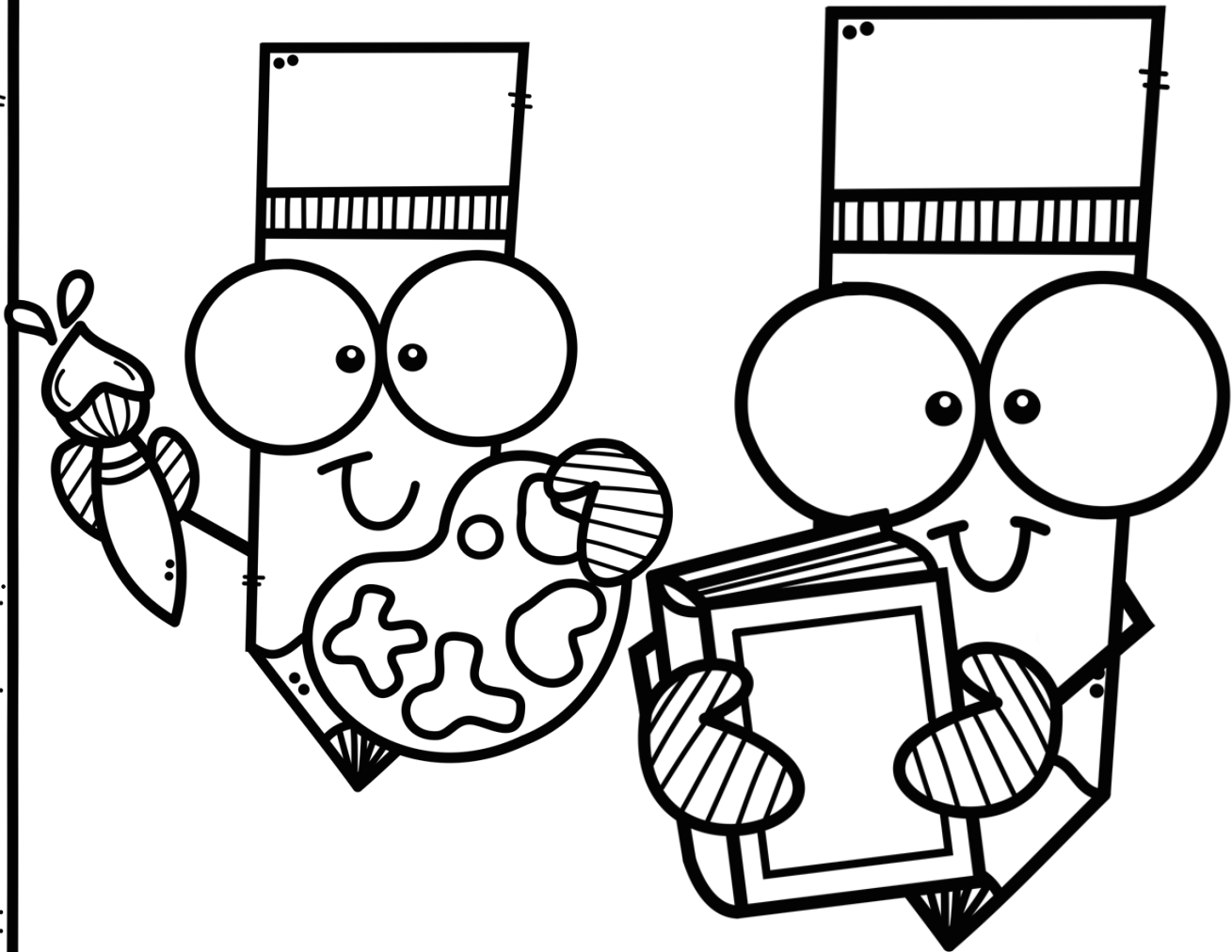


Life Skills
Workbook
Grade 3
Term 2



Life Skills

Grade 3



Name: _____

Class: _____

Index

- Healthy eating (Part 1)
- Healthy eating (Part 2)
- The food pyramid
- Food groups (Part 1)
- Food groups (Part 2)
- Healthy eating habits
- A Healthy plate of food
- Tips for a healthy lifestyle
- Insects
- Different insects
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- Comprehension test
- Life cycle of the frog (Part 1)
- Life cycle of the frog (Part 2 Reading)
- Life cycle of the butterfly
- Life cycle of the chicken
- Label the butterfly

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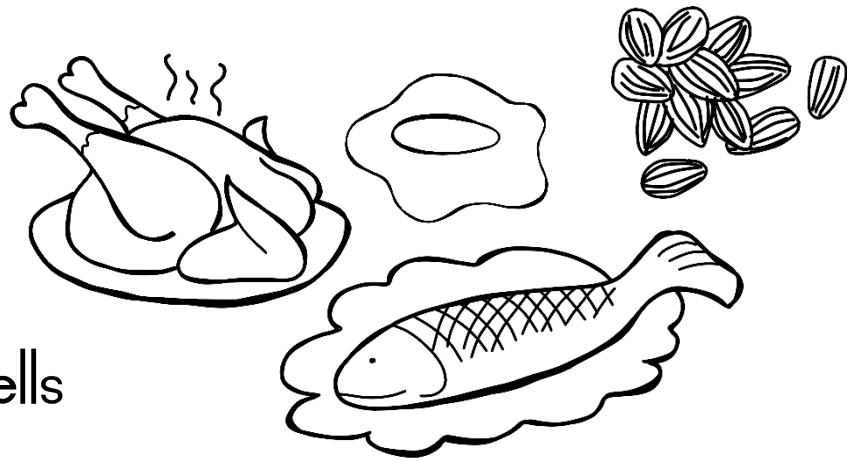
- My pet
- What does my pet need to live?
- Recycle
- Design a poster
- Sort the material
- Special days
- Places for worship

Healthy eating habits

All food can be divided into 5 food groups. We are going to have a look at each group individually.

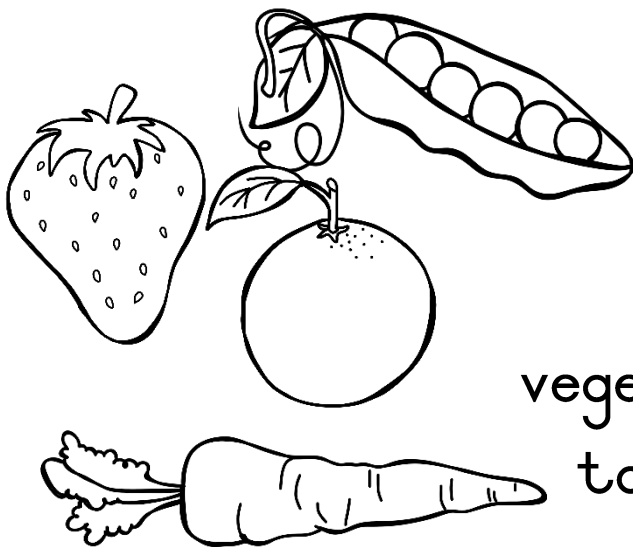
Protein

Protein builds new cells and helps our bodies grow.



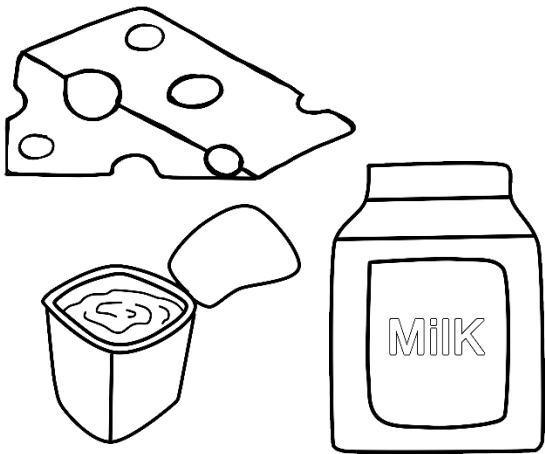
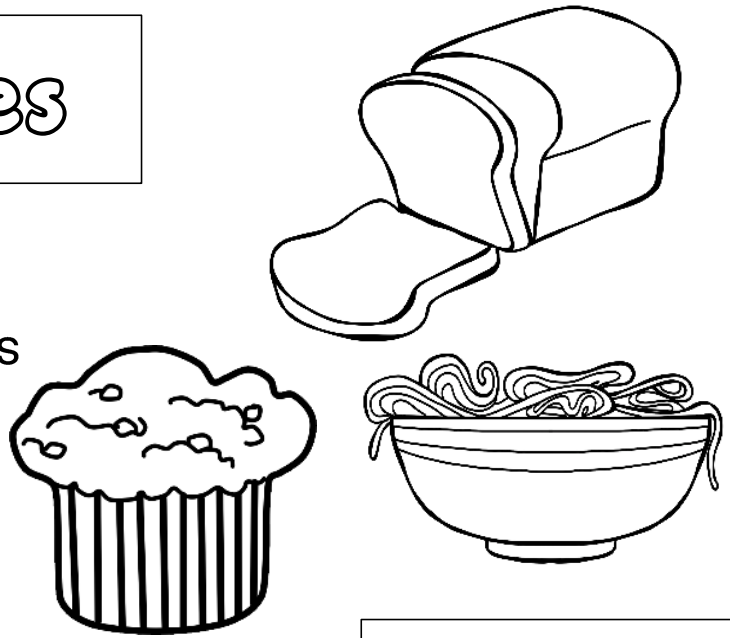
Vitamins

Vitamins and minerals are found in fresh fruits and vegetables. It helps our bodies to fight infection and stay healthy.



