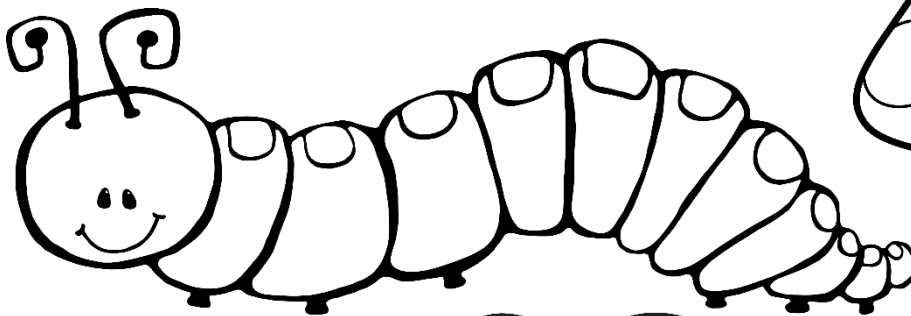
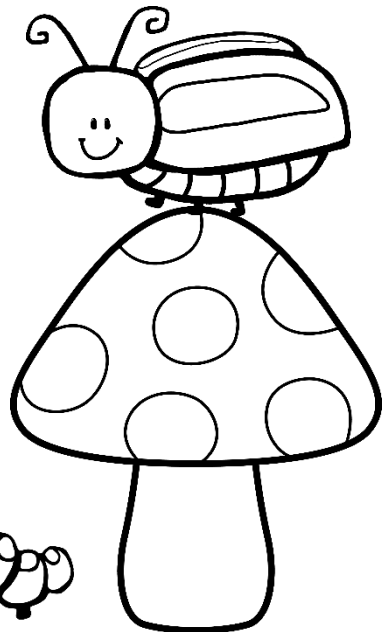
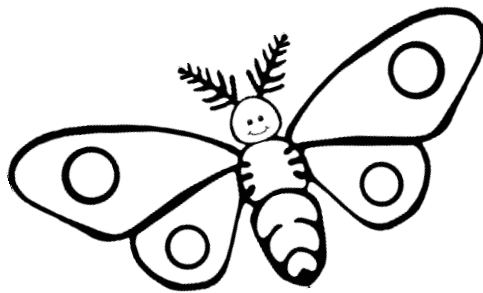
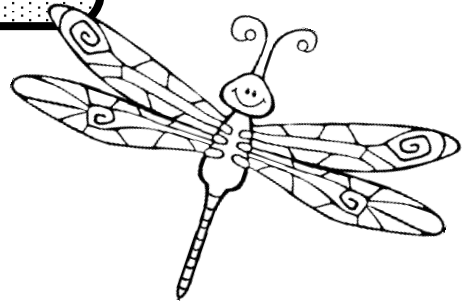


GRADE 3  
Life Skills

Term 2

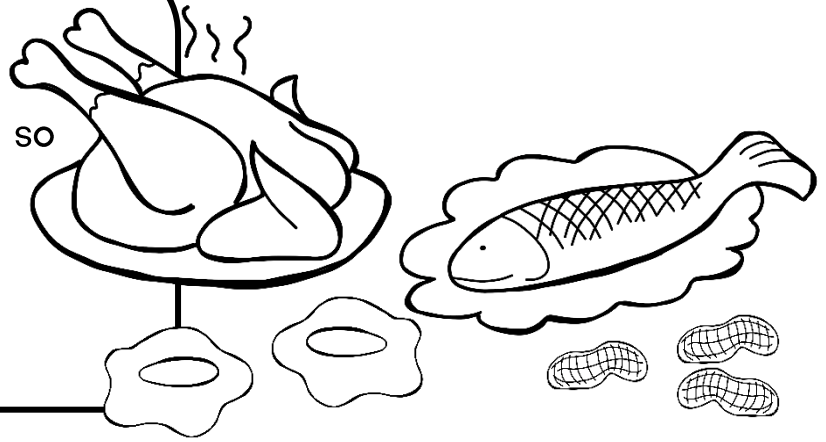


Name:

# Healthy eating habits - food groups

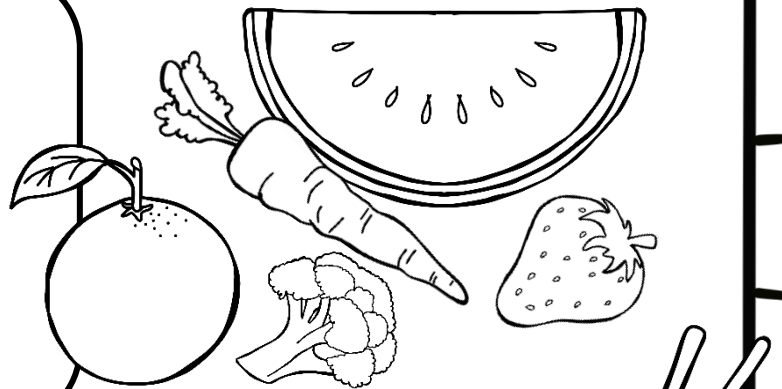
## Proteins

Proteins build new cells so that our bodies can grow.



## Vitamins

Vitamins and minerals help our bodies to fight infections and to remain healthy.



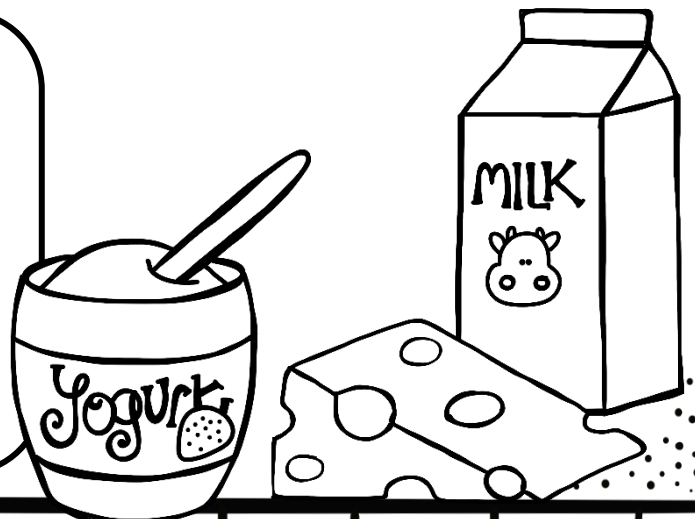
## Carbohydrates

These foods give us energy.



## Dairy

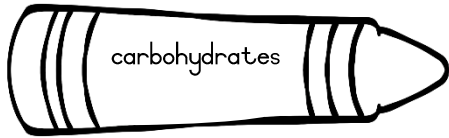
Dairy foods make our bones stronger, especially when we are still young and our bones are growing.



# Healthy eating habits - food groups

Colour the pictures according to the food groups.

red



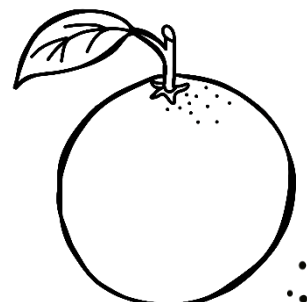
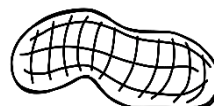
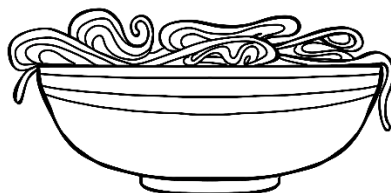
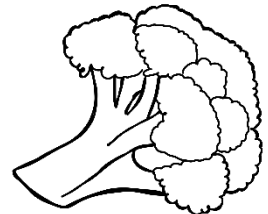
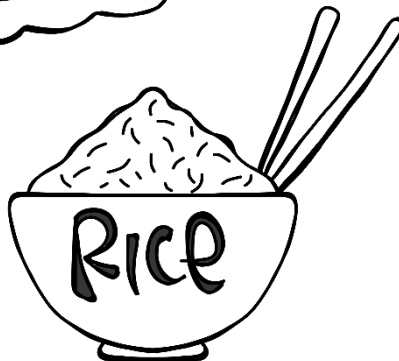
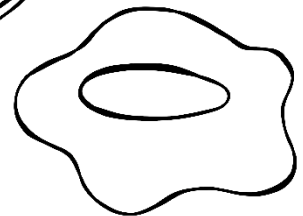
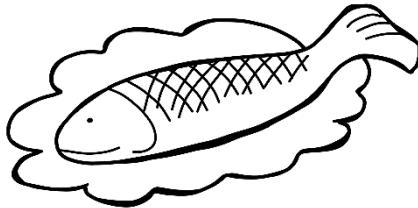
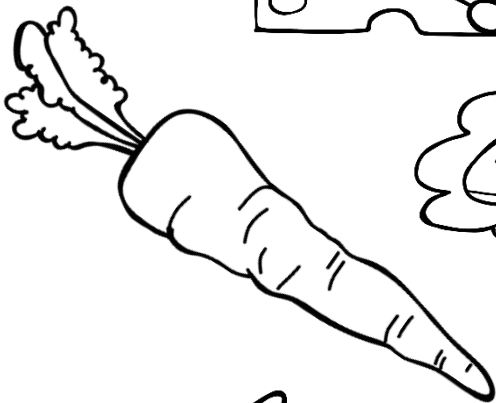
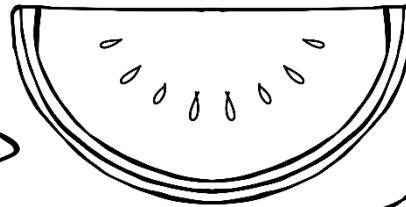
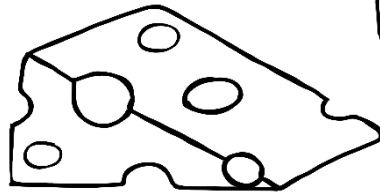
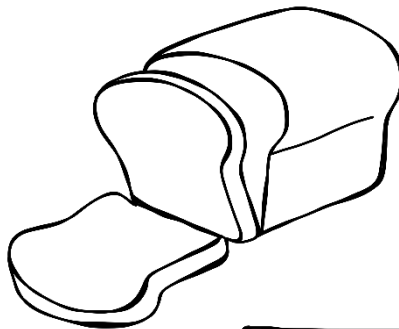
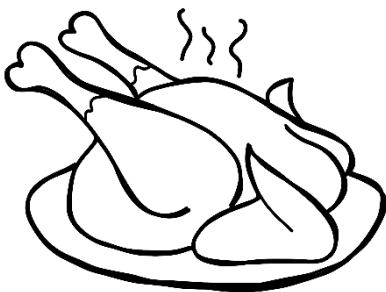
green

