

Perfect Match

Health Education

Grade

3

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SAMPLE



HODDER
EDUCATION

AN HACHETTE SINGAPORE COMPANY

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Physical Health

In this section, you will learn:

- some good eating habits;
- about My Healthy Plate;
- how good hygiene prevents illnesses and diseases;
- how to take care of your eyes; and
- about types of food that are good for your teeth and bones.



Name:

Class:

Date:

Lesson 1

Good Eating Habits

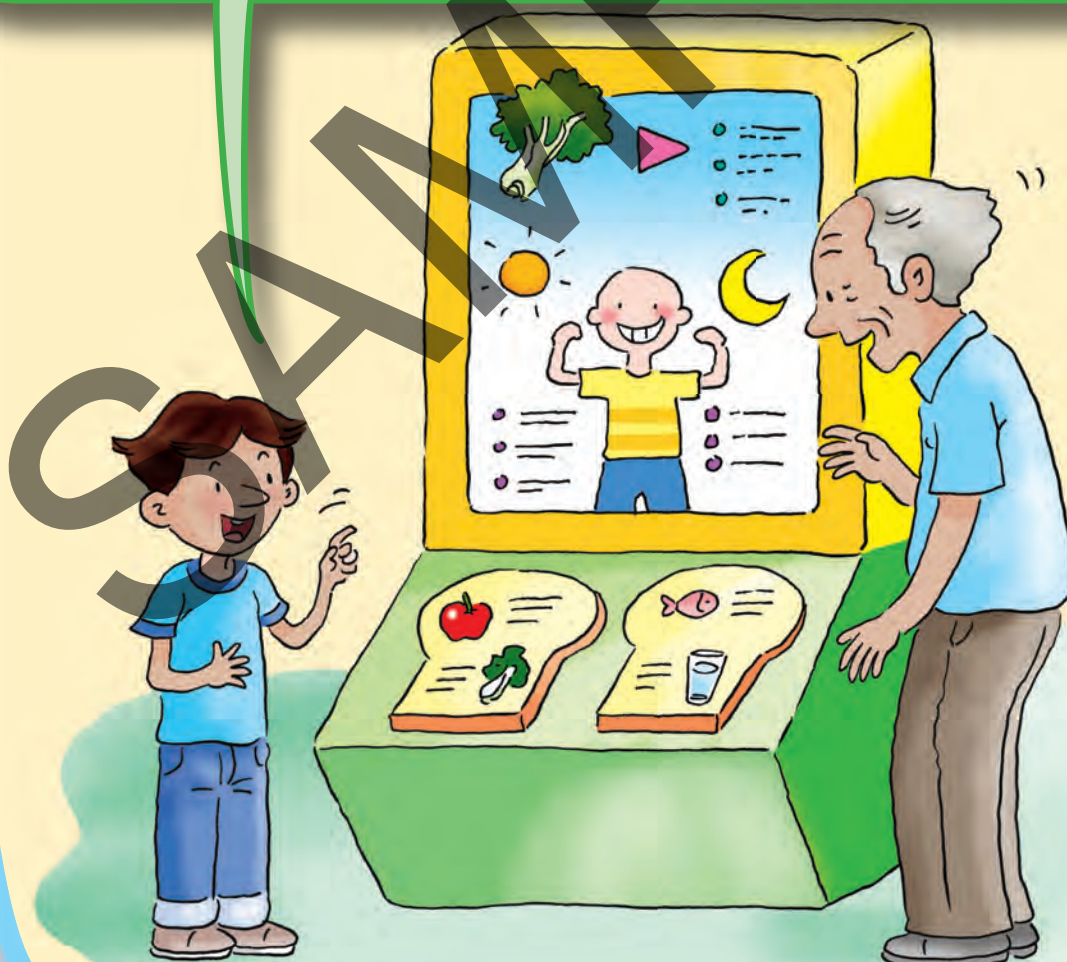


Lam, Eileen, Harold, Ajit and their families are at an exhibition about good eating habits. Listen carefully as your teacher reads. Fill in the blanks.

Look, Grandpa, it says here that having regular meals keeps you healthy. It means we should have

b _____, l _____ and d _____ every day.

It also says we are to eat a little of a wide variety of food.



Learning Objective: Pupils will be able to make healthy food choices to obtain and maintain healthy growth.



We should have at least t__ servings of fruit and t__ servings of v_____.



We learnt in school that we should also drink eight glasses of w_____ every day, and more if we exercise or play a sport.

Why is it important to c_____ our food well?



Chewing helps us to d_____ our food.

Name:

Class:

Date:

Lessons 2

My Healthy Plate



The picture shows My Healthy Plate—an easy guide to eating balanced and healthy meals. Can you name some of the food from the different food groups?



Learning Objectives: Pupils will be able to identify the different types of food for growth and health, and make healthy food choices to obtain and maintain healthy growth.



There are three food groups in My Healthy Plate. Your body needs food from each of them. Each food group has a different function. Let us find out what they are.



I love eating noodles, wholemeal bread and brown rice. Whole grains have a lot of fibre and are good for our heart too.

I love fruit and vegetables. They have lots of water, vitamins, minerals and fibre. They are important for healthy living.



What about water? It is important to drink lots of water daily especially on a hot day and after strenuous sport or exercise.



Two of my favourite dishes are fish and chicken. You can find protein and fat in meat and fish. Protein helps us grow. Fat gives us energy and makes food tasty. Fish and tofu are healthier food items that contain protein.



I have milk and some nuts and cereal every day. Milk belongs in the food group 'meat and others'. It contains calcium, which we need to build strong bones and teeth. Nuts are rich in protein. They contain healthy oils and are good for us.



What about oil, salt and sugar? It can be unhealthy to have too much of them or take them too often. Your body does not need large amounts of these.





Draw lines to match the food items to the correct food groups.



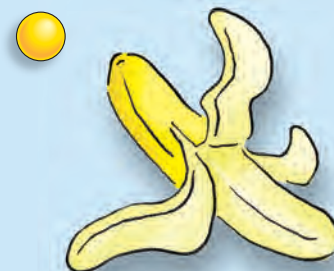
Vegetables



Meat and others



Whole grains



Fruit

