Workbook Preview

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Grade 2 – Health

Human Development and Sexual Health

D1. demonstrate an understanding of factors that contribute to healthy development;

D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;

D3. d... ...vell-being... ...s, and h... ...th and v...

Preview of 70 pages from this product that contains 121 pages total.

D1.4	Outline the basic stages of human development	6-32, 87-90
D1.5	Demonstrate the ability to identify and appreciate aspects of how their bodies work and describe what they can do to ensure that they will continue to appreciate their bodies as they grow and change	33-73, 79-80, 87-90
D2.4	Demonstrate an understanding of and apply practices that contribute to the maintenance of good oral health	74-90

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HUMAN DEVELOPMENT



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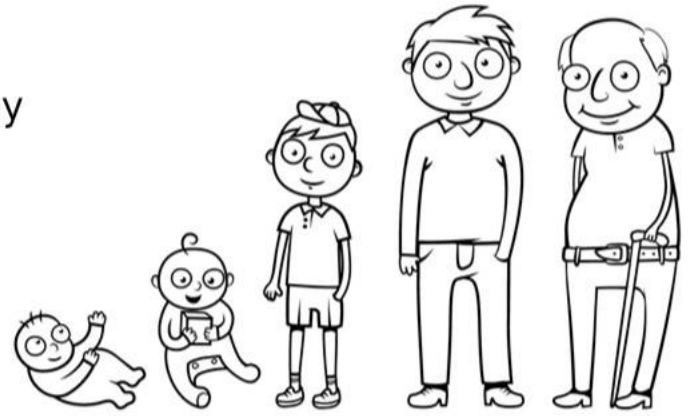
Stages of Development

From Newborn to Senior

Baby Stage (0–2 years)

Babies cry, sleep, and drink milk. They learn to [illegible] and say first words.



Kid Stage (3–1[illegible])

Kids play, lea[illegible] go t[illegible]

They make friends a[illegible] ver[illegible]

Youth Stage (13–18 years)

Youths grow a lot and attend high scho[illegible] ey m[illegible]e friends and think about the future.

Adult Stage (19–64 years)

Adults work, sometimes go to college, and often have famili[illegible]. They make big decisions in life. Adults stop growing in height and their hair turns grey. Some men lose their hair.

Senior Stage (65+ years)

Seniors are older and usually don't work anymore. They enjoy hobbies, relax, and spend time with family.

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True or False

Is the statement true or false?

1. Babies can run fast.	True	False
2. Kids like to play.	True	False
3. Youths go to high school.	True	False
4. Adults [illegible] to preschool.	True	False
5. Senio[illegible] work a lot.	True	False

Draw

Dr[illegible]el t[illegible]5 stages of development

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Activity – Life Stage Role Play

Objective

What are we learning about?

To understand the human life cycle by role-playing different life stages.

Materials

What you will need for the activity.



- C… …hats, scarves, glasses)
- Pr… (like t… …walking sticks)
- Cards wit… …s wr… …them (baby, child, teenager… …lt, e… …)

Instructions

How you wi… …mple…

1. Each student picks a card with a life stage … …en o…
2. Find costume items and props that match … …e.
3. Think about what people do at that life stage.
4. Form small groups and have students act like the person … … to the rest of their group. The rest of the students in the group should … …s which life stage they are acting out.
5. Optional: select volunteers to present their role play to the class.
6. Watch your classmates and guess their life stage.
7. Be respectful and attentive while others are performing.
8. After each presentation, discuss what you observed.
9. Put away costumes and props neatly at the end.

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D1.4

Role Play Topics | Cut out the topics below

Baby – A very little person who needs a lot of care and love.

Child – A kid who is older than a baby who goes to school and plays with friends.

Teenager – A person who is older than a child and is learning lots of new things.

Adult – A grown-up person who takes care of themselves and their family.

Elderly – Very old people who have lived a long time and need a bit more help.

Baby – A very little person who needs a lot of care and love.

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Reflection | Answer the questions below

1) Which life stage did you role-play?

2) How [illegible] tend to be at a different life stage?

3) What did you learn about how pe[illegible]lange [illegible] grow?

4) Draw a picture of you in your role-play costume.

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D1.4

Growing Up Step by Step

Big Steps in Growing

When we grow up, we reach milestones. These are like special steps we take as we get older.



Learning Things

- Learning to Talk: We start by saying simple words and then make sentences.
- Learning to Walk: First, we crawl, then stand, and finally take steps.

Growing at Your Own Pace

Everyone grows differently. Some children might start talking early, while others take a bit more time. And that's okay!

Getting Taller and Smarter

As we grow, we get taller and learn more things. We learn new words and do so many fun activities at school and home.

Everyone is Special

Remember, each of us is special in our own way. Whether we learn things quickly or slowly, it's all part of our unique growth journey.

So, let's celebrate each step we take in growing up. Whether it's a new word we learn or a new game we play, every milestone is important in our growth!

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True or False

Is the statement true or false?

1. Learning to talk is a growth milestone.	True	False
2. All children start walking at the same age.	True	False
3. Some children learn to read before others.	True	False
4. Everyo rows at their own pace.	True	False
5. Crawl s after learning to walk.	True	False

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Visualizing

u w icturing while you were reading. Explain the picture.

Question

What are some milestones we reach as we grow up?

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Activity – My Growth Journey

Objective

What are we learning about?

To help students understand personal growth by reflecting on how they have changed over time.

Materials

What you will need for the activity.

- 4 pictures (1, 3, 5, and now)
- Worksheet with spaces for pictures and reflections
- Glue sticks, crayons, markers



Instructions

How you will complete the activity

1. Paste Pictures: Students paste their pictures on the worksheet in the labelled boxes.
2. Reflection Page: On a separate reflection page, students write or draw something they learned or remember about each age (1, 3, 5, now).
3. Decorate: Let students decorate their worksheets with crayons and stickers.
4. Share: Students share their worksheets with a partner or the class.
5. Display: Display the worksheets in the classroom for everyone to see.

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Reflection Write something special you learned or did at each age.

Age 1	Age 3
When I was 1, I liked to	At 3, I learned to
Age 5	
At 5, I started	Now, I c

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Curriculum Connection
D1.4

Activity – Word Search on Growth Stages

Objective

What are we learning about?

To help students learn and reinforce key vocabulary related to the stages of human development through creating and solving word searches.



Materials

What you will need for the activity.