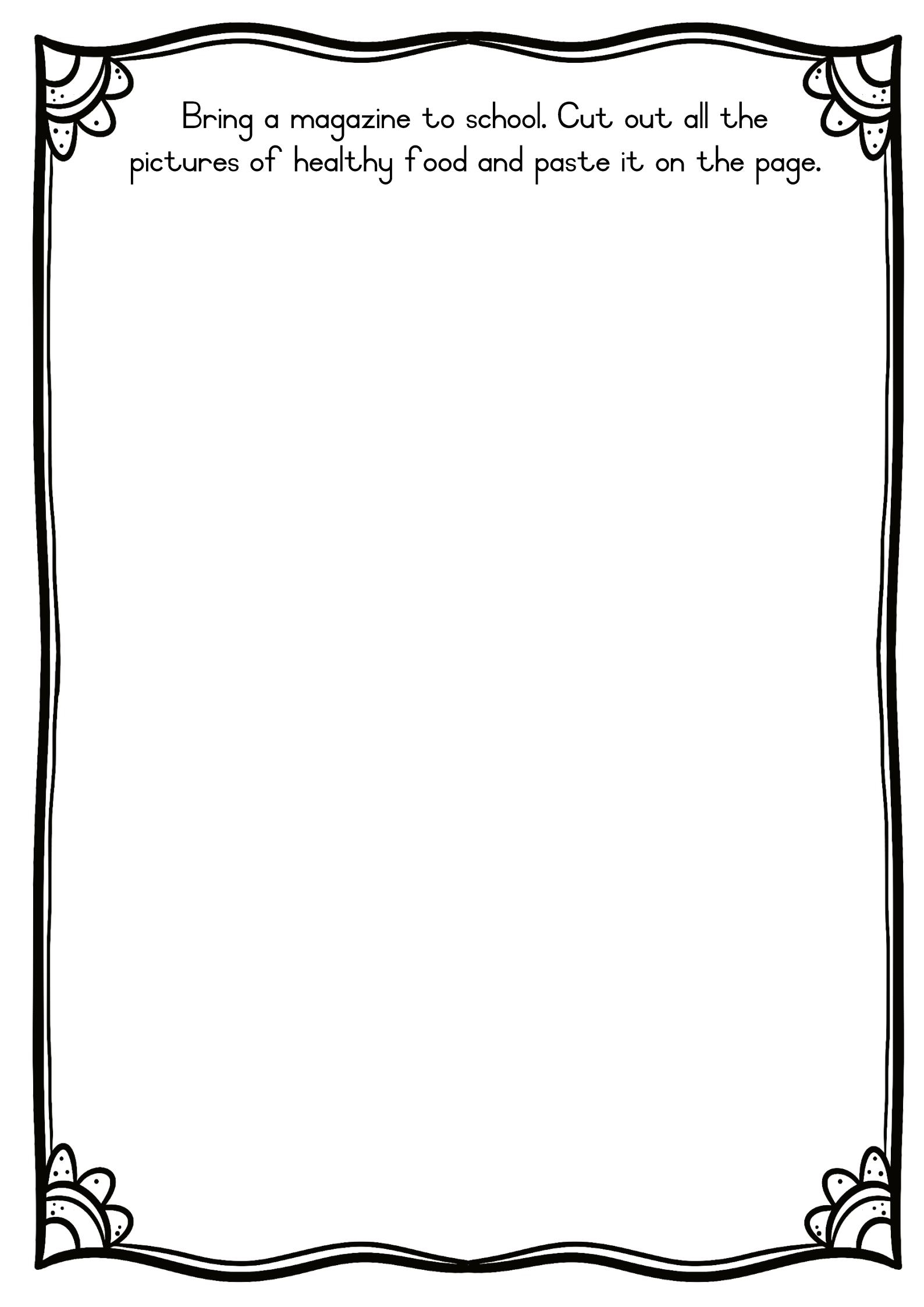


blue



yellow



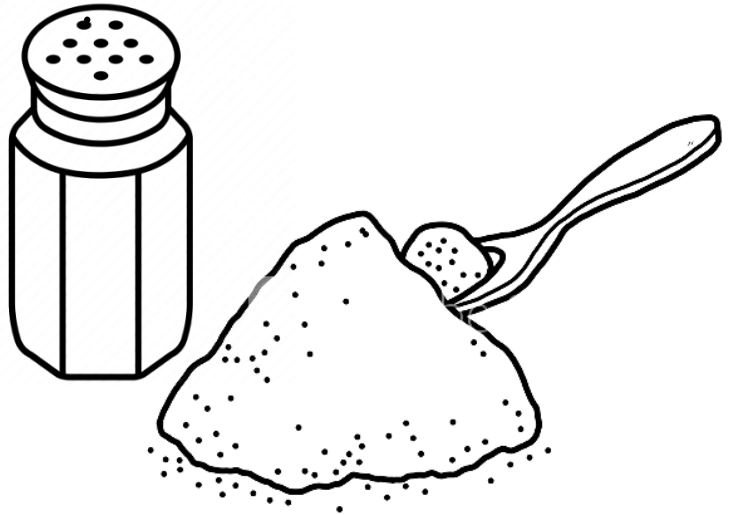


Bring a magazine to school. Cut out all the pictures of healthy food and paste it on the page.

# What food should we avoid?

## Salt

Avoid eating too much salt because it can give you high blood pressure when you are older.

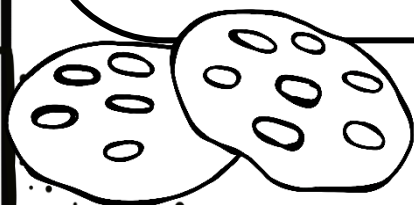
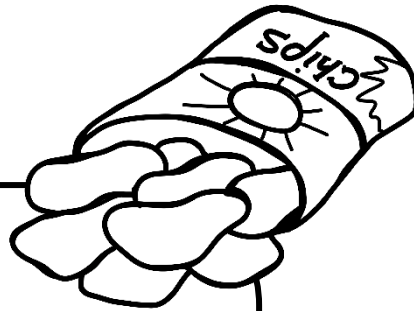


## Sugar

Do not eat too much sugar. It can give you diabetes when you are older.

Too much sugar can cause you to become overweight.

Be careful for too much soft drinks, cakes and en chips.



# Rules for good eating.

1

Always wash your hands before you touch food.



2

Do not leave food uncovered.

3

Don't eat old or rotten food.

4

Grow your own vegetables.




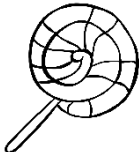

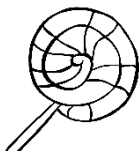

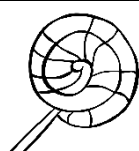

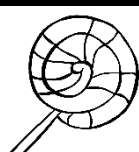

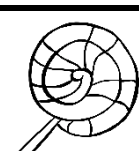

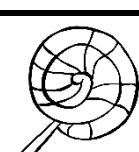



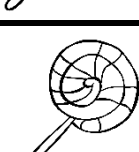

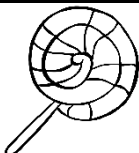


5

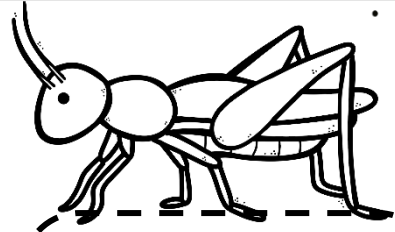
Use vegetable peels to make compost for the garden.

# My habits

Colour the apple for every good habit and the lollipop for every bad habit.

	Yes	No
I usually eat in front of the TV.		
I love fruit and vegetables.		
I eat a lot of cake and sweets.		
I rather drink cool drink than water.		
I wash my hands before I eat.		
I love fatty foods such as chips.		
I have breakfast before I go to school.		
I don't eat vegetables.		
I put more salt on my food even if there is already salt in it.		
I drink a few glasses of water every day.		

