

Staying Healthy

3

Just like me, a child between the ages of 4 and 8 needs 5 servings of vegetables and fruits, 4 servings of grain products, 2 servings of milk and alternatives, 1 serving of meat and alternatives, and a small amount of oil and fat every day.



In this unit, students will:

- identify food items from different food sources.
- classify food items into different food groups.
- understand that exercise is important to their health.

3

A. Match the food items with the food sources. Write the letters.



Cows



Rice

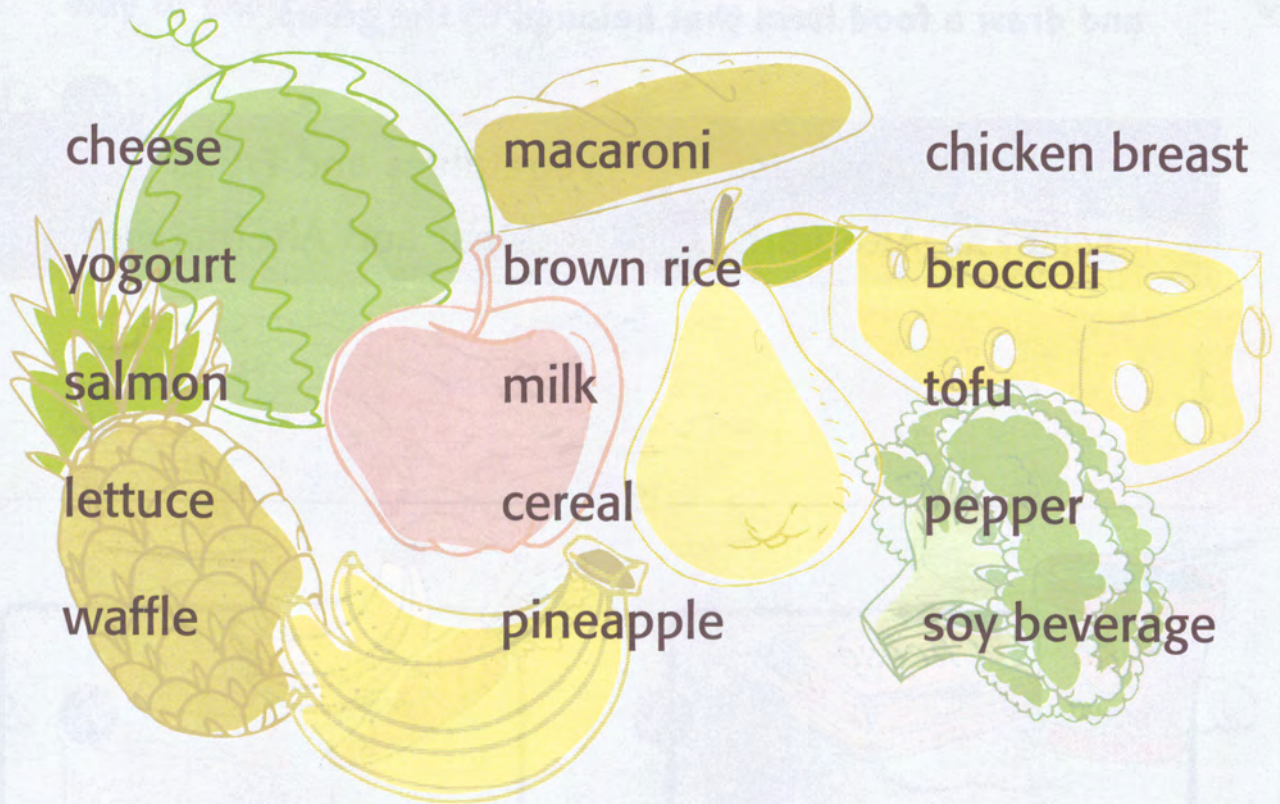


Corn



Tomatoes

