

## Life Skills Gr 3

Good day Gr 3's. I hope you are all doing well and I am sure you can't wait to get those brains working! All your Life Skills work you can do in your busy book, or if you do not have your book, any other book or paper. Good luck!!

**Date: 20 April 2020 – 24 April 2020**

### **Healthy eating habits**

#### **Activity 1:**

Write down all the food you ate on one day. You can copy the table into your book. Also answer the questions in your book.

Food I ate	Food type
<i>Eg. weetbix</i>	<i>carbohydrate</i>

- The healthy foods I ate were \_\_\_\_\_.
- The unhealthy foods I ate were \_\_\_\_\_.
- I ate more *healthy/unhealthy* foods today.

#### **Activity 2:**

Write a recipe for your favourite food into your book.

Recipe for \_\_\_\_\_

What ingredients do I need?

\_\_\_\_\_  
\_\_\_\_\_

What method should I follow?

\_\_\_\_\_  
\_\_\_\_\_

#### **Activity 3:**

Draw or paste pictures of food to show a healthy meal. Draw or stick pictures on a plate you drew.