# Insects



Insects have three body parts:

a head

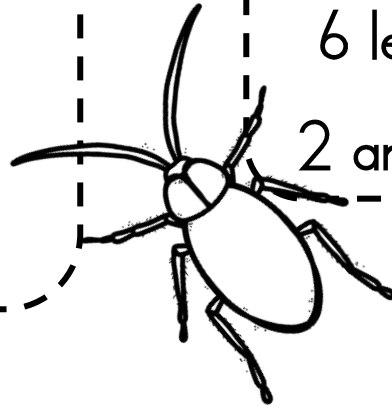
an upper body

a lower body

Insects have

6 legs and

2 antennae



## Parts of an ant.

Draw a line from each label to the correct part of the insect.

leg

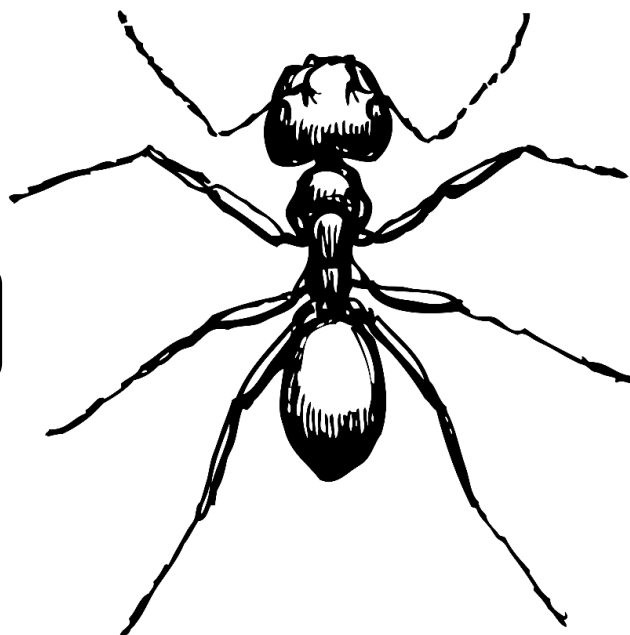
lower body

upper body

eye

head

antennae





# Insects

Use the words in the blocks to label the insects.

locust

bee

fly

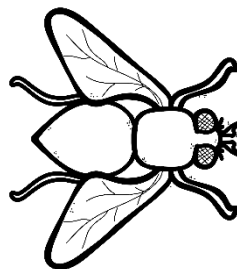
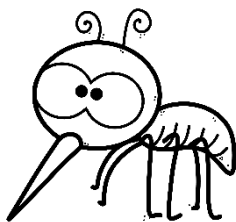
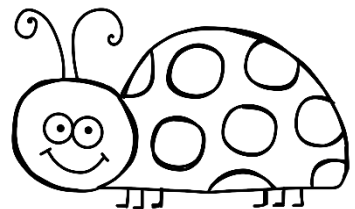
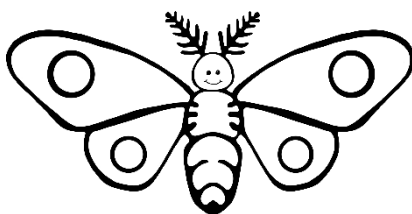
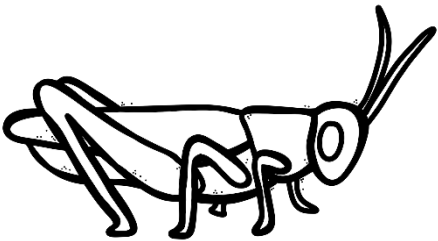
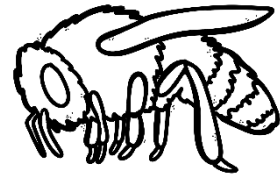
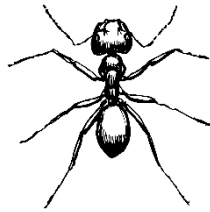
mosquito

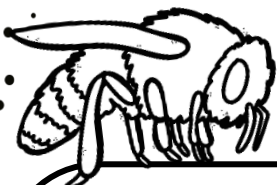
ant

butterfly

ladybird

moth





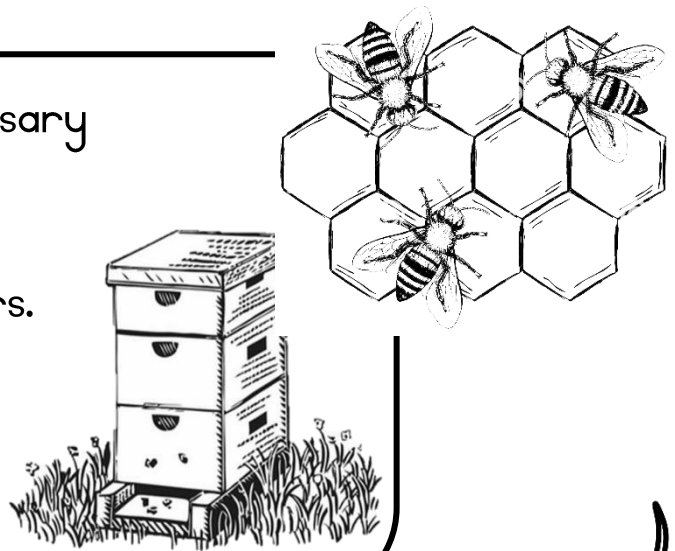
# More about insects

Bees spread pollen. This is necessary for fruit to grow.

Bees suck nectar from flowers.

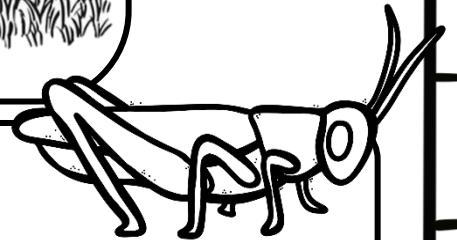
Bees make honey.

Bees live in a beehive.

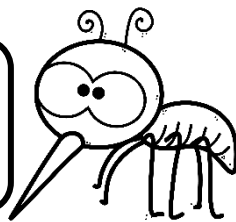


Locusts have strong hind legs to jump.

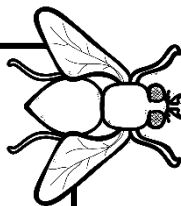
Locusts can be a plague and eat farmers' crops.



Mosquitoes spread malaria



A fly spread diseases.



Ants use their antennae to communicate with each other.

Ants live in ant hills.

Butterflies spread pollen from plant to plant.





Complete the sentences.

\_\_\_\_\_

make  
honey.



\_\_\_\_\_

spread  
diseases.

\_\_\_\_\_

spread pollen.

\_\_\_\_\_

spread  
malaria.

\_\_\_\_\_

eat farmers'  
crops.

\_\_\_\_\_

Use their  
antennae to  
communicate  
with each other.



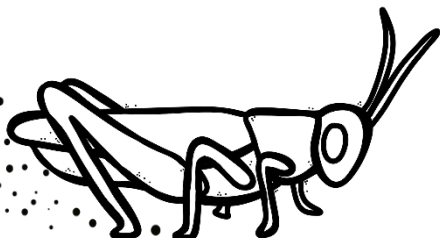
\_\_\_\_\_

sucks up the  
nectar from  
the flower.

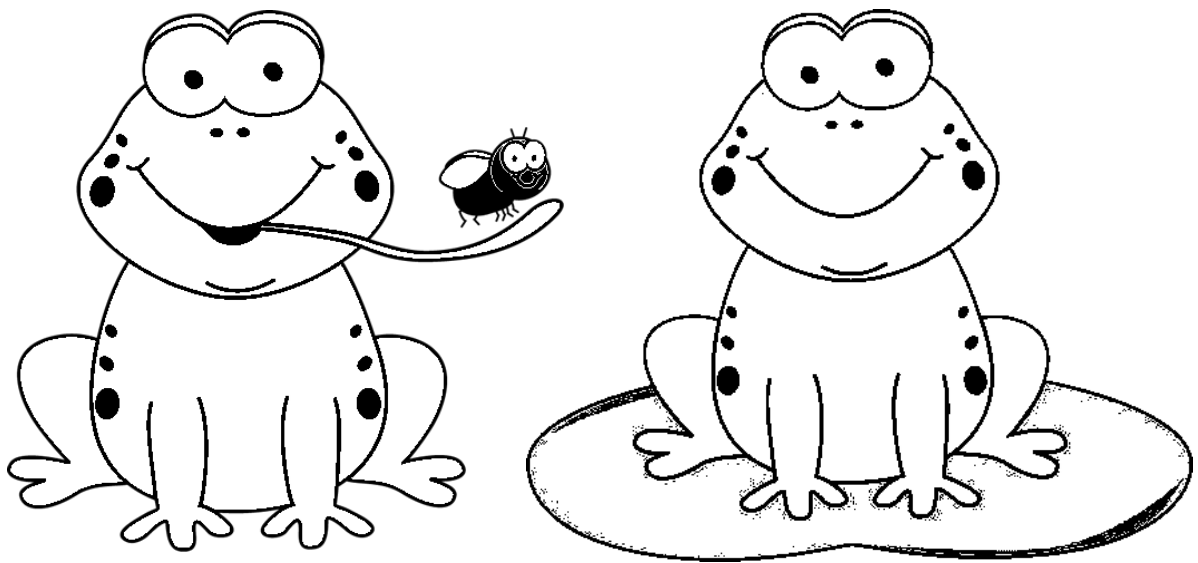


\_\_\_\_\_

have strong  
hind legs to  
jump.

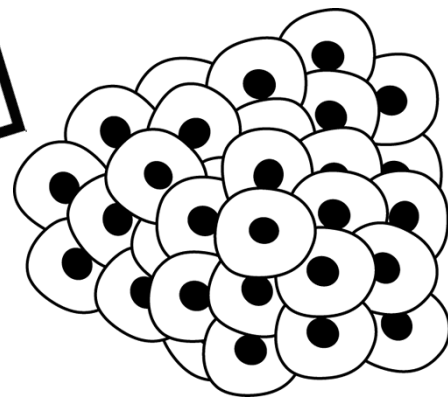
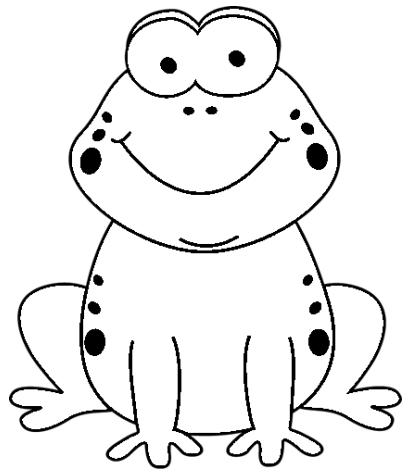


# The life cycle of a frog.

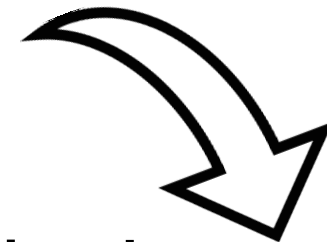


1. Two frogs mate in order to fertilize the eggs.
2. The female frog lays the eggs.
3. A young tadpole with external gills and a tail fin hatched from the egg.
4. The tadpole grows legs.
5. The tail begins to disappear.
6. The mature frog has developed lungs and lost its gills.

