

Perfect Match

# Health Education

Grade

2

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SAMPLE



**HODDER**  
EDUCATION

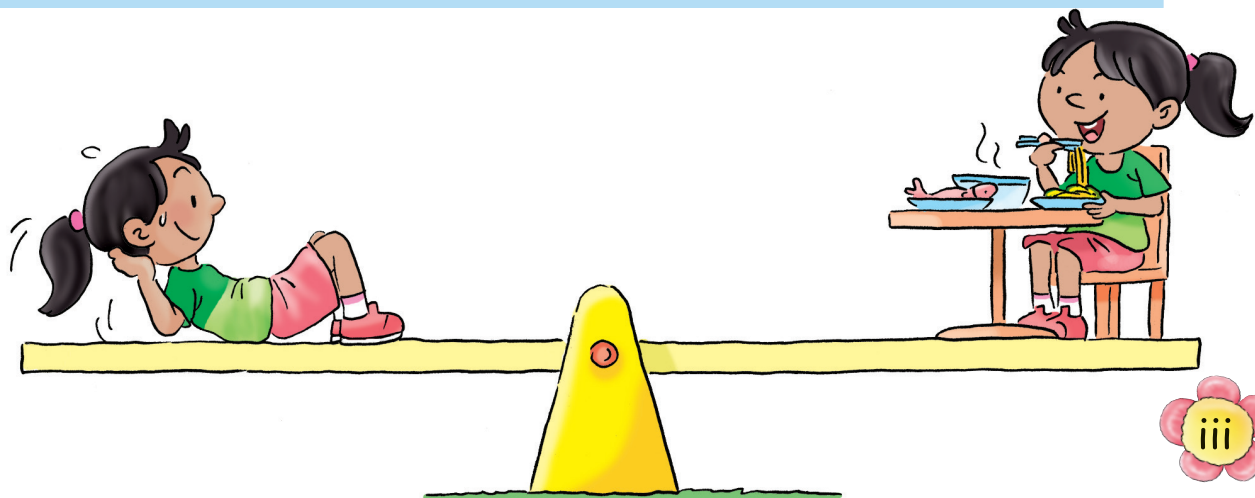
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Learning Log

65-70



Name:

Class:









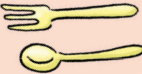













Date:

Lesson 1

# Growing Well



Listen carefully to your teacher. Circle 'B' if Ajit and Tawan had breakfast, 'L' if they had lunch, 'D' if they had dinner, and 'E' if they exercised.

Pupil	Ajit 	Tawan 
Day		
Mon	 B L D  E	 B L D  E
Tues	 B L D  E	 B L D  E
Wed	 B L D  E	 B L D  E
Thurs	 B L D  E	 B L D  E
Fri	 B L D  E	 B L D  E

Learning Objective: Pupils will be able to understand how to achieve healthy growth.

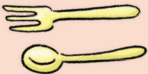









3

To grow well, you need regular meals and exercise.



Record your meals and exercise for the next five days. Circle the letters 'B', 'L', 'D', and 'E'.

B: breakfast    L: lunch    D: dinner    E: exercise

Pupil	(Write your name here)		
Day 1	 B L D	 E	
Day 2	 B L D	 E	
Day 3	 B L D	 E	
Day 4	 B L D	 E	
Day 5	 B L D	 E	

1. Which meals did you have every day?

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2. How many times did you exercise in the five days?

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Name:

Class:

Date:

Lesson 2

# More About Food



Eileen, Haris and Ajit are at a food centre. Read what they are saying.

Look at all the different food we are having.

My favourite is rice and vegetables. I have vegetables at every meal.



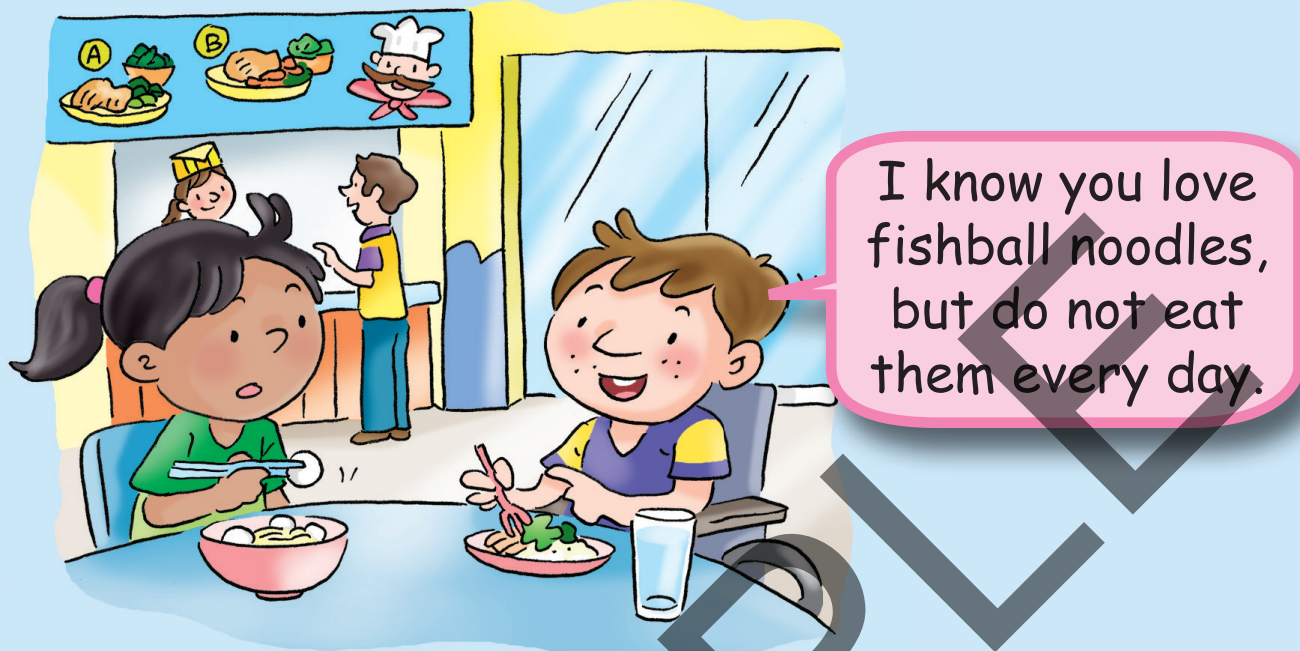
Me too! I also need a glass of milk at every meal. Hey Eileen, you do not have a drink!

I brought water from home. I will have some later.


Learning Objective: Pupils will be able to understand how to achieve healthy growth.

5

Did you see how many types of food Eileen, Haris and Ajit were having? You must eat different types of food to stay healthy.



Drink at least eight glasses of water every day. If the weather is hot or you are exercising, drink more. The colour of your urine must be a very light yellow because that shows you have enough water to function well.

 Draw and describe the types of food you eat. They can be from the school canteen or from home.

Blank yellow rectangular area for drawing and describing food.

