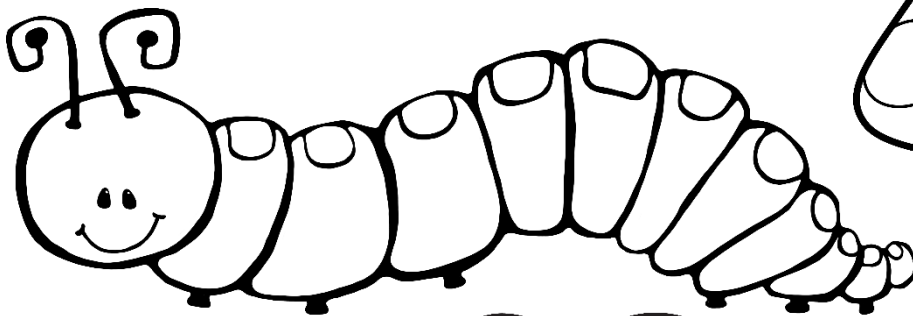
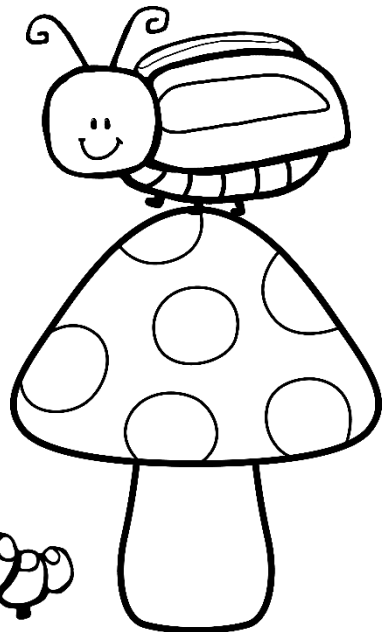
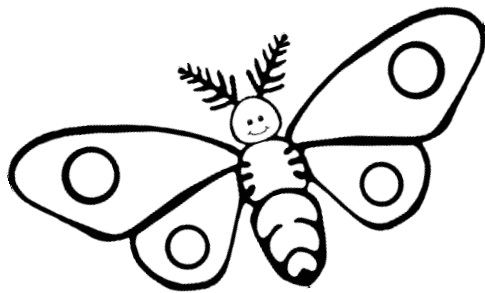
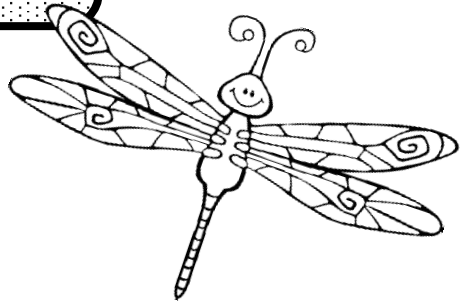


GRAAD 3

Lewensvaardigheid

Kwartaal 2

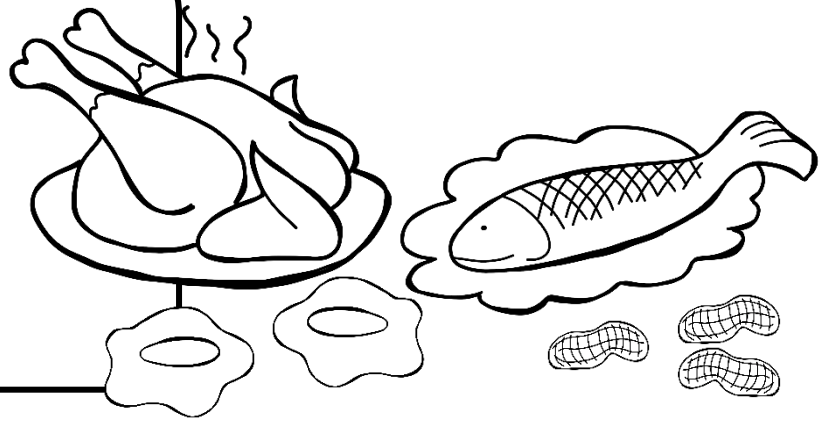


Naam:

# Gesonde eetgewoontes - voedselgroepe

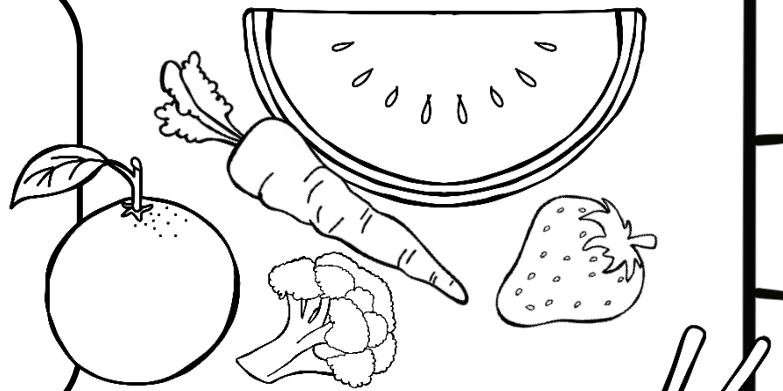
## Proteïen

Proteïen bou nuwe selle sodat ons liggame kan groei.



## Vitamiene

Vitamiene en minerale help ons liggame om infeksie te bestry en gesond te bly.



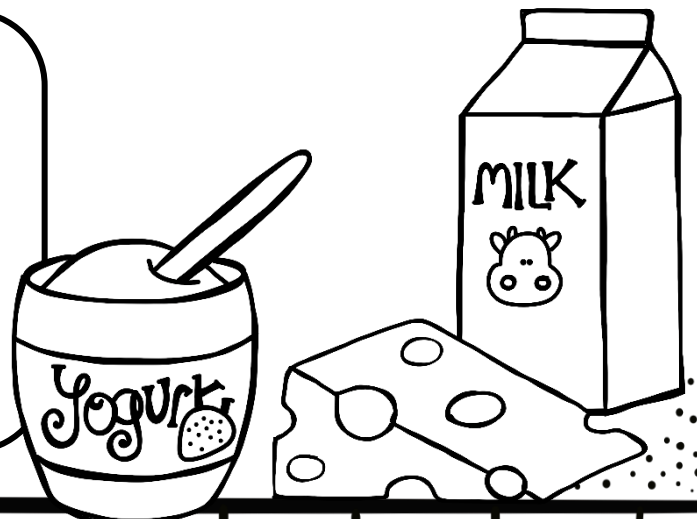
## Koolhidrate

Hierdie voedselsoorte gee vir ons energie.



## Suiwelprodukte

Suiwelprodukte maak ons bene sterker, veral as ons jonk is en ons bene nog groei.



# Gesonde eetgewoontes - voedselgroepe

Kleur die prente op die volgende maniere in.

rooi



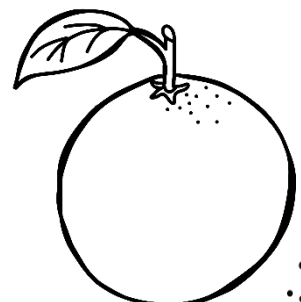
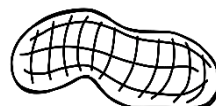
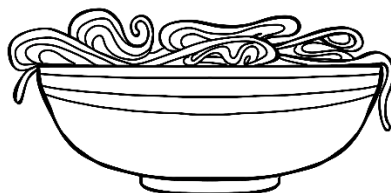
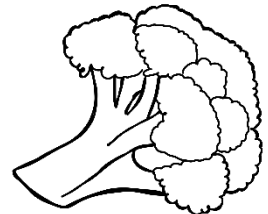
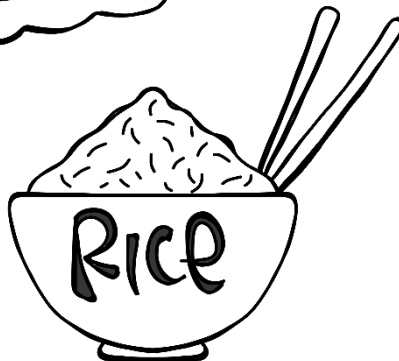
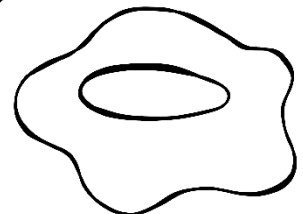
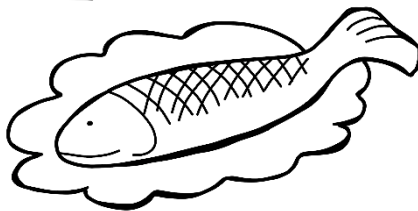
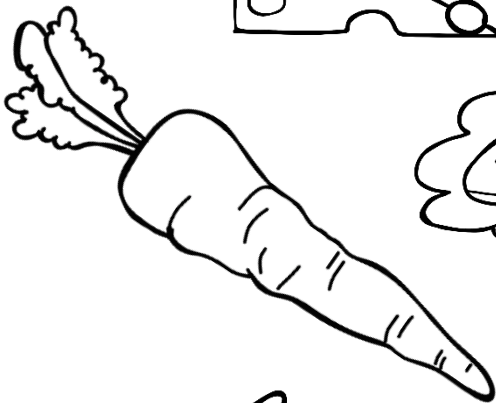
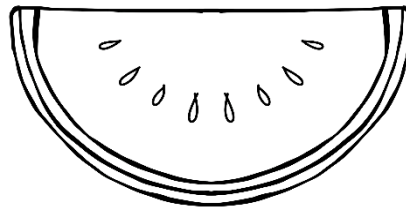
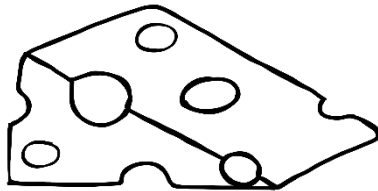
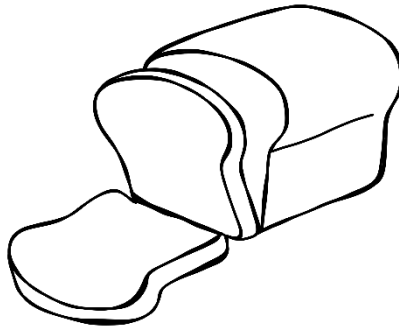
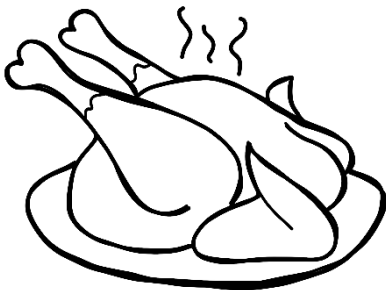
groen