- Bl ord se ates (grid paper).
- List of hum nt e terms (e.g., infant, toddler, adolescent).
- Pencils an se
- Coloured penc mark for decorating).

Instructions

How you w ple ty

1. Introduce the concept of human de pment s an cuss key terms.
2. Hand out the blank word search templates e list
3. Instruct students to create their own word search ing th s in the grid, either horizontally, vertically, or diagonally.
4. Encourage them to fill the remaining spaces with random lette
5. Once they have created their word searches, ask them to exchange p s with a classmate.
6. Each student then tries to find all the terms in the word search they received.
7. After completing the word searches, discuss the meanings of each term as a class.
8. Encourage students to ask questions about any terms they found confusing or interesting.
9. Conclude the activity by emphasizing the importance of understanding human growth.
10. Celebrate their efforts in learning and creating.

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D1.4

Words | List of words for the word search

BABY	KID	YOUTH	ADULT
NEWBORN	CHILD	TEEN	GROWNUP
B	SCHOOL	GROWING	PARENT
CRAWL	F	CHANGE	WORK
SLEEP	W N	TALLER	JOB
MILK	FRIENDS	RE NSI	FAMILY
CRY	GAMES	BU	CARE
WALK	HOBBIES	FEELINGS	LP
TALK	TEACHER	FUTURE	DECISIONS
TINY	FUN	STRONG	OLDER
GROW	ACTIVE	HEALTHY	SENIOR

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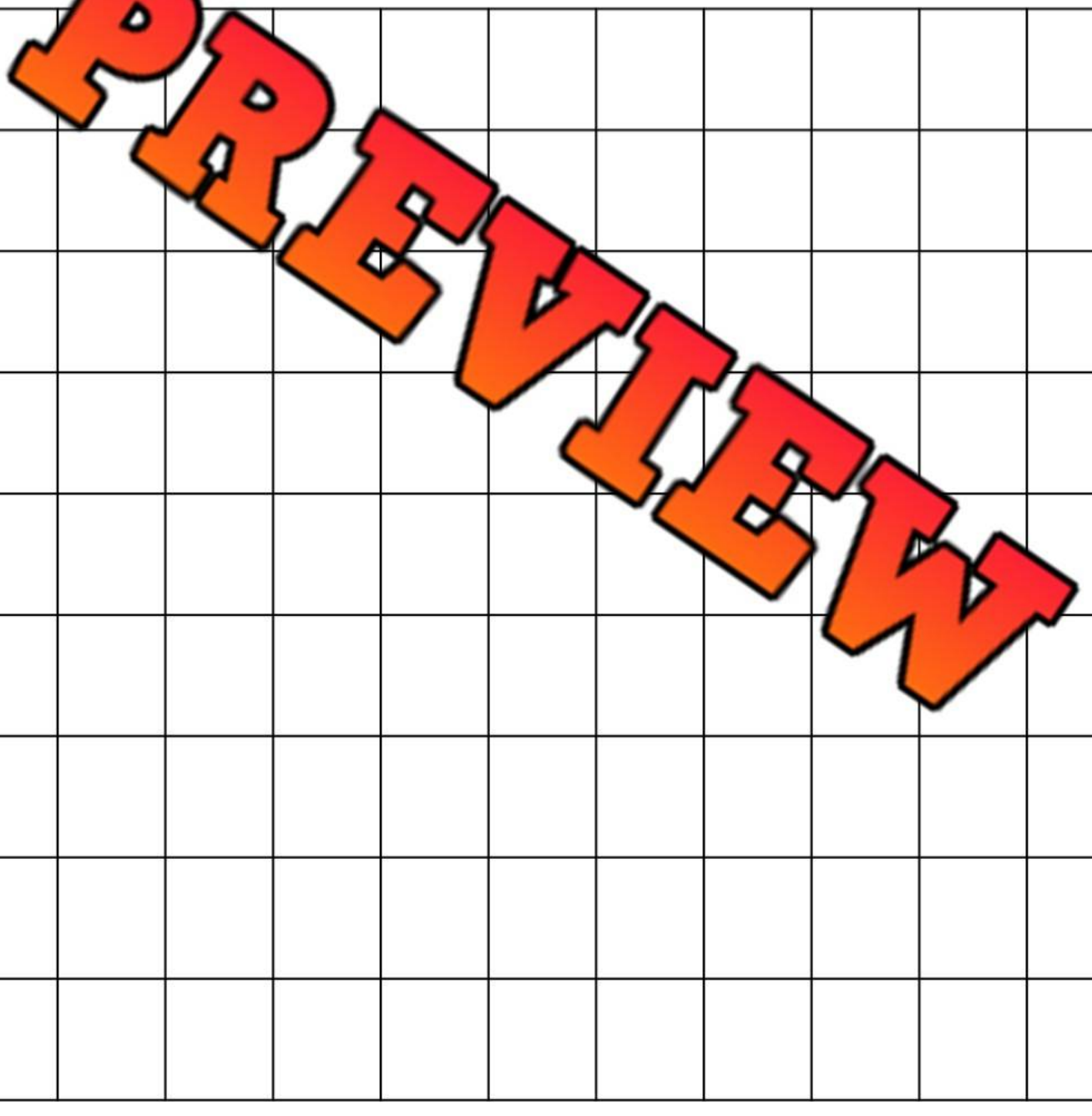
D1.4

Word Search | Create your own word search below

Word Bank			



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D1.4

Families Help Us Grow

Family Helps Us Grow

Families are like teams that help us grow up healthy and strong. They take care of us in many ways.

Differe[illegible] of Families

- S[illegible]familie[illegible]ig with many people.
- Other fa[illegible]s[illegible]ma[illegible]
- Some childr[illegible]e w[illegible]n[illegible]ent, and others with two.

PREVIEW



What Families Do for Us

- Families give us love and com[illegible]t.
- They teach us how to eat healthy fo[illegible]
- Families help us learn to play safely.
- They show us how to care for each other.

Every Family is Special

All families are different, and that's what makes them special. Whether big or small, families provide support, love, and care.

Families teach us important lessons about being kind and healthy. They help us grow into happy, strong people. Remember, no matter what your family looks like, it's a team that loves and supports you!

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D1.4

True or False

Is the statement true or false?

1. Families help us grow up healthy.	True	False
2. All families look exactly the same.	True	False
3. Families teach us to eat healthy foods.	True	False
4. Only bi[illegible]milies can provide love and care.	True	False
5. Famil[illegible]d to show love and support.	True	False

PREVIEW

Direction

Pu[illegible]o th[illegible]things families do to help us grow.