Carbohydrates

This food group gives us energy.

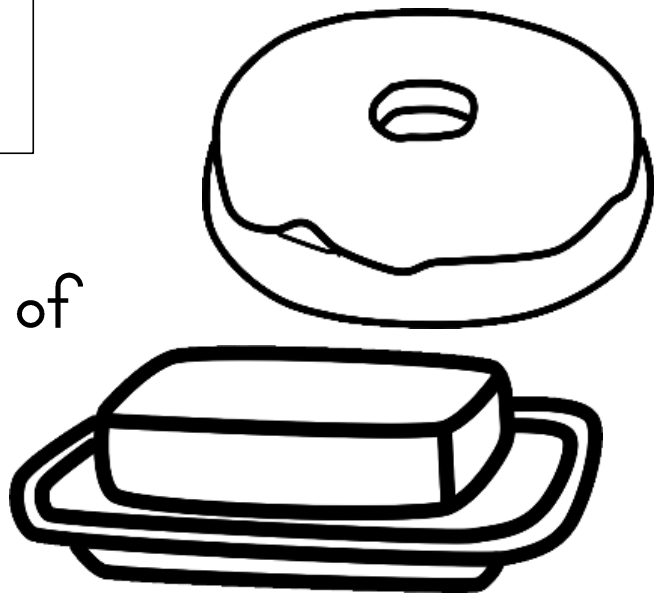


Dairy

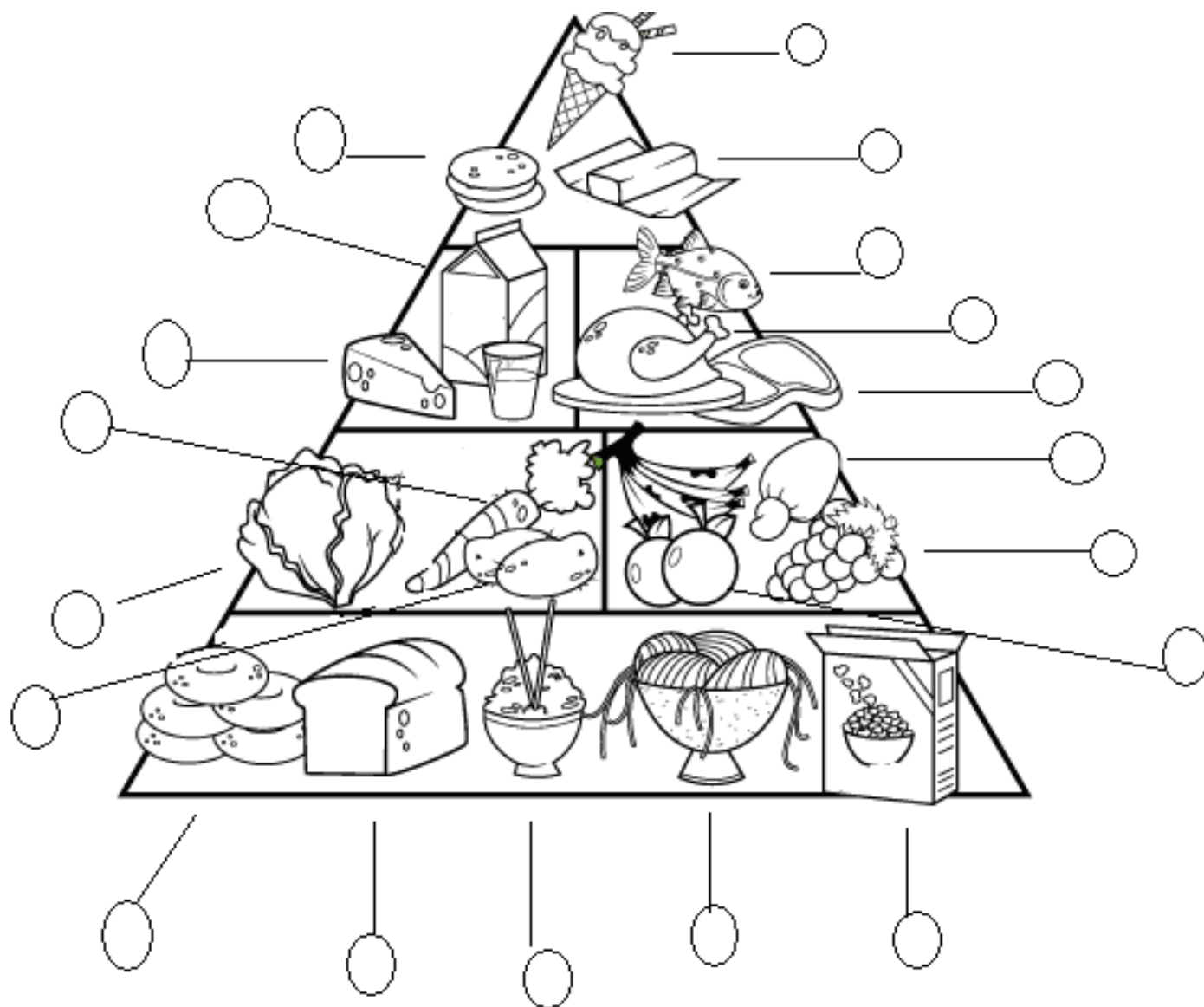
Dairy products help us to develop strong bones and teeth. It also helps kids grow.

Fats and oils

You should take in less of this food group.



Identify the different types of food and write the correct number in the circle.



1. pasta

2. fish

3. bread

4. ice-cream

5. rice

6. lettuce

7. chicken

8. butter

9. cereal

10. orange

11. carrot

12. meat

13. grapes

14. cookies

15. milk

16. banana

17. potato

18. cheese

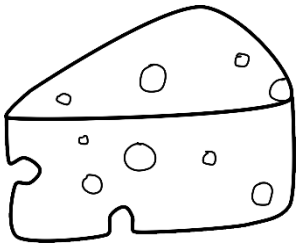
19. nuts

20. green pepper

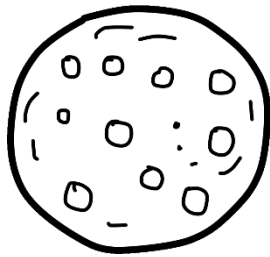
21. doughnut

Food groups

Look at the pictures and write down the name of the food in the first column. In the opposite column write the food group where the food belongs.



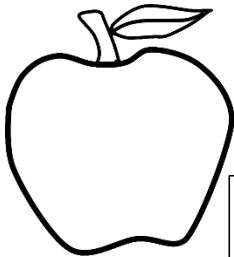
cheese



cookie

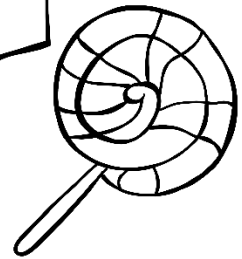
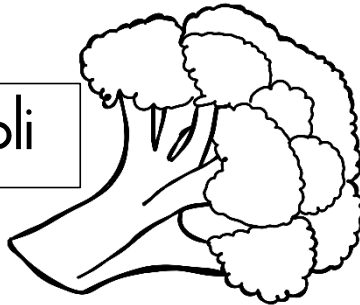


milk

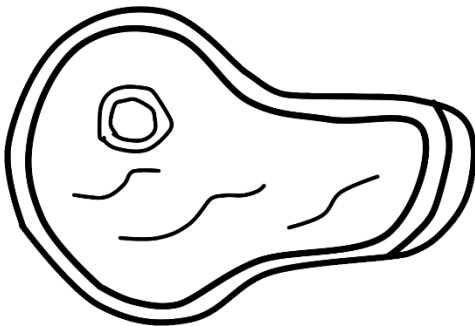


apple

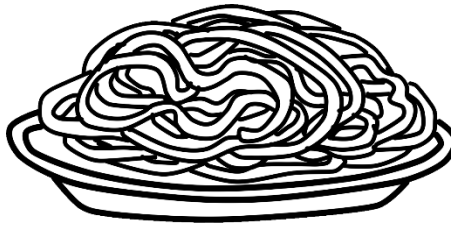
broccoli



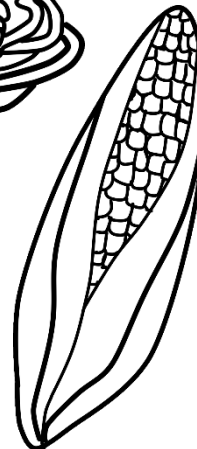
lollipop



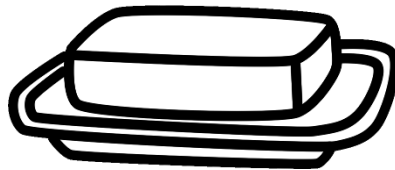
meat



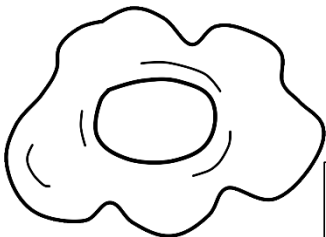
pasta



corn

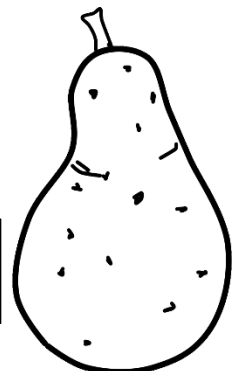


butter



egg

pear



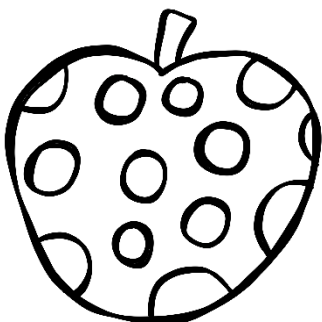
Complete the table

[illegible]