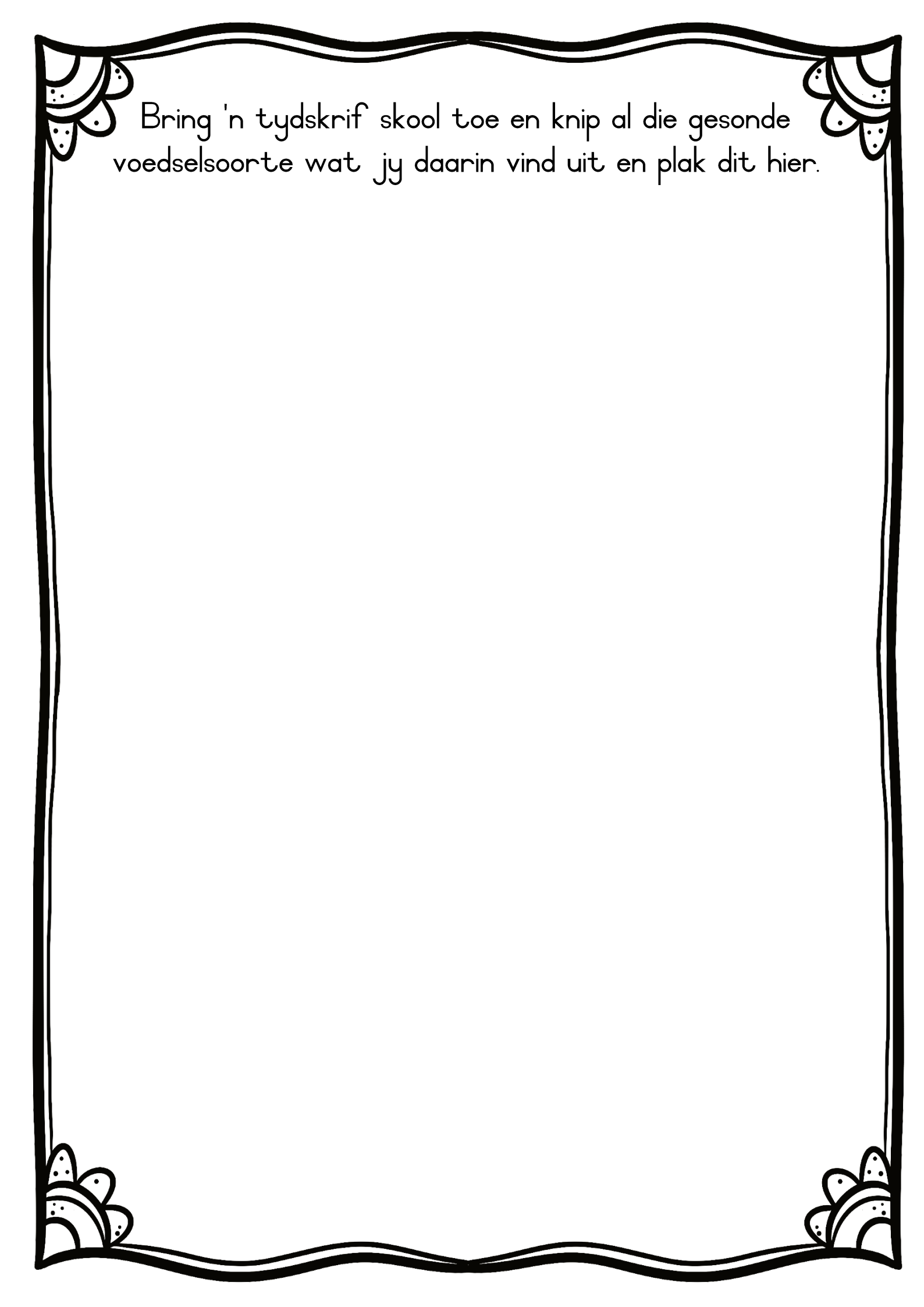


blou



geel



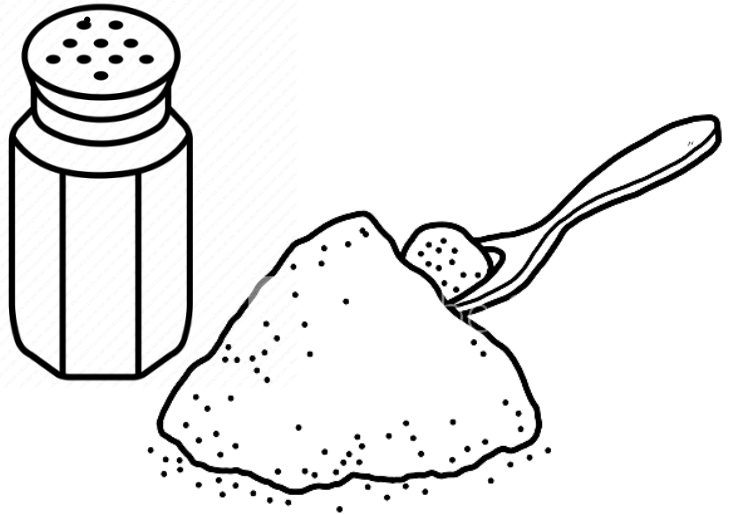


Bring 'n tydskrif skool toe en knip al die gesonde  
voedselsoorte wat jy daarin vind uit en plak dit hier.

# Watter kos behoort ons te vermy?

## Sout

Ons moenie te veel sout eet nie, omdat dit vir ons 'n hoë bloeddruk kan gee as ons oud word.

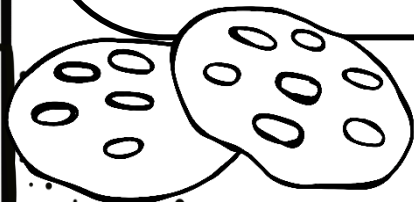
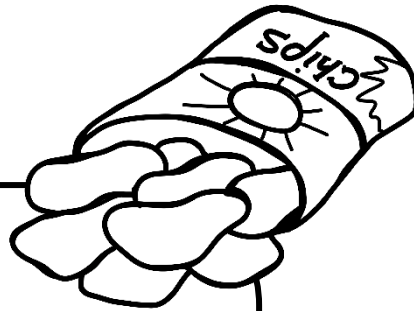


## Suiker

Ons moenie te veel suiker eet nie, omdat dit diabetes kan veroorsaak as ons ouer word.

Te veel suiker kan veroorsaak dat 'n mens baie gewig optel en vet word.

Wees versigtig vir te veel koeldrank, koek en skyfies.



# Reëls om gesond te eet.

1

Was altyd jou hande voordat jy aan kos raak.



2

Bedek altyd die kos.

3

Moenie ou kos wat sleg geword het eet nie.

4

Kweek jou eie groente.

5




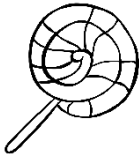

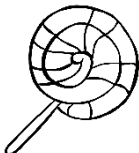

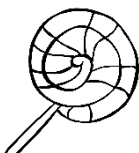

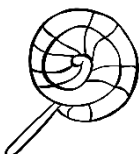

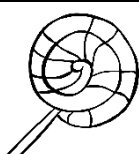

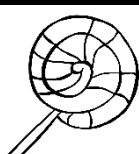

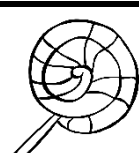

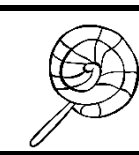

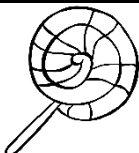
Maak jou eie kompos deur groenteskille, eierdoppe en teesakkies te gebruik.



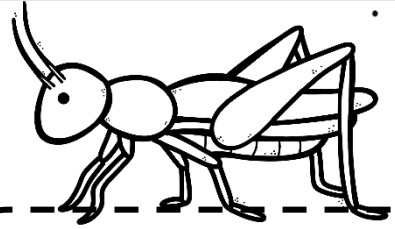


# My gewoontes

Kleur die appel in as dit 'n gesonde gewoonte is en die suigstokkie as dit 'n ongesonde gewoonte is.

|  | Ja   | Nee   |
|--|--|---|
| Ek eet gewoonlik voor die TV.                                |    |    |
| Ek eet graag groente en vrugte.                              |    |    |
| Ek eet baie koek en lekkergoed.                              |    |    |
| Ek drink eerder koeldrank as water.                          |   |   |
| Ek was my hande voor ek eet.                                 |  |  |
| Ek eet graag vetterige kos soos aartappelskyfies.            |  |  |
| Ek eet ontbyt voordat ek skool toe gaan.                     |  |  |
| Ek wil nie groente eet nie.                                  |  |  |
| Ek gooi baie sout op my kos al het dit klaar genoeg sout op. |  |  |
| Ek drink 'n paar glase water 'n dag.                         |  |  |

# Insekte



Insekte se liggame bestaan uit drie dele:

