



Adult Enrichment Center
1813 E Dyer Rd. Unit 411
Santa Ana, Ca. 92705

AEC Remote Services | Health and Wellness | 06.14.21- 06.25.21

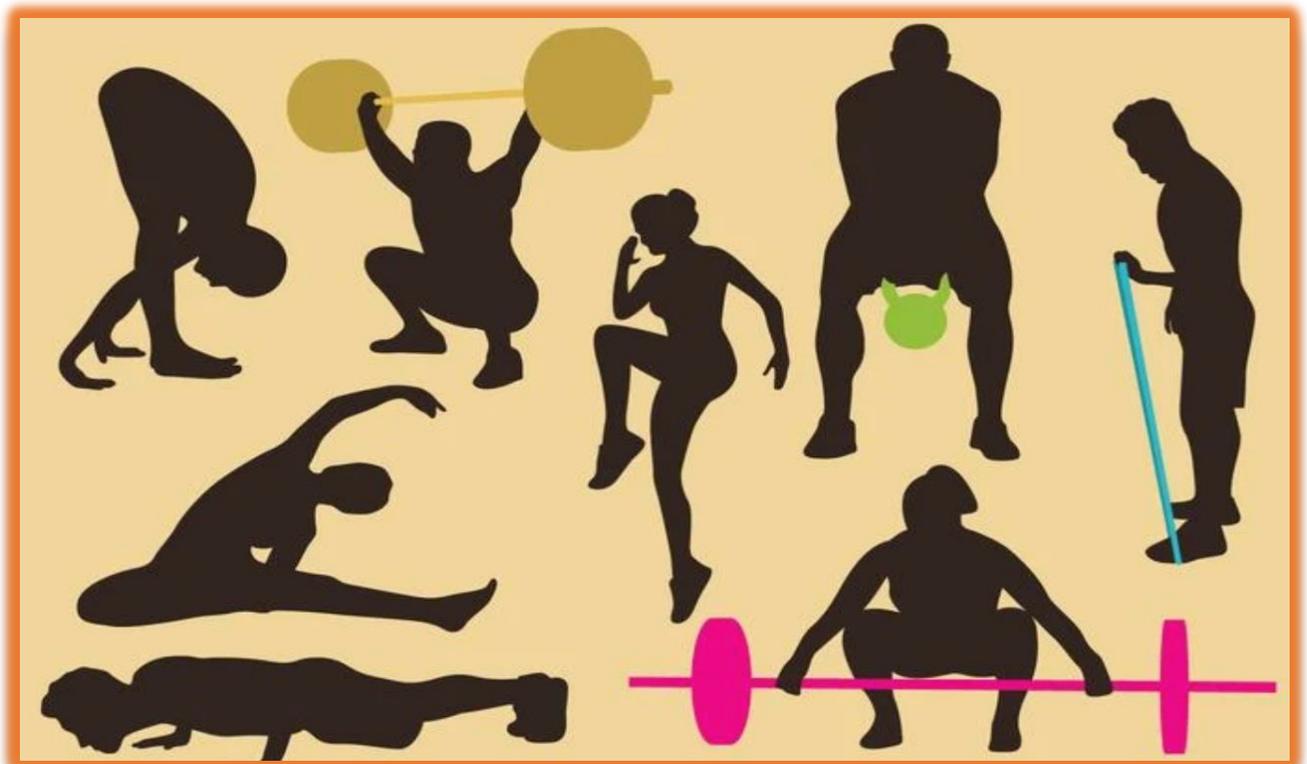
Thank you for participating in AEC remote services.

Today we have four topics within this curriculum:

YouTube Fitness, Personal Choice Worksheets, Father's Day Healthy Snack Options, FaceTime and Phone Call Options

Items Needed: Screen Sharing Capability

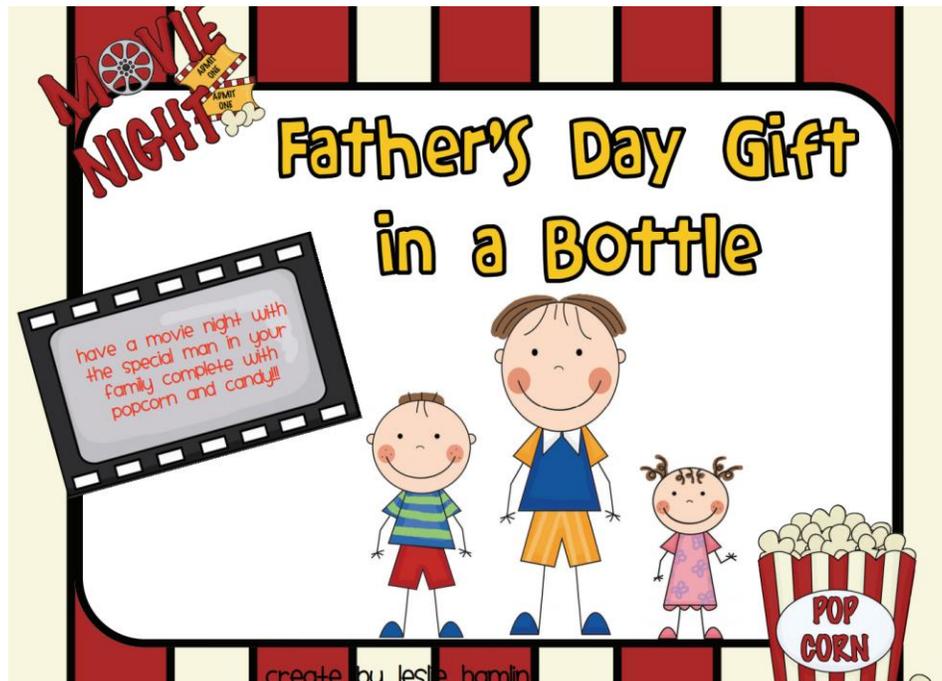
Optional Materials: Writing Utensils, glue, scissors, and worksheets.



Option 1 | Healthy Snack Options | HF & LF

1) Father's Day Popcorn Gift in a Bottle

Directions: see the worksheets for supplies and instructions.



Dear Friends,

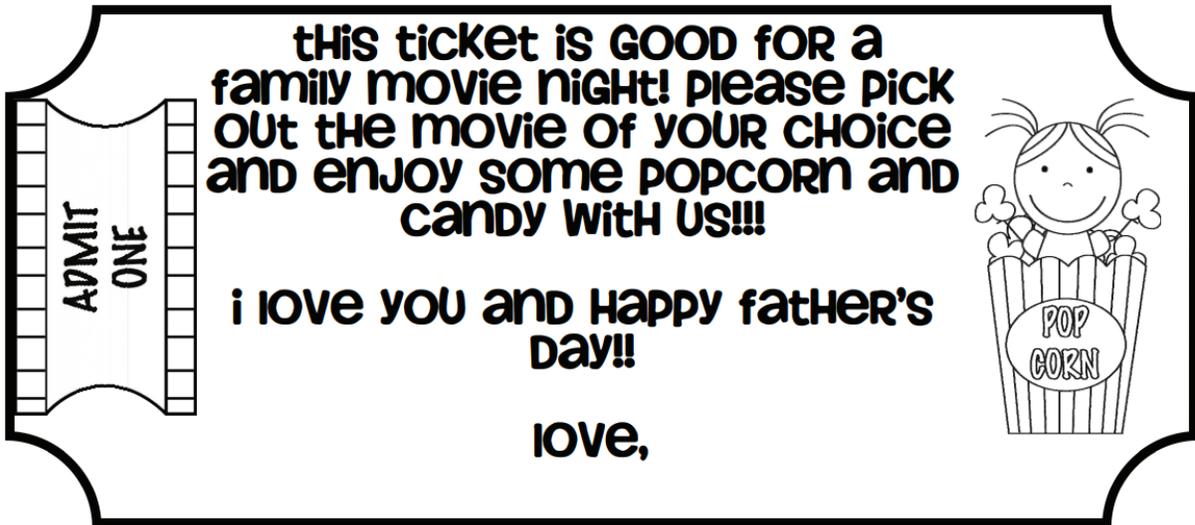
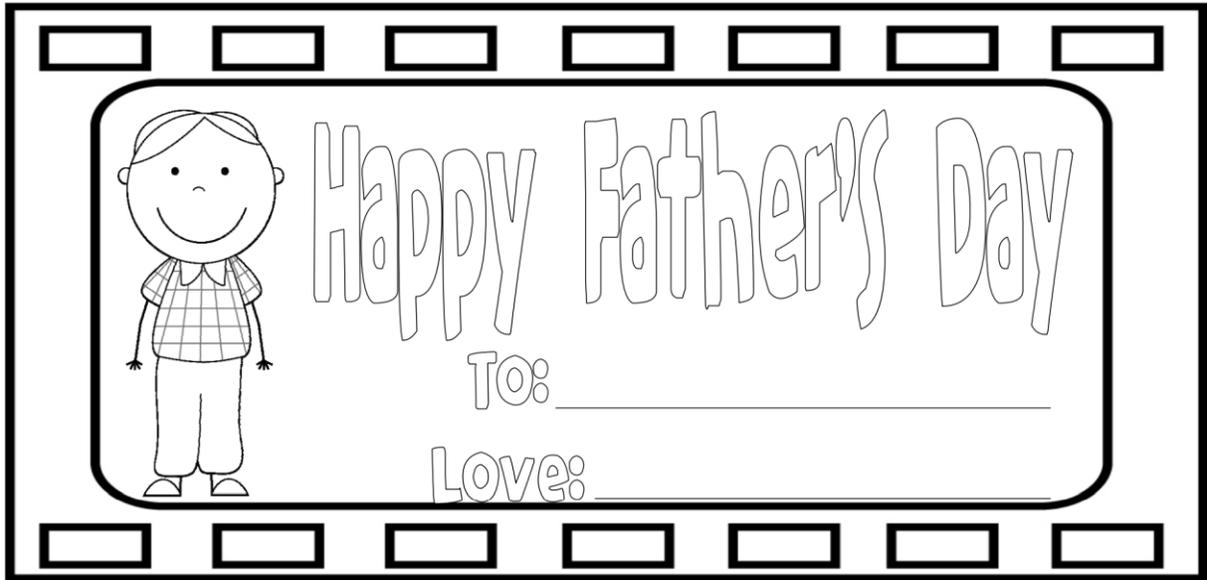
This is a great alternative gift to the "tie card" we always give to dad's on Father's Day! You will need the following materials to help make this craftivity successful (I have attached a letter for you!)

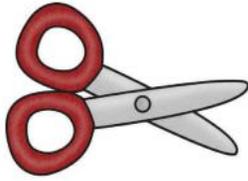
- 2 liter soda bottle
- Bags of individually wrapped candy
- Box of "Movie theater style" candy (I get mine from the Dollar Tree)
- Microwave popcorn
- Tissue Paper
- Curling Ribbon

I usually buy the movie theater style candy or you can just use the individually wrapped candies. If you choose the latter option, you will need more bags of candy as you will have to fill the bottle up with more candy. The box will add as a bigger filler. I have provided a picture guide for you as well! I hope you enjoy this simple craftivity that looks professional and fun for those special men in our lives!



