

FUN AT HOME



FRIDAY

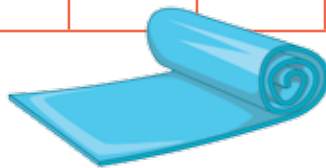
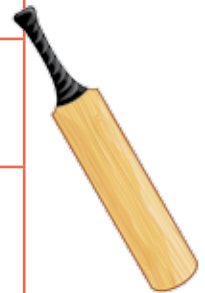


Grid Fun

See the pictures and circle their names in the grid. One is done for you as an example.



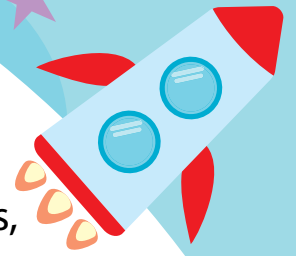
s	a	t	m	b	l	f
r	b	a	t	g	v	p
s	h	r	a	t	f	m
g	f	r	m	a	t	z
y	n	h	a	t	p	j
b	f	a	t	d	e	l
c	a	t	n	w	s	o



Rock and Roll

Stretch, roll and dance with your family.
Have lots of fun!





Healthy Eating

GO FOOD: Things like vegetables, fruits, cereals, pulses, eggs, meat, milk and cheese are very healthy. They are 'go' food. We can eat them almost anytime.

SLOW FOOD: Things like hamburgers, pizzas, pancakes, noodles and pasta are not very healthy. They are 'slow' food. We should eat them only once or twice a week.

NO FOOD: Oily and sweet things like French fries, cakes, cold drinks and ice creams are very unhealthy. They are 'no' food. We should eat them once in a while.

With the help of an adult, draw or paste pictures of what you like to eat and drink in each food group.

GO FOOD	
SLOW FOOD	
NO FOOD	