B. Put the food items in the correct boxes.



1. Grain Products

2. Vegetables and Fruits

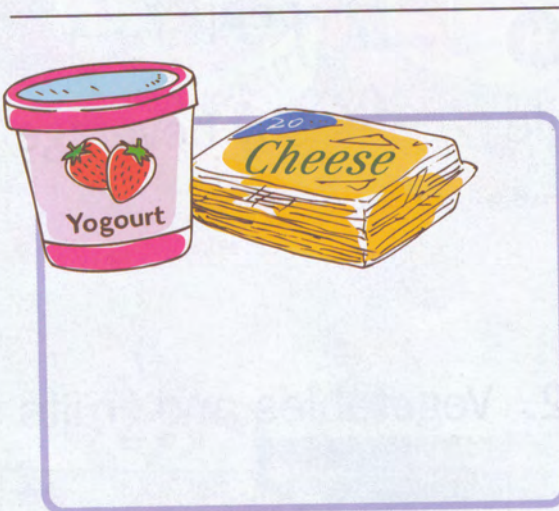
3. Milk and Alternatives

4. Meat and Alternatives

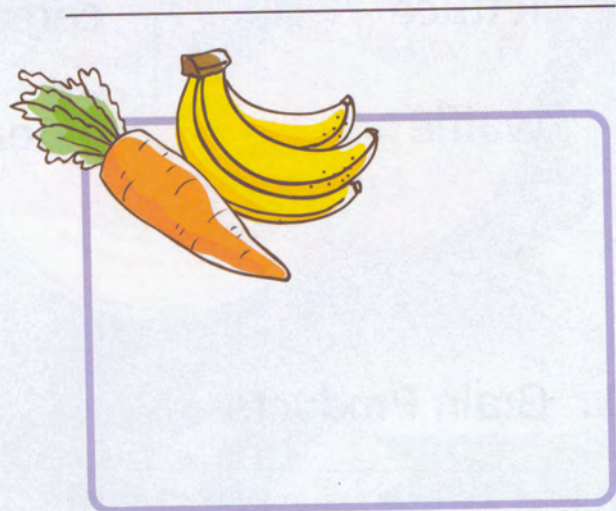
C. Look at the food items in each group. Name each food group and draw a food item that belongs to the group.

Grain Products	Vegetables and Fruits
Milk and Alternatives	Meat and Alternatives

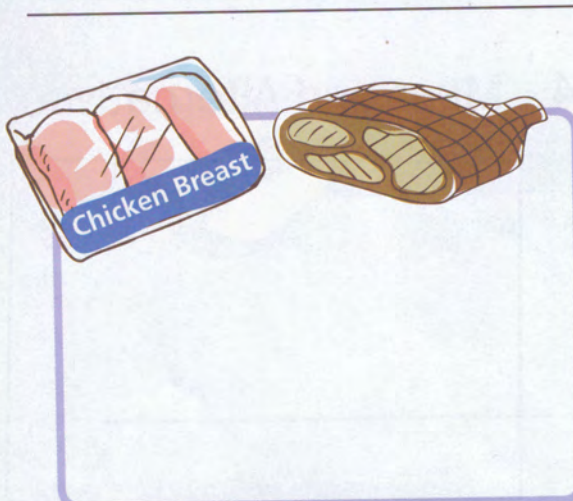
1.



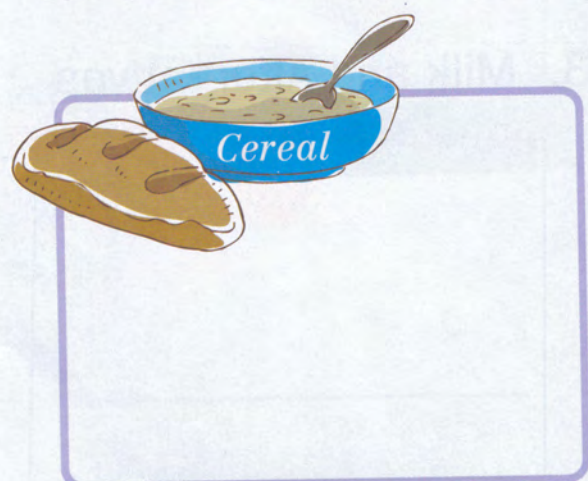
2.



3.



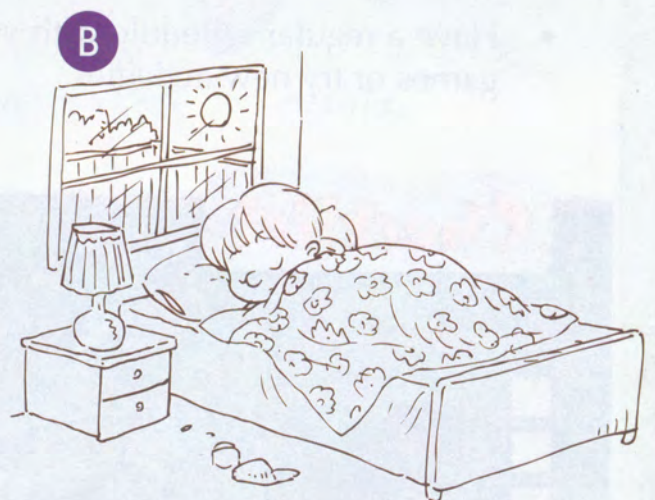
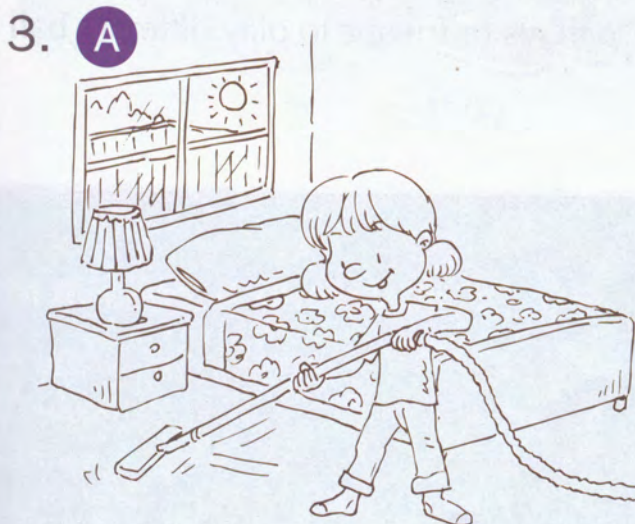
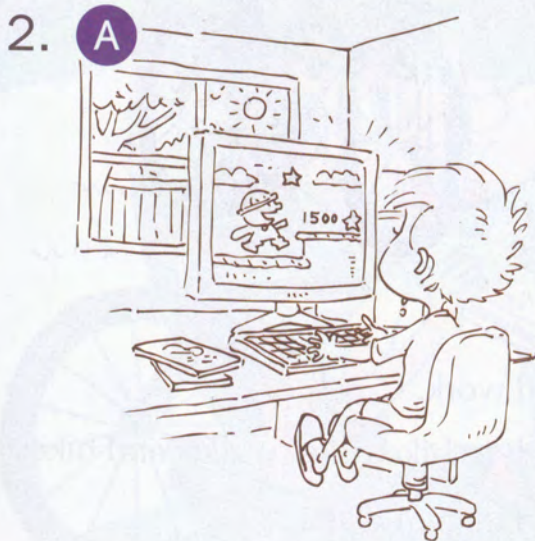
4.