'n kop

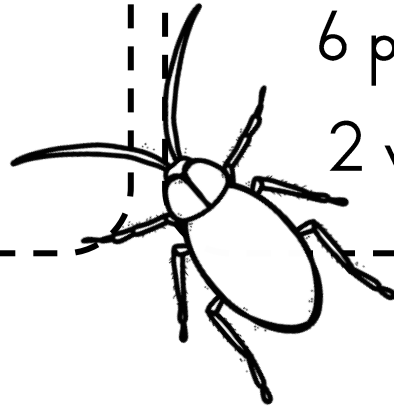
'n borsstuk

'n agterlyf

Insekte het

6 pote en

2 voelers



## Dele van 'n mier

Verbind elke woord met die korrekte deel van die insek se liggaam.

poot

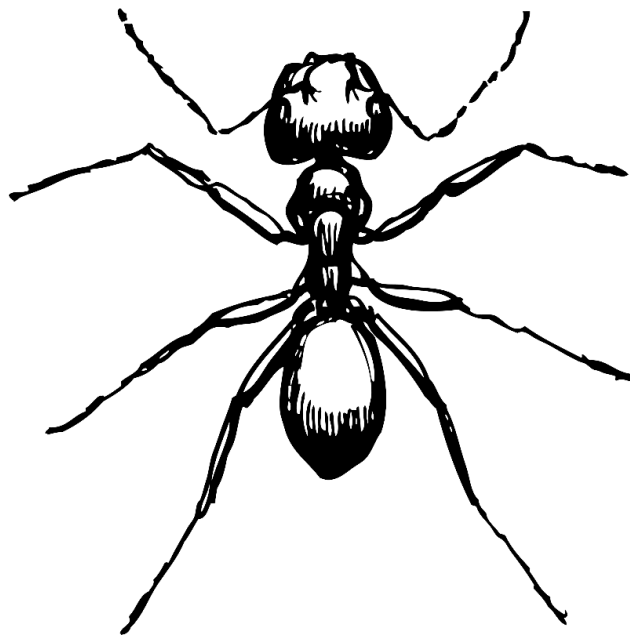
agterlyf

borsstuk

oog

kop

voeler





# Insekte

Skryf die woorde in die blokkies by die regte insek.

sprinkaan

by

vlieg

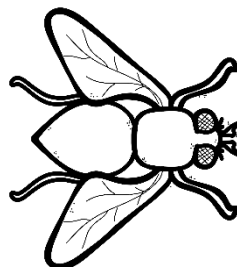
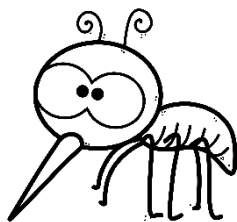
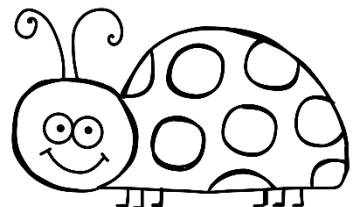
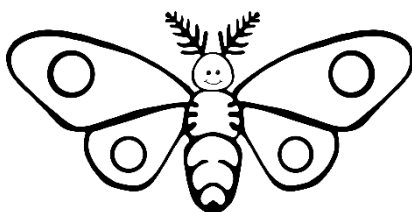
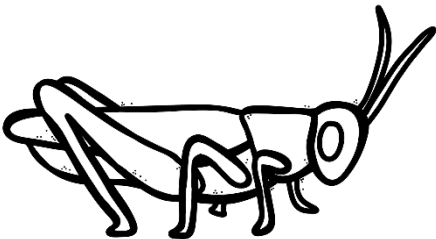
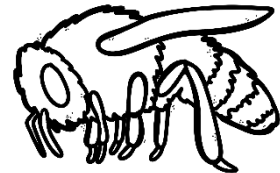
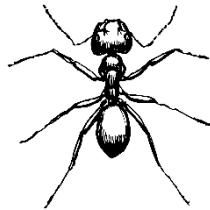
muskiet

mier

vlinder

skilpadbesie

mot





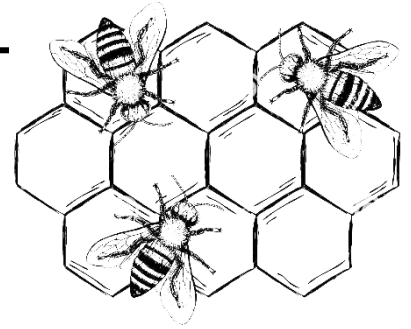
# Meer oor insekte

Bye versprei stuifmeel. Dit is nodig sodat vrugte kan groei.

Bye suig nektar uit blomme.

Bye maak heuning.

Bye woon in korwe.

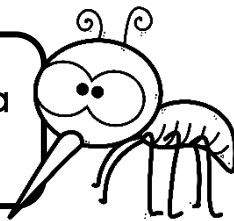


Sprinkane het sterk pote om mee te spring.

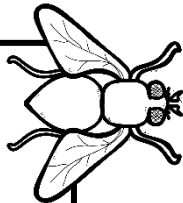
Sprinkane is ook 'n plaag en hulle eet boere se gewasse.



Muskiete versprei malaria



'n Vlieg versprei kieme.



Miere gebruik hulle voelers om met mekaar te kommunikeer.

Miere woon in miershope.

Vlinders versprei stuifmeel van plant tot plant.



Voltooi die sinne.



\_\_\_\_\_

maak  
heuning.



\_\_\_\_\_

versprei  
siektes.

\_\_\_\_\_

bestuif  
blomme.

\_\_\_\_\_

versprei  
malaria.

\_\_\_\_\_

eet boere  
se gewasse.

\_\_\_\_\_

gebruik hul  
voelers om met  
mekaar te  
kommunikeer.

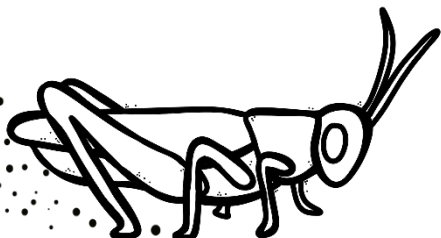


\_\_\_\_\_

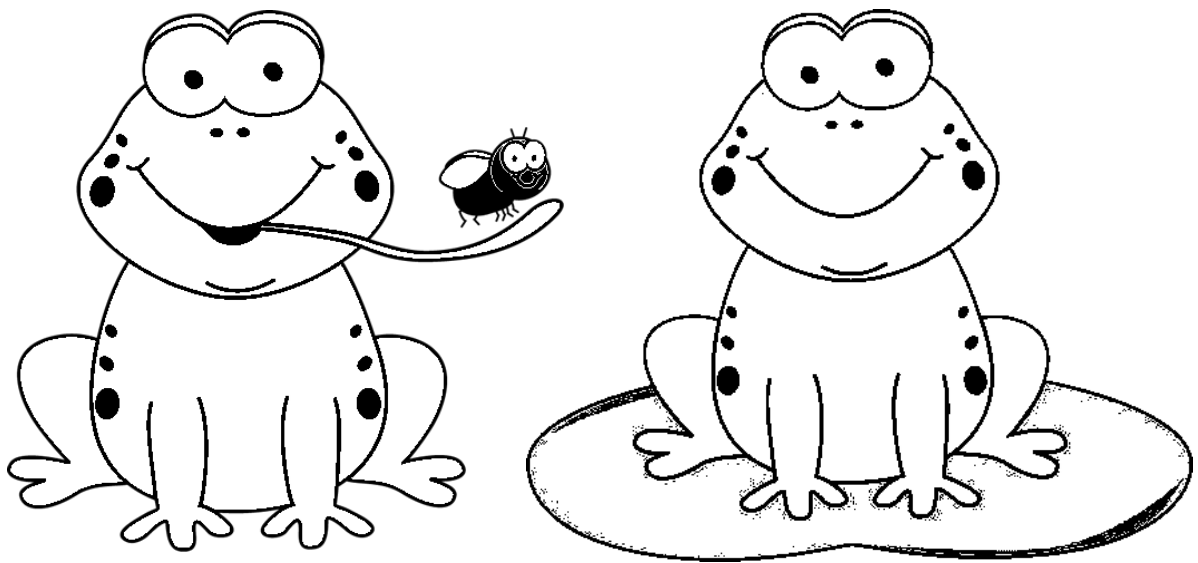
suig die  
nektar uit  
die blom.

\_\_\_\_\_

het sterk  
agterpote om  
mee te spring.

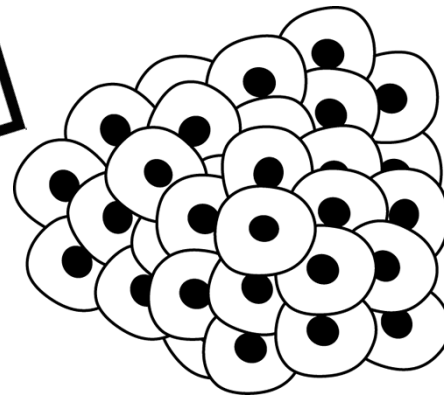
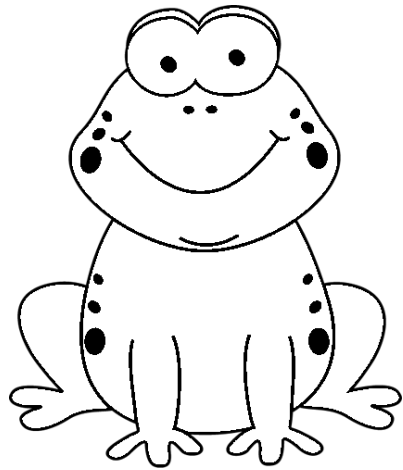


# Die lewensiklus van 'n padda

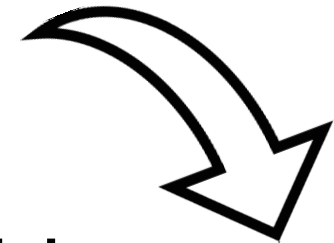


1. Twee paddas paar om die eiers te bevrug.
2. Die paddawyfie lê die eiers.
3. 'n Jong paddavissie met buitekiewe en 'n stertvin kom te voorskyn.
4. Die paddavissie kry pote.
5. Die stert verdwyn.
6. Die volwasse padda ontwikkel longe en verloor sy kiewe.