Eating habits

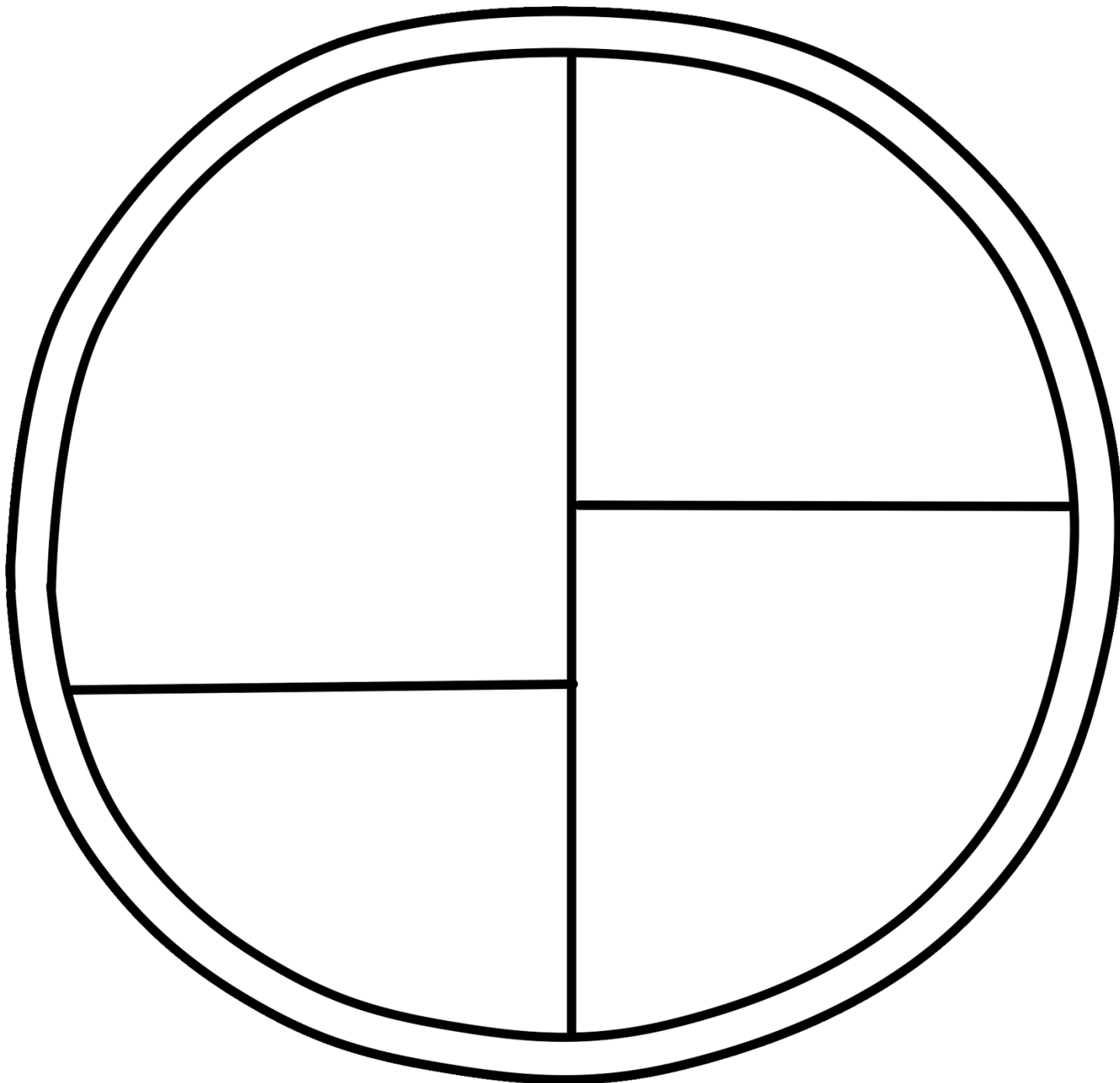
Work in small groups. Write your friends names in the table. Talk about the different foods. Make a tick if you or your friend like the food and a cross if you do not like it.



A healthy plate of food

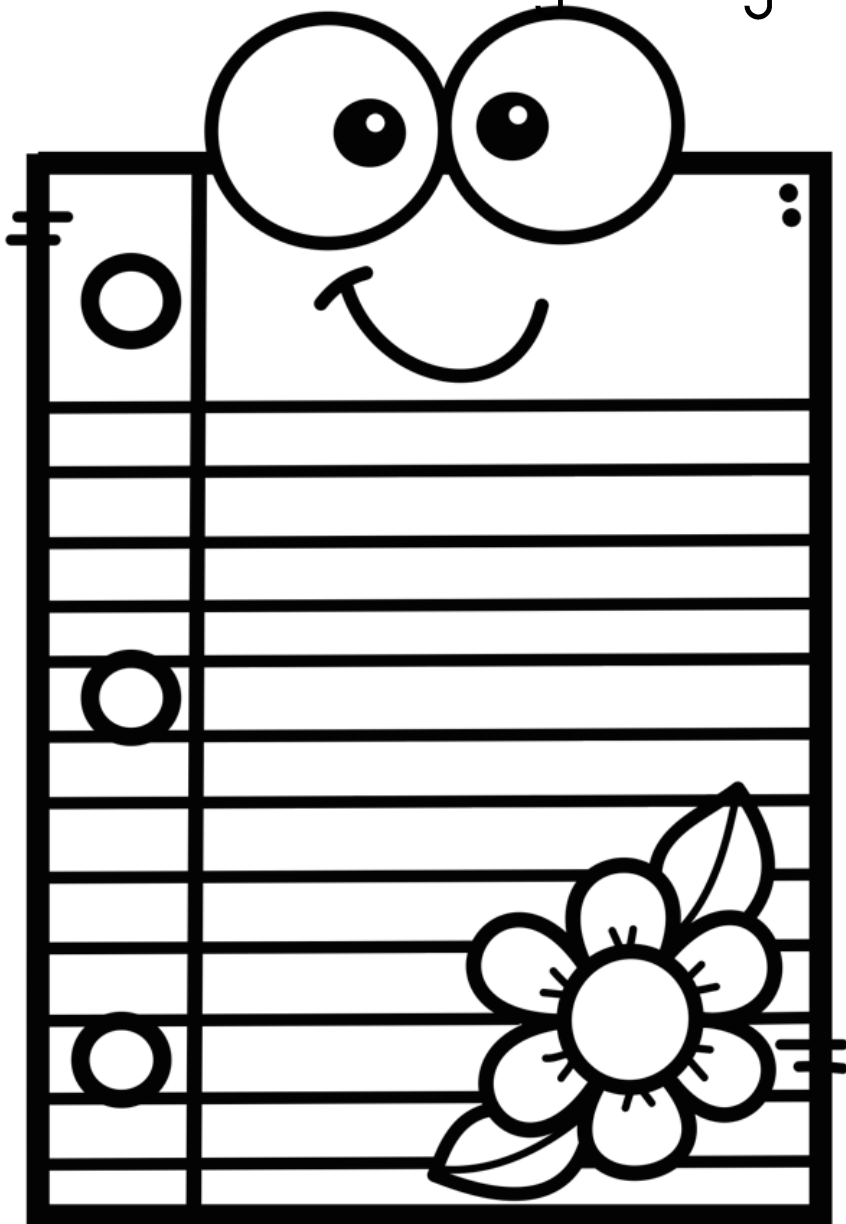
Find pictures in a magazine and paste it on the plate to illustrate a healthy plate of food.



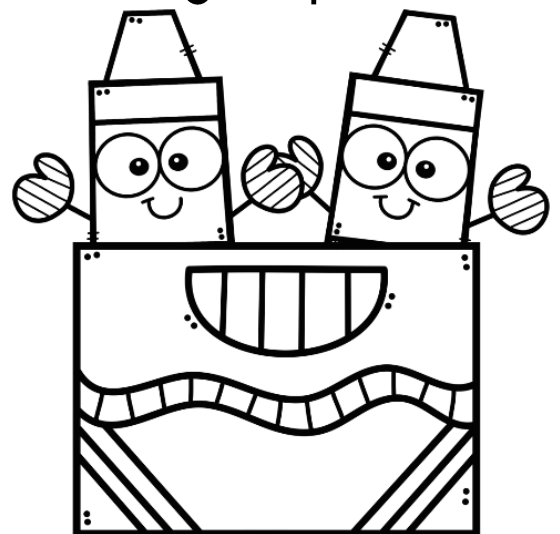
Tips on healthy eating

What must we avoid?

- Too much salt. When you get older it can cause high blood pressure.
- Too much sugar. This can cause you to get diabetics when you get older.
- Too much cake, cooldrink, chips and sweets. These foods are all high in sugar. You will get fat.