**teacher: please print on legal size paper. have students color and cut out film strip. then after you cut and stuff bottle, use to hide cut marks and use as your father's day gift in a bottle label for front of your bottle.





ASSEMBLY



1. peel soda label off bottle as much as possible.



2. with permanent marker, draw a large "I" as a guide for where you will cut. use a sharp tool to make your initial cut and then use scissors.



3. as you cut, notice that you will not cut out a complete rectangle! make sure your rectangle is wide enough to place objects in such as the popcorn and movie theater candy. make slight adjustments as necessary. **caution—edges may be sharp!

2)Chocolate Zucchini Brownies

Directions: see the worksheets for supplies and instructions.



Ingredients

- 8 tablespoons (1 stick) unsalted butter
- 4 ounces unsweetened chocolate, chopped
- 1 cup granulated sugar
- $\frac{1}{4}$ teaspoon salt
- 1 cup shredded zucchini
- 2 teaspoons vanilla extract
- 2 large eggs
- 1 cup white whole-wheat flour
- $\frac{3}{4}$ cup chopped semisweet chocolate or chocolate chips
- $\frac{2}{3}$ cup toasted pecans, coarsely chopped, divided (optional)

Directions

✔ Step 1

Preheat oven to 350 degrees F. Line an 8-inch-square baking pan with foil, letting it overhang on the sides; coat with cooking spray.

✔ Step 2

Melt butter in a large saucepan over medium-low heat. Remove from heat, add unsweetened chocolate and stir until melted. Add sugar and salt; stir until well combined. Stir in zucchini and vanilla. Add eggs, one at a time, vigorously mixing after each addition. Fold in the flour until almost incorporated. Fold in chopped chocolate (or chips) and 1/2 cup pecans (if using) until just combined. Transfer the batter to the prepared pan, spreading evenly. Sprinkle with the remaining pecans (if using).

✔ Step 3

Bake until the sides look dry and the middle is firm to the touch, about 30 minutes. Let cool completely, then lift out of the pan using the foil. Cut into 16 squares.



Nutrition Facts

Serving Size: One 2-Inch Brownie **Per Serving:** 220 calories; protein 3.3g; carbohydrates 25.5g; dietary fiber 2.5g; sugars 17.2g; fat 12.4g; saturated fat 7.5g; cholesterol 38.7mg; vitamin a iu 225.8IU; vitamin c 1.3mg; folate 7.9mcg; calcium 16.3mg; iron 2.6mg; magnesium 34.5mg; potassium 128mg; sodium 49.3mg; added sugar 17g. **Exchanges:** 1/2 Starch, 1 Other Carbohydrate, 2 Fat

Option #2 | YouTube Fitness | HF

1) Flag Day/ Independence Day Workout

YouTube Link: <https://youtu.be/5DSxncjdn9A> (9 minutes)

2) Electricity Day Pump it Up Fitness

YouTube Link: <https://youtu.be/etYhiq9hM8A> (4 minutes)

3) Kids with Hip-Hop Workout

YouTube Link: <https://youtu.be/ISzEpUjB9XA> (4 minutes)

4) Walk from Home

YouTube Link: <https://youtu.be/enYITYwvPAQ> (30 minutes)

5) Spot it Fitness

YouTube Link: <https://youtu.be/j7plvldVIRo> (6 minutes)

6) SpongeBob Sitting Exercises

YouTube Link: <https://youtu.be/iKrzpbPjNJ8> (4 minutes)

7) Guess the Sea Animals Fitness

YouTube Link: https://youtu.be/lm_dCgRUuCQ (7 minutes)

8) Father's Day Cosmic Kid Yoga

YouTube Link: <https://youtu.be/jqvQOppah7Y>

9) June 21st Cosmic Kids Yoga

YouTube Link: <https://youtu.be/7UaMQOqm9Jk> (44 minutes)

10) Father's Day Workout

YouTube Link: <https://youtu.be/seIi-n2omqo> (19 minutes)

Option #3 | Health and Wellness Word Search | HF

Physical Fitness Worksheets | HF

1) My Own Activity Pyramid

Directions: see worksheets for directions

My Own Activity Pyramid!

Name: _____ Date: _____

Name two activities that you do each week that you can do LESS of, that you need ENOUGH of, that you need MORE of, and that you need PLENTY of.

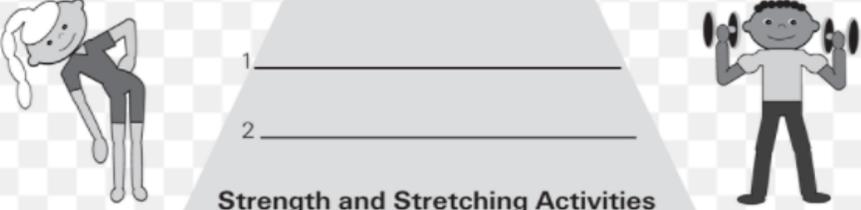
LESS



1 _____
2 _____

Sitting Around

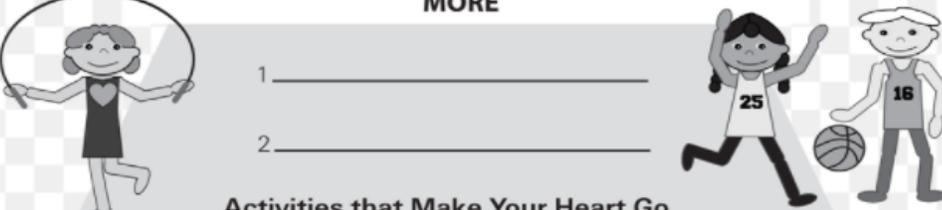
ENOUGH



1 _____
2 _____

Strength and Stretching Activities

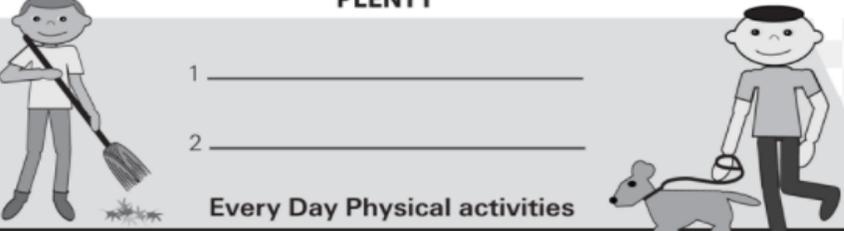
MORE



1 _____
2 _____

Activities that Make Your Heart Go

PLENTY



1 _____
2 _____

Every Day Physical activities

2) How many can you do in 100 seconds?

Directions: Log how many of each exercise you can complete in 100 seconds.

NAME: _____ Home Room Teacher:		How many can you do in 100 seconds?
1. 	Jumping Jacks	
2. 	Sit-Ups	
3. 	Hops	
4. 	Toe Touches	
5. 	Push-Ups	
6. 	Step-Ups	
7. 	Jump Rope	

3) Fitness Can be Fun

Directions: read then answer the questions.

Name: _____ Grade: _____ Date: _____

Fitness Can Be Fun!

By Erin Horner

I do not like to exercise! I like to play tag. I love to go across the monkey bars. I really like to play basketball. But I do not like to exercise! Yesterday my mom told me that I had to exercise. I told her "absolutely not!" Then, I went outside to play soccer with my friend Sam. After soccer we jumped rope. Then we rode our bikes. Finally, I came inside for dinner. As I washed my hands, my mom said, "Thanks for exercising." What was she talking about? I hadn't been exercising. I had just been playing with a friend! Right? Actually, I had been doing both. Even though I didn't know it, my active playtime with Sam had actually been great exercise at the same time.



Exercising is very important. It has many benefits. It helps your body in many ways. It helps your heart grow healthy and strong. It helps to strengthen your muscles. It helps to keep your body at a healthy weight. It even boosts your self-esteem. Exercise not only helps your body feel good, it helps you feel good about your body!

Exercise does not have to be boring. Some people think that you can only exercise at a gym. That is not true. Some of the best (and most fun) exercising can take place on the playground. Running at recess, chasing a fly ball, or playing tag with your friends are all great ways to exercise. Why not stretch? Or jump? You could also ride your bike. These are all great ways to exercises as well.

Doctors suggest that kids exercise for at least one hour every day. But remember, exercise is really just another word for "active fun!" So find a friend, pick a sport to play, and get going! Before you know it, you'll be so busy having fun, you'll forget that you are exercising. That is, until your mom reminds you as you wash your hands for dinner.

Name: _____ Grade: _____ Date: _____

Fitness Can Be Fun!

Questions

- 1) The narrator's does not want him to play outside.
 - A. True
 - B. False
- 2) The narrator does not do exercise.
 - A. True
 - B. False
- 3) Which words in paragraph 2 help the reader understand what **benefits** mean?
 - C. muscles
 - D. important
 - E. healthy weight
 - F. helps your body in many ways
- 4) How is this passage organized?
 - A. It gives a series of steps in a process.
 - B. It tells how things are similar and different.
 - C. It makes a statement and then gives the reasons that it is true.
 - D. It states a cause and then gives effects.
- 5) Which of the following is true about exercise?
 - A. It is not fun.
 - B. Doctors recommend doing it for one hour every day.
 - C. Only adults should exercise.
 - D. It can only be done at a gym.
- 6) Exercise has many benefits. Name two ways that it helps your body.

- 7) Rewrite the following sentence. "**Doctors suggest that kids exercise for at least one hour every day**"

Doctor said: "Kids _____"

- 8) What is your favorite type of exercise? Why is it your favorite?

- 9) What things you could do to keep fit? List three activities at least.

4) Fitness Reading Comprehension

Directions: read then answer the questions.

READING COMPREHENSION



1) Read the following article and solve the activities.

Fitness Fanatics

1. Every gym has an exercise addict who never misses out on a day's training or one who does two classes in a row. There are also people who are just crazy about weights.
2. "It is good to keep fit but it is also important to know the difference between improving your fitness, and getting obsessed with becoming Schwarzenegger," says personal trainer Paul Duprat, who certainly looks like Schwarzenegger.
3. Health experts recommend some form of exercise, for at least 20 minutes, three times a week but with some people exercise can become an addiction. A person who does regular workouts can tell you how great it feels. Then, you will easily understand why some people can get addicted to exercise.
4. "You feel so good after a workout that you always want more of the same feeling," explains Paul Duprat. "So some people don't just want to go to the gym, they feel they need it and that they have to go."
5. Vicky and Karina spend at least three hours a day at the gym. "I love the way it makes me feel and the way my body looks," says Vicky, who was overweight as a teenager. Karina, who put on weight during her pregnancy, says, "I'm terrified about getting fat again."
6. But exercising strenuously is not always good for you, for example, Damian's addiction ended when over-exercising caused permanent damage to his knee. "When it started hurting, I refused to rest. The gym doctor, who is also a close friend of mine, ordered me to stop but I didn't stop until I could hardly walk..... I realized I was an addict."

Read the text. Which paragraphs do these sentences belong to?

- a) "Spending all my free time exercising means that I don't worry about getting fat"
- b) During exercise, the body produces chemicals which stop you getting tired so you feel great.
- c) "I thought I was fit, but I took it too far."
- d) Regular exercise is good for your body, but the addict does too much.
- e) "And if they don't go to the gym, they often feel depressed."
- f) "Addicts spend all their free time working out and don't go on holiday because they think they'll lose their fitness."

True or false?

- Every gym has people who are really addicted and crazy about weights. _____
- Paul Duprat is the owner of a gym. _____
- Experts recommend that 20 minutes three times a day is very important. _____
- Doing exercises makes you feel fantastic. _____
- Duprat says that many people feel the obligation of working out but they don't feel good doing that. _____
- Vicky was overweight when she was six years old. _____
- Karina put on weight during her pregnancy and is terrified about getting fat again. _____
- Damian is an exercise addict. _____
- Damian hurt his knee because he exercised strenuously. _____
- Luckily, Damian realized that his knee was hurting and stopped. _____



5) Fitness Goals Wordsearch

Directions: find the words.

FITNESS GOALS

Can you find all the words related to fitness in the list below? Remember to look in all directions!

J	O	G	G	I	N	G	O	B	Y	O	O	Z
C	H	I	N	U	P	S	D	E	U	Y	E	O
Q	J	I	S	T	F	A	H	I	K	I	N	G
D	Y	F	P	L	U	E	L	E	S	Q	S	O
J	R	U	U	R	W	R	T	U	E	L	S	E
E	N	S	T	E	P	O	P	E	H	Z	N	C
L	E	T	I	P	L	B	U	S	C	T	X	D
E	W	A	S	S	A	I	S	I	N	K	R	A
U	C	U	I	E	N	C	H	C	U	E	T	I
M	N	Q	U	G	K	S	U	R	R	S	N	A
R	T	S	A	N	I	E	P	E	C	D	D	S
S	E	G	K	U	N	X	S	X	Z	I	A	L
Y	O	M	V	L	G	C	I	E	E	A	E	K
Y	C	G	D	J	B	M	E	E	R	U	S	U

EXERCISE
CHIN UPS
AEROBICS
CRUNCHES

LUNGES
JOGGING
PUSH UPS
PLANKING

YOGA
HIKING
SQUATS
SIT UPS

Healthy Habits | HF

1) Healthy Habits Reading Comprehension

Directions: read then answer the questions.

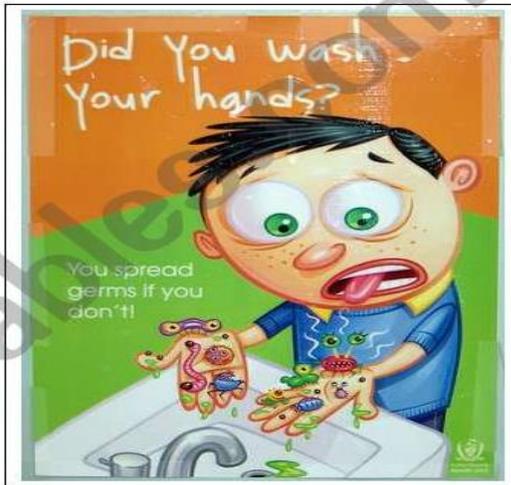
HEALTHY HABITS

Healthy habits such as washing your hands often can protect you from getting germs or spreading them at home or school. Actions like covering your mouth and nose with a tissue instead of your hands when coughing or sneezing can stop germs and prevent illnesses. This is also why you shouldn't put your fingers in your eyes, nose or mouth.

More than two hundred million microbes roam on your hands. Some of them can cause food poisoning, colds, flu and several infections. 80 per cent of common infections are caused when touching contaminated surfaces such as sinks, door handles, and many more.

This is why making a habit of washing your hands with soap before eating and after using the toilet can save lives.

**Handwashing is important
because YOU are important!**



Let's work:

1. -How often do you wash your hands?

2. -How long does it take you to wash your hands?

3. -Ask your friends and complete the chart:

Name	0 seconds	5 seconds	10 seconds	15 seconds	20 seconds

2) Healthy Habit Sort

Directions: sort.

Put the habits in their correct group.



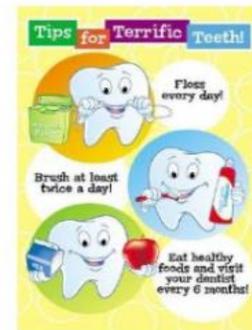
HEALTHY HABITS	UNHEALTHY HABITS

3) Heathy Habits Questionnaire

Directions: answer the questions.

HEALTHY HABITS QUESTIONNAIRE

1. **How many hours of sleep do you need?**
 - a) More than 12 hours.
 - b) At least 9 hours.
 - c) At least 7 hours.
2. **How often do you need to change your underwear?**
 - a) Only if it is dirty.
 - b) Only if I have a shower.
 - c) Every day.
3. **Do you need to have a shower every day?**
 - a) No, only if I do exercise.
 - b) I'm very small, I don't need it.
 - c) Yes, every day.
4. **How many times is necessary to brush your teeth?**
 - a) At least two times a day.
 - b) If I eat sweets or sugary things.
 - c) Before going to bed.
5. **It is necessary to wash our hands with soap....**
 - a) Once a day.
 - b) If they are dirty.
 - c) Frequently, especially after going to the toilet.
6. **We should eat...**
 - a) Only the food we like.
 - b) A variety of food, especially fruit, vegetables and wholegrain carbohydrates.
 - c) A variety of food especially proteins, fats and sugars.
7. **Physical exercise is good for our health because...**
 - a) It helps our body to stay healthy.
 - b) It prevents diseases.
 - c) It helps us to be hungry so we eat more.
8. **Mental and social health means...**
 - a) Good relationships with our friends and family and accept oneself.
 - b) To speak about my feelings with everybody.
 - c) To do everything people ask me so they are happy.



4) Good Habits Worksheet

Directions: track your healthy habits.

	<h2 style="margin: 0;"><u>Good Habits Worksheet</u></h2>								
<h3 style="margin: 0;"><i>Develop Good Habits That Will Last A Lifetime!</i></h3>	Check only completed jobs								
Name:	S	M	T	W	T	F	S		
<i>Clean Room</i>									
- Make my Bed									
- Hang up clothes and put away personal belongings									
-									
<i>Self Care</i>									
- Brush my teeth (am/pm)/put away the toothpaste									
- Take my bath/shower and put away towels/washcloth									
- Put all dirty clothes in the laundry									
- Lay out my school clothes									
-									
<i>School</i>									
- Completed homework									
- Did I work hard and take pride in my lessons today?									
- Remember : lunch money, notes from my teacher, library books									
- Did I treat my classmates and teacher with respect?									
-									
<i>Family</i>									
- Pick up all personal belongings around the house									
- Pick up after meals and snack/take out trash									
- Did I treat my family with love and respect?									
-									
<i>ATA Taekwondo Class</i>									
- Did I attend class two times this week?									
- Did I work hard in class and listen to my instructors?									
- Did I treat my instructors and fellow students with courtesy and respect?									
-									
NOTE: Blank space are left for you to fill in your special jobs.									

5) Healthy Habits Wordsearch

Directions: find the words.

Name and surname:

List number:

Class:

Healthy Habits



NUTRITION WORD SEARCH PUZZLE



K	C	I	B	L	U	E	B	E	R	R	Y
W	A	T	E	R	M	E	L	O	N	C	C
O	R	L	L	N	P	L	E	P	R	U	C
L	R	A	L	I	S	P	I	N	A	C	H
E	O	T	P	U	D	D	I	N	G	U	I
K	T	B	E	A	N	S	P	L	E	M	C
K	S	B	P	C	H	E	E	S	E	B	K
I	A	S	P	N	O	R	A	N	G	E	E
W	L	L	E	G	U	M	E	S	M	R	N
I	M	B	R	O	C	C	O	L	I	I	C
Y	O	G	U	R	T	A	P	P	L	E	C
B	N	D	R	U	P	E	H	S	K	U	T



- | | |
|-------------|------------|
| Cucumber | Chicken |
| Spinach | Legumes |
| Apple | Cheese |
| Blueberry | Broccoli |
| Salmon | Watermelon |
| Yogurt | Orange |
| Carrots | Beans |
| Bell Pepper | Milk |
| Kiwi | Pudding |



1. Think and write a healthy suggestion for tomorrow's breakfast, lunch and dinner.

BREAKFAST



LUNCH



DINNER



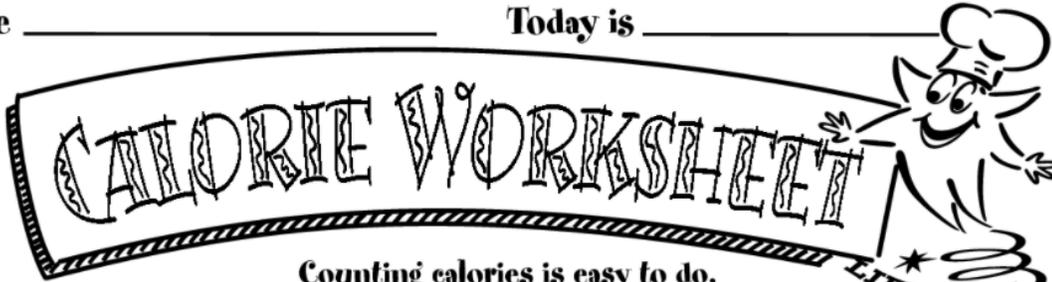
Nutrition Worksheets | HF

i) Calorie Worksheet

Directions: count calories and fill out the worksheet.

Name _____

Today is _____



Counting calories is easy to do,
Using them all up is important too!

1 List five foods you ate today:

Foods I ate today	Calorie value
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Total calories eaten _____

2 What activities did you or could you do to use up the calories you ate?

Activity	Calories Used/hour
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Total calories used _____

3 How many calories do these meals have? What could you substitute to reduce the number of calories in each meal?

Foods	Calories	Substituted Food	Calories
Hamburger _____	_____	_____	_____
French Fries _____	_____	_____	_____
Soda _____	_____	_____	_____
Cupcake _____	_____	_____	_____
Total _____	_____	_____	_____

Roasted Chicken _____	_____	_____
Mashed Potatoes _____	_____	_____
Green Beans _____	_____	_____
Milk _____	_____	_____
Chocolate Ice Cream _____	_____	_____
Total _____	_____	Total _____

4 If you ate 800 calories, what activities could you do to use the calories?

Activity	Time	Calories Used
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Total calories used _____ 800

5 Name 3 low-calorie snacks that you like to eat:

1. _____
2. _____
3. _____

2) Morning Calorie Math

Directions: add up the total to see how many calories in these breakfast meals.

Morning Math - Calorie Count



Find the calories for each breakfast item. Add up the total to see how many calories in these breakfast meals.