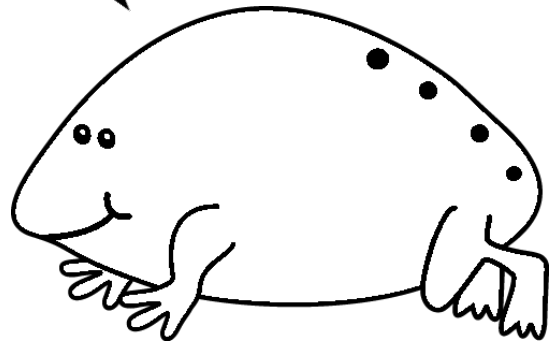
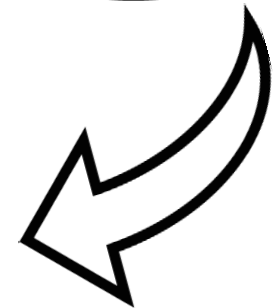
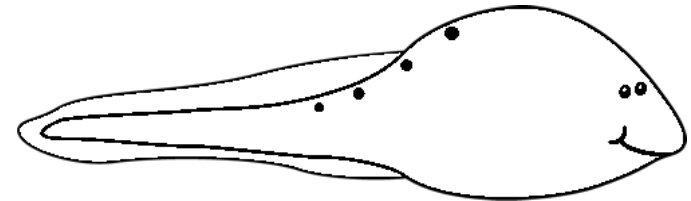
volwasse padder



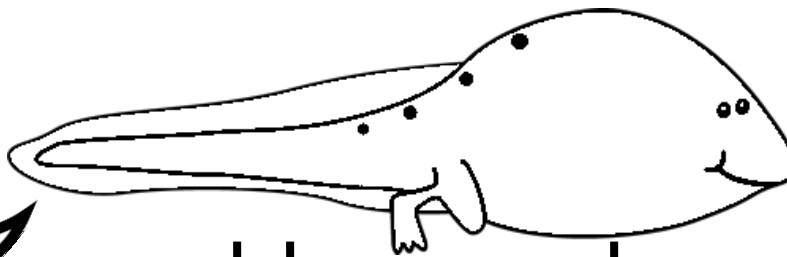
eiers



paddavissie  
met stertvin

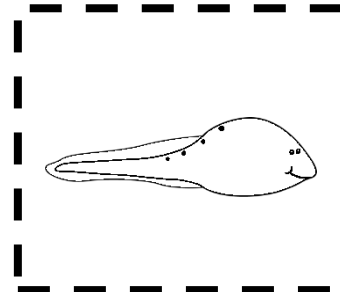
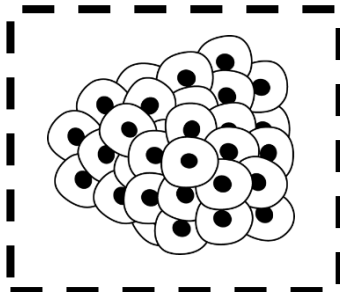
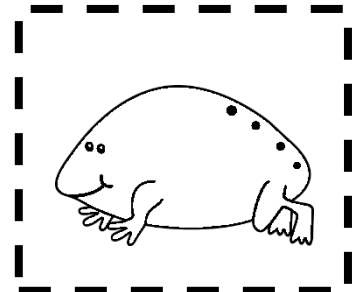
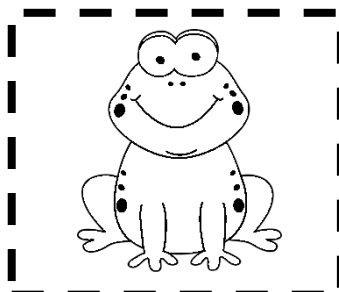
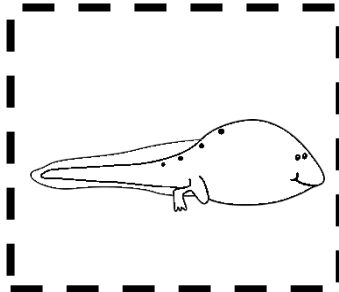
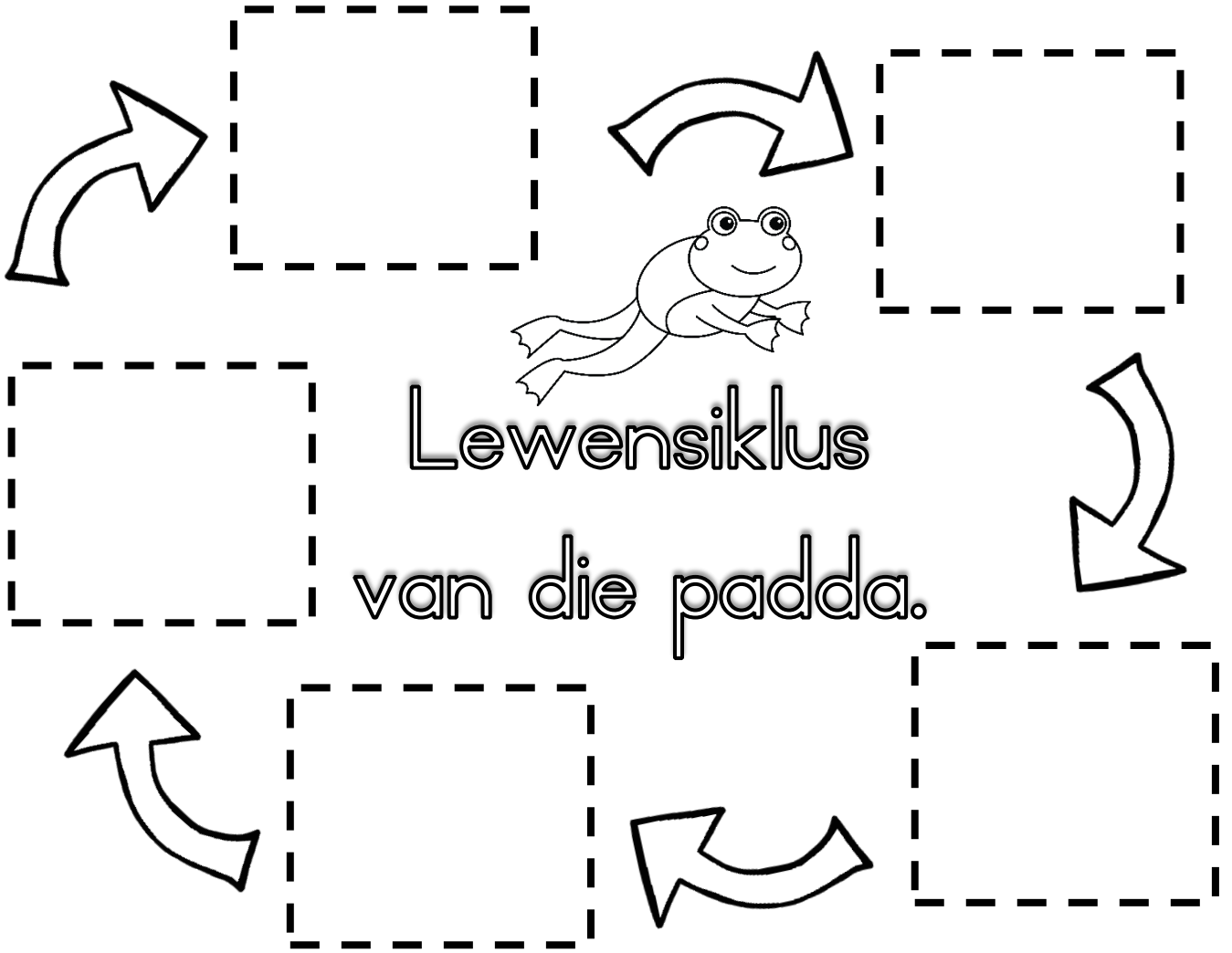