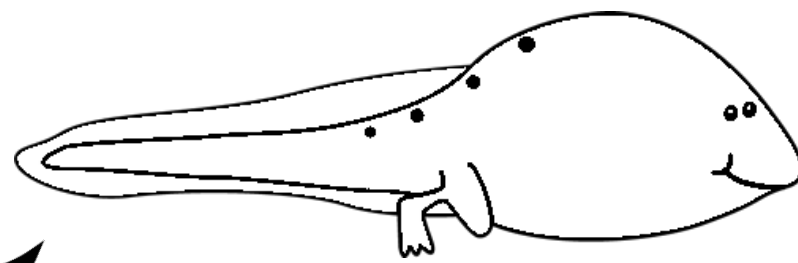
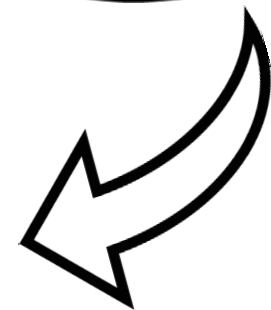
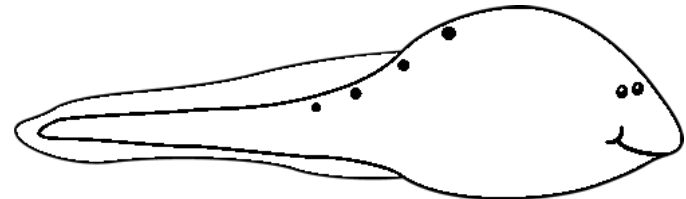
mature frog



eggs



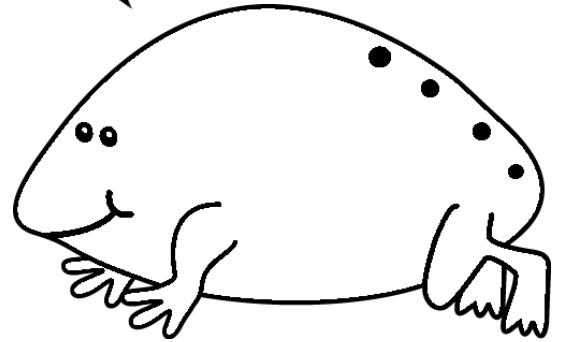
tadpole with  
tail fin



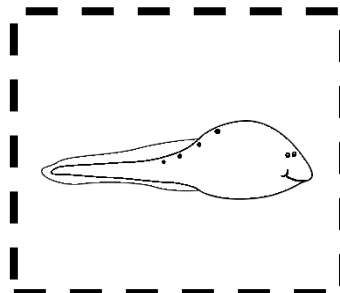
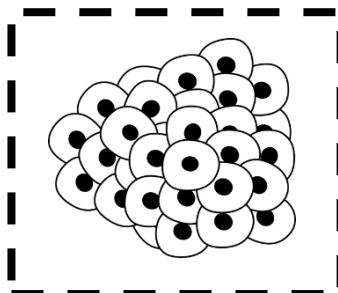
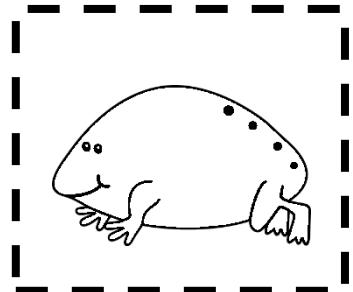
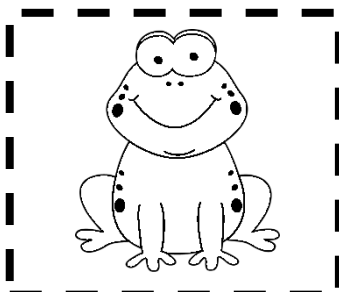
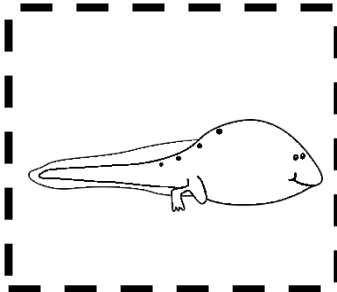
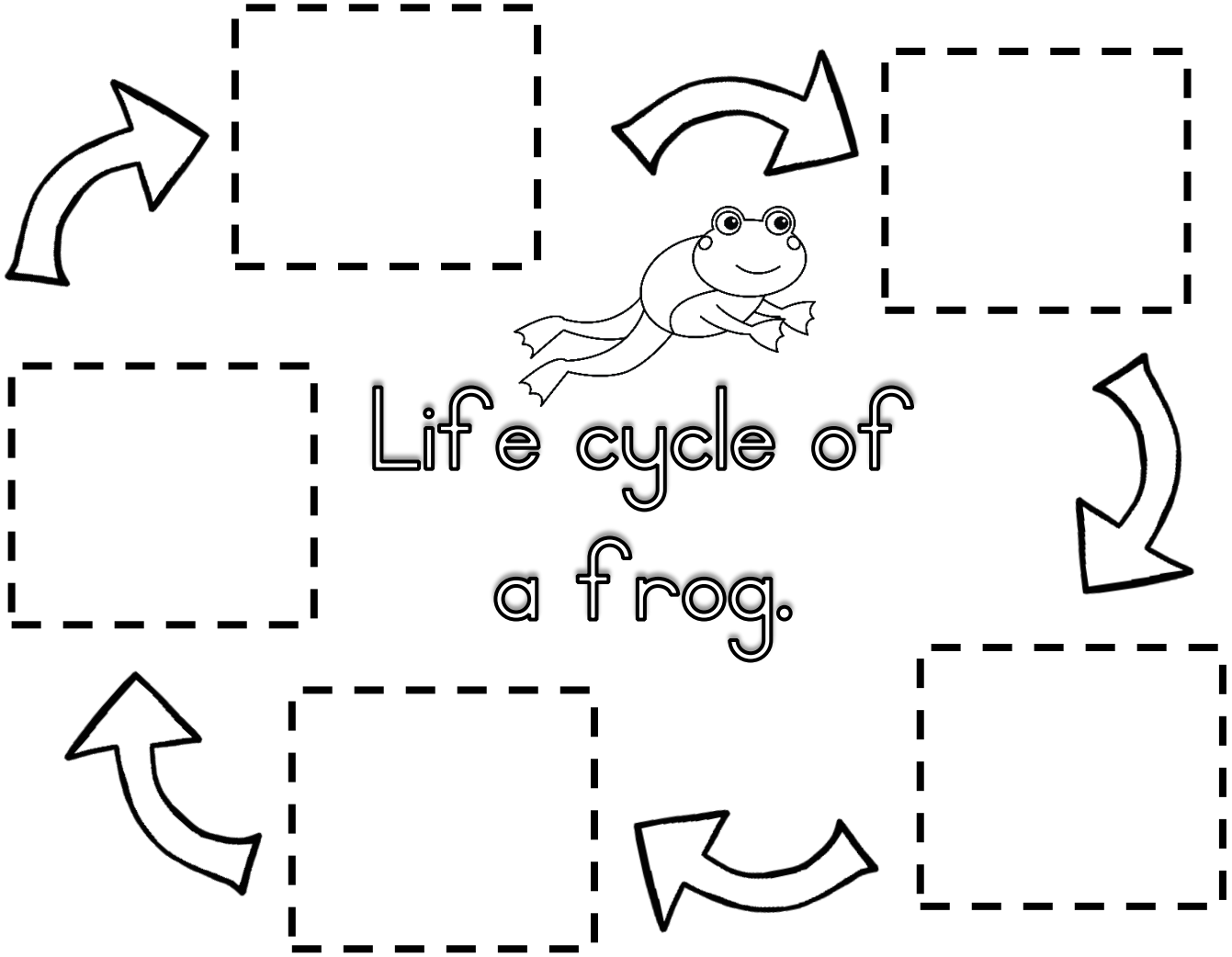
tadpole grows legs