Food	Amount	Calories
Bacon	2 slices	92
Brown rice	1/2 cup	108
Carrots	1/2 cup	26
Corn tortilla	1	52
Egg	2	204
Grape Juice	6 oz	127
1% Milk	1 cup	105
Oatmeal	1/2 cup	83
Pancakes	2 medium	350
Strawberries	1/2 cup	30
Sautéed Vegetables	1/2 cup	25
Omelet	2 eggs	320
Whole grain toast	1 slice	75

Vegetables _____ 

Egg _____

1% Milk _____ +

Toast _____

= _____  

Oatmeal _____ 

Strawberries _____

Carrots _____ +

Toast _____

= _____     

Pancakes _____

Bacon _____

Grape Juice _____ +

Milk _____

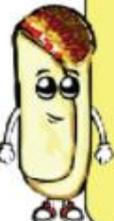
= _____

Brown rice _____

Omelet _____

Corn tortilla _____ +

Grape juice _____

= _____   

3) Food and Nutrition

Directions: see video then fill out the 3 worksheets: https://youtu.be/6ZrNQ3y_q4M

NUTRITION 7 – FOOD AND NUTRITION

1. Watch the video "The Nutrient Song" and match each nutrient with the food that contains it.

Proteins •



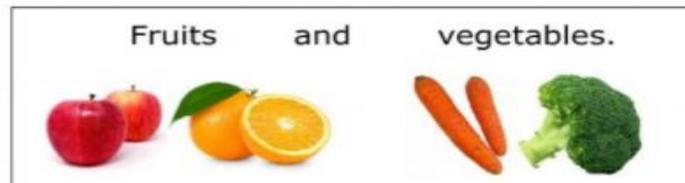
Carbohydrates •



Vitamins •



Minerals •



Fats •



GRAIN GROUP

They are high in **carbohydrates**, but also in **vitamins** and **minerals**.



rice



pasta



carrots



yoghurt



bread



steak

DAIRY PRODUCTS

They have **proteins** and **vitamins**.



sausages



milk



pasta



yoghurt



orange



cheese

4. Answer the following questions about your diet:

a) What do you usually **have for breakfast**?

I usually have for breakfast .

b) What do you usually **have for lunch**?

I usually have for lunch .

c) What do you usually **have for dinner**?

I usually have for dinner .

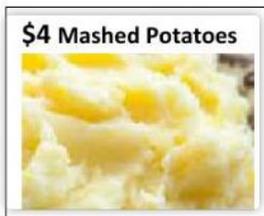
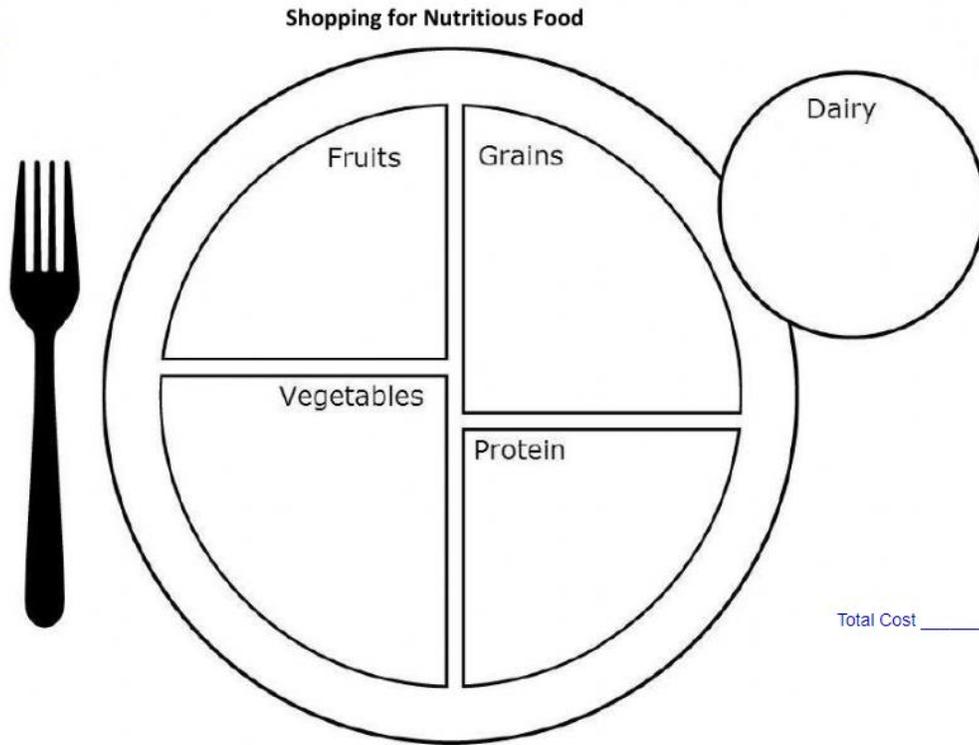
d) What is your **favourite meal**?

My favourite meal is .

4) Shopping for Nutrition Food

Directions: choose 1 item for each food group. Then add up the total cost of your healthy meal.

Choose 1 item for each food group. Then add up the total cost of your healthy meal



5) Nutrition Facts Label

Directions: complete the question using the nutrition facts.

Name:

Directions: Complete the questions using the nutrition facts.

Nutrition Facts Label

1. What is the serving size?

2. How many servings are there?

3. How many calories are there per serving?

3. How many grams of **total fat** are there?

4. How many grams of **saturated fat** are there?

5. How many grams of **total carbohydrates** are there?

6. How many grams of **fiber** are there?

7. How many grams of **sugar** are there?

8. How many grams of **added sugar** are there?

9. How many grams of protein is there?

Nutrition Facts			
3 servings per container			
Serving size		2/3 cup (143g)	
	Per serving	Per container	
Calories	330	990	
	% DV*	% DV*	
Total Fat	21g 27%	64g	82%
Saturated Fat	13g 65%	39g	195%
Trans Fat	1g	2.5g	
Cholesterol	120mg 40%	355mg 118%	
Sodium	65mg 3%	200mg 8%	
Total Carb.	28g 10%	84g 31%	
Dietary Fiber	0g 0%	0g 0%	
Total Sugars	27g	82g	
Incl. Added Sugars	21g 42%	63g 126%	
Protein	6g	17g	
Vitamin D	1mcg 6%	2.9mcg 15%	
Calcium	170mg 15%	520mg 40%	
Iron	0.2mg 2%	0.6mg 4%	
Potassium	160mg 4%	490mg 10%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

6) Food Scramble

Directions: unscramble the letters, write the word down.

Food Scramble

Unscramble the letters, write the word down



PEAPL

APPLE



EOLTEEMT



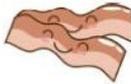
AMTOTO



SACNTRSIO



RGEAON



AOCNB



OTOHGD



IEP



SBANAAN



SCOIEKO

7) Food Pyramid

Directions: complete the food pyramid with the 7 main food groups.

FOOD PYRAMID

Complete the FOOD PYRAMID with the seven main food groups:

HEALTHY LIVING PYRAMID

The pyramid is divided into seven horizontal sections. From top to bottom, the sections contain the following items:

- Level 1: Cookies, a slice of cake, and a chocolate bar.
- Level 2: A carton of milk, a wedge of cheese, and a container of yogurt.
- Level 3: A piece of meat, a fish, an egg, and some beans.
- Level 4: Various vegetables (broccoli, tomatoes, corn, carrots) and various fruits (watermelon, grapes, bananas, apples, strawberries).
- Level 5: A loaf of bread, a box of cereal, a bowl of pasta, a bowl of rice, and a bowl of soup.
- Level 6: Eight glasses of water.
- Level 7: An empty space for a label.

Arrows point from empty boxes to each level of the pyramid. Below the pyramid are seven green boxes containing the following food groups:

- Milk, Yogurt & Cheese
- Fats, Oils & Sweets
- Water
- Meat, Fish &
- Cereals
- Vegetables
- Fruit

8) Food for Life

Directions: see instructions below.

FOOD FOR LIFE

Nutrients

- 1) Match the pictures to the corresponding nutrients.
- 2) Drag each of the functions and drop them in the corresponding space.

				
CARBOHYDRATES	FATS	MINERALS	PROTEINS	VITAMINS
Function:	Function:	Function:	Function:	Function:
build structures, like muscles	give the body immediate energy	give the body extra energy	help fight diseases, keep skin healthy, good for our blood	like iron and calcium, are good for our blood, and help teeth and bones

Human Body | HF

1) Body Part Worksheet

Directions: label the body parts.

Free Printables ©
atcosteacherstuff.com

Body Part Worksheet

Label the boy's body with the correct body part names.

The worksheet features a central line drawing of a boy's body. Arrows point from various body parts to empty rectangular boxes for labeling. The boxes are arranged as follows:

- Top right: 1 box pointing to the head.
- Left side (top to bottom): 5 boxes pointing to the left eye, right eye, nose, mouth, and neck.
- Right side (top to bottom): 3 boxes pointing to the right ear, chest, and right hand.
- Bottom left: 2 boxes pointing to the left arm and left leg.
- Bottom right: 2 boxes pointing to the right leg and right foot.
- Bottom center: 1 box pointing to the waist.
- Bottom left (lower): 3 boxes pointing to the left foot, left ankle, and left heel.

2) The Human Body

Directions: read about the human body then fill out the worksheet.

640L

Answer Questions

Name:

Date:

The Human Body

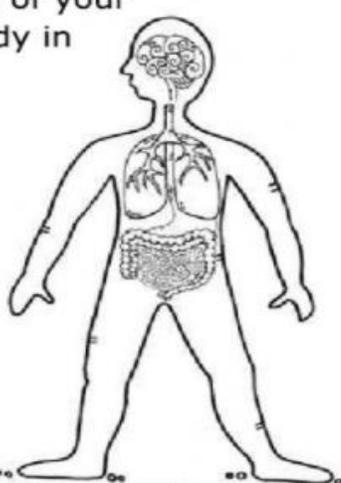
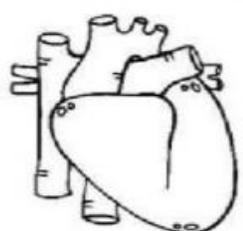
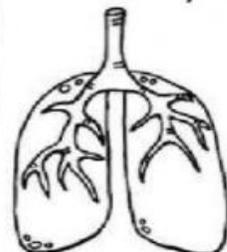
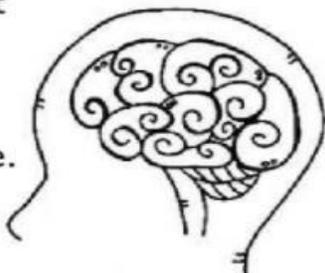
The human body is an amazing machine! There are many parts that work together that make you see, think, feel and move.

Without your brain, you could not live. Your brain is the control station that sends your body messages to think, feel, and move. For example, if you touch a hot stove, a message is sent to your brain to tell you to move your hand before you get burnt.

Your lungs are in your chest. They help you breathe. You breathe in oxygen from the air. The air is then moved through your blood. Your lungs also remove carbon dioxide from your body.

Did you know that your heart is a muscle? Your heart is the organ that pumps blood through your body. Blood also moves oxygen and nutrients to all the parts of your body. Blood travels through your body in arteries and veins.

Each organ in your body works together to help you live.



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Answer Questions

Answer the following Questions. Underline the text evidence in the color indicated

1. What does your brain do?



2. Why are your lungs important?

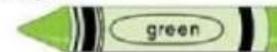


3. How do the lungs and the heart work together?



- a. The lungs take in oxygen, then the heart turns the oxygen into carbon dioxide.
- b. The lungs take in oxygen, which is then pumped through blood by the heart.
- c. The lungs bring blood to your heart.
- d. The lungs are a muscle that helps your heart make you think, feel, and move.

4. How does blood carry oxygen and nutrients through your body?



- a. Blood carries oxygen and nutrients through your brain.
- b. Blood carries oxygen and nutrients through your lungs.
- c. Blood carries oxygen and nutrients through your heart.
- d. Blood carries oxygen and nutrients through your veins and arteries.

5. Where are your lungs?



3) The Human Body

The human body

Activity 1

Match the words with the right color: red for HEAD yellow for TRUNK, and green for LIMBS

ears
spine
face
toes
neck
arms
thighs
abdomen (belly)
feet
hands
stomach
legs
eyes
lungs
nose
calves
fingers
intestine
mouth
calves
heart
back
skull
chest



4) The Human Body Matching

Directions: match the word to the body part.



leg



ear



nose



eye



foot



mouth



hand



arm

5) The Five Senses

Directions: color the boxes with the senses that can be used in the following situations.

Colour the boxes with the senses that can be used in the following situations.

Situation 1



Senses used

sense of sight

sense of hearing

sense of smell

sense of touch

sense of taste

Situation 2

I can't smell this food because I have flu.



Senses used

sense of sight

sense of hearing

sense of smell

sense of touch

sense of taste

Emotions Worksheets | HF

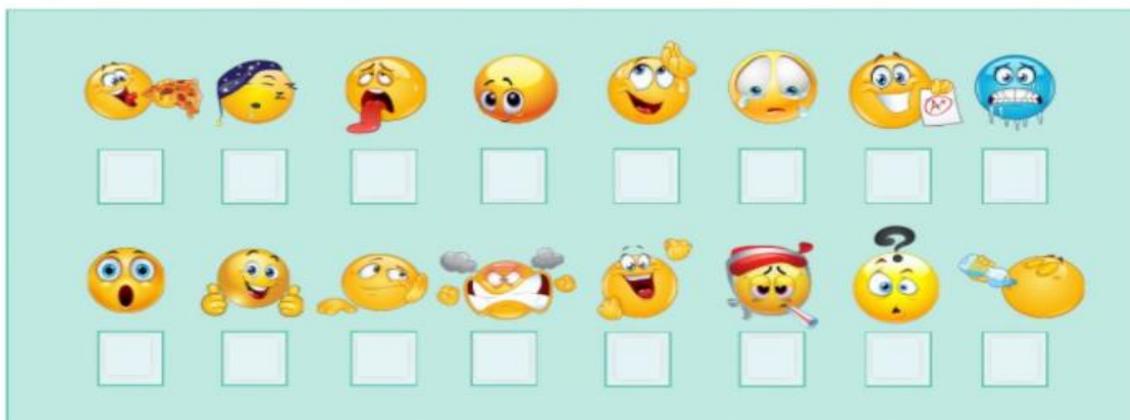
1) Emotions

Directions: find the word then will in the emotions with the correct number.

WORD SEARCH

S	L	E	E	P	Y	F	R	Y	T
S	H	G	B	R	P	V	B	M	B
Q	A	P	X	O	Z	T	A	W	O
M	P	D	R	U	H	T	N	C	R
D	P	R	O	D	O	P	G	C	E
M	Y	Y	T	N	T	I	R	E	D
C	X	T	G	M	N	S	Y	X	C
O	R	T	U	V	E	R	D	C	O
L	O	P	H	N	F	K	S	I	N
D	H	D	L	I	N	C	U	T	F
T	C	E	G	F	R	I	B	E	U
S	U	R	P	R	I	S	E	D	S
H	M	O	L	O	D	G	T	F	E
Y	X	B	W	J	Q	L	O	Y	D

1. HAPPY
2. SAD
3. ANGRY
4. EXCITED
5. HUNGRY
6. THIRSTY
7. TIRED
8. SLEEPY
9. HOT
10. COLD
11. SURPRISED
12. SHY
13. SICK
14. PROUD
15. CONFUSED
16. BORED



2) Feelings and Emotions

Directions: fill in the blanks.

Optional: click the live worksheet to listen to pronunciation and fill out the document.

Link : [Feelings and Emotions worksheet for Pre-Intermediate \(liveworksheets.com\)](https://www.liveworksheets.com)

Feelings and Emotions

1. Listen to the pronunciation of the adjectives and repeat.

afraid - angry - bored - confused
disappointed - embarrassed - excited - happy - jealous
lonely - nervous - proud - sad - stressed - surprised

2. Complete the sentences with the adjectives

1. I feel when all my friends are busy and I'm alone.
2. I feel when I don't understand something.
3. I feel when something good happens, like when I have a holiday.
4. I feel when I have nothing to do.
5. I feel when a friend moves away.
6. I feel when I watch a scary movie.
7. I feel when I have too many tests and too much homework.
8. I feel when I do something really good, like when I win a race.
9. I feel when somebody does something bad to me, like when he or she lies to me.
10. I feel when I make a mistake or do something bad, and other people know about it.
11. I feel when I think something bad might happen, like when I travel by plane.
12. I feel when something happens that I didn't know would happen.
13. I feel when I wanted something good to happen, but then something bad happens.
14. I feel when something good will soon happen, like when I get married next month.
15. I feel when I see another person with something I want, like lots of money.

3) Feelings and Emotions

Directions: complete the gaps using the right pronoun and words.



Feelings and emotions

Complete the gaps using the right pronouns and words.

hungry bored tired sad sick happy surprised angry cold worried

He She He She She She

1 

2 

3 

4 

5 

6 

7 

8 

9 

10 

1- _____ is _____

2- She is _____

3- _____ is _____

4- _____ is _____

5- _____ is _____

6- _____ is _____

7- _____ feels _____

8- She is _____

9- She is _____

10- He is _____



4) Weather and Emotions

Directions: fill in the worksheet.

4. Write "E" for "Emotions", "W" for "Weather" and "S" for "Seasons." (2 points each.)

1- Foggy	<input type="checkbox"/>	7- Anxious	<input type="checkbox"/>
2- Winter	<input type="checkbox"/>	8- Dry	<input type="checkbox"/>
3- Happy	<input type="checkbox"/>	9- Summer	<input type="checkbox"/>
4- Partly cloudy	<input type="checkbox"/>	10- Scared	<input type="checkbox"/>
5- Spring	<input type="checkbox"/>	11- Sad	<input type="checkbox"/>
6- Stormy	<input type="checkbox"/>	12- Autumn	<input type="checkbox"/>

5. Match the words with the sentences. (3 points each.)

A- Rainy	B- Directions	C- Autumn	D- Sad
E- Spring	F- Temperature	G- Freezing	H- Weather forecasts

1- Oh no. It is extremely cold. I feel cold, cold and cold.	<input type="checkbox"/>
2- 34°C, -14 degrees Celcius, 45°C, -27°C	<input type="checkbox"/>
3- It is always windy and cool. The leaves of trees fly from one place to another.	<input type="checkbox"/>
4- She is upset. She always cries in stormy weather.	<input type="checkbox"/>
5- There are a lot of flowers everywhere. March, april and may are in this season.	<input type="checkbox"/>
6- It may rain toworrorw in İstanbul. İzmir will be foggy on Wednesday.	<input type="checkbox"/>
7- We need to get an umbrella now. The weather is not dry. It is wet outside.	<input type="checkbox"/>
8- South, north, west and east.	<input type="checkbox"/>

Option #4 | Health and Wellness Word Search | HF

i) Healthy Habits Questionnaire

Directions: read the questions to the participants, read them the options and ask them for the correct answer.

HEALTHY HABITS QUESTIONNAIRE

1. How many hours of sleep do you need?

- a) More than 12 hours.
- b) At least 9 hours.
- c) At least 7 hours.

2. How often do you need to change your underwear?

- a) Only if it is dirty.
- b) Only if I have a shower.
- c) Every day.

3. Do you need to have a shower every day?

- a) No, only if I do exercise.
- b) I'm very small, I don't need it.
- c) Yes, every day.

4. How many times is necessary to brush your teeth?

- a) At least two times a day.
- b) If I eat sweets or sugary things.
- c) Before going to bed.

5. It is necessary to wash our hands with soap....

- a) Once a day.
- b) If they are dirty.
- c) Frequently, especially after going to the toilet.

6. We should eat...

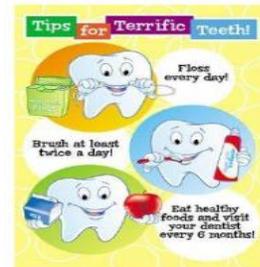
- a) Only the food we like.
- b) A variety of food, especially fruit, vegetables and wholegrain carbohydrates.
- c) A variety of food especially proteins, fats and sugars.

7. Physical exercise is good for our health because...

- a) It helps our body to stay healthy.
- b) It prevents diseases.
- c) It helps us to be hungry so we eat more.

8. Mental and social health means...

- a) Good relationships with our friends and family and accept oneself.
- b) To speak about my feelings with everybody.
- c) To do everything people ask me so they are happy.



2) Simon Says

Directions: encourage the participants to engage in a Simon Says fitness challenge.

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.		
Spin around in circles.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Do a cartwheel.	Hop on your right foot 10 times.	
Do a somersault.		
Wave your arms above your head.	Hop around like a bunny.	Pretend to shoot a basketball 10 times.
Walk like a bear on all 4s.	Balance on your left foot for a count of 10.	Pretend to jump rope for a count of 10.
Walk like a crab.	Balance on your right foot for a count of 10.	Pretend to ride a horse.
Hop like a frog.		Pretend to milk a cow.
Walk on your knees.	Bend down and touch your toes 10 times.	Take 5 of the biggest steps forward that you can.
Lay on your back & pedal your legs in the air like you are on a bike.	Reach behind you and try and hold your right foot with your left hand without falling over.	Pretend to lift a car.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.	Show off the muscles in your arms.	Do the strangest dance you can think of.
		Scream.



3) Quiz : Exercise and Sports

Directions: answer the questions to quiz your vocabulary.

QUIZ: EXERCISE and SPORTS

- Answer these fourteen questions to score your vocabulary knowledge.

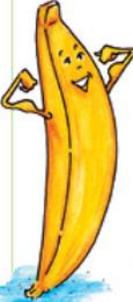
1. Which of the following nouns best describes the word 'athlete'?
 - a) action
 - b) person
 - c) place
 - d) thing
 2. Which of the following things is smallest?
 - a) a bowling ball
 - b) a golf ball
 - c) a soccer ball
 - d) a tennis ball
 3. Which of the following sports do people usually play on a 'field'?
 - a) badminton
 - b) basketball
 - c) ping-pong
 - d) soccer
 4. Which of the following nouns best describes the word 'gym'?
 - a) action
 - b) person
 - c) place
 - d) game
 5. Which of the following creatures might enjoy 'hang-gliding'?
 - a) a bird
 - b) a fish
 - c) an elephant
 - d) a horse
 6. Which of the following verbs best describes a 'marathon'?
 - a) jump
 - b) hit
 - c) run
 - d) swim
 7. Which of the following best describes the word 'score'?
 - a) starting line
 - b) person
 - c) place
 - d) number
 8. Which of the following best describes a 'silver medal'?
 - a) first place
 - b) second place
 - c) third place
 - d) all of the above
 9. Which of the following things do you need to go 'skating'?
 - a) ice
 - b) a ball
 - c) snow
 - d) water
 10. Which of the following exercises or sports does NOT need water?
 - a) scuba diving
 - b) skydiving
 - c) surfing
 - d) swimming
 11. Which of the following is NOT a 'team sport'?
 - a) baseball
 - b) football
 - c) hockey
 - d) squash
 12. Which of the following words does NOT describe a kind of person?
 - a) coach
 - b) referee
 - c) teammate
 - d) trophy
 13. Which of the following activities do people usually do on a 'track'?
 - a) run fast
 - b) watch baseball
 - c) play a team sport
 - d) kick a ball
 14. Which of the following words best describes 'yoga'?
 - a) exercise
 - b) goal
 - c) sport
 - d) team
-

4) Fruit and vegetable fun facts

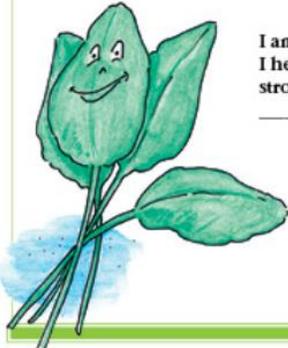
Directions: read the riddle and have the participants guess the fruit.

PICK ME! PICK ME! FUN FACTS ABOUT FRUITS AND VEGETABLES

Your fruit and vegetable friends have something to share!

- 

1. I am full of potassium. I can help your muscles grow strong. I am a _____.
- 

2. We are full of protein to help you grow. We are _____.
- 

3. My leaves are full of vitamin B. I can help your brain work well. I am _____.
- 

4. I am sweet and juicy. I help you have a strong heart. I am a _____.
- 

5. I make a great snack! I have minerals that help your bones and joints work well, so you can play all day. I am an _____.
- 

7. I have lots of vitamin C. I will help your skin heal if you get a scrape or scratch. I am an _____.
- 

6. I am fun to eat. I have lots of fiber. Fiber helps food move through your body. I am _____.
- 

8. I am sweet and crunchy. I will help you see in the dark. I am a _____.
- 

9. We'll make your tongue turn blue. We'll help keep you from getting sick. We are _____.
- 

10. We are colorful and full of vitamins. We are fun to eat dipped in dressing! We are _____.
- 

11. I have a hidden super power! I am full of phytonutrients (fight-o-new-tree-ants). I will fight to protect your health. I am _____.

YouTube Fitness | LF

1) Super Fun Workout

YouTube Link: <https://youtu.be/fomkRYcl mo> (9 minutes)

2) Seated Workout

YouTube Link: <https://youtu.be/d6x-AoCmI-I> (12 minutes)

3) Summer Would you Rather?

YouTube Link: <https://youtu.be/VykoLgfHeqo> (5 minutes)

4) Bubble Pop Fitness

YouTube Link: <https://youtu.be/yHxXngW6VaE> (13 minutes)

5) Pokémon Snap Fitness

YouTube Link: <https://youtu.be/doR3cvq37Us> (9 minutes)

6) World Oceans Day Yoga

YouTube Link: <https://youtu.be/AuOBmMCwxLM> (36 minutes)

7) Yoga For Gratitude

YouTube Link: <https://youtu.be/fjY3bMOGjR4> (40 minutes)

8) Father's Day Cosmic Kid Yoga

YouTube Link: <https://youtu.be/jqvQOppah7Y>

9) June 21st Cosmic Kids Yoga

YouTube Link: <https://youtu.be/7UaMQOqm9Jk> (44 minutes)

10) Father's Day Workout

YouTube Link: <https://youtu.be/seIi-n2omqo> (19 minutes)

Health and Wellness Word Search | HF

Physical Fitness Worksheets | HF

1) Fitness

Directions: match the words with the pictures.



A. Match the words with the pictures.

<p>a table tennis</p> <p>b soccer</p> <p>c origami</p> <p>d ice skating</p> <p>e karate</p> <p>f skateboarding</p>	<p>1</p> 	<p>2</p> 	<p>3</p> 
	<p>4</p> 	<p>5</p> 	<p>6</p> 

B. Match the equipment with the sports.

<p>1</p> <p>snowboarding</p> 	<p>2</p> <p>climbing</p> 	<p>3</p> <p>rollerskating</p> 	<p>4</p> <p>diving</p> 
---	---	---	---

C. Read and complete the dialogue with the sentences in the box.

- a. Let's play chess.
- b. Do you have any plans for today?
- c. Which sports do you like?
- d. Shall we go rollerskating?
- e. What about diving?



Kate : Hi, Mandy! _____(1)_____

Mandy : Hi, Kate! I don't have any plans. Why?

Kate : _____(2)_____

Mandy : I am sorry, but I can't rollerskate.

Kate : Hmm.... _____(3)_____

Mandy : Oh, no. I don't have any equipment for that.

Kate : OK, then. _____(4)_____

Mandy : Actually, I don't really like sports.

Kate : Oh, I see. _____(5)_____

Mandy : That's a good idea.

1	2	3	4	5

2) Fitness #2

Directions: match the words with the pictures.

- FITNESS -

D. Read the text and answer the questions.

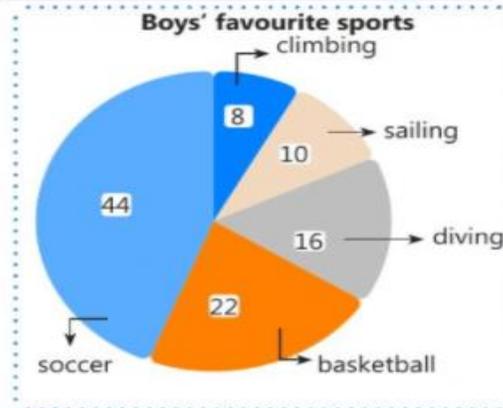
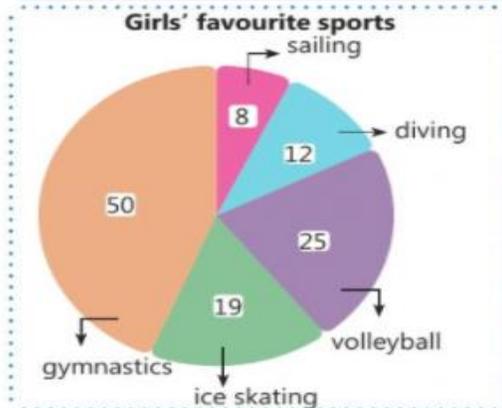
Hi, everyone! My name is Jerry and these are my brothers, Andy and Daren. They are twins, but they have different abilities and interests. Andy can do all sports, but snowboarding is his favourite. He goes snowboarding three times a week in winter. He has special clothes and glasses for this activity. Daren doesn't like ball games. He loves water sports like diving, sailing and swimming. Every summer, he goes to Marine Life Diving Club because he wants to learn the rules of these sports. He is also good at board games. His favourite activity is playing chess with us because he always wins.



1. Is Andy good at sports?
2. How often does Andy go snowboarding?
3. What equipment does Andy need for snowboarding?
4. Does Daren like basketball?
5. Why does Daren go to Marine Life Diving Club?
6. What is Daren's favourite activity?

E. Look at the graphs and write T (TRUE) or F (FALSE).

The graphs below show the number of girls and boys and the sports they do.



- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Girls love ice skating, but they don't like diving. <input type="checkbox"/> Twenty-five girls can play volleyball. <input type="checkbox"/> Only ten girls can do gymnastics. | <ul style="list-style-type: none"> <input type="checkbox"/> Boys' favourite sport is soccer. <input type="checkbox"/> Boys don't like playing basketball. <input type="checkbox"/> Eighteen boys can climb a mountain. |
|---|---|

3) Brain Break

Directions: complete the workout

Roll a Task: Brain Break

20 Jumping Jacks

15 Sit-Ups

Hop on one foot

10 Push-Ups

Touch your toes
(hold 15 seconds)

Run in place

4) Sports Matching

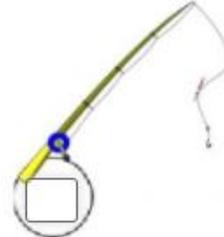
Directions: match the activities with the pictures.

A. Look at the equipments and match the activities with the pictures.

1.



- 1. Soccer
- 2. Swimming
- 3. Skiing
- 4. Ice-skating
- 5. Fishing
- 6. Camping
- 7. Cycling
- 8. Basketball
- 9. Skateboarding
- 10. Table tennis



5) Fitness Vocabulary

Directions: write about your favorite sports.

Module 5: Fitness Vocabulary

Name:

Complete the text with information about yourself. Use the vocabulary we've studied.

Hi! My name is

I do sport

a week. / I

do sport.

I don't like

like

but I love

Also, I sometimes

I never



Healthy Habits | LF

1) Staying Healthy

Directions: Click on the internet link to work on the live worksheets and to listen to the recording.

Internet link: [Keeping healthy interactive activity \(liveworksheets.com\)](http://www.liveworksheets.com)

Keeping healthy

2nd Level

1. Drag the words to the correct pictures.

play

do exercise

sleep well

wash

eat well

drink water



2. Listen and number.



1

2

3

4

5

6





3. Look, match and write.

1	eat	water		<input type="text"/>
2	sleep	well		<input type="text"/>
3	drink	exercise		<input type="text"/>
4	do	well		<input type="text"/>



4. Order the words and write.

1		day / wash / I / every	<input type="text"/>
2		eat / day / well / I / every	<input type="text"/>
3		day / play / I / every	<input type="text"/>
4		water / I / day / every / drink	<input type="text"/>

2) Healthy Habits Questionnaire

Directions: read the questionnaire then circle the correct answer.

HEALTHY HABITS QUESTIONNAIRE

1. How many hours of sleep do you need?

- a) More than 12 hours.
- b) At least 9 hours.
- c) At least 7 hours.

2. How often do you need to change your underwear?

- a) Only if it is dirty.
- b) Only if I have a shower.
- c) Every day.

3. Do you need to have a shower every day?

- a) No, only if I do exercise.
- b) I'm very small, I don't need it.
- c) Yes, every day.

4. How many times is necessary to brush your teeth?

- a) At least two times a day.
- b) If I eat sweets or sugary things.
- c) Before going to bed.

5. It is necessary to wash our hands with soap....

- a) Once a day.
- b) If they are dirty.
- c) Frequently, especially after going to the toilet.

6. We should eat...

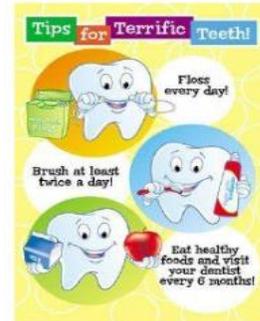
- a) Only the food we like.
- b) A variety of food, especially fruit, vegetables and wholegrain carbohydrates.
- c) A variety of food especially proteins, fats and sugars.

7. Physical exercise is good for our health because...

- a) It helps our body to stay healthy.
- b) It prevents diseases.
- c) It helps us to be hungry so we eat more.

8. Mental and social health means...

- a) Good relationships with our friends and family and accept oneself.
- b) To speak about my feelings with everybody.
- c) To do everything people ask me so they are happy.



3) Healthy or Unhealthy

Directions: write whether each habit is healthy or unhealthy.

HEALTHY OR UNHEALTHY

Write if the given picture shows healthy or unhealthy habits.

1.



2.



3.



4.



5.



4) Routine

Directions: see worksheet for instructions.

HEALTHY HABITS

Look at the pictures and write the number next to each healthy habit:



Go to sleep early

Comb your hair

Wash your face in the morning

Have a bath everyday

Brush your teeth

Wash your hands

Write should or shouldn't :

1. You eat a healthy snack.
2. You eat too many sweets.
3. You have a bath every day.
4. She play videogames all day.
5. He brush his teeth after every meal.
6. She wear a coat in cold days

5) Visit to a Nutritionist

Directions: see worksheet for instructions.

ACTIVITY 1

READING COMPREHENSION

After reading several times, answer the following questions.

What is the title of the reading?

Who is Melissa?

Mention the main meals we need to eat everyday.

 , ,

Why does the family decided to visit the nutritionist?

Mention two recommendations from the nutritionist.

A Visit to the Nutritionist



Last week, my mother decided to make a family visit to the nutritionist, in order to improve our eating habits. Melissa, the nutritionist, received us with a big smile. She says that in order to eat healthy we need to eat food from the different food groups in the correct portions.

She mentioned that we must eat three main meals everyday: breakfast, lunch and dinner and also two light snacks. Furthermore, she suggested to avoid sweets and sugar based drinks.

Karla recommended to take our meals at the same time every day, and not to take dinner after seven p.m. in order to have a good digestion and avoid gastrointestinal diseases.

Finally, she said that drinking water and doing physical exercise is important to keep healthy and in a good weight.

Nutrition Worksheets | HF

1) Healthy Food Wordsearch

Directions: find the words.

HEALTHY FOOD WORD SEARCH

Look for the words listed below.



FRUIT
VEGGIE
MILK
APPLE

WATER
CHICKEN
NUT

BREAD
PROTEIN
EGG
ORANGE

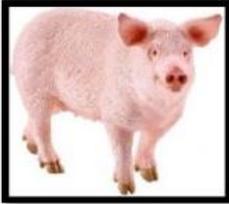


2) Where does food come from?

Directions: match the food to the animals they come from.

Where Does Food Come From?

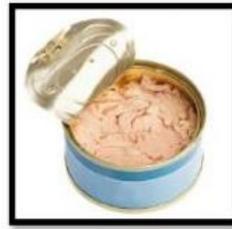
Match the food to the animals they come from.



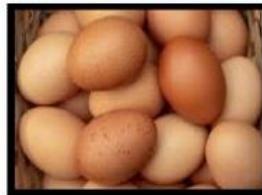
Lamb



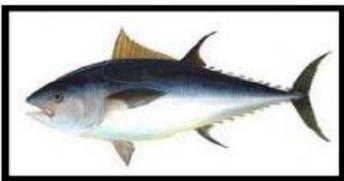
Bacon



Tuna



Eggs



Milk

4) Healthy Eating

Directions: see worksheet for instructions.



Healthy Eating

On Saturday morning Harold eats porridge and banana for a healthy energy breakfast before his game. These are everyday or always foods. Cut out the foods below and paste them into the correct category of *Always* and *Sometimes* foods.

Always	Sometimes
<div style="display: flex; justify-content: space-around;"><div style="border: 1px solid #ccc; width: 40px; height: 40px; margin: 10px;"></div><div style="border: 1px solid #ccc; width: 40px; height: 40px; margin: 10px;"></div></div> <div style="border: 1px solid #ccc; width: 60px; height: 60px; margin: 10px auto;"></div> <div style="display: flex; justify-content: space-around;"><div style="border: 1px solid #ccc; width: 40px; height: 40px; margin: 10px;"></div><div style="border: 1px solid #ccc; width: 40px; height: 40px; margin: 10px;"></div></div>	<div style="display: flex; justify-content: space-around;"><div style="border: 1px solid #ccc; width: 40px; height: 40px; margin: 10px;"></div><div style="border: 1px solid #ccc; width: 40px; height: 40px; margin: 10px;"></div></div> <div style="border: 1px solid #ccc; width: 60px; height: 60px; margin: 10px auto;"></div> <div style="display: flex; justify-content: space-around;"><div style="border: 1px solid #ccc; width: 40px; height: 40px; margin: 10px;"></div><div style="border: 1px solid #ccc; width: 40px; height: 40px; margin: 10px;"></div></div>



EYLF/VEYLDf 3.2.7 - Manipulate equipment such as scissors and glue with increasing competence and skill.
EYLF/VEYLDf – 3.2.9 - Shows an increasing awareness of healthy lifestyles and good nutrition.
ACPPS006/PDe-7 - Identify foods that promote health and wellbeing.

learnfromplay.comlifeeducation.org.au



5) Food Groups

Directions: write the name of each food group on the line.

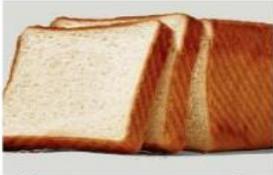
Name:

Grade:

February 10th 2021

Food Groups

Study the following photos below. Write the name of each food group on the line.



6) Fruits and Vegetables

Directions: write the name of each fruit and vegetable.

FRUITS AND VEGETABLES

Plum
Pineapple
eggplant
lemon
cabbage
peas
blackberry
pepper
orange
strawberry
onion
potatoes
broccoli
bananas
Pear
cucumber
tomato
cherry
broccoli
chilli
pumpkin
apple
beet
garlic
watermelon

write the names



7) Frequency Tally Mark Table

Directions: see the worksheet for instructions.

Optional: click on the link to edit the worksheet live. [Sorting Fruits-Tally Chart worksheet \(liveworksheets.com\)](https://www.liveworksheets.com)

NAME

DATE

Frequency/Tally Tables

Activity 3

Use the data given to complete the Tally Table.



Drag and drop the Tally in the correct spaces



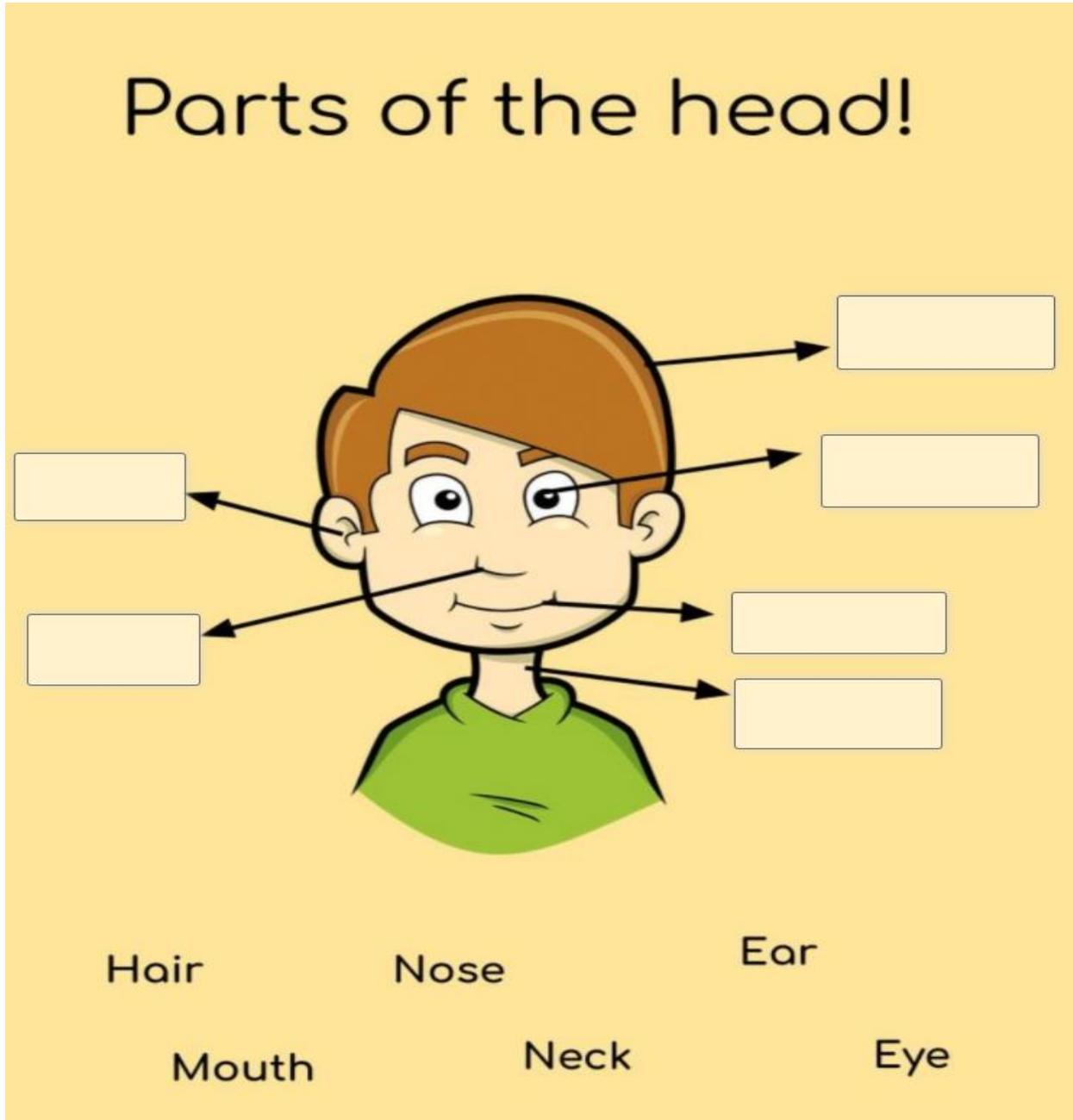
Fruit	Tally	Frequency
Banana		<input type="text"/>
Strawberry		<input type="text"/>
Orange		<input type="text"/>
Lemon		<input type="text"/>
Lime		<input type="text"/>
		Total = <input type="text"/>

Altogether there were fruits.

Human Body | LF

i) Parts of the Head

Directions: label the parts of the head.



2) Let's name the body parts.

Directions: label the parts of body.

Let's name the body parts!

The illustration shows a young boy with curly brown hair, large eyes, and a wide smile. He is wearing blue shorts. Lines connect various parts of his body to empty rectangular boxes for labeling. The boxes are positioned around his head, eyes, nose, mouth, ears, arms, hands, stomach, legs, and feet.

nose	eye	hair	neck
ear	hand	leg	knee
foot	mouth	arm	stomach

ch
o7

3) Body System

Directions: label the organs.

BODY SYSTEMS

1. Label the organs. Then, draw lines to match each organ to the right part of the boy's body.

muscles

heart

brain

lungs

bones



4) Human Body Parts Matching

Directions: draw a line from the body part to the correct word.



leg



ear



nose



eye



foot



mouth



hand



arm



5) Five Senses

Directions: Match the body part to the correct sense or click the link to edit the document live and drag the body part to the correct sense.

Link: [Five Senses interactive activity for Preschool \(liveworksheets.com\)](https://www.liveworksheets.com)



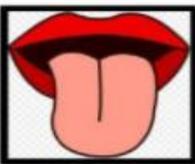
My Five Senses

Drag and drop the correct body part to the objects

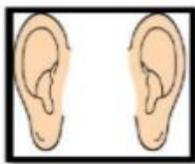
				
				
				
				
				











Emotions Worksheets | LF

1) How are you feeling?

Directions: Circle the picture to the corresponding picture.

 I'm sad			
 I'm tired			
 I'm sleepy			
 I'm happy			
 I'm scared			
 I'm hungry			
 I'm angry			
 I'm thirsty			

2) Reading

Directions: read the paragraph then answer the true or false questions.



Yesterday was a nice day. I was on small trip with my family.
We were at the park for one hour.
My mother was surprised because finally we were not at home.
My father was a little worried because of the virus.
My sister was happy and in love with the sun.
My grandpa was bored because he stayed at home.
The weather was great, it was hot and sunny.
The park was green and clean, it was beautiful.
It was one of the best days of my life.

True or false

- They were at the beach yesterday. TRUE FALSE
- His mother was surprised. TRUE FALSE
- His father was a little worried because of the virus. TRUE FALSE
- His grandpa was bored at the park. TRUE FALSE
- The weather was cold and cloudy. TRUE FALSE
- The park was green and clean. TRUE FALSE

3) How are you today?

Directions: unscramble the words.

 How are you today?

3

Put in the correct order



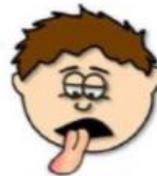
Y H P A P
□ □ □ □ □



A D S
□ □ □



T R I Y H S T
□ □ □ □ □ □ □



I E T R D
□ □ □ □ □



Y U G H R N
□ □ □ □ □ □



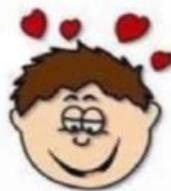
R A I A D F
□ □ □ □ □ □



S E P L E Y
□ □ □ □ □ □



A R N G Y
□ □ □ □ □



N I
□ □

O E L V
□ □ □ □

4) Inside Out Video Time

Directions: click the YouTube link to watch the sort video then fill in the worksheet

YouTube Link: <https://youtu.be/dOkyKyVFnsS>

VIDEO TIME

1. WATCH THE VIDEO.

MIRO EL VIDEO.



2. LISTEN AND MATCH

ESCUCHO Y UNO LA IMAGEN Y EL SENTIMIENTO



SCARED



HAPPY



ANGRY



SAD



DISGUSTED

5) Inside Out Word search

Directions: find the words.

INSide Out

Word Search

O	R	H	Y	K	Z	D	E	R	A	C	S
T	D	T	A	O	G	U	I	V	W	W	O
S	N	A	S	D	C	P	X	W	T	S	K
W	T	X	S	E	E	K	I	L	S	I	D
M	E	B	U	S	H	A	P	P	Y	V	R
D	A	E	S	I	E	X	C	I	T	E	D
E	W	U	I	R	S	Y	D	Y	C	G	M
I	P	K	C	P	V	R	F	E	H	G	I
R	K	F	K	R	X	G	R	W	R	S	Q
R	D	Z	S	U	Y	N	S	F	Y	I	K
O	P	M	H	S	W	A	C	C	O	X	T
W	S	U	S	P	I	C	I	O	U	S	C

TIRED

SURPRISED



ANGRY

HAPPY

SAD

SCARED



HEALTHY HABITS QUESTIONNAIRE

1. How many hours of sleep do you need?

- a) More than 12 hours.
- b) At least 9 hours.
- c) At least 7 hours.



2. How often do you need to change your underwear?

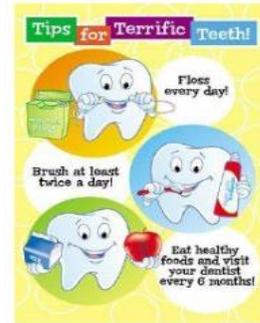
- a) Only if it is dirty.
- b) Only if I have a shower.
- c) Every day.

3. Do you need to have a shower every day?

- a) No, only if I do exercise.
- b) I'm very small, I don't need it.
- c) Yes, every day.

4. How many times is necessary to brush your teeth?

- a) At least two times a day.
- b) If I eat sweets or sugary things.
- c) Before going to bed.



5. It is necessary to wash our hands with soap....

- a) Once a day.
- b) If they are dirty.
- c) Frequently, especially after going to the toilet.

6. We should eat...

- a) Only the food we like.
- b) A variety of food, especially fruit, vegetables and wholegrain carbohydrates.
- c) A variety of food especially proteins, fats and sugars.

7. Physical exercise is good for our health because...

- a) It helps our body to stay healthy.
- b) It prevents diseases.
- c) It helps us to be hungry so we eat more.



8. Mental and social health means...

- a) Good relationships with our friends and family and accept oneself.
- b) To speak about my feelings with everybody.
- c) To do everything people ask me so they are happy.

Option #4 | Health and Wellness Word Search | HF

i) Healthy Habits Questionnaire

Directions: read the questions to the participants, read them the options and ask them for the correct answer.

HEALTHY HABITS QUESTIONNAIRE

1. How many hours of sleep do you need?

- a) More than 12 hours.
- b) At least 9 hours.
- c) At least 7 hours.



2. How often do you need to change your underwear?

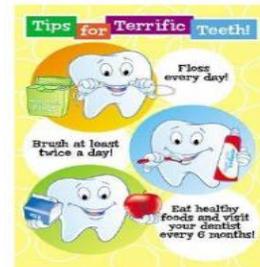
- a) Only if it is dirty.
- b) Only if I have a shower.
- c) Every day.

3. Do you need to have a shower every day?

- a) No, only if I do exercise.
- b) I'm very small, I don't need it.
- c) Yes, every day.

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- c) Before going to bed.



5. It is necessary to wash our hands with soap....

- a) Once a day.
- b) If they are dirty.
- c) Frequently, especially after going to the toilet.

6. We should eat...

- a) Only the food we like.
- b) A variety of food, especially fruit, vegetables and wholegrain carbohydrates.
- c) A variety of food especially proteins, fats and sugars.

7. Physical exercise is good for our health because...

- a) It helps our body to stay healthy.
- b) It prevents diseases.
- c) It helps us to be hungry so we eat more.



8. Mental and social health means...

- a) Good relationships with our friends and family and accept oneself.
- b) To speak about my feelings with everybody.
- c) To do everything people ask me so they are happy.

2) Simon Says

Directions: encourage the participants to engage in a Simon Says fitness challenge.

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.		
Spin around in circles.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Do a cartwheel.	Hop on your right foot 10 times.	
Do a somersault.		
Wave your arms above your head.	Hop around like a bunny.	Pretend to shoot a basketball 10 times.
Walk like a bear on all 4s.	Balance on your left foot for a count of 10.	Pretend to jump rope for a count of 10.
Walk like a crab.	Balance on your right foot for a count of 10.	Pretend to ride a horse.
Hop like a frog.	Bend down and touch your toes 10 times.	Pretend to milk a cow.
Walk on your knees.	Reach behind you and try and hold your right foot with your left hand without falling over.	Take 5 of the biggest steps forward that you can.
Lay on your back & pedal your legs in the air like you are on a bike.		Pretend to lift a car.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.	Show off the muscles in your arms.	Do the strangest dance you can think of.
		Scream.



3) Quiz : Exercise and Sports

Directions: answer the questions to quiz your vocabulary.

QUIZ: EXERCISE and SPORTS

● Answer these fourteen questions to score your vocabulary knowledge.

1. Which of the following nouns best describes the word 'athlete'?
 - a) action
 - b) person
 - c) place
 - d) thing
 2. Which of the following things is smallest?
 - a) a bowling ball
 - b) a golf ball
 - c) a soccer ball
 - d) a tennis ball
 3. Which of the following sports do people usually play on a 'field'?
 - a) badminton
 - b) basketball
 - c) ping-pong
 - d) soccer
 4. Which of the following nouns best describes the word 'gym'?
 - a) action
 - b) person
 - c) place
 - d) game
 5. Which of the following creatures might enjoy 'hang-gliding'?
 - a) a bird
 - b) a fish
 - c) an elephant
 - d) a horse
 6. Which of the following verbs best describes a 'marathon'?
 - a) jump
 - b) hit
 - c) run
 - d) swim
 7. Which of the following best describes the word 'score'?
 - a) starting line
 - b) person
 - c) place
 - d) number
 8. Which of the following best describes a 'silver medal'?
 - a) first place
 - b) second place
 - c) third place
 - d) all of the above
 9. Which of the following things do you need to go 'skating'?
 - a) ice
 - b) a ball
 - c) snow
 - d) water
 10. Which of the following exercises or sports does NOT need water?
 - a) scuba diving
 - b) skydiving
 - c) surfing
 - d) swimming
 11. Which of the following is NOT a 'team sport'?
 - a) baseball
 - b) football
 - c) hockey
 - d) squash
 12. Which of the following words does NOT describe a kind of person?
 - a) coach
 - b) referee
 - c) teammate
 - d) trophy
 13. Which of the following activities do people usually do on a 'track'?
 - a) run fast
 - b) watch baseball
 - c) play a team sport
 - d) kick a ball
 14. Which of the following words best describes 'yoga'?
 - a) exercise
 - b) goal
 - c) sport
 - d) team
-

4) Fruit and vegetable fun facts

Directions: read the riddle and have the participants guess the fruit.

PICK ME! PICK ME! FUN FACTS ABOUT FRUITS AND VEGETABLES

Your fruit and vegetable friends have something to share!

- 

1. I am full of potassium. I can help your muscles grow strong. I am a _____.
- 

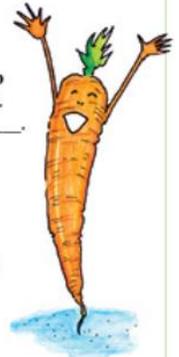
2. We are full of protein to help you grow. We are _____.
- 

3. My leaves are full of vitamin B. I can help your brain work well. I am _____.
- 

4. I am sweet and juicy. I help you have a strong heart. I am a _____.
- 

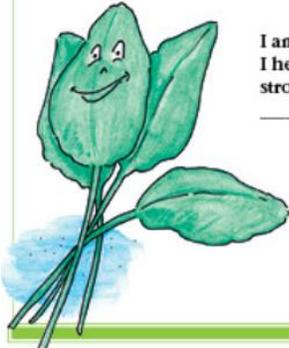
5. I make a great snack! I have minerals that help your bones and joints work well, so you can play all day. I am an _____.
- 

7. I have lots of vitamin C. I will help your skin heal if you get a scrape or scratch. I am an _____.
- 

6. I am fun to eat. I have lots of fiber. Fiber helps food move through your body. I am _____.
- 

8. I am sweet and crunchy. I will help you see in the dark. I am a _____.
- 

9. We'll make your tongue turn blue. We'll help keep you from getting sick. We are _____.
- 

10. We are colorful and full of vitamins. We are fun to eat dipped in dressing! We are _____.
- 

11. I have a hidden super power! I am full of phytonutrients (fight-o-new-tree-ants). I will fight to protect your health. I am _____.