jong padder



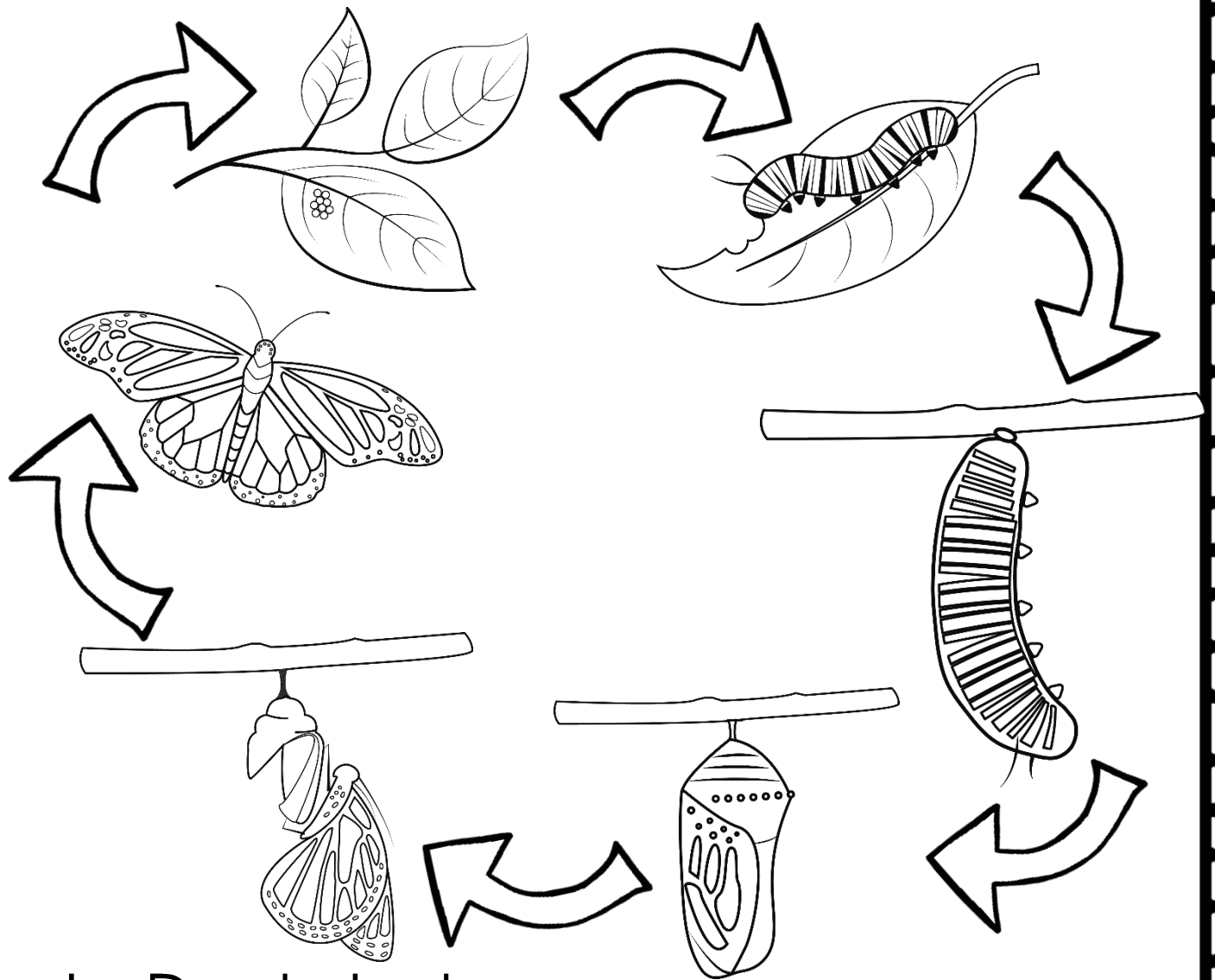
paddavissie kry pote

Knip die prente uit en plak dit op die regte plek om die lewensiklus van die padder te voltooi.



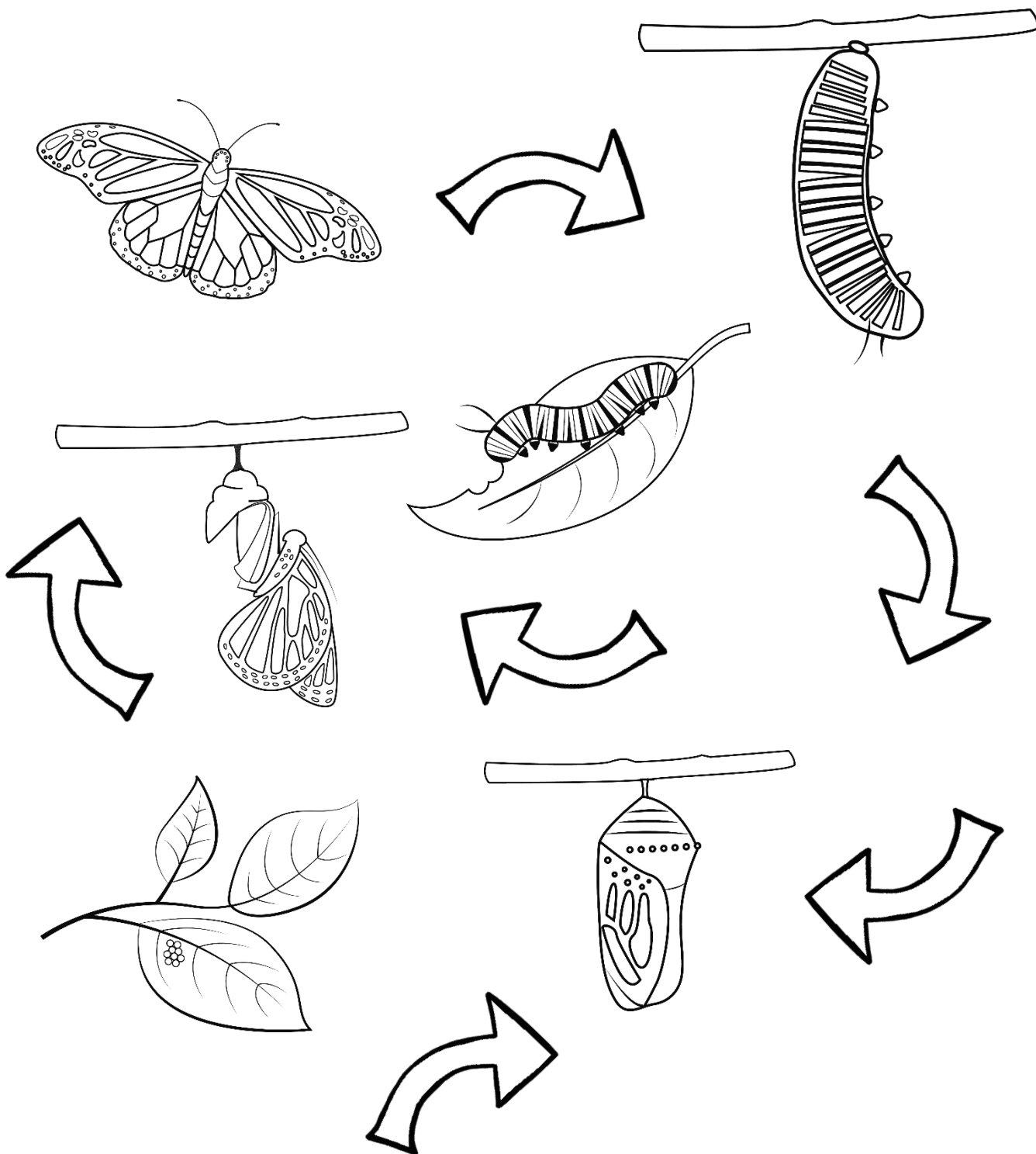


# Die lewensiklus van 'n vlinder



1. Die vlinder lê eiers.
2. Uit die eiers broei klein wurmpies.
3. Die wurm eet blare en groei.
4. Die wurm word 'n volwasse wurm.
5. Die wurm verander in 'n papie.
6. Die wurm binne die papie verander in 'n vlinder en broei uit.

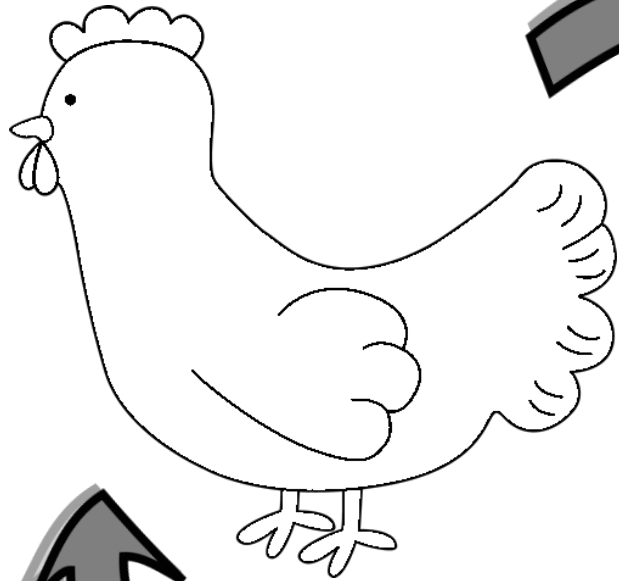
Knip die prente uit en plak dit op die volgende bladsy om die lewensiklus van die vlinder te maak. Skryf 'n byskrif vir elke prent en kleur jou lewensiklus mooi in.



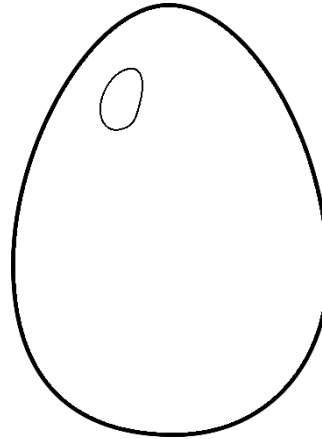


Die lewensiklus van 'n vlinder

volwasse hoender



eier

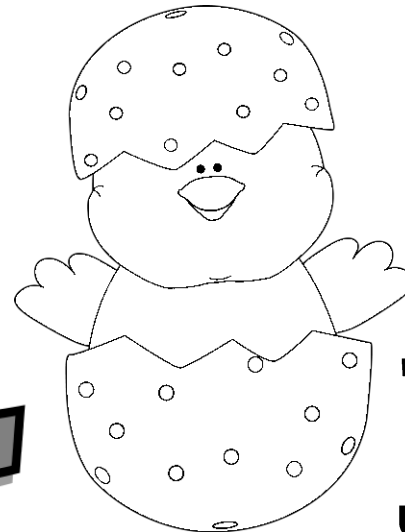
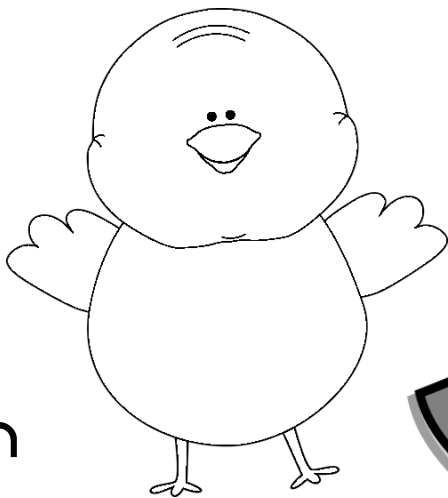


Die hen broei  
die eiers uit.