D. Look at each pair of pictures. Colour the picture that shows a better way to exercise your body.



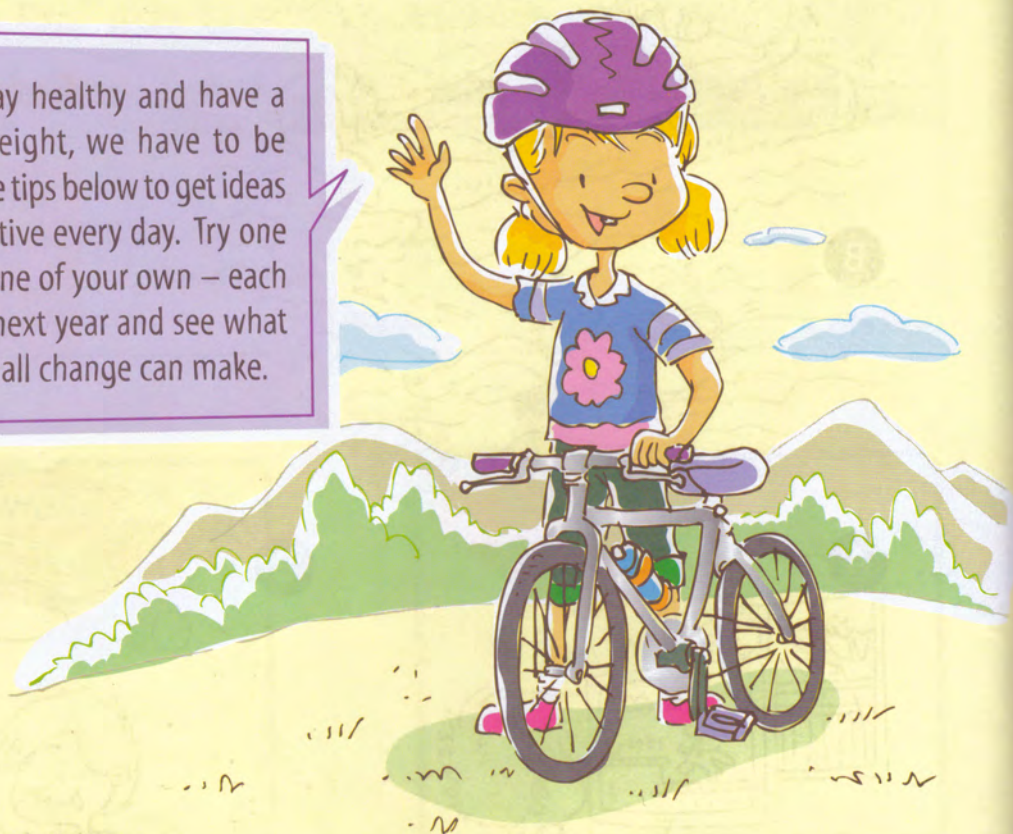
When your body moves, that is exercise. Your body needs exercise to keep it working well.



Try this!

Be an Active Person!

If we want to stay healthy and have a healthy body weight, we have to be active. Look at the tips below to get ideas on ways to be active every day. Try one of the tips – or one of your own – each month over the next year and see what a difference a small change can make.



Tips for being active:

- Help your parents do gardening and yard work.
- Plan active outings with your parents such as bike rides, walks, and hikes.
- Practise the new activity that you learned in gym class.
- Walk wherever you can and use the stairs instead of elevators if possible.
- Have a regular schedule with your parents or friends to play different ball games or try new activities.

Checklist

Are you able to...

- identify the food items from different food sources?
- classify the food items into different food groups?
- tell the importance of exercise?