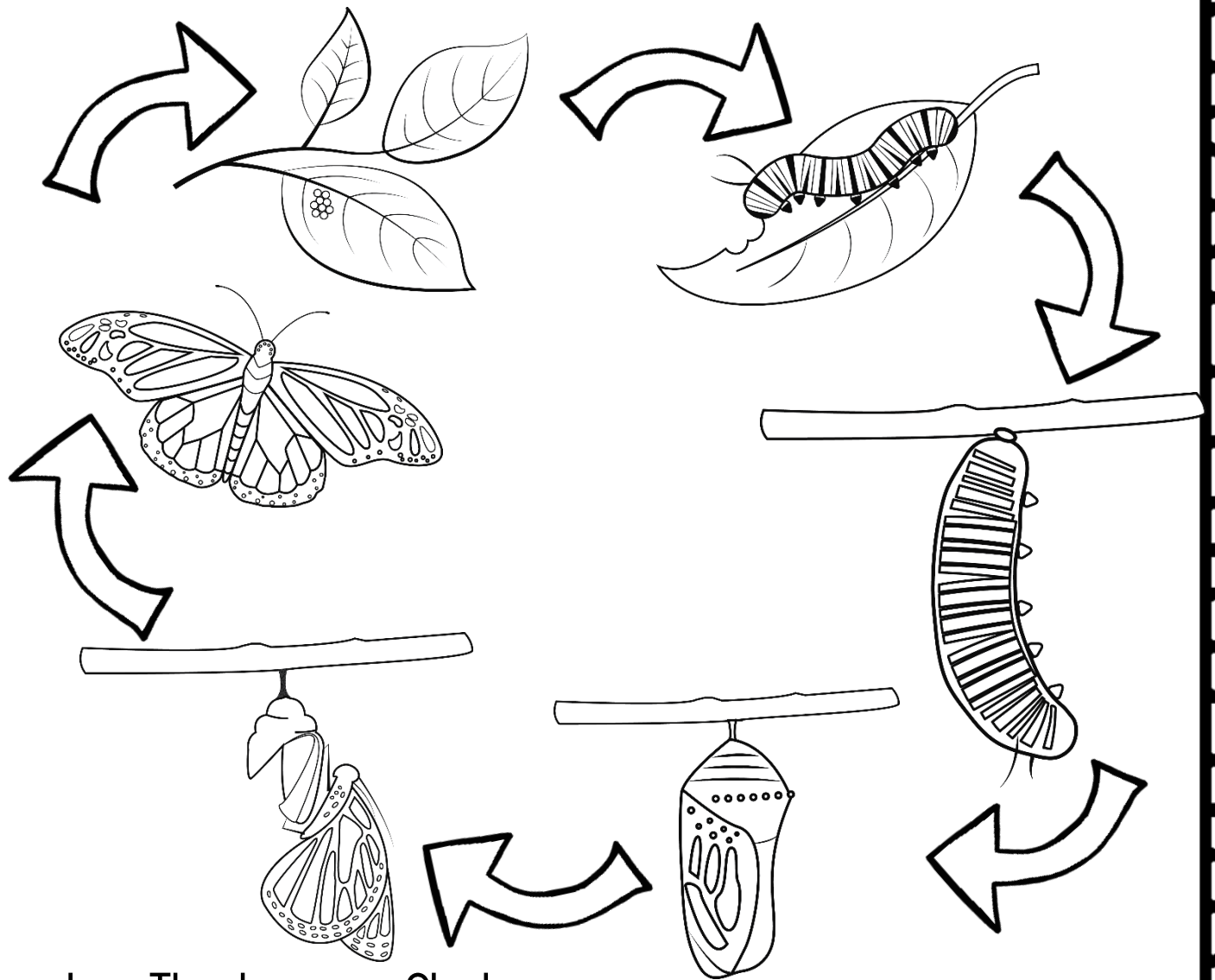
young tadpole



Cut the pictures and paste it on the correct place to complete the life cycle of the frog.

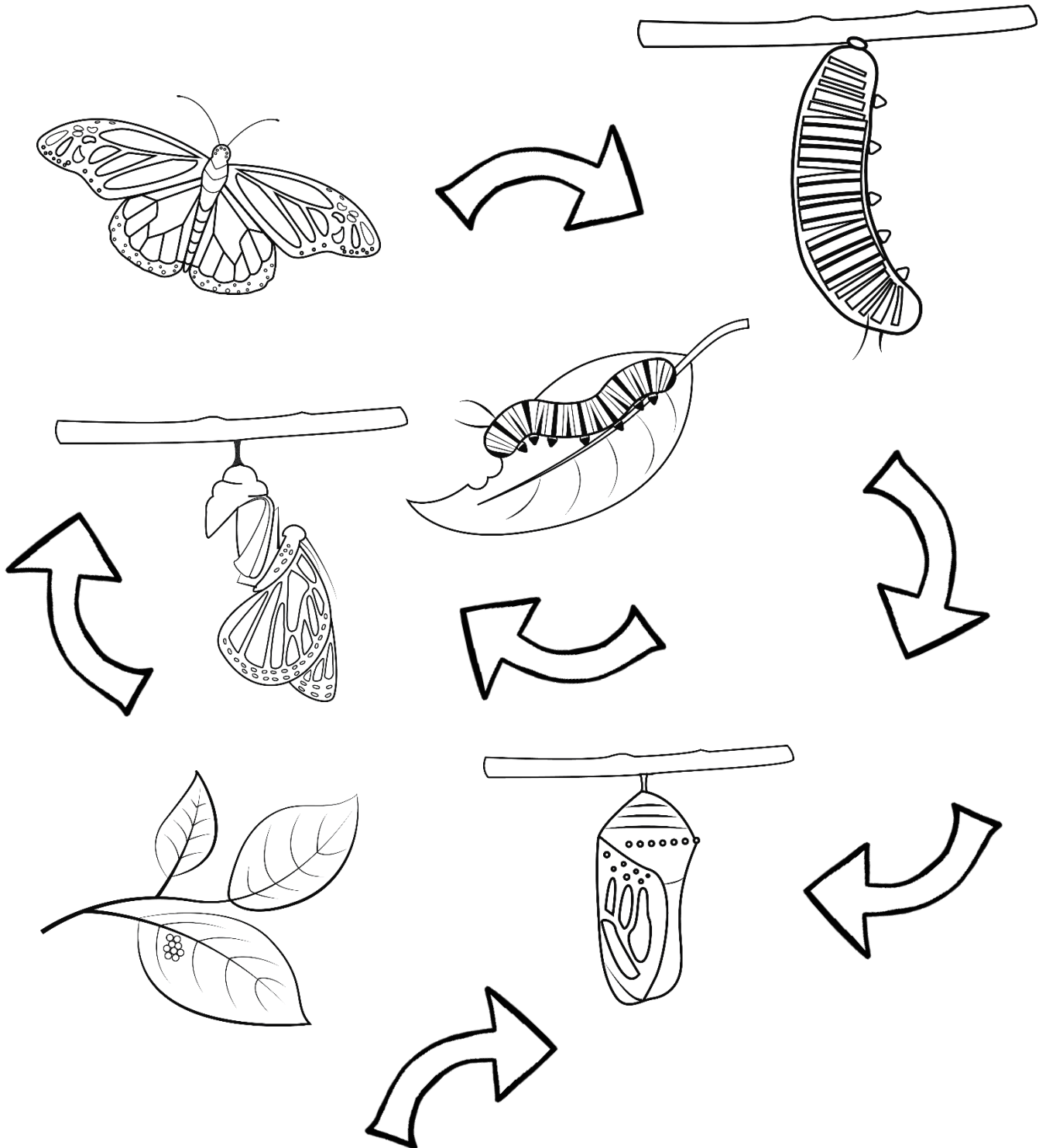


# The life cycle of a butterfly.



1. The butterfly lays eggs.
2. From the eggs hatch small caterpillars.
3. The caterpillar eats leaves and grow.
4. The caterpillar turns into a mature caterpillar.
5. The caterpillar forms a pupa.
6. The caterpillar inside the pupa changes to a butterfly and hatch.

Cut out the pictures and paste it on the next page to make a life cycle of a butterfly. Write a label for each picture and colour the life cycle.

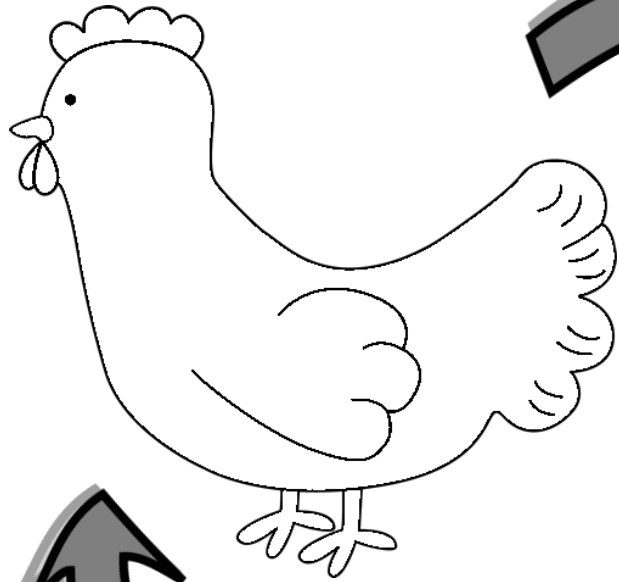




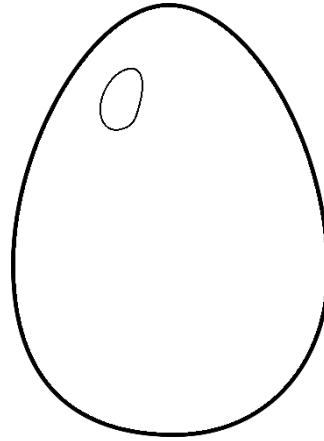


The life cycle of a butterfly.