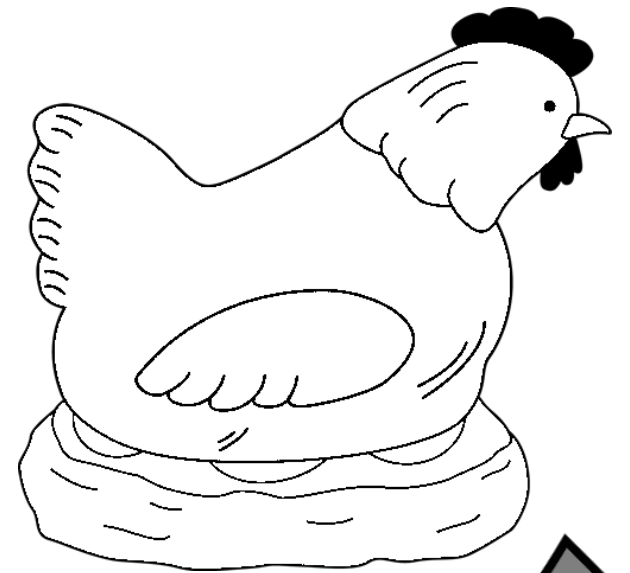
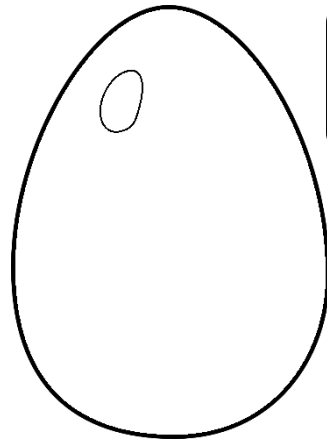
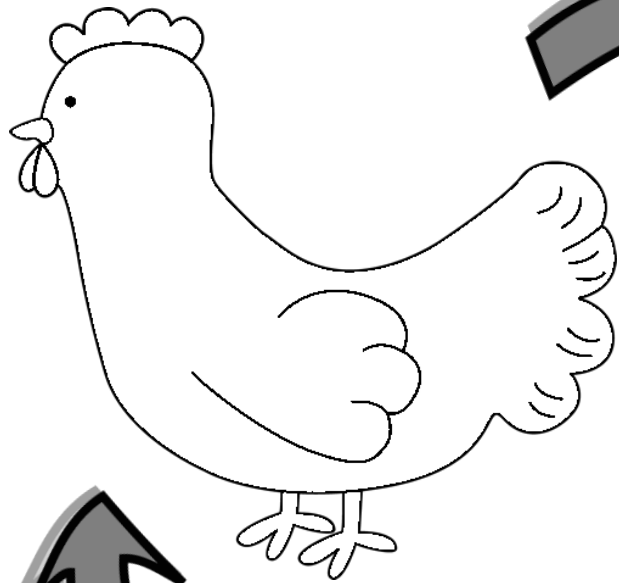


Lewensiklus van  
die hoender.

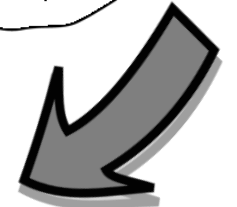
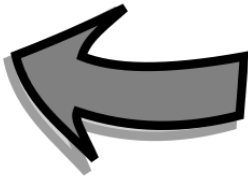
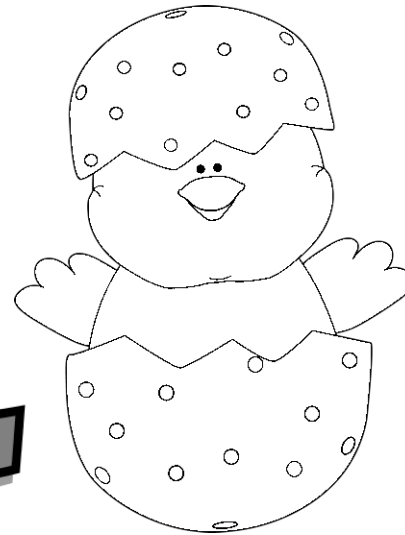
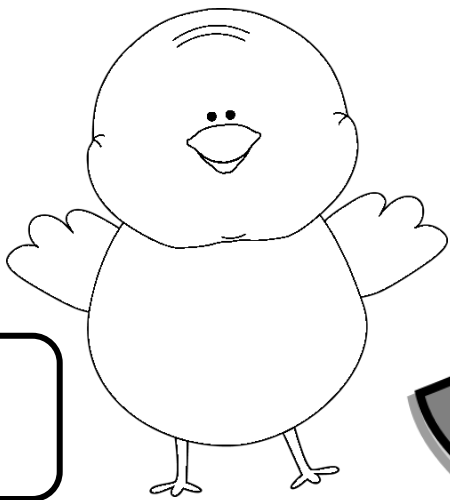
kuiken



'n Kuiken broei  
uit die eier uit.



Voltooi die  
lewensiklus van  
die hoender.



'n Mammakat is 9  
weke lank dragtig.



Die kat bereik  
volwassenheid.

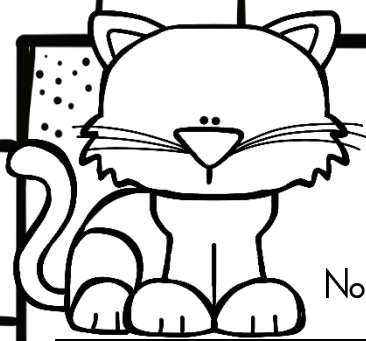


'n Babakat jie  
word gebore.

Die mammakat  
voed haar babas.



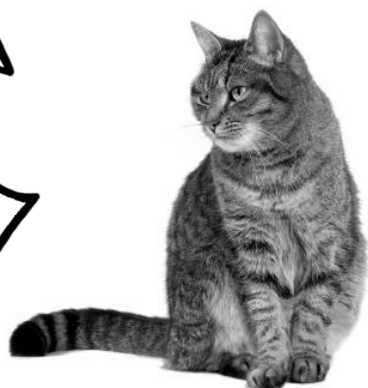




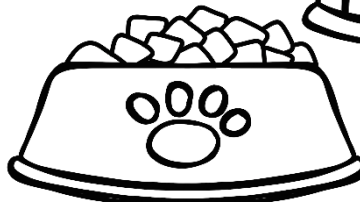
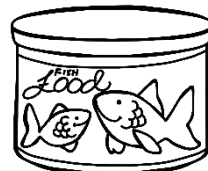
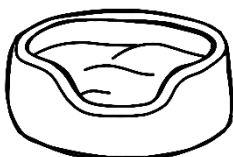
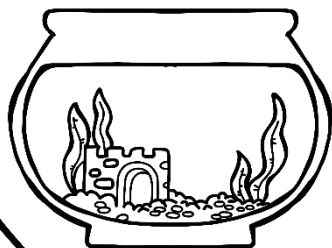
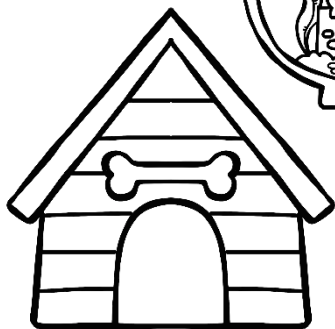
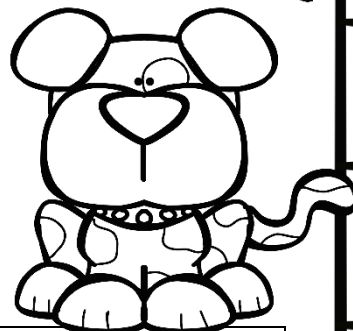
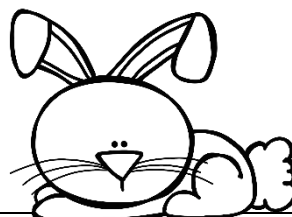
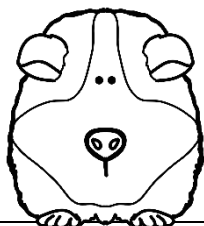
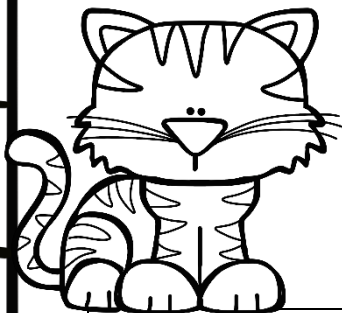
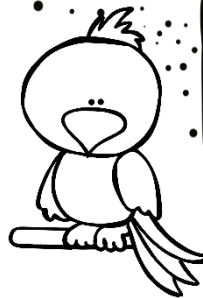
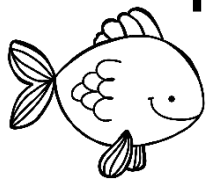
# Die lewensiklus van 'n kat

Nommer die stadiums van 1 tot 4 en gebruik dit vir die storiewiel.

|  |                                |  |                               |
|--|--------------------------------|--|-------------------------------|
|  | 'n Babakatjie word gebore.     |  | Die kat bereik volwassenheid. |
|  | 'n Mammakat is 9 weke swanger. |  | Die mammakat voed haar babas. |

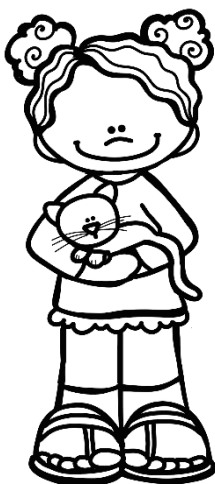


# Hoe versorg jy jou troeteldier?



'n Plek om te bly en te slaap.

Kos en water.



Liefde en aandag.

Maak sy hok skoon, ruim agter hom op en bad hom.

Teken 'n prent van jou troeteldier.

# My troeteldier

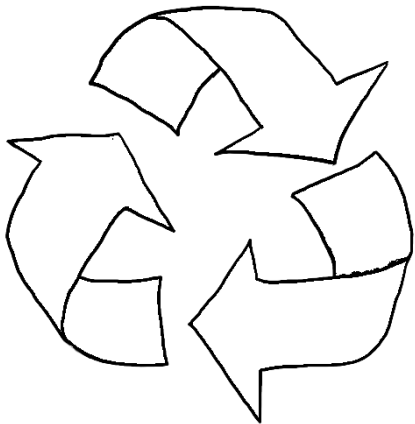
Wat is jou troeteldier se naam?