❑ Give love	❑ [illegible]r	❑ Yell all the [illegible]me	❑ Read stories with us
❑ Keep us safe	❑ Make us fe[illegible] scared	❑ T[illegible]us t[illegible]e	❑ Do not care
❑ Help us when we are sick	❑ Help us eat healthy	❑ Ignore	[illegible]y with us

List

Write three healthy habits your family has taught you.

1.	
2.	
3.	

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Direction Name each family member and colour the picture.



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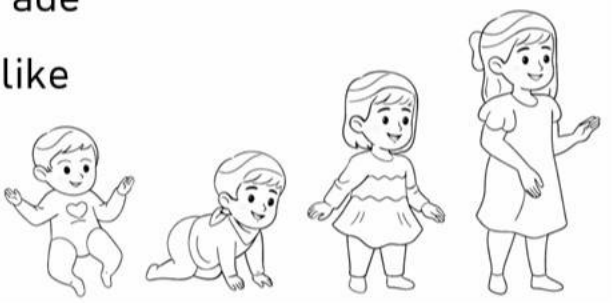
The Journey of Growing Up

Baby Steps to Big Steps

When we're born, we start as tiny babies. Babies can't walk or talk but they grow quickly! By the time you're a Grade 2 studen[illegible]u've learned so many things like walkin[illegible]nd making friends.



Eating Right [illegible]

Our bodies ne[illegible]d fo[illegible]w. Think of eating colourful fruits and vegetables, like a rai[illegible]n you[illegible] This helps you run faster, think better, and stay healthy.

Moving and Grooving

Exercise is fun! Running, jumping, and pl[illegible]s [illegible]ur bodies strong and our minds happy. It's like how a pup[illegible]s [illegible] grow!

Feeling Great with Friends and Family

We need hugs, smiles, and kind words. This makes our hearts happy. Your family and friends help you feel loved and safe.

Nature's Lessons

Indigenous cultures teach us that growing up is like the seasons changing. Just like how spring turns to summer, we grow a little every day.

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D1.4

True or False

Is the statement true or false?

1. Babies learn to walk and talk very quickly.	True	False
2. Eating fruits and vegetables is good for us.	True	False
3. Exercise is not important for our health.	True	False
4. We don[illegible]ed hugs and kind words.	True	False
5. Our fa[illegible]s us feel loved and safe.	True	False

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Then vs. Now

Draw[illegible]s a[illegible]by in the first box and yourself now in the second bo[illegible]

Then	Now

Question

What are some colourful fruits and vegetables you can eat to stay healthy and strong?

_____

_____

_____

_____

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D1.4

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class

Name: _____

Is the statement true or false?

1) Exercising help our bodies grow.	T	F
2) Only babies grow, not children or adults.	T	F
3) Eating healthy food helps our bodies grow strong.	T	F
4) Growing up means learning new skills like walking and talking.	T	F

Name: _____

Is the statement true or false?

1) Exercising help our bodies grow.	T	F
2) Only babies grow, not children or adults.	T	F
3) Eating healthy food helps our bodies grow strong.	T	F
4) Growing up means learning new skills like walking and talking.	T	F

Name: _____

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Name: _____

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2) Only babies grow, not children or adults.	T	F
3) Eating healthy food helps our bodies grow strong.	T	F
4) Growing up means learning new skills like walking and talking.	T	F

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D1.4

Anishinaabe - The Seven Stages of Life

The Seven Stages of Life

The Anishinaabe culture teaches about seven important stages in life. Each stage has special lessons and responsibilities.

- **Infan** bies learn trust and love. They need family to care for them.
- **Chil** ren explore and learn about the world.
- **A scence** rs learn who they are using bravery and honesty.
- **Young Ad** ung lts start their own journeys and families.
- **Adulthood**: A car nd use wisdom and truth to guide their families.
- **Elderhood**: Elders share ories
- **Ancestry**: Becoming an ancest about gacy. It's about being remembered for the love and teachin en to

PREVIEW

Learning and Sharing

In each stage, we learn from teachings like kindness and respect. These lessons come from our families and community Elders.



Changing Roles

Our roles change as we grow. We start by learning, then we teach others, and finally, we share wisdom with the next generation. This cycle of learning and teaching keeps going, making each stage of life special and important.

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True or False

Is the statement true or false?

1) Infants learn about trust and love.	True	False
2) Children do not explore in childhood.	True	False
3) Adolescents find out who they are.	True	False
4) Roles d[illegible]t change as we grow.	True	False
5) Elder[illegible]h[illegible]re their wisdom.	True	False

Word Searc[illegible]

[illegible]d th[illegible]ords in the wordsearch.

Infant	Learn
Trust	Love
Role	Elder
Wisdom	Grow
Ancestry	Honesty



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Question

Which life stage are you in? What is your role?

_____

_____

_____

_____

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D1.4

Activity – Trivia Card Creation on Human Development



Objective

What are we learning about?

To help students understand and appreciate the different stages of human growth by creating and playing a trivia game.

Materials

What you will need for the activity.

- Index cards or [illegible] sheets of cardstock – optional
- Markers, p[illegible]s.
- List of 15 facts [illegible] human [illegible]ent stages (provided by the teacher).
- Scissors (optional, for [illegible]ing car[illegible]

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Instructions

How you will compl[illegible]activ[illegible]

1. Start by discussing the different stages [illegible]an g[illegible]h the class.
2. Hand out the list of 15 human development fa[illegible]ch pair [illegible]dents.
3. Provide each pair with index cards or the multiple-[illegible]e te[illegible]ided.
4. Instruct each pair to write 9 multiple-choice or true/false [illegible]s based on the facts.
5. Encourage them to make one question per card.
6. Once the cards are created, gather the students in a circle.
7. Each pair takes turns asking their questions to the class.
8. The rest of the class tries to answer the questions.
9. Discuss the correct answers and provide additional information as needed.
10. Conclude the activity by highlighting the importance of understanding human growth.

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D1.4

Fact Sheet | Exploring the Journey of Human Development from Birth to Aging.