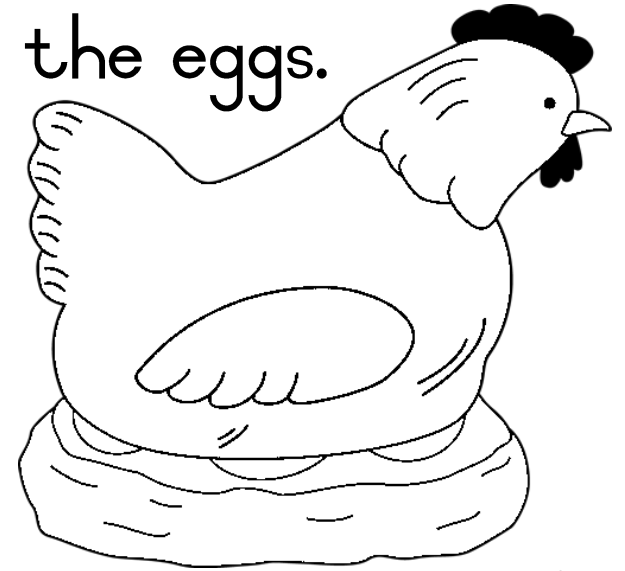
mature chicken



egg

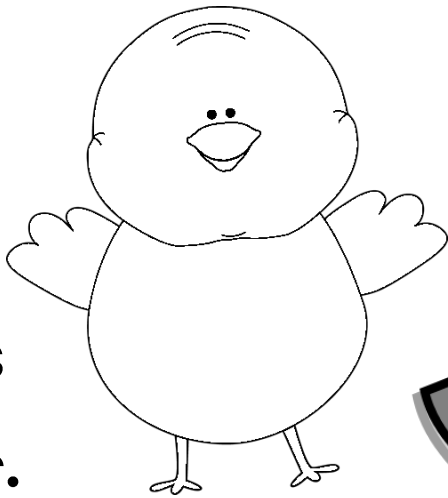


The hen hatches the eggs.



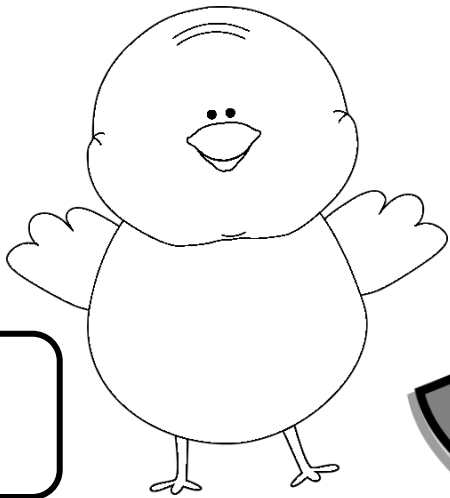
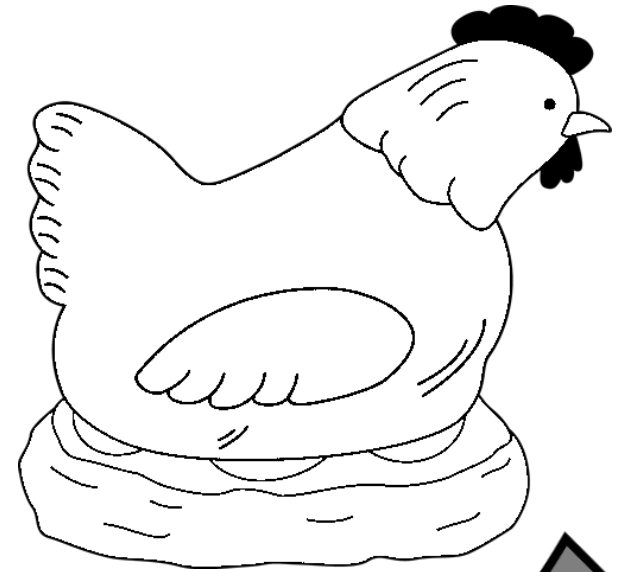
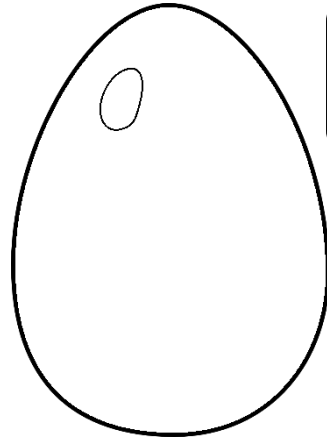
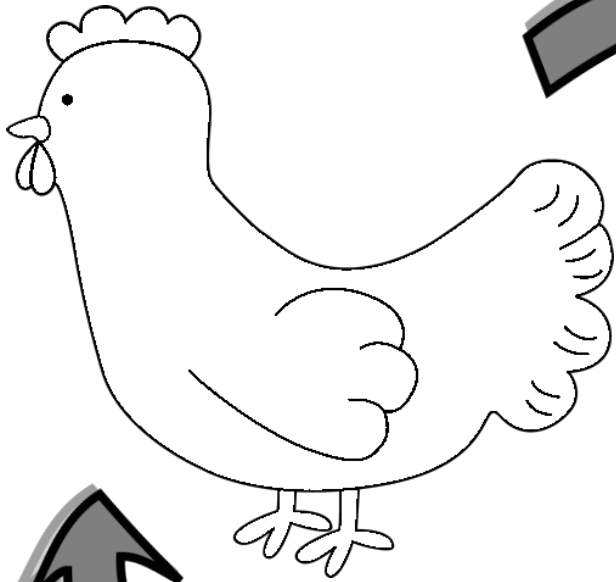
Life cycle of a chicken.

Chick grows bigger.

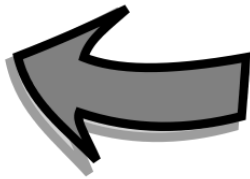
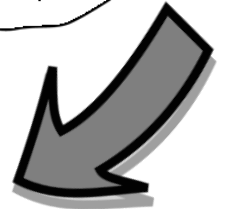
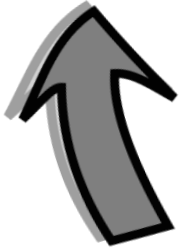


A chick hatches from the egg.





Complete the  
life cycle of a  
chicken.



A mother cat is pregnant for 9 weeks.



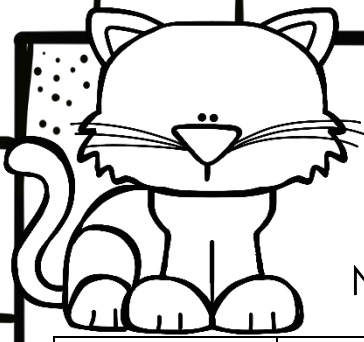
A mature cat.



A kitten is born.

The mother cat feeds her babies.

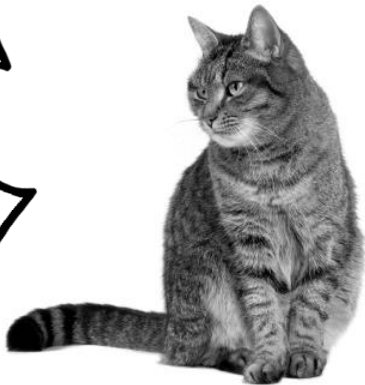
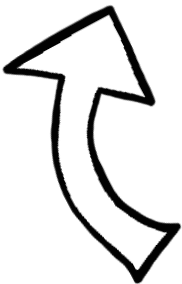
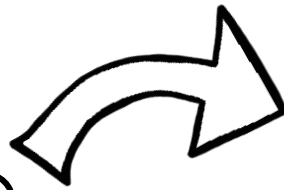




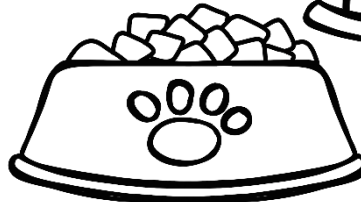
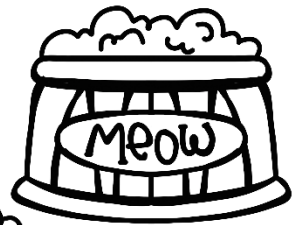
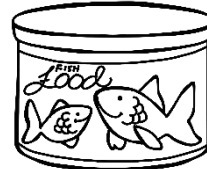
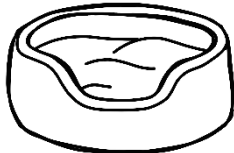
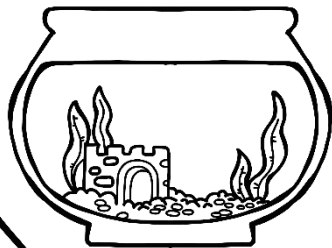
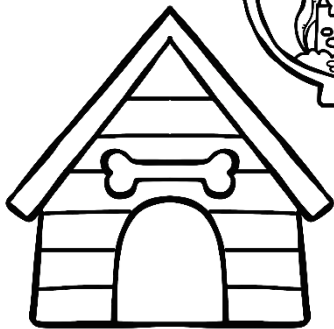
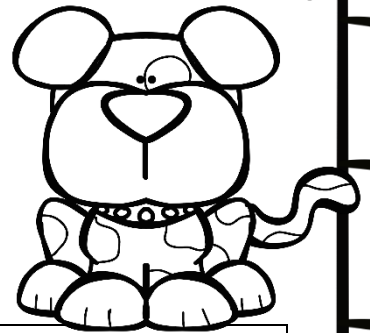
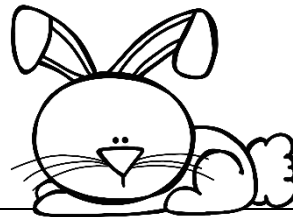
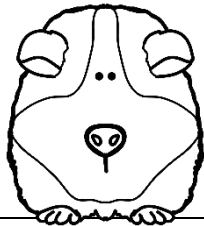
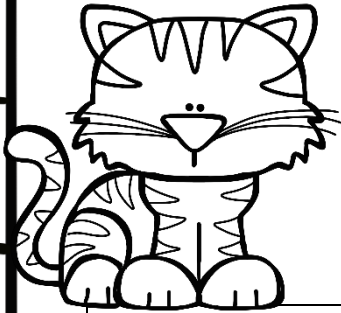
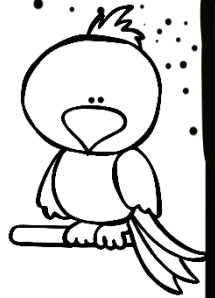
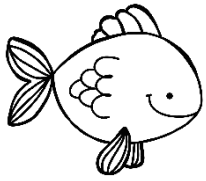
# The life cycle of a cat.

Number the stages 1 - 4 and use them for your story wheel.

	A kitten was born.		A mature cat.
	A mother cat is pregnant for 9 weeks		A mother cat feeds her babies.



# How do you care for your pet?



A place to stay and to sleep.

Food and water.



Love and attention

Clean his cage, pick up his toys and bath him.

Draw a picture of  
your pet.

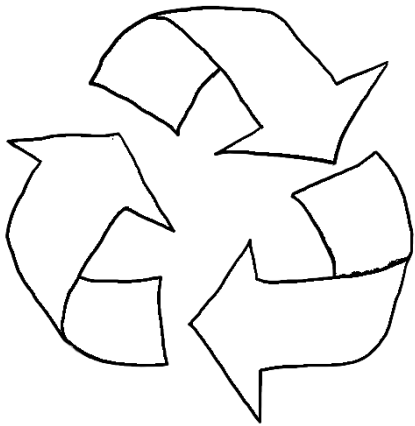
# My pet

What is your pet's  
name?

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Draw 4 things you need to do to care for your pet. Then  
write a caption below each drawing.


# Looking after our environment



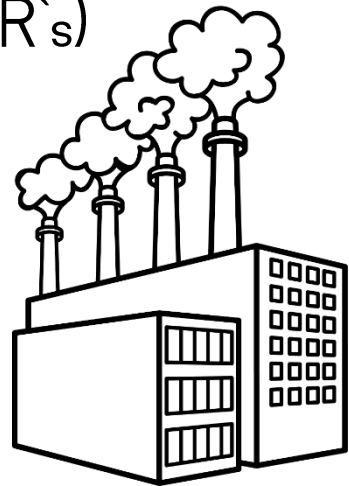
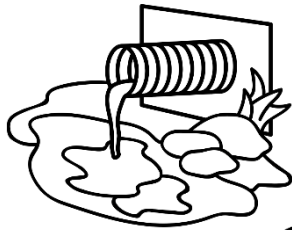
This is the recycling logo.

Remember these 3 words: (The 3 R's)



Reduce

We should  
reduce our  
littering.

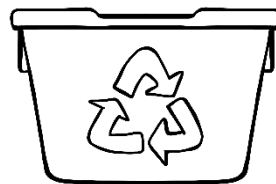


Re-use

We should re-use as many things as we can before  
throwing them away.



Recycle



We need to find ways of using paper, bottles and  
tins.

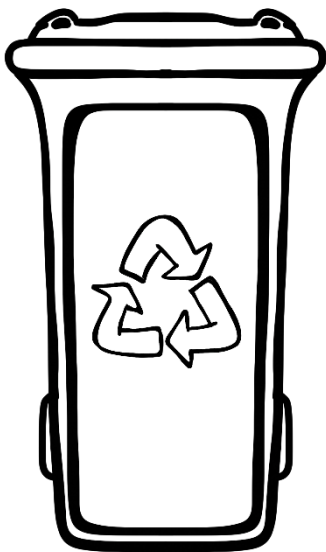


Be SUPER,  
save the earth and  
recycle!



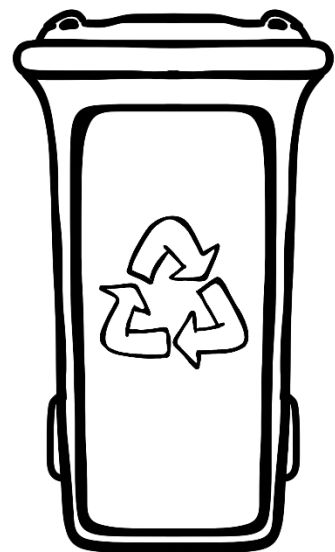
The products are placed in different colour containers to distinguish the different materials.

Colour the containers in the following ways:

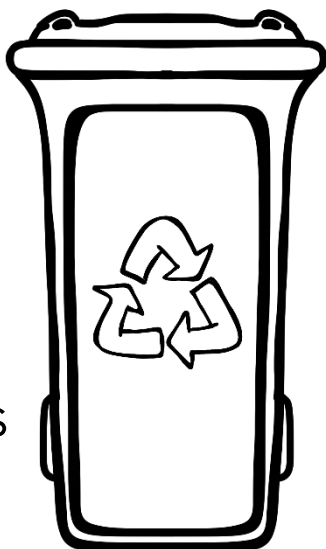
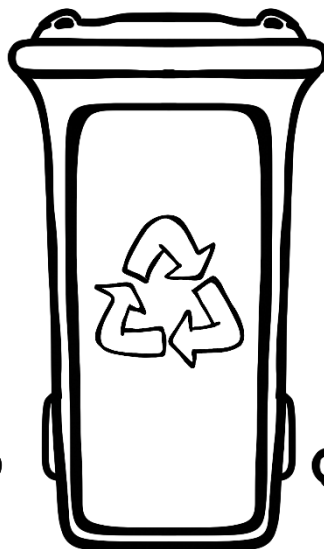


plastic  
yellow

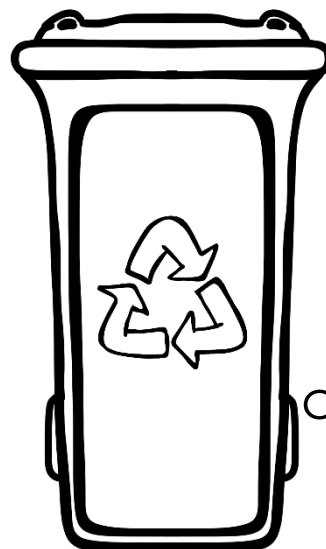
metal  
green



paper  
blue



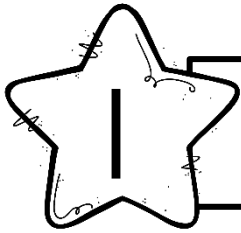
glass  
red



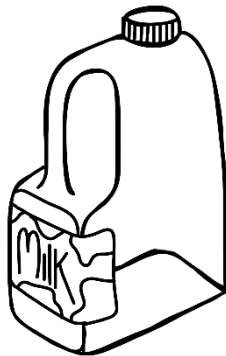
compost  
brown

# Let us recycle!

We can recycle the following:



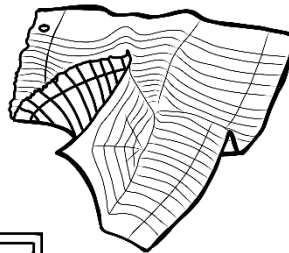
Plastic



old bottles



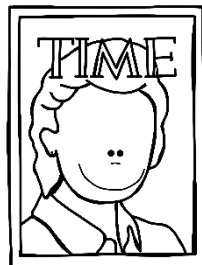
Paper



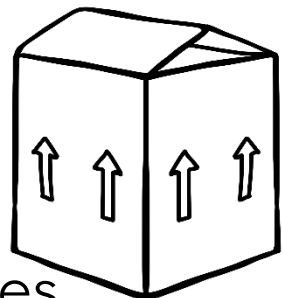
used paper



newspapers



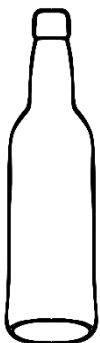
magazines



boxes



Glass



glass bottles



Metals



food cans



soft drink cans



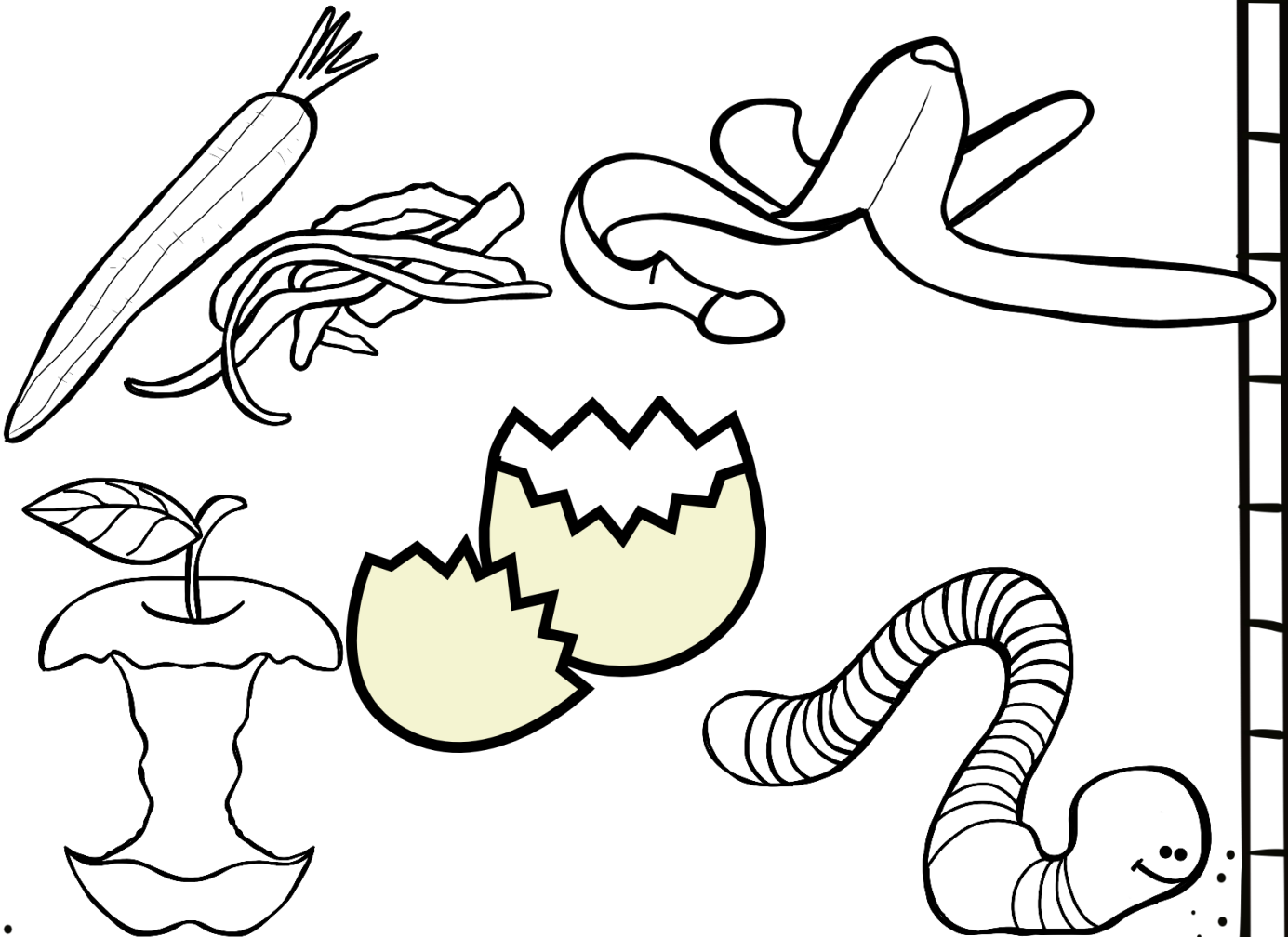
# Compost

We can keep the soil in our garden in a good condition by adding compost to it.

Compost provides nutrients to plants.

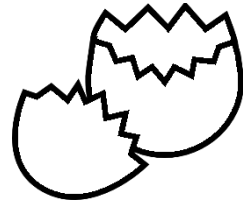
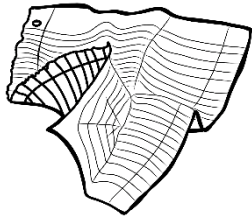
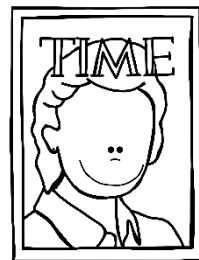
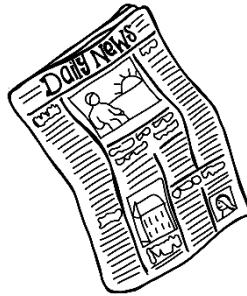
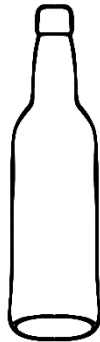
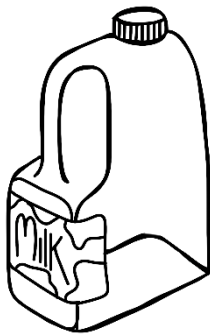
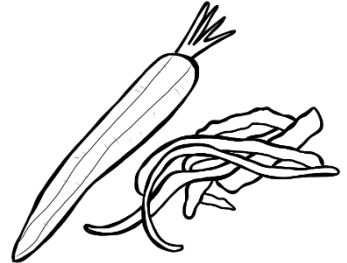
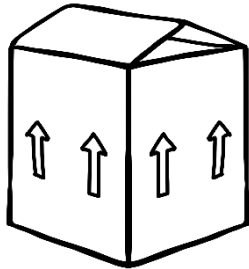
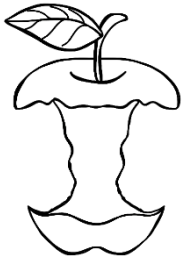
Make your own compost by using the following:

- old fruit and vegetables
- fruit - and vegetable peels
- eggshells



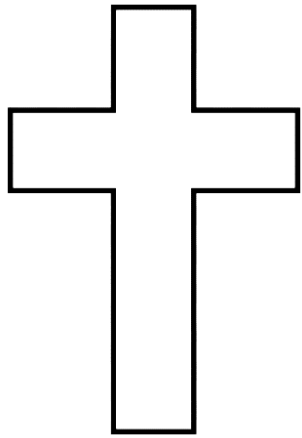
# Recycling!

Look at the pictures and write the item in the correct column.

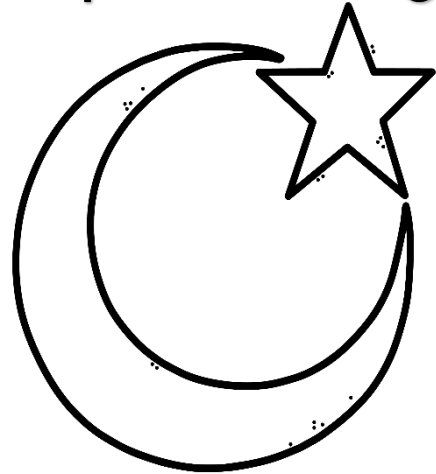


Metals	Plastic	Paper	Glass	Make compost

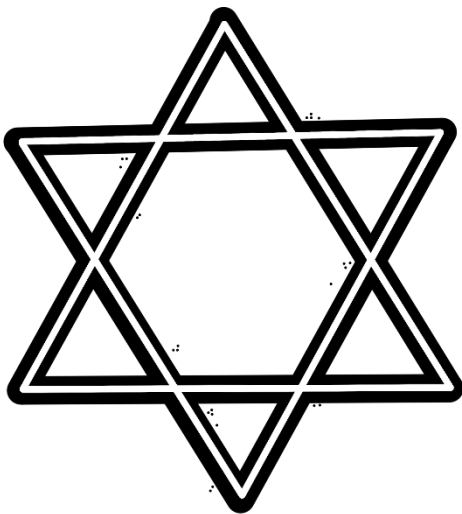
# Religious and other special days



The cross is the Christian symbol. Jesus, the Son of God, died on a cross for our sins.



The crescent moon and star form the symbol of Islam. Moslems pray 5 times every day.



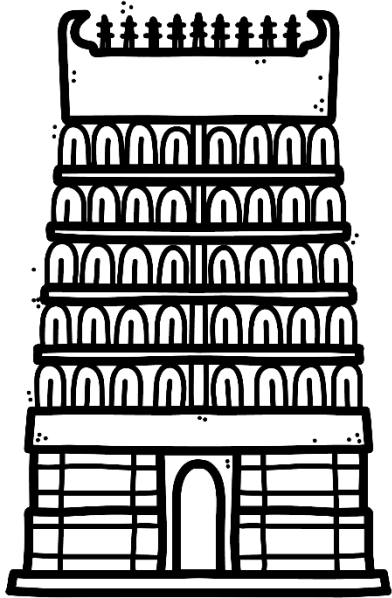
The symbol of Judaism is the Star of David. King David was a king of the Israelites.



The Hindu symbol is the om sign, which is written in the old Sanskrit language of India.

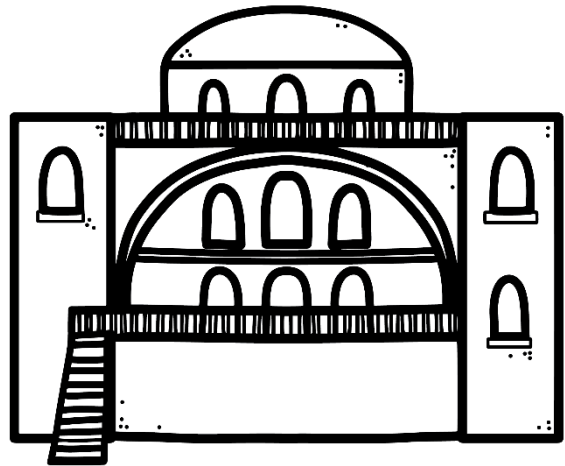
# Places of worship

Hinduism



temple

Judaism



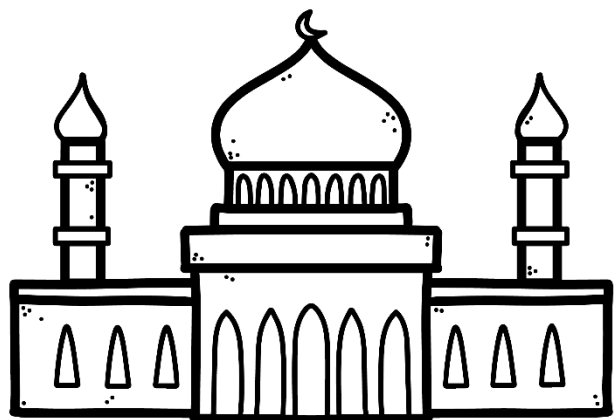
synagogue

Christianity



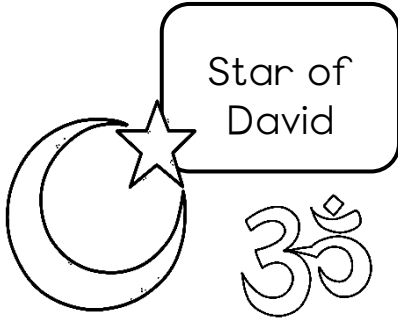
church

Islam



mosque

Use the words in the blocks to complete the sentences.

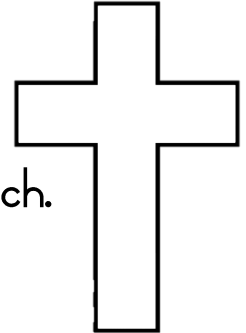


Star of David

Om sign

cross

crescent moon and star



1. The \_\_\_\_\_ is the symbol of the Christian church.
2. The symbol of Judaism is the \_\_\_\_\_.
3. The \_\_\_\_\_ is the symbol of Islam.
4. The Hindu symbol is the \_\_\_\_\_, which was written in the Sanskrit language of India.



Write the words in the blocks under the correct place of worship.

synagogue

church

temple

Judaism

mosque

Christianity

Hinduism

Islam