\_\_\_\_\_

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

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |
|  |  |

# Ons beskerm ons omgewing



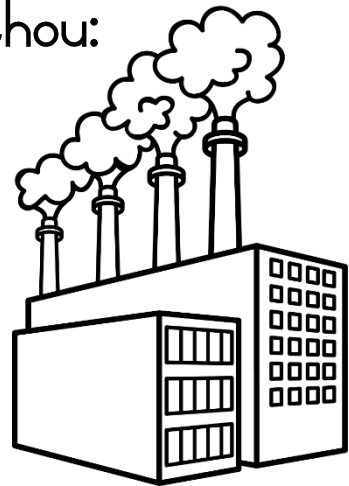
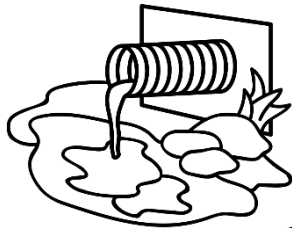
Hierdie is die herwinningseembleem.

Ons moet hierdie drie woorde onthou:



Verminder

Ons moet besoedeling verminder.

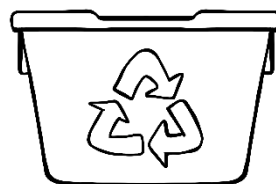


Hergebruik

Ons moet soveel dinge moontlik weer gebruik voordat ons dit weggooi.



Herwin



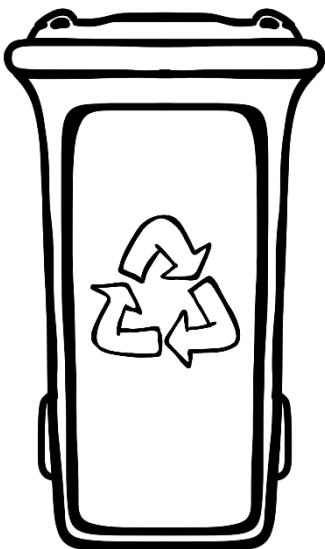
Ons moet maniere soek om papier, glas, blikkies en plastiek weer te gebruik.

Wees SUPER,  
bewaar die aarde en  
herwin!



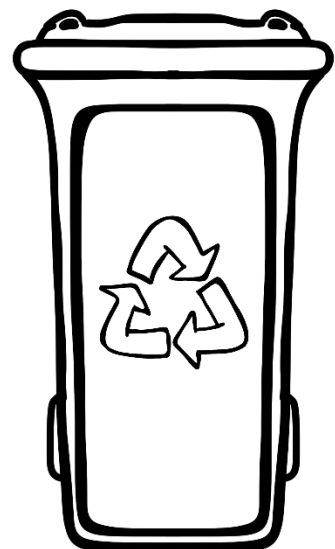
Die produkte word in verskillende kleure  
houers geplaas om onderskeid te tref  
tussen die verskillende herwinbare  
materiale.

Kleur die houers op die volgende maniere in:

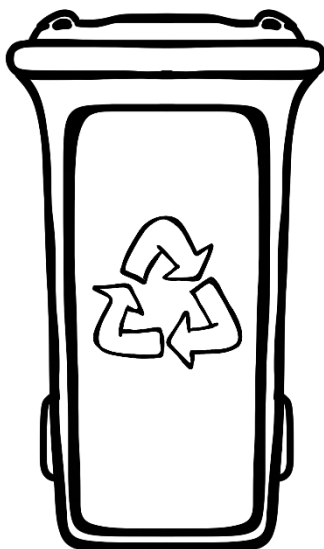
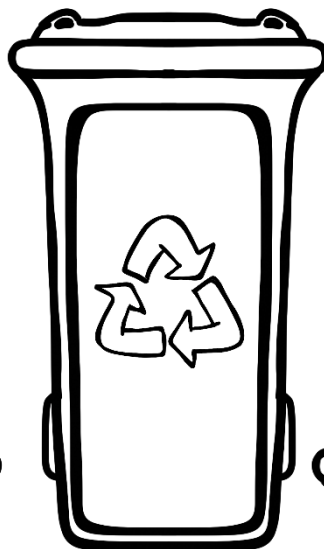


plastiek  
geel

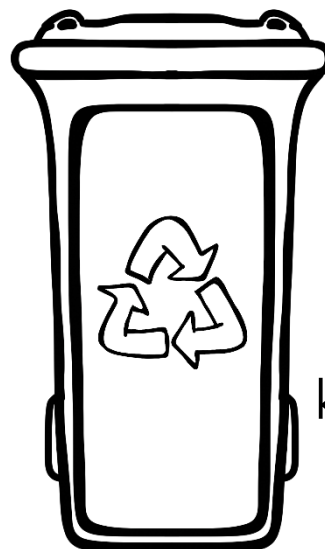
metaal  
groen



papier  
blou



glas  
rooi

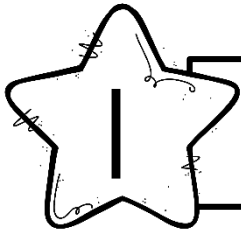


kompos  
bruin

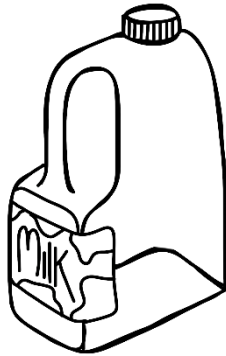


# Kom ons herwin!

Ons kan die volgende herwin:



Plastiek



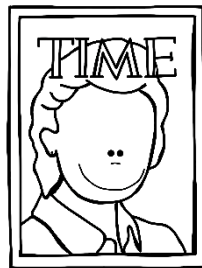
ou bottels



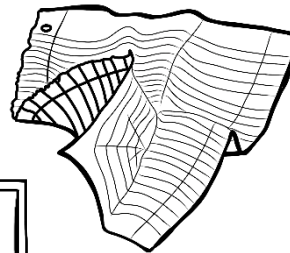
Papier



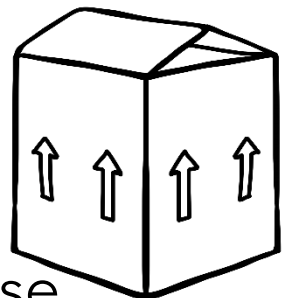
koerante



tydskrifte



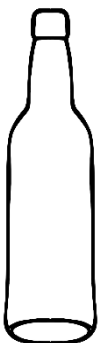
ou papiere



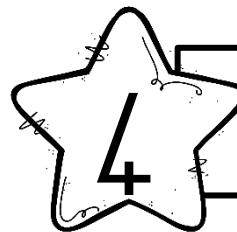
bokse



Glas



glasbottels



Metale



kosblikkies



koeldrankblikkies



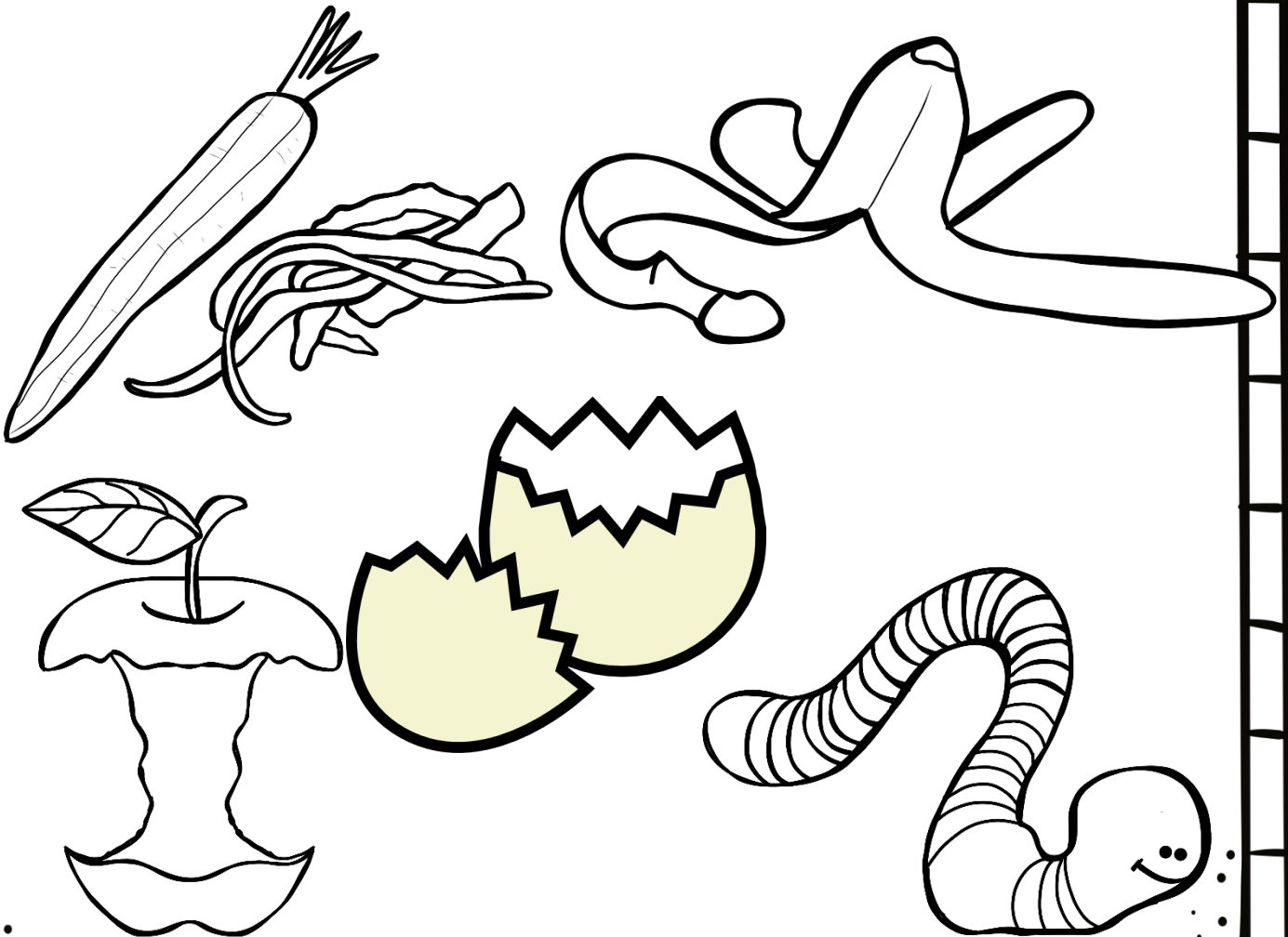
# Kompos

Ons kan die grond in ons tuin in 'n goeie toestand hou deur kompos daarby te voeg.