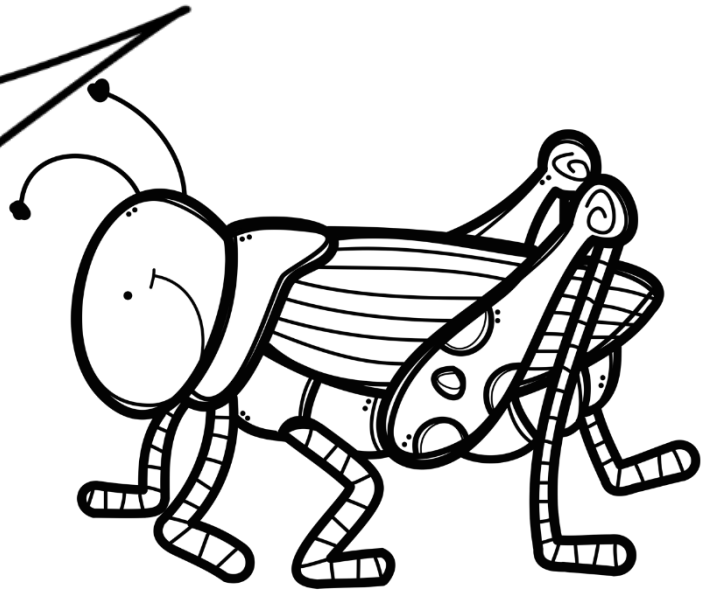


Make a list of all the healthy food you like. Remember to think of all the food groups.



Insects

Insects consists out of 3 body parts: a head, upper body and lower body. They have 6 feet and 2 feelers.



Draw a line from the label to the correct body part.

feeler

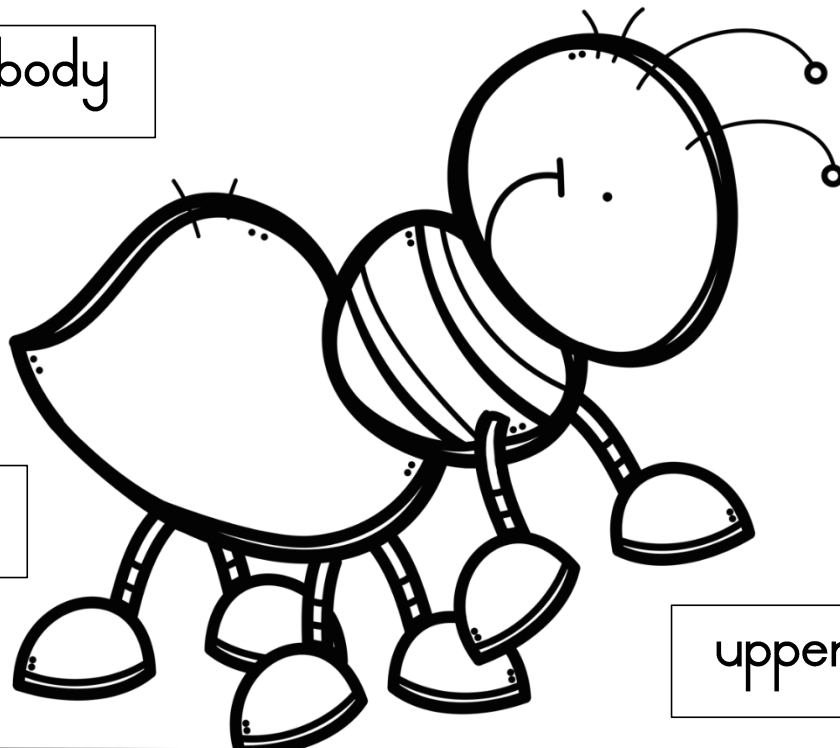
head

lower body

eye

leg

upper body



Different insects

Connect the words with the matching insects.



fly

ant

ladybug

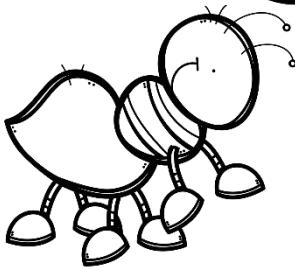
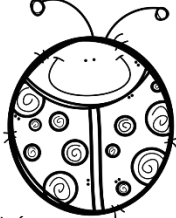
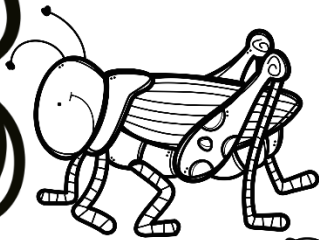
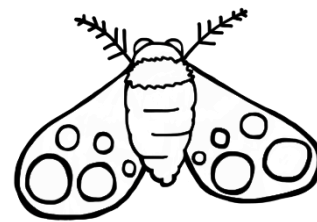
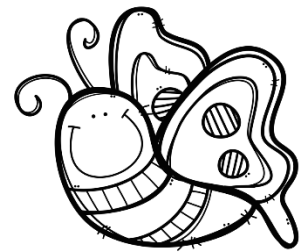
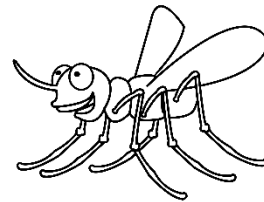
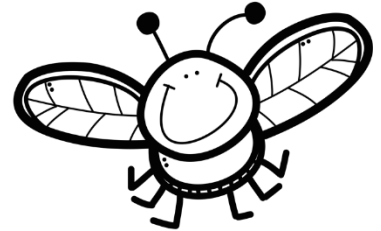
moth

grasshopper

bee

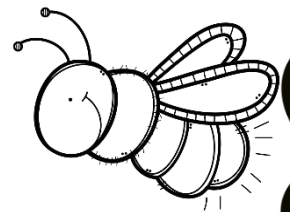
butterfly

mosquito



Fill in the missing words:

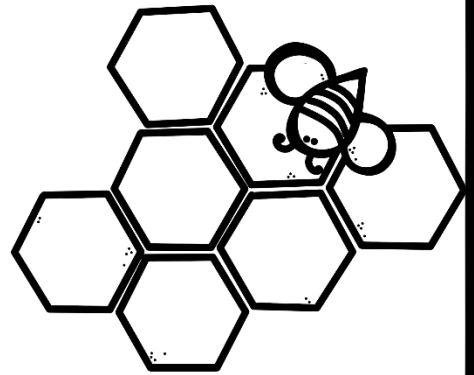
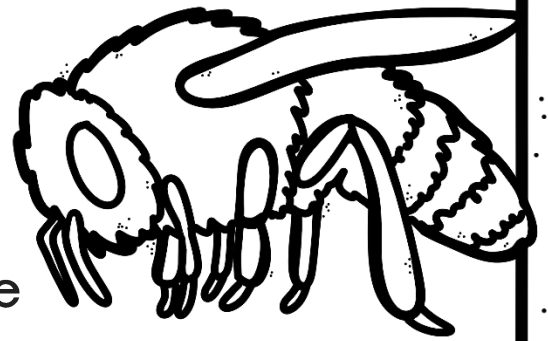
- _____ make honey.
- _____ pollinate flowers.
- _____ spread malaria.



Interesting facts

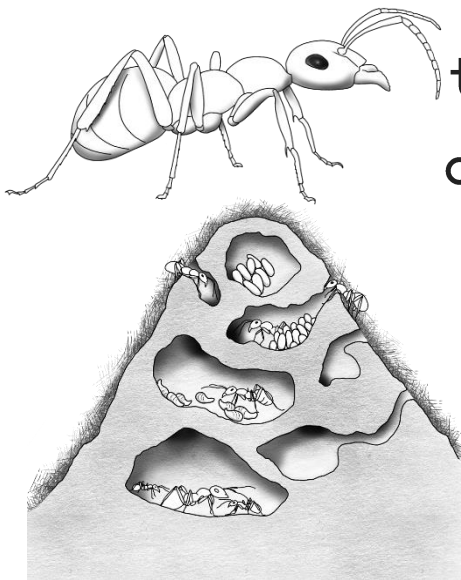
The bee

Bees stay in a beehive. They are social insects and can live up to half a million in one community. Bees spread pollen. This is necessary for fruit to grow. Bees make honey for human consumption.



The ant

Although ants are very small, they can carry up to the weight of 20 other ants. Ants use their feelers to communicate with each other. Worker ants carry food so the queen and other ants can eat it. There are ants everywhere on earth except in Antarctica.



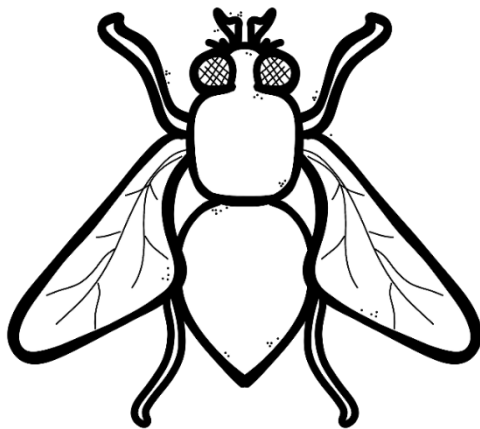
The butterfly

Butterflies have 4 wings with 2 thin feelers. They spread pollen from plant to plant.



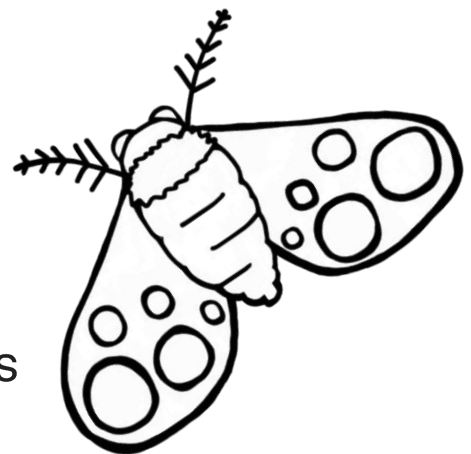
The fly

The fly loves all kinds of food, but strangely enough it tastes with its feet. The adult fly is about 10mm long. Germs spread easily through flies



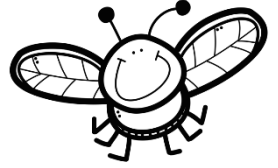
The moth

Moths are closely related to butterflies. Most species are active at night. Their feelers look like little wings. Their wings are folded flat against their backs when they are not flying.



Answer the following questions:

1. Up to how many bees will you find in a community?



2. Where in the world will you not find ants?

3. What does bees produce for human consumption?



4. How much weight can an ant carry?

5. What will a butterfly spread from plant to plant?

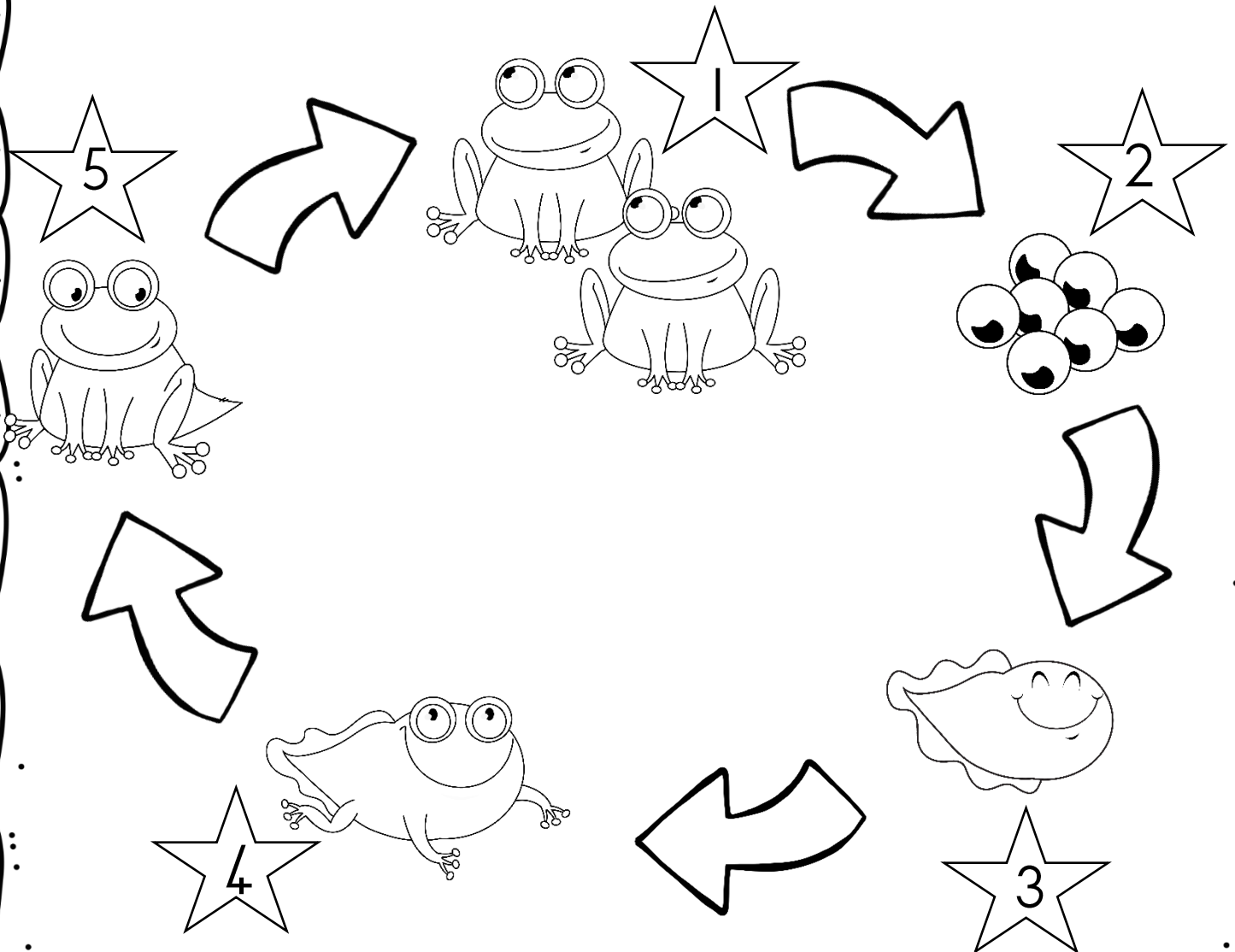
6. How big does an adult fly get? _____



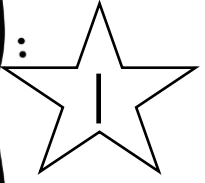
Life Cycles

A life cycle shows the different developmental stages of an animal. The stages follow in a specific order.

The life cycle of the
frog



Read the following



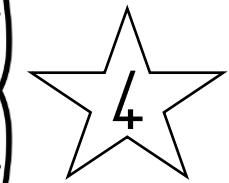
Two frogs mate to fertilize the eggs.



The female frog lays the eggs.



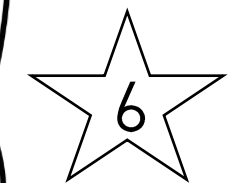
A young tadpole has external gills and a tail fin.



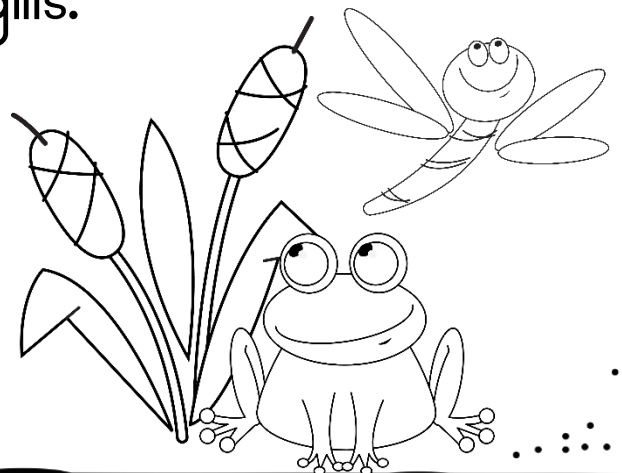
The tadpole grows legs.



The tail disappears.

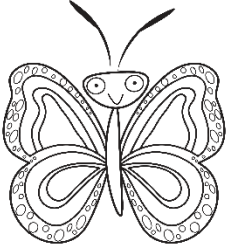


The mature frog has developed lungs and lost its gills.



The life cycle of the butterfly

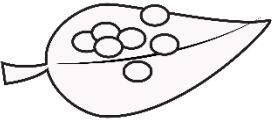
Match the right statement with the correct picture.



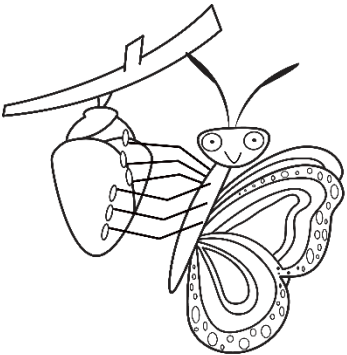
Caterpillars hatch from the eggs.



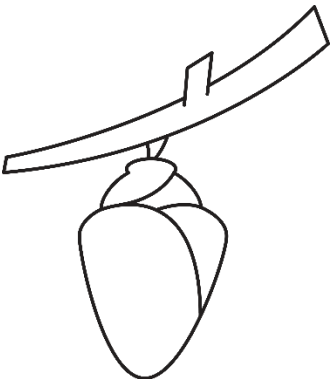
The caterpillar changes into a cocoon.



Everything starts from the beginning.



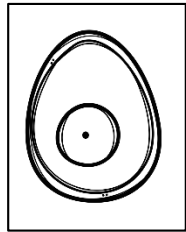
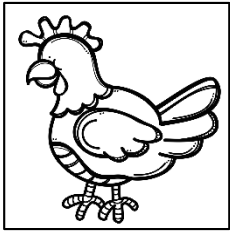
Within a few days the cocoon changes into a beautiful butterfly.



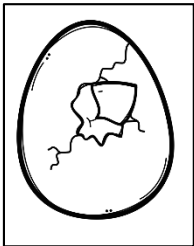
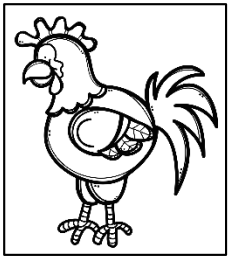
The butterfly lays the eggs.

Cut out the pictures and facts and build your own life cycle of the chicken.

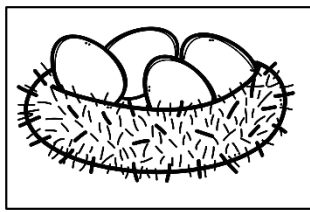
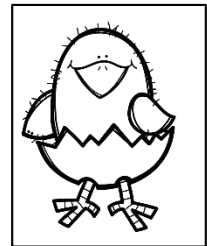
The life cycle of the chicken



The hen and rooster
mates.

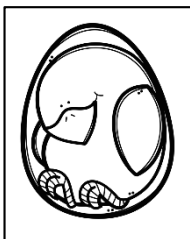
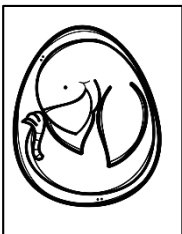
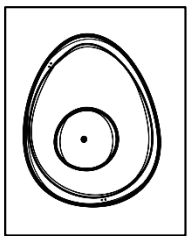


While the chick grows it
eats the egg yolk.

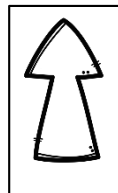
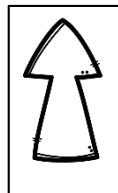
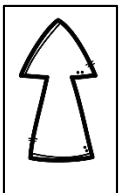
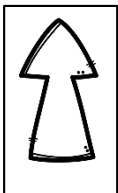
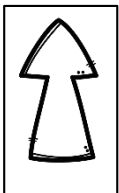


After 3 months the
chick will be a full grown
hen or rooster.

After 21 days the chick
will hatch.



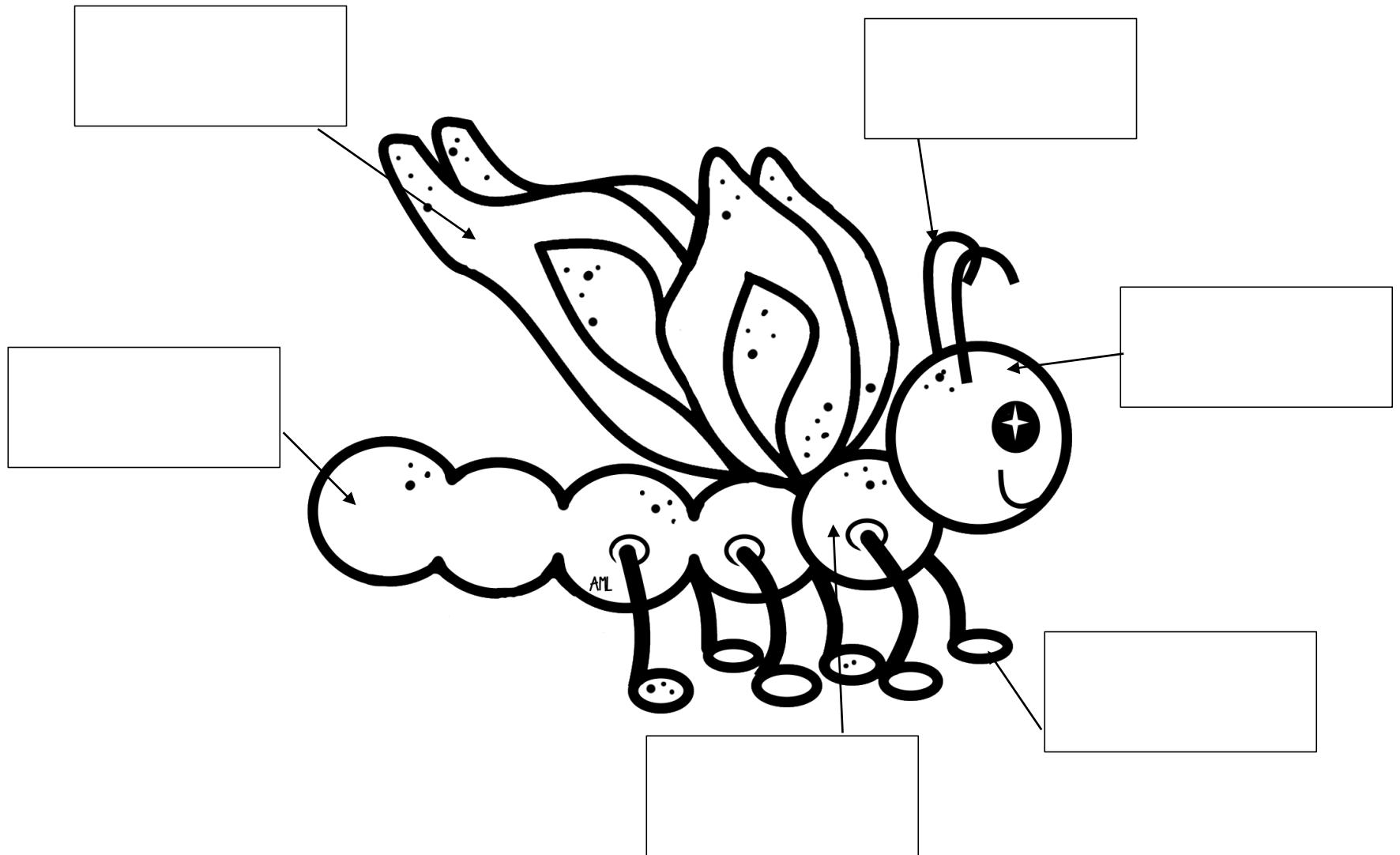
The chick uses its beak to
break the shell from the
inside.



The hen lays eggs in a
nest. She uses her body
heat to keep the eggs
warm.



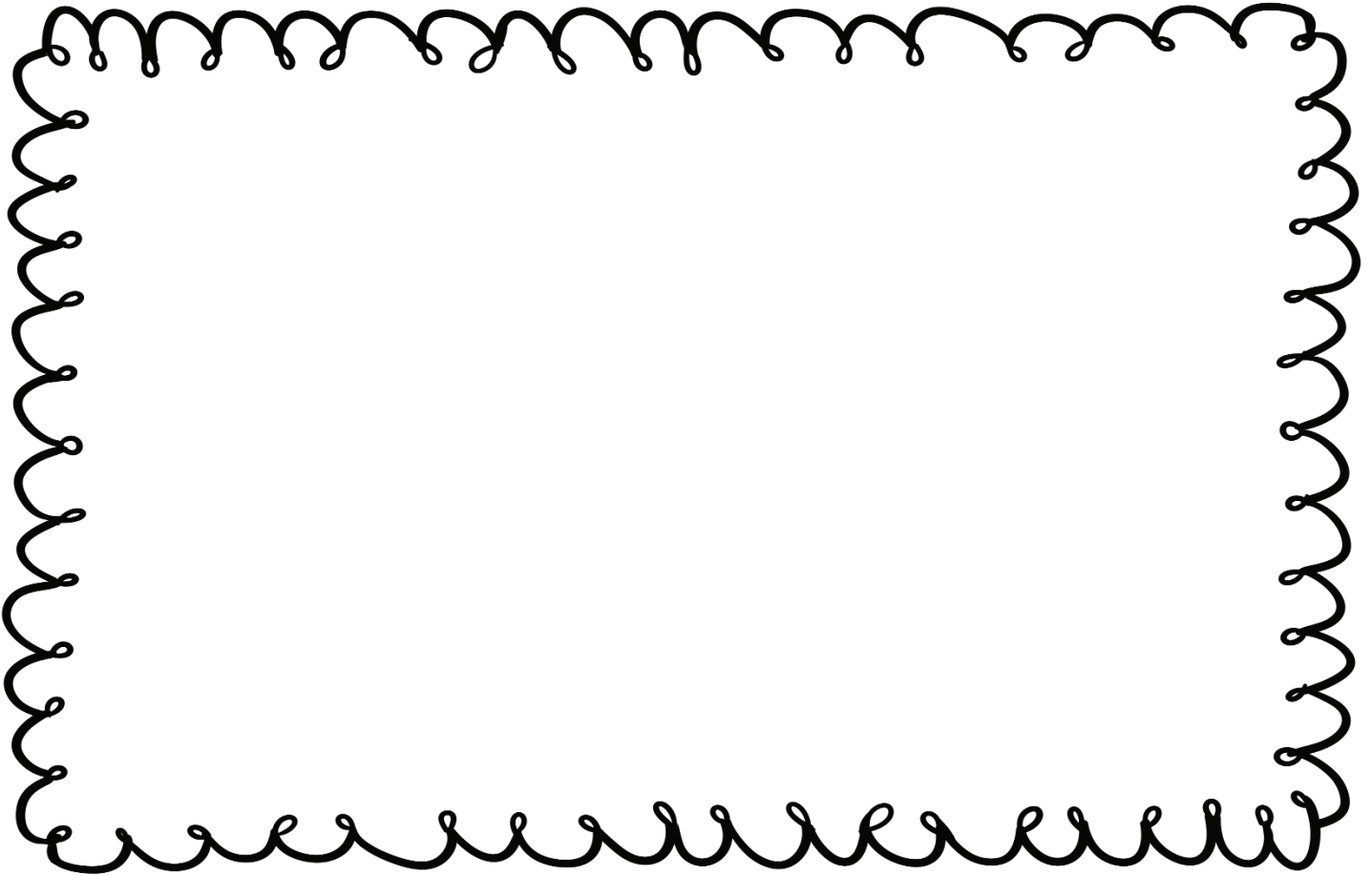
Label the butterfly



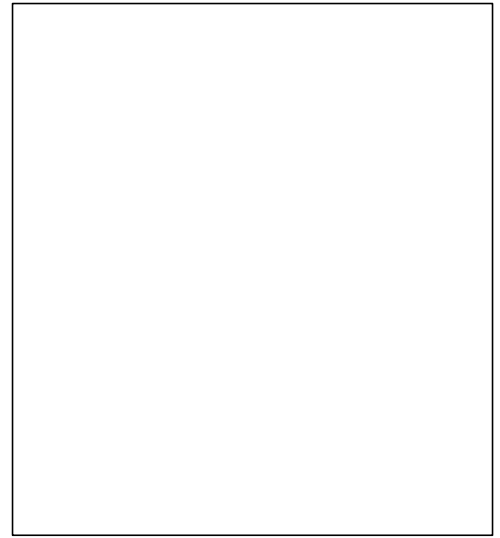
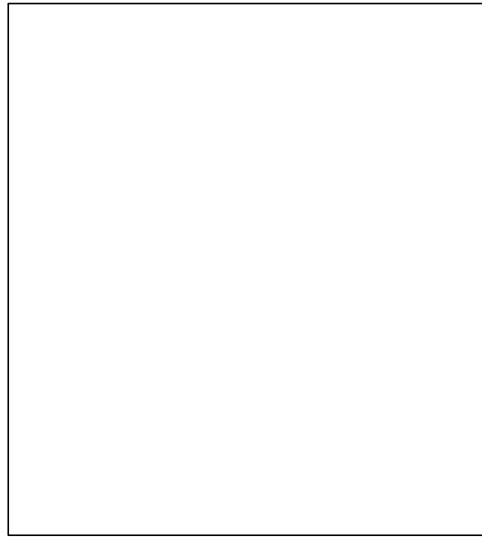
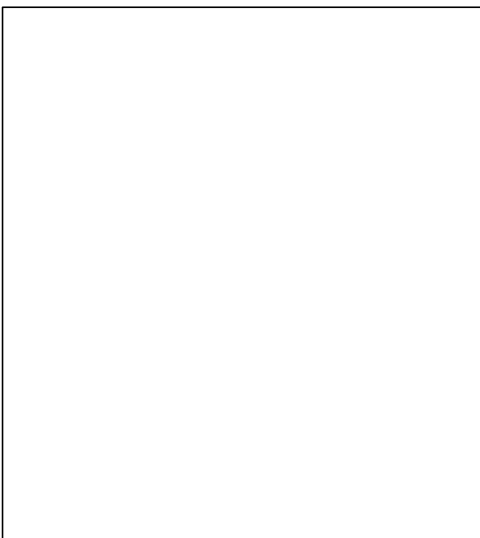
wing feeler head leg upper body lower body

My pet

Draw a picture of your pet, or a pet that you would really love to have.

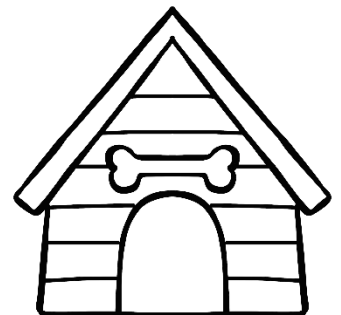
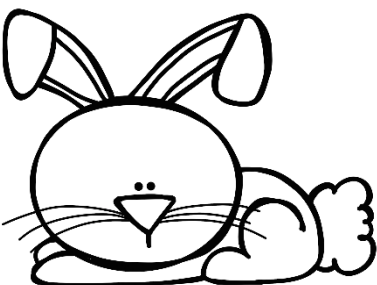
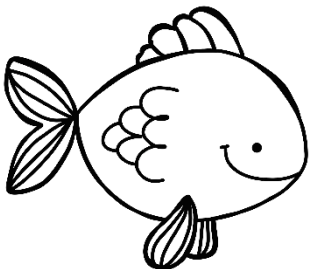
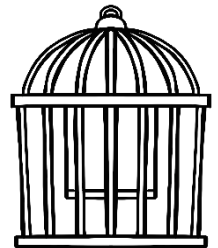
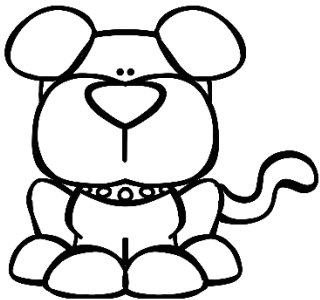
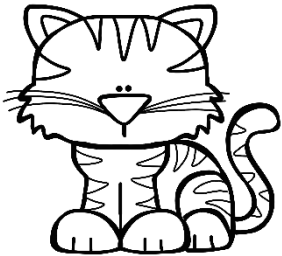
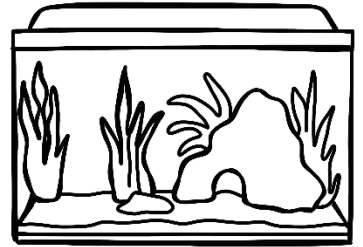


Draw 3 things that your pet needs.

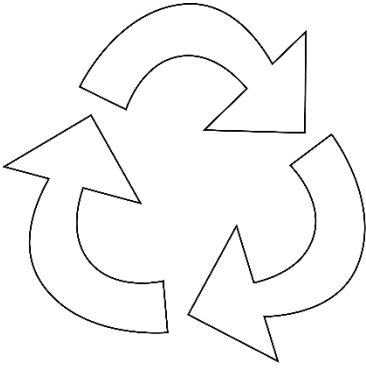


What does your pet need?

Join the pictures.



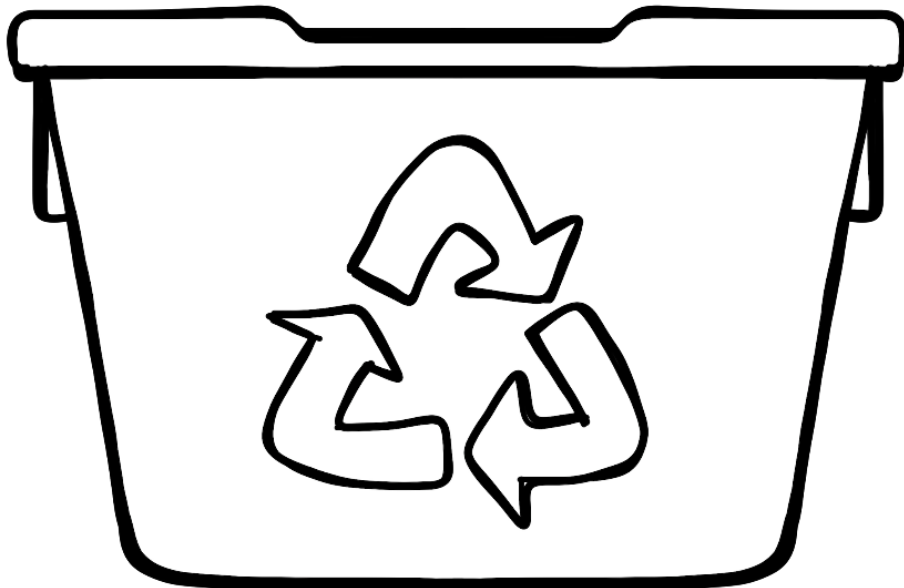
Recycle



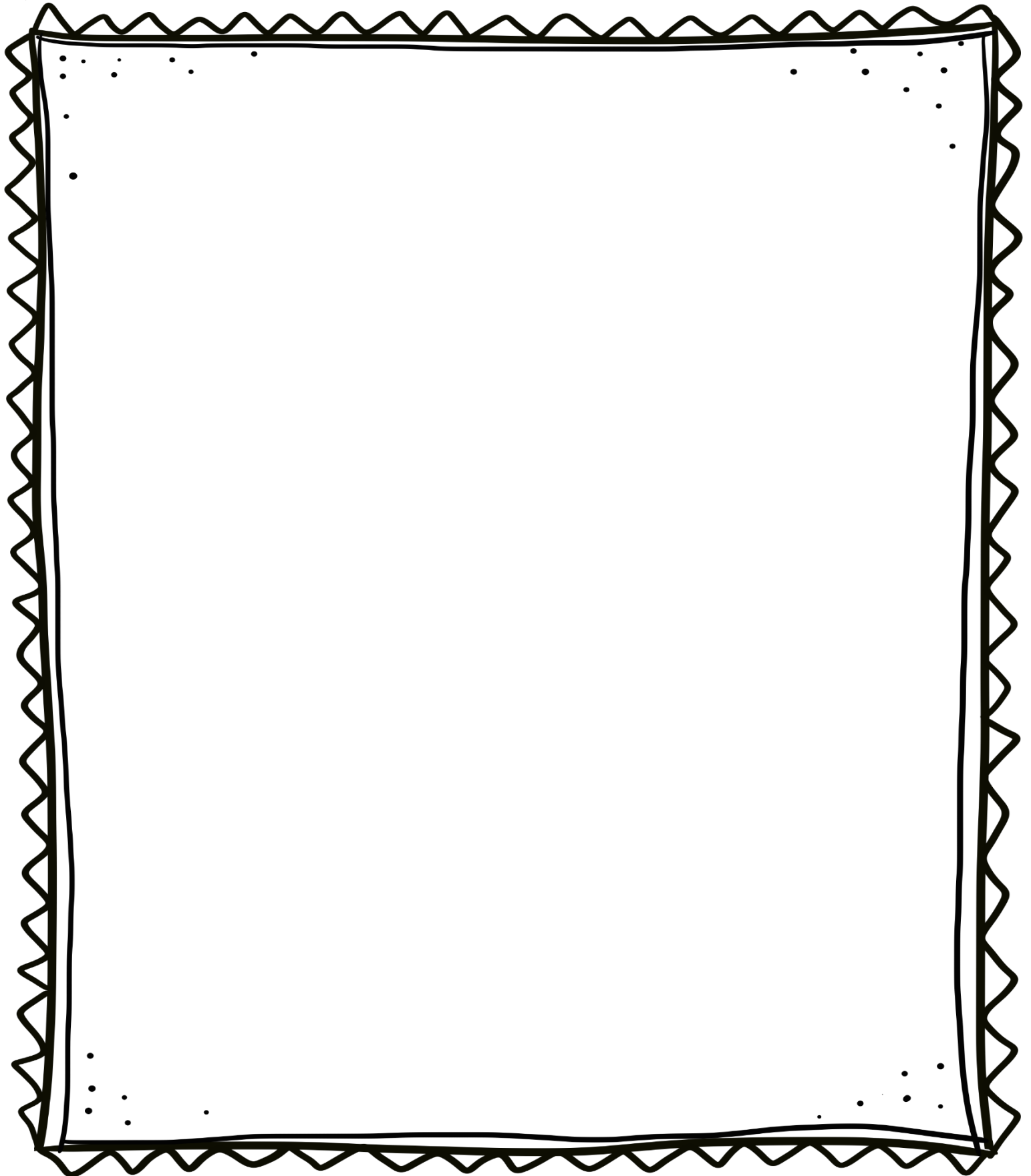
Look at the sign and write down places where you have seen it. _____

We need to remember the three R's:

1. **Reduce:** We should reduce our littering.
2. **Re-use:** We have to re-use as many things as we can before we throw it away.
3. **Recycle:** We have to find ways of using paper, plastic and tins.



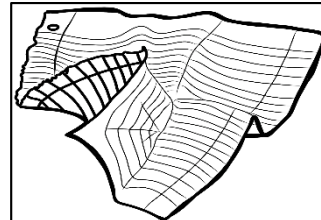
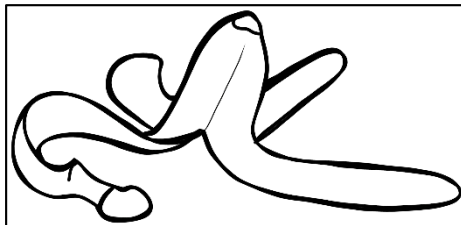
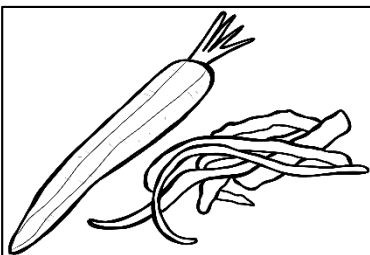
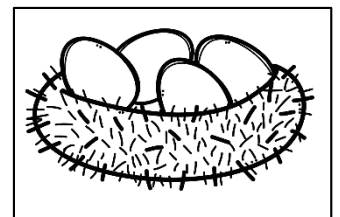
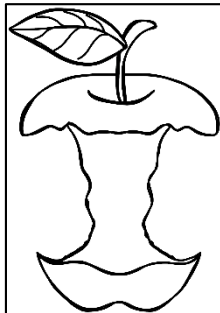
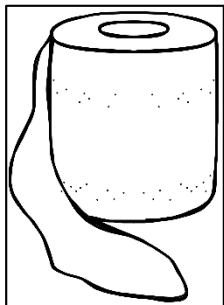
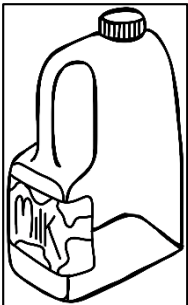
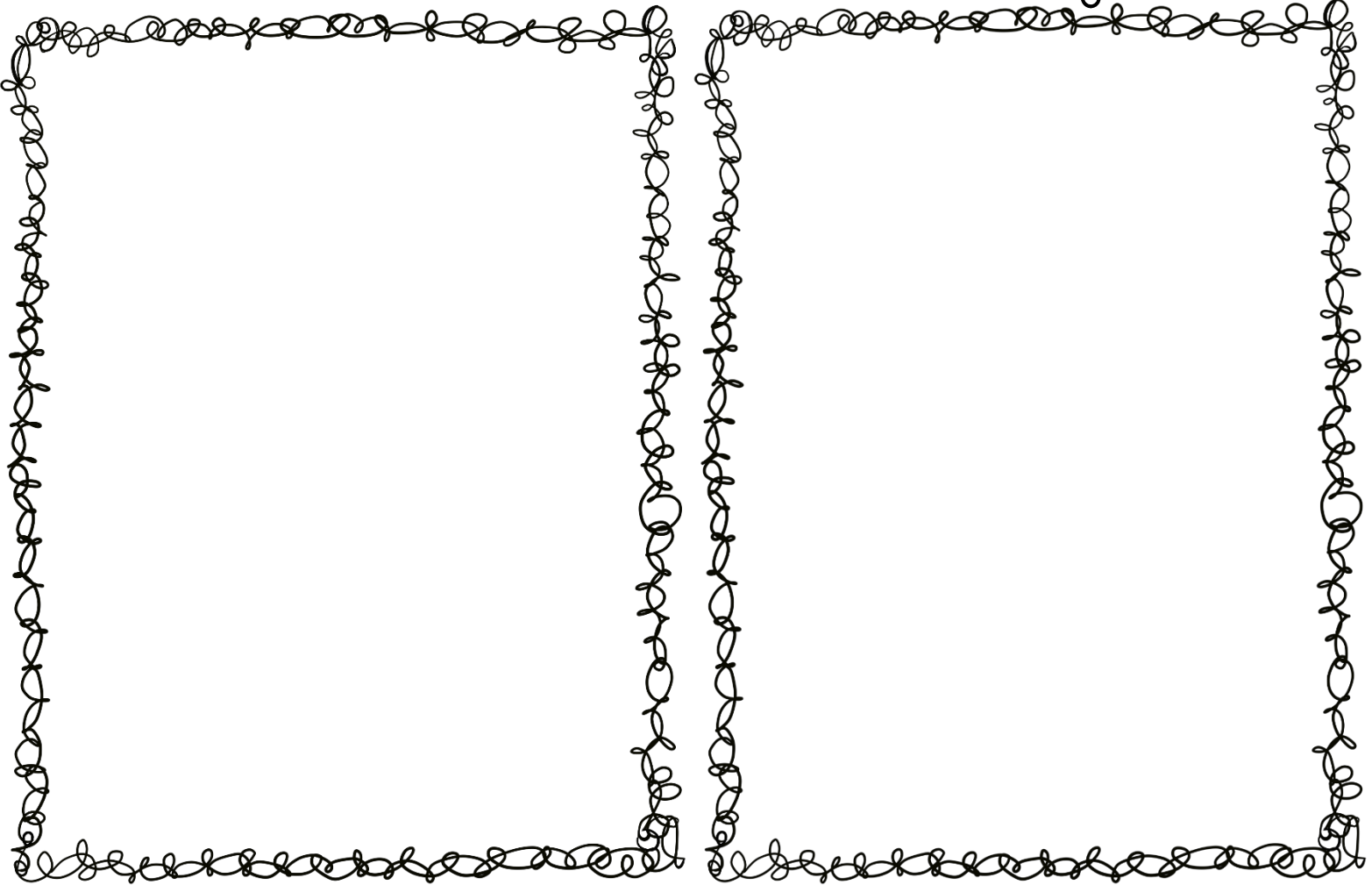
Design a poster to make people aware of recycling.



Cut out the pictures and paste them in the correct block

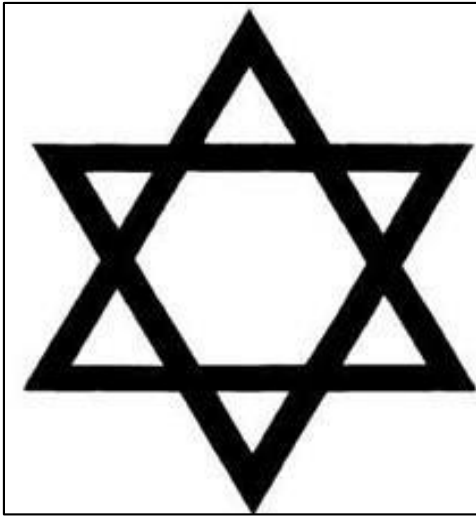
Things that will decay.

Things that will
not decay.



Religious and other special days

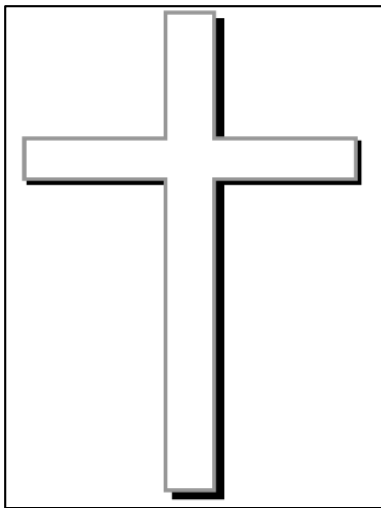
Read the following interesting facts.



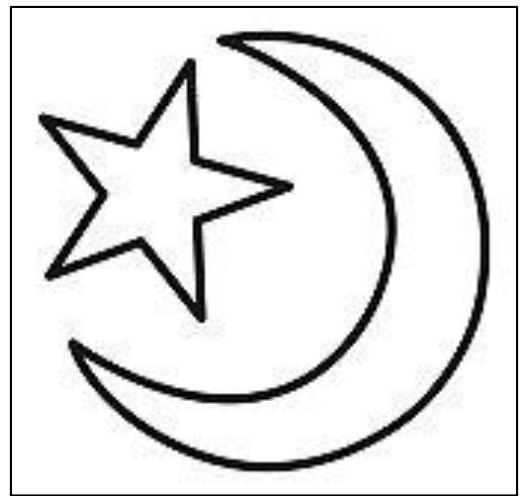
The Judaic symbol is the Star of David. King David was a king of the Israelites.



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



The cross is the Christian symbol.



The crescent moon and star form the symbol of Islam.

Places of worship

Label the places of worship by using the correct words, then match the religion with the place by connecting them.

church

synagog

mosque

temple

Religion

Islam

Judaism

Christianity

Hinduism

