

FREE CAPS-ALIGNED HEALTHY EATING HABITS WORKSHEETS GRADE 1

Say NO to unhealthy food

Name:..... Date:.....

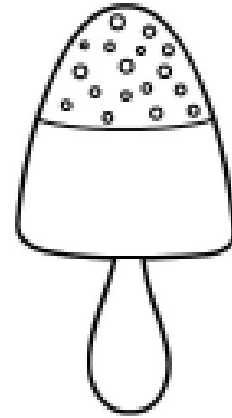
1. Circle the unhealthy food in each row.
Can you read the words underneath?



milk



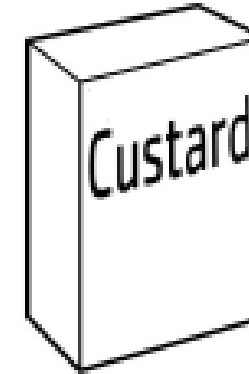
yoghurt



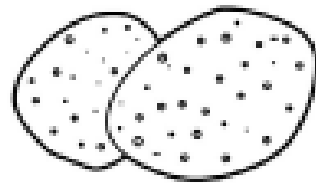
ice cream



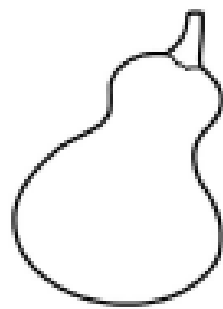
maas



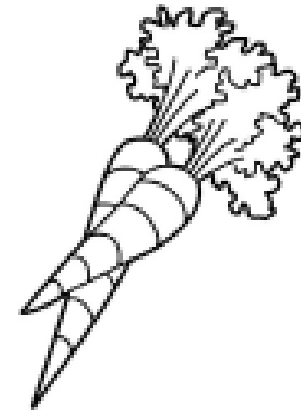
custard



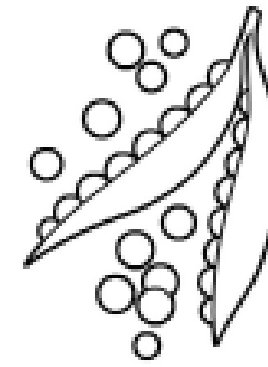
potatoes



butternut



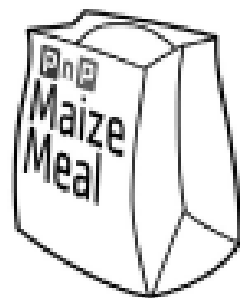
carrots



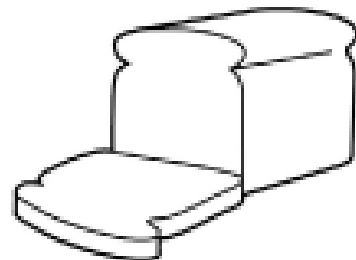
peas



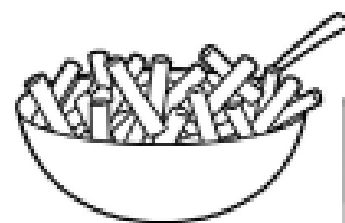
potato
crisps



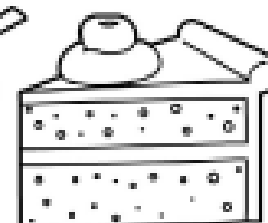
maize meal



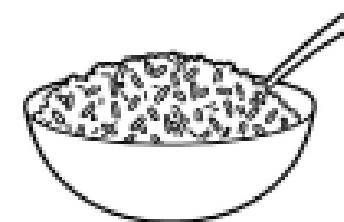
bread



macaroni



cake



rice

2. Tell a friend why you circled each one.

Section B
Foundation Phase
Grade 1

Healthy and unhealthy food

Name:..... Date:.....

1. Look at the picture.
2. Circle the foods that are healthy.
3. Sing the healthy food song to the tune of 'London Bridge is falling down'.

Learner Activity 2



The healthy food song

Veg and fruit are good for you, good for you, good for you.
Veg and fruit are good for you, have some every day.
Milk and maas are good for you, good for you, good for you.
Milk and mass are good for you, dairy is the way.

4. Now add your own words.