Kompos verskaf voedingstowwe aan plante.

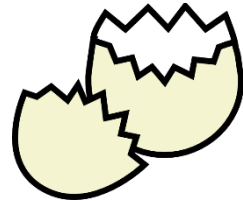
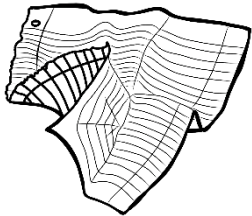
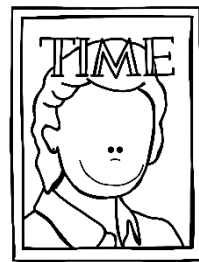
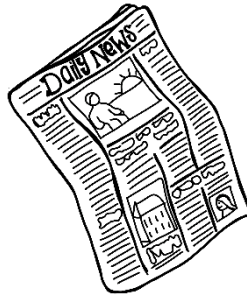
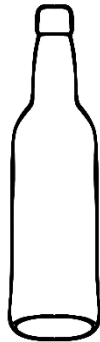
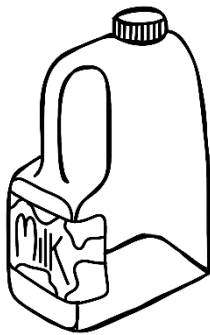
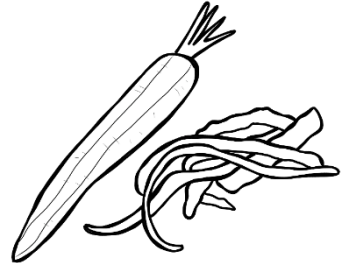
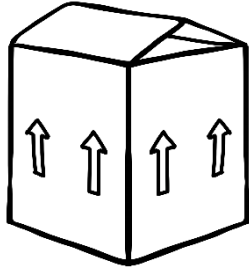
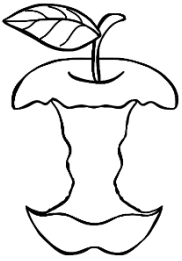
Maak jou eie kompos deur die volgende te gebruik:

- Ou vrugte en groente
- vrugte- en groenteskille
- eierdoppe



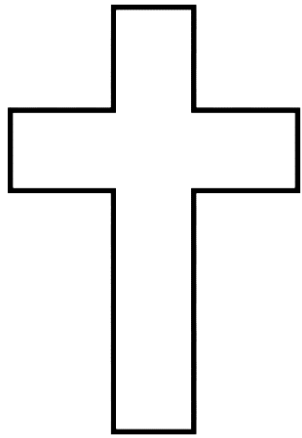
# Kom ons herwin!

Kyk na die prente en skryf elke item onder die regte kolom.

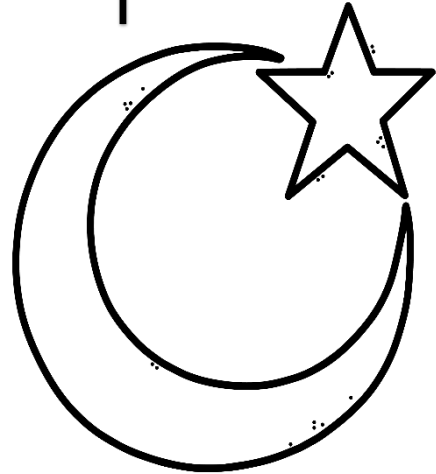


| Metale | Plastiek | Papier | Glas | Maak kompos |
|--------|----------|--------|------|-------------|
|        |          |        |      |             |
|        |          |        |      |             |
|        |          |        |      |             |
|        |          |        |      |             |

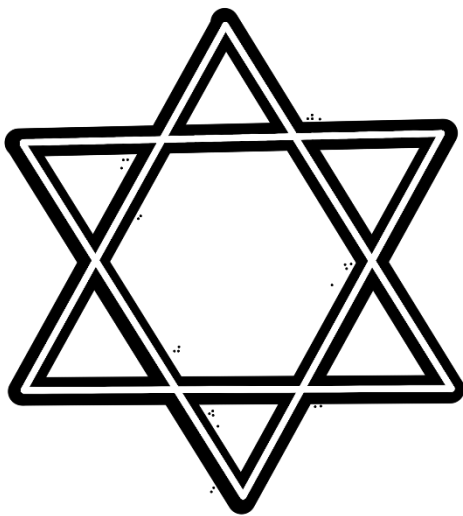
# Godsdienste en ander spesiale dae



Die kruis is die  
simbool van die  
Christelike kerk.



Die sekelmaan en  
ster is die simbool  
van Islam.



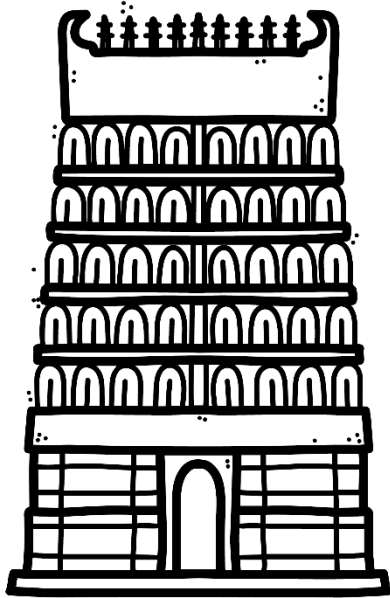
Die simbool van  
Judaïsme is die  
Ster van Dawid.  
Koning Dawid was 'n  
koning van die  
Israeliete.



Die Hindoesimbool is  
die Om-teken, wat  
in die ou  
Sanskrittaal van  
Indië geskryf word.

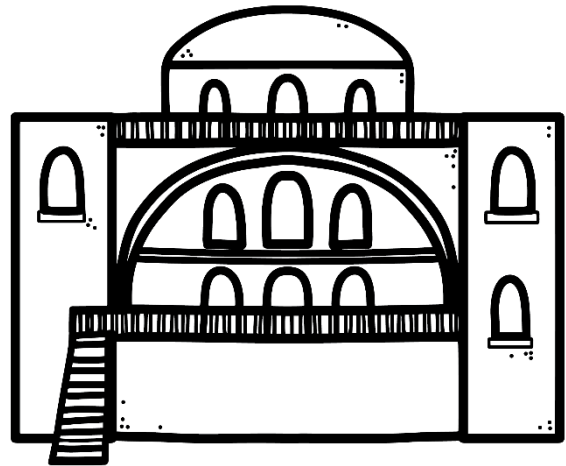
# Plekke van aanbedding

Hindoeïsme



tempel

Judaïsme



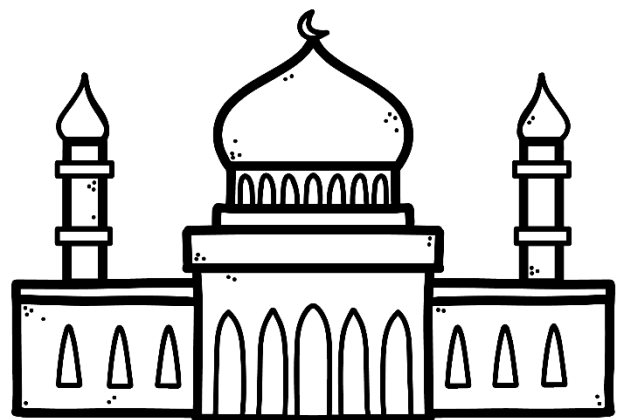
sinagoge

Christendom



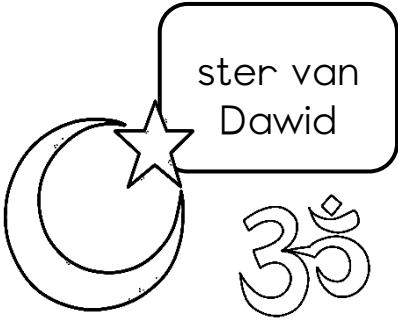
kerk

Islam



moskee

Gebruik die woorde in die blokkies om die sinne te voltooi.

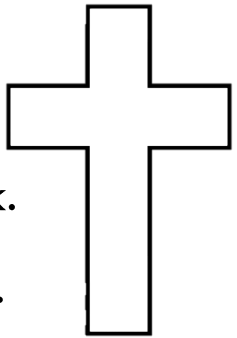


ster van Dawid

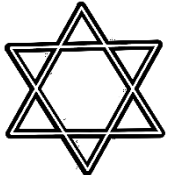
Om-teken

kruis

sekelmaan en ster



1. Die \_\_\_\_\_ is die simbool van die Christelike kerk.
2. Die simbool van Judaïsme is die \_\_\_\_\_.
3. Die \_\_\_\_\_ is die simbool van Islam.
4. Die Hindoesimbool is die \_\_\_\_\_, wat in die ou Sanskrittaal van Indië geskryf word.



Skryf die woorde in die blokkies by die regte plek van aanbidding.

sinagoge

kerk

tempel

Judaïsme

moskee

Christendom

Hindoeïsme

Islam

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |