

Hartley Road Primary School  
Lockdown Homework - Grade 3

Life Skills:

1. Read through the worksheets below.
2. Complete where needed.

Activity 1

**17**

**Healthy eating habits**

Look at each of the food groups and talk to your friend about them.  
What foods are in each group?  
Why is each group of food good for us?

**Let's talk**

**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.

Term 2 - Week 1 - Worksheet

The worksheet features a large illustration of a wooden bowl filled with various protein-rich foods: a whole chicken, a fish, a piece of meat, a bowl of meatballs, a bowl of eggs, and a slice of cheese. Below this, there are two baskets of fresh produce: one containing vegetables like carrots, cucumbers, tomatoes, and broccoli, and another containing fruits like apples, oranges, lemons, and bananas.

# Carbohydrates

These foods give us energy.



## Diary

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



Let's write

Make a list of foods you ate yesterday. In the last column, say whether the foods are protein, carbohydrate, fruit or vegetables.

The foods I ate yesterday	Food type



# Healthy eating habits



Let's write

Thabo and Nomsa are on their way to the Sunshine Café. They need to buy some food to cook for supper. Help them to make up a menu of good foods.



Let's write

Date: .....

Write the items they should buy and their prices in the shopping list below. How much did Thabo and Nomsa pay for the food items they bought?

SHOPPING LIST	PRICE





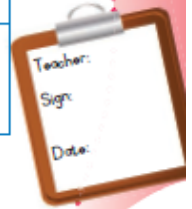
Let's write

How healthy are your eating habits?  
Colour in a smiley face for each healthy habit.

### My eating habits

	Yes	No
I usually eat in front of the TV.		
I love fruits and vegetables.		
I love fatty foods such as chips.		
I don't like water, I like cold drinks.		
I don't eat vegetables.		
I chew my food properly.		
I have breakfast before I go to school.		

Count how many smiley faces you have coloured in. \_\_\_\_\_



### Activity 2



Let's read

### Rules for good eating

Always wash your hands before you touch food.

Don't leave food uncovered.

Don't eat old or rotten food.

Use vegetable peels to make compost for the garden.

Grow your own vegetables.



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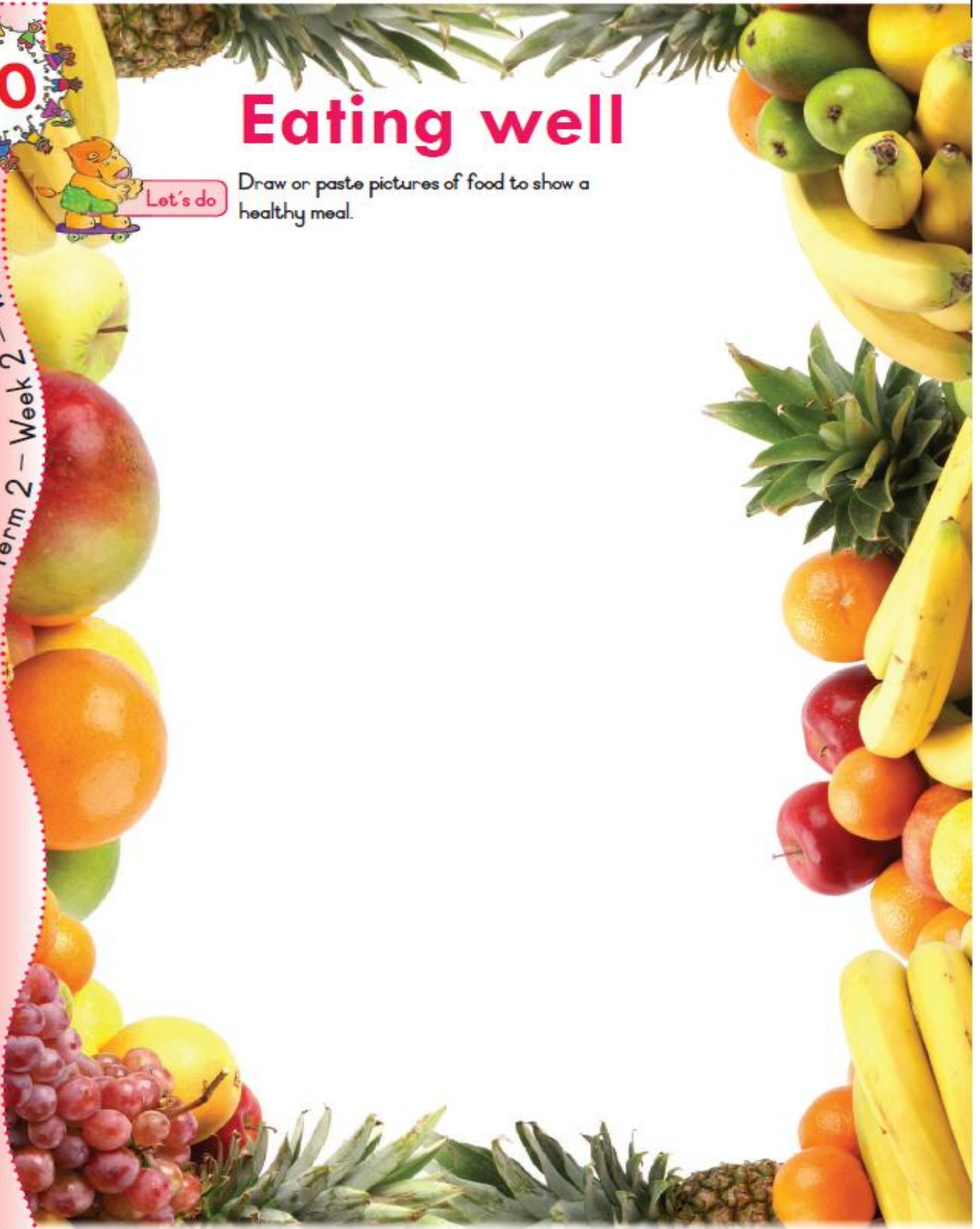
Term 2 – Week 2 – Worksheet



Let's do

# Eating well

Draw or paste pictures of food to show a healthy meal.



Love and duas

The Grade 3

team