Life Stage	Fact 1	Fact 2	Fact 3	Fact 4	Fact 5
Baby	Most babies start to walk between 9 and 15 months.	By 2 years, a baby's brain is about 80% of adult size.	Babies can recognize their mother's voice at birth.	At 6 months, many babies can say simple words like "mama".	Babies double their birth weight by 5 months.
Child	The a… chi… p…	Children can have 10,000 t… buds, …	By age 6, children typically weigh about 20 kg.	Most children learn to read by age 7.	Children's heart rates are faster than adults'.
Teen	Teens grow about 10 cm per year during growth spurts.	…ain re…es 9… of its adu… size by ag… 6, but continues to develop until the mid-20s.	…bout 8… te… e…ce	Teens need …ut 8-10 …f sleep a…	Teens' lungs triple in size during adolescence.
Adult	Most adults reach their peak physical strength between 20 and 30 years.	On average, adult brains start to shrink slightly at 30.	Adults need 7-9 hours of sleep, but often get less.	Adults … their maximum bone density in their 30s.	…rage …ult heart …eats 60-100 times per minute.
Senior	By 75, the average person's muscle mass is roughly 50% of what it was in youth.	Seniors over 65 may need up to 14 hours to recover from a lack of sleep.	25% of seniors over 70 experience some form of memory loss.	Many seniors over 65 take at least one prescription medicine.	Seniors may lose about 1 cm in height every 10 years after age 40.

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D1.4

Trivia | Write your questions below

1)

a)

b)

c)

2)

a)

b)

c)

3)

a)

b)

c)

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D1.4

Trivia | Write your questions below

7)

a)

b)

c)

8)

a)

b)

c)

9)

a)

b)

c)

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Story: Celebrating Our Bodies

Our Amazing Bodies

In Greenwood School, Mrs. Singh's grade 2 class was exploring the wonders of their bodies. "Our bodies are incredible," she bega[illegible]They help us play, move, and live!"



Luca[illegible]id, "My strong legs let me kick th[illegible]all fa[illegible]smates cheered.

Emma, who love[illegible]ir, s[illegible]breathing helps her sing beautifully.

Mrs. Singh asked, "How d[illegible]healthy?"

Zoe replied, "By eating lots of fruits[illegible]nd veg[illegible]

"And playing outdoors!" Ali chimed in excite[illegible]

Mrs. Singh smiled. "Yes, our bodies are amazing for w[illegible]t th[illegible]p[illegible] how they look."

The class learned:

- Our bodies can do wonderful things.
- We should appreciate their abilities.
- Healthy habits are important for our bodies.

With joy and understanding, the students promised to always care for their amazing bodies.

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D1.5

True or False

Is the statement true or false?

1) Our legs help us to jump and run.	True	False
2) Breathing is not important for singing.	True	False
3) Eating candy keeps our bodies healthy.	True	False
4) Playing soccer is a way to be active.	True	False
5) Fruits and vegetables are healthy food choices.	True	False

Fill in the Blank

Write the missing word.

1)	Our bodies help us _____ a	Sit	Move
2)	Lucas loves to play _____.	Chess	Soccer
3)	Emma uses her breath to _____ beautifully.	Paper	Sing
4)	We can take care of our bodies by _____	Playing	Reading
5)	_____ helps us feel calm and energetic.	Breathing	

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Question

What does your body do well?

_____

_____

_____

_____

_____

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D1.5

Activity – Healthy Habits Jeopardy

Objective

What are we learning about?

To encourage learning about healthy lifestyle choices through a fun, interactive Jeopardy-style game focusing on Nutrition, Exercise, Sleep, and Dental Care.



Materials

What you will need for the activity.

- L bo whiteboard to create the Jeopardy board.
- Mar s or sti o write categories and points.
- Cards with ti for ea ory.
- A bell or buzzer nsw
- Scoreboard to keep tr nts.

Instructions

How you will compl activi

1. Prepare the Jeopardy board by dividing th r or w into categories: Nutrition, Exercise, Sleep, and Dental Care.
2. Under each category, arrange points (e.g., 10, 20, 30 ints
3. Explain the rules of Jeopardy to the students, including how to th of a question.
4. Divide the class into teams, assigning each team a turn to choose a ca gory and point value.
5. Read the question aloud from the chosen category and point value.
6. The first team to ring the bell or buzzer gets to answer.
7. If they answer correctly, award them the points. If not, another team can answer.
8. Continue the game until all questions have been answered.
9. Tally the points to determine the winning team.
10. Conclude by discussing what they learned about healthy habits.

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Curriculum Connection
D1.5

Reflection | Answer the questions below

1 Points	2 Points	3 Points	4 Points	5 Points
What do you use to brush your teeth? (Toothbr	What mineral makes bones strong? (Calcium)	What should you do before eating? (Wash hands)	What's a healthy breakfast grain? (Oatmeal)	At what age do people become seniors? (65)
What vitami is in oranges? (C)	Foo good r tee	At what age do you come a (13)	How many hours do teens need to sleep? (9-10)	Name a tooth only in adults. (Wisdom tooth)
What do babies drink? (Milk)	Name a food that's unhealthy. (Candy)	long should yo brush y teeth each time? (2 min)	Wha in ? (	What hormone controls growth? (Growth hormone)
What's the first meal you eat after sleeping? (Breakfast)	What's a sign you're sleepy? (Yawning)	What's the first stage of life? (Baby)	Name a food rich in fiber. (Beans)	w many ours should kids sleep? (10)
What fruit is red and round? (Apple)	Name a crunchy vegetable. (Carrot)	What stage comes after being a teenager? (Adult)	Name a green vegetable that's full of vitamins. (Broccoli)	How many teeth do adults have? (32)

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Story: Healthy Eating Rainbow

Rainbow Feast: Aisha's Healthy Adventure



Once upon a time, in a magical kitchen, there was a beautiful rainbow made entirely of different foods. Each colour in the rainbow represented a type of food that helped our bodies grow strong and healthy.

Red foods, like apples and tomatoes, help keep our hearts strong. Orange foods, such as carrots and oranges, are great for our eyes. Yellow foods, like bananas, give us energy to learn. Green foods, including broccoli and spinach, make our bones strong and healthy. Blue and purple foods, such as blueberries and grapes, help our brains stay smart.

One sunny day, a little girl named Aisha decided to eat from each colour of the rainbow. She had juicy red strawberries, crunchy orange carrot, a sweet yellow banana, some fresh green lettuce, and purple grapes. After eating her colourful meal, Aisha felt happy, energized, and ready to play.

Aisha learned that eating a variety of coloured foods is not only fun but also helps her body in many ways. She promised to eat her healthy eating rainbow every day. This way, she would grow up strong, smart, and full of life. Aisha told her friends about the food rainbow, and they all agreed to try it too. Together, they enjoyed exploring different foods and colours, making every meal a fun and healthy adventure.

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Curriculum Connection
D1.5

True or False

Is the statement true or false?

1) Red foods help keep our hearts strong.	True	False
2) Orange foods are bad for our eyes.	True	False
3) Bananas give us energy to play.	True	False
4) Green foods make our brains smart.	True	False
5) Eating [illegible]iety of foods keeps us healthy.	True	False

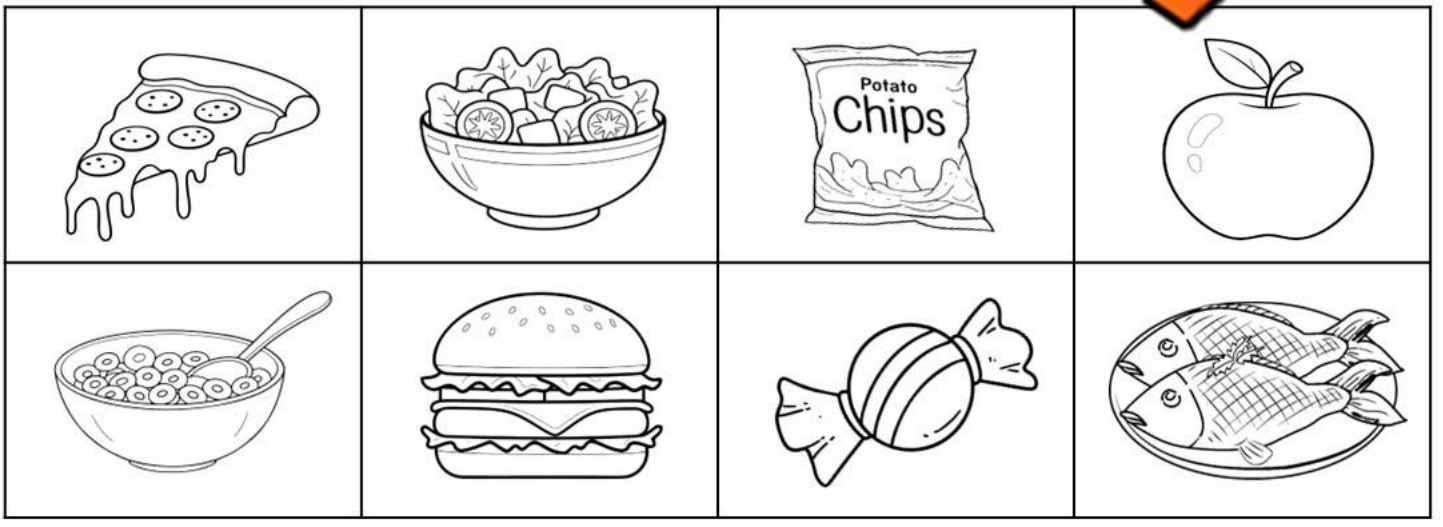
Fill in [illegible]te the missing word.

1)	Red foods [illegible]les h[illegible] _____.	Lungs	Hearts
2)	Green foods make [illegible]___	Bones	Muscles
3)	Blue and purple foods help our [illegible]__.	Brain	Teeth
4)	Aisha felt _____ after eating the rai[illegible]		Happy
5)	Eating different _____ is fun and healthy.	[illegible]olours	Sweets

PREVIEW

Direction

Colour the foods that help your body grow.



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Name: _____ 41

Curriculum Connection
D1.5

Health Benefits of Different Foods

Think Write one health benefit of each food below













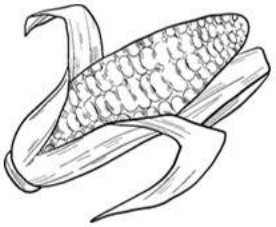

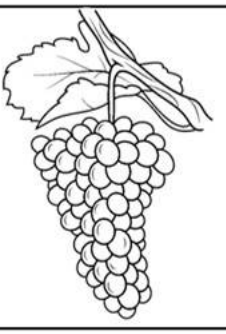

PREVIEW

Name: _____ 42

Curriculum Connection
D1.5

Activity – My Healthy Plate

Fill your plate with healthy foods that help you grow strong! Divide your plate into 3 parts:

1. Fruits and Veggies: Draw colourful fruits and vegetables in one half. These give you vitamins to stay healthy!
2. Protein Power: In one-quarter, draw proteins like chicken, eggs, or fish. Protein helps your muscles grow!
3. Calcium Champions: In the last quarter, draw foods like milk or yogurt. Calcium makes bones strong!



PREVIEW

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Curriculum Connection
D1.5

Poster – How Food Helps Me Grow

Instructions Choose some of the foods below and draw a poster that shows how these foods help our bodies.

1. Red: Strawberries	Keeps the heart strong with antioxidants.
2. Red: W[illegible]elon	Hydrates and supports heart health.
3. Or[illegible]es	Great for eyes and full of vitamins.
4. Orange: Ma[illegible]	Boosts eye health and immune system.
5. Yellow: Pineapple	[illegible] energy and aids digestion.
6. Yellow: Corn	Co[illegible] boosting carbohydrates.
7. Green: Kiwi	Str[illegible]gthens [illegible]s an[illegible]sts immunity.
8. Green: Peas	Good for bo[illegible] and [illegible]in.
9. Blue: Blueberries	Enhances brain funct[illegible]nd [illegible]
10. Purple: Eggplant	Supports brain health with nutrie[illegible]
11. Purple: Blackberries	Good for brain health and high in vitamins.
12. Red: Cherries	Heart-healthy and rich in nutrients.
13. Orange: Pumpkin	Great for eyesight and rich in Vitamin A.
14. Yellow: Yellow Bell Peppers	Provides energy and vitamin C.
15. Green: Kale	Promotes strong bones and packed with vitamins.

PREVIEW

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Curriculum Connection
D1.5

Story: Exercise and Play

Omar's Active Days



In a lively town, there lived a cheerful boy named Omar. Omar loved to play outside, whether it was sunny or rainy. He enjoyed running, jumping, and playing all sorts of games with his friends.

One day, Omar's teacher explained that exercise and play are important for our bodies and minds. She said, "When you run and play, your heart becomes strong, your muscles grow, and your mind becomes sharp." Omar thought this was amazing!

Omar learned that playing sports like soccer, swimming, or tag with friends, helps his body in many ways. It made him feel happy, energetic, and smart. He also found out that exercise can be fun, like a game of catch or a dance party in the living room.

From that day, Omar decided to play and exercise every day. He realized it made him feel great and kept him healthy. He invited his friends to join, and together they discovered the joy of movement. They laughed, played, and stayed active, growing stronger and smarter each day.

PREVIEW

Name: _____ 45

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1) Playing sports makes our hearts stronger.	True	False
2) Exercise can make us feel tired.	True	False
3) Sports like soccer are good for our bodies.	True	False
4) Running helps our minds stay sharp.	True	False
5) Exerci nly for sunny days.	True	False

Draw

ve activities and two not active activities.

ACTIVE	NOT A

PREVIEW

Word Search

Find the words in the wordsearch:

Running	Biking
Jumping	Climbing
Skipping	Stretching
Dancing	Hiking
Swimming	Playing

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

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Curriculum Connection
D1.5

Direction	Circle the correct name of the exercise or activity.

	Dancing Sleeping Reading		Studying Playing Watching TV
	Ru...g ...ming Jumping		Playing basketball Kicking a ball Swimming
	Sitting Running Sleeping		Walking ... Jumping rope
	Throwing a ball Dancing Playing badminton		Driving a car Riding a bicycle Sitting

PREVIEW

Name: _____ 47

Curriculum Connection
D1.5

Activity – Physical Activities Challenge

Objective

What are we learning about?

To encourage students to engage in different physical activities by drawing random challenges and performing the actions written on the paper.

PREVIEW

Materials

What will you need for the activity?





- Strips of paper with different simple physical activities written on them
- A container to hold the strips of paper
- Open space for students to move around safely

Instructions

How will you complete the activity?

1. Write simple physical activities on strips of paper. Examples: "Hop on one foot for 10 seconds," "Do 5 jumping jacks," "Spin in a circle 3 times," and "Touch your toes and stretch."
2. Place all the strips of paper in the container.
3. One by one, students come up to the front, close their eyes, and draw a strip from the container.
4. The student reads or has the teacher read the activity aloud.
5. The student performs the activity in front of the class. Optional: the rest of the class can perform the activity as well.
6. Repeat until all students have drawn and completed an activity.

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Curriculum Connection
D1.5

Challenge Cut out the activity strips below, draw one from the pile, and do the action on the strip!

No.	Activity Description
1	Hop on one foot for 10 seconds
2	Do 5 jumping jacks
3	in a circle 3 times
4	toes and stretch
5	Run in 15 seconds
6	Do ps
7	Balance ds
8	Pretend to swim
9	March like a soldier for 1
10	Flap your arms like a bird for 10 s
11	Stretch and reach for the sky for 5 se
12	Crawl like a bear for 5 seconds
13	Do a silly dance for 15 seconds
14	Jump as high as you can 3 times
15	Walk backwards for 10 steps
16	Do the crab walk for 10 seconds
17	Shake your hands in the air for 10 seconds
18	Tiptoe quietly for 10 seconds
19	Roll your arms 5 times
20	Wiggle like a worm for 5 seconds

PREVIEW

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Name: _____ 50

Curriculum Connection
D1.5

Newspaper Article: Sleep and Dreams

Dreamy Nights: The Magic of Sleep

Published on January 15, 2024

Every night when you close your eyes and drift off to sleep, your body goes on a magical journey of growth and healing. Dr. Emma Lee, a sleep expert, says, "Sleep is like a superpower for our bodies and minds. It helps us grow, makes us feel happy, and gives us energy for a new day." Did you know kids aged 6 to 12 need 10-12 hours of sleep each night?

Eight-year-old Jacob shared his experience, "When I get lots of sleep, I feel like a superhero the next day. I can run faster and think better!" Sleep is like charging a battery; it powers you up! Fun fact: Your body grows the most when you are asleep!

Dreams are another wonderful part of sleep. They are stories our minds create while we rest. Dr. Lee explains, "Dreams can be exciting adventures or silly tales that happen when we sleep. They help our brain's way of being creati



So, remember, getting enough sleep makes you healthier, happier, and full of energy. And when you dream, your imagination takes flight in the most fantastic ways!

PREVIEW

Name: _____ 51

Curriculum Connection
D1.5

True or False Is the statement true or false?

1. Sleep helps our bodies grow.	True	False
2. Kids should sleep 8 hours a night.	True	False
3. Good sleep makes us feel happy.	True	False
4. Being t[illegible] helps us think better.	True	False
5. Drea[illegible] stories in our mind.	True	False

PREVIEW

Directions [illegible] 3 [illegible]sons below why sleep is important.

Helps Us Grow	Makes Us Happy	[illegible]

Question How much sleep do you get? Explain your sleep routine.

_____

_____

_____

_____

_____

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Name: _____ 52

Curriculum Connection
D1.5

Newspaper Article: Mindfulness and Emotions

Understanding Feelings: A Mindful Journey

Published on January 15, 2024

In a wor different feelings, lear under manage them is like g excit journey. Dr. Sara Ch a expert, says, "Mindfulness pay attention to what we feel inside. It's being a detective of our own emotions!"

Eight-year-old Alex shared his story: "When I feel sad or mad, I take deep breaths and think about why I feel this way. It really helps!" Mindfulness is about noticing our feelings without getting lost in them. Did you know that taking five slow breaths can make you feel better?

Dr. Chen suggests simple things like breathing slowly, talking about our feelings, and even closing our eyes to think quietly. These practices help us feel calmer and understand ourselves better.



Plus, s show s who un e their gs do better in school.

So, remember, being aware of our feelings is like taking care of a garden inside our minds. It keeps us healthy and happy. And just like Alex, we can all learn to be great at understanding our emotions.

PREVIEW

Name: _____ 53

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Mindfulness means not thinking at all.	True	False
2. Talking about feelings can help us.	True	False
3. Mindfulness can make us feel calmer.	True	False
4. We should ignore our sad feelings.	True	False
5. Taking deep breaths can make you feel better.	True	False

Direct

line to match the situation to the feeling.

1. Finishing homew	❑	sad
2. Losing a toy	❑	loved
3. Playing with friends	❑	upset
4. Getting a hug	❑	
5. Being teased	❑	

PREVIEW

Question

Which mindfulness strategy could you use more – talk about feelings, slow breathing, closing your eyes? Explain.

_____

_____

_____

_____

_____

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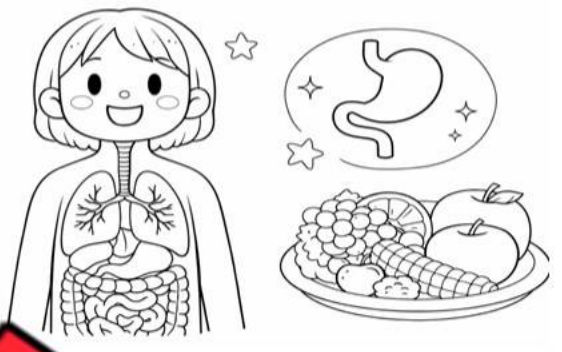
Name: _____ 54

Curriculum Connection
D1.5

Our Amazing Body Systems

Breathing and Living

Our body has a special system for breathing called the respiratory system. It includes our nose, throat, and lungs. When we breathe in, our lungs fill with air. This air has oxygen, which is very important for our body to work and play. Did you know every cell in our body needs oxygen to work properly?



Eating and Energy

The digestive system helps us turn food into energy. It starts in our mouth when we chew our yummy food. Then, the food travels down a tube to our stomach and intestines. Here, our body takes all the good parts of food. These good parts are vitamins and minerals that help us grow and give us energy to play and learn.

Working Together

Both the respiratory and digestive systems are friends and work together. When we breathe, we give our body the air it needs. When we eat, we give our body the food it needs. Together, they keep us healthy, strong, and full of energy.

Remember, taking deep breaths and eating healthy foods like fruits and vegetables are great ways to help our body systems do their job well!

PREVIEW

Name: _____ 55

Curriculum Connection
D1.5

True or False

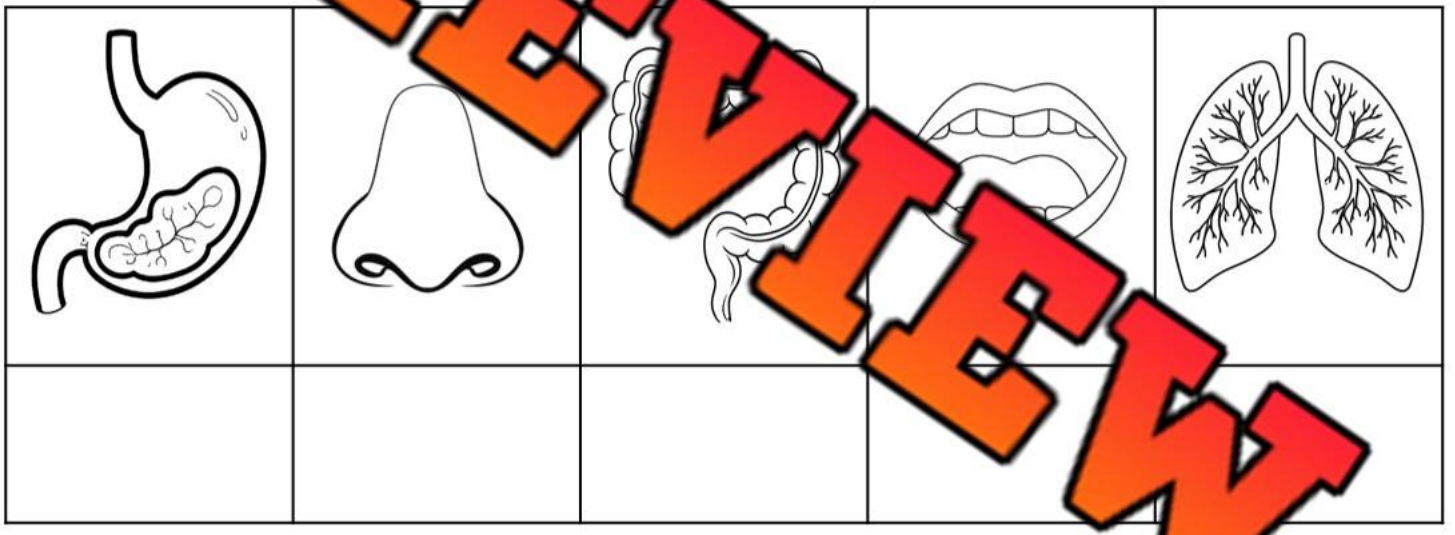
Is the statement true or false?

1. Our lungs are part of the respiratory system.	True	False
2. We breathe in food with our lungs.	True	False
3. Oxygen is important for our cells.	True	False
4. The sto[illegible]h is part of the digestive system.	True	False
5. Breat[illegible]s us turn food into energy.	True	False

PREVIEW

Direction

Writ[illegible]picture is part of the digestive system and RS if it is part o[illegible]atory [illegible]m.



Question

What is the digestive system and how does it work?

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Curriculum Connection
D1.5

Nature Helps Us Stay Healthy

Breathing Fresh Air

Nature gives us fresh air to breathe. Trees and plants make air clean by taking in carbon dioxide and giving out oxygen. Breathing fresh air is go[illegible] our lungs and helps us think better.

Drink[illegible] Clean[illegible]

Clean wate[illegible] from[illegible]e too. It's important for dri[illegible]king[illegible] keeping us hydrated. Water fro[illegible]ers[illegible] is cleaned before it comes to ou[illegible].



Feeling Calm in Nature

Spending time in nature, like in parks or fore[illegible]ak[illegible]alm and happy. It's like nature is a big, peaceful playgro[illegible]

- Trees and plants give us fresh air.
- Rivers and lakes provide clean water.
- Parks and forests help us relax.

Nature is like a caring friend. It helps keep our bodies and minds healthy. Remember to enjoy and take care of nature, just like it takes care of us!

PREVIEW

Name: _____ 57

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Trees help clean the air we breathe.	True	False
2. Dirty water is good for our health.	True	False
3. Nature can make us feel happy and calm.	True	False
4. Plants do not need air to grow.	True	False
5. Spending time in parks can be relaxing.	True	False

PREVIEW

Direction

pictures of us using nature

Oxygen Coming From Trees And Plants	Water From Lakes and Rivers	

Question

How do we use air?

_____

_____

_____

_____

_____

Name: _____ 58

Curriculum Connection
D1.5

Global Health Traditions

Different Ways to Stay Healthy

People all over the world have their own special ways to stay healthy. These traditions show ho[illegible]fferent cultures take care of their h[illegible]



Examples of [illegible]eal[illegible] Practices

- Yoga in Indi[illegible]ga i[illegible]N[illegible]f stretching and breathing that helps people feel calm [illegible]ong
- Herbal Teas in China: In Chi[illegible]ople[illegible]k special teas made from plants to feel better when the[illegible]e sic
- Meditation in Japan: In Japan, peop[illegible]ra[illegible]tion to clear their minds and relax.

