

Activity 2A Mealtime!**Skills:**

Ask questions about healthy meals and discuss how to find answers, observe objects, materials and living things and group them based on similarities

- I Fill in the blanks. Use the following words.

breakfast

dinner

lunch

a



We eat breakfast in the morning.

b



We eat lunch at noon or in the afternoon.

c



We eat dinner in the evening.

**Skills:**

Collect and show my observations on pictures, identify people who use science in their work

I Label the teeth below. Use the following words.

canine

incisor

molar



2 Complete the sentences. Circle the correct words.

- a We can take care of our teeth by brushing them (two times a day / two times a week).
- b We should visit a (doctor / dentist) every six months. He or she can help to check and tell us if we have (tooth decay / fever).

**Skills:**

Observe objects, materials and living things and group them based on similarities, ask questions about staying healthy and discuss how to find answers, talk about how science helps us understand how we affect the world, describe how scientific knowledge and thinking have changed over time

I Tick (✓) the pictures that show signs of illness.



running



playing



fever



coughing



stomach ache



writing



Let's Review

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1 Circle the **two** correct statements.

adults have stopped growing so they do not
need to have a healthy diet

eating only fruits and vegetables is not a healthy diet

we should drink six to eight glasses of water every day

we should never eat sweet food items

2 Which food items are healthy? Which are unhealthy?
Write the names of the food items in the correct groups.

apple broccoli cake chicken fish
French fries ice cream potato chips

Healthy food	Unhealthy food
apple broccoli chicken fish	cake french fries ice cream potato chips

- 3 Some students are talking about how they can take care of their bodies.



Karen

Only adults need to have enough rest and sleep.



Tika

We should wash our hands before meals even if they do not look dirty.



Rashid

We need to exercise only when we have the time.

Only **one** student is correct. Circle the name of the student who is correct.

Karen

Rashid

Tika

- 4 Circle the picture of the person who has more teeth.



child



adult

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- 5 Which sign of illness does each picture show?
Use the following words.

coughing fever sneezing vomiting

a



fever

b



sneezing

c



vomiting

d



coughing