PREVIEW

Learning from Each Other

Each of these practices teaches us something important. Yoga helps our bodies and minds work together. Herbal teas show us that plants can make us feel better. Meditation teaches us to be calm and focused.

It's great to learn about health traditions from different cultures. They show us many ways to be healthy and happy!

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Name: _____ 59

Curriculum Connection
D1.5

Word Search

Find the words in the wordsearch.

Yoga	Tea
Meditation	China
Japan	India
Health	Global
P	C

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

PREVIEW

Visualizing

Draw what you were imagining while you were reading. Explain the picture.

Fill in the Blanks

Write the missing word.

1)	Yoga is a health practice from _____.	India	Canada
2)	Herbal teas in China are made from _____.	Plants	Candy
3)	Meditation in Japan helps people feel _____.	Calm	Excited
4)	Sitting _____ during meditation helps us focus.	Quietly	Loudly
5)	Drinking _____ tea can help when we're sick.	Herbal	Soda

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Curriculum Connection
D1.5

Story: Our Emotional Toolbox

Lily's Emotion Toolbox

Once upon a time, there was a young girl named Lily who had a magical toolbox. This wasn't an ordinary toolbox; it was filled with tools to help her und[illegible]and and express her emotions.

One [illegible] Lily fe[illegible]ngry because her brother took her favourite toy. She opene[illegible]ox [illegible]found the 'Deep Breathing Tool.' She took deep breaths, a[illegible]oon [illegible]began to fade away.

PREVIEW

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Name: _____ 61

Curriculum Connection
D1.5



The next day, Lily felt sad because her friend was sick and couldn't come to play. She reached into her toolbox and pulled out the 'Talking Tool.' She talked to her mom about her feelings and felt much better.

Then, there was a day when Lily felt scared about a thunderstorm. She used the 'Imagination Tool' from her toolbox. She imagined the thunder was a big drum in a band, and she felt less scared.

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Curriculum Connection
D1.5

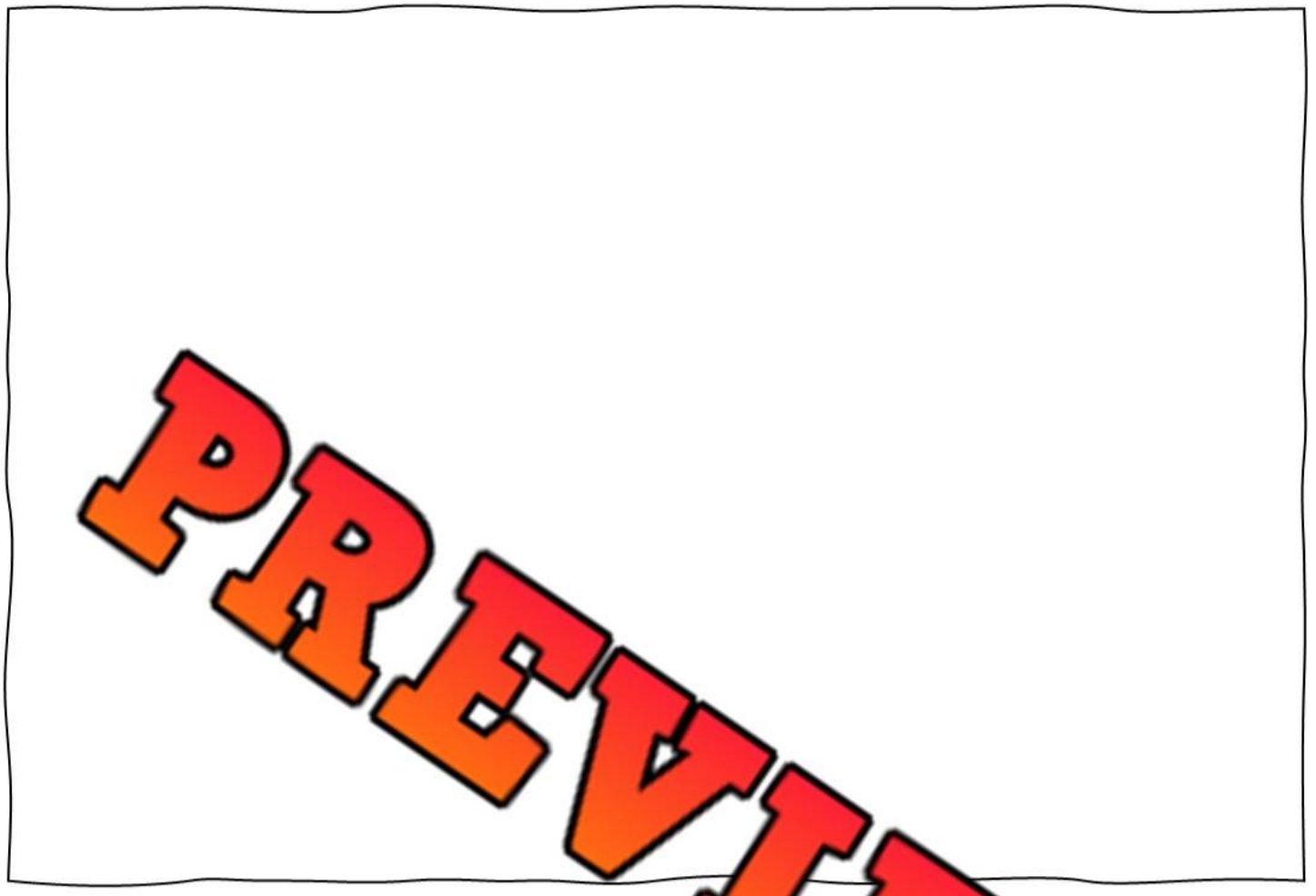
Lily also learned that being happy is an emotion. On a sunny day, she used her 'Gratitude Tool.' She thought about all the things she was thankful for, like her family and friends.

One evening, Lily felt confused about feeling both happy and sad. Her mom ex[illegible]ed that it's okay to have mixed feelings. She used her 'Und[illegible]l' to accept these feelings.

PREVIEW

Name: _____ 63

Curriculum Connection
D1.5



When Lily felt nervous about a school test, [illegible] her [illegible]aration Tool.' She studied and practiced, which made her [illegible]

Lily learned that it's important to express her emotions. With her 'Expression Tool,' she drew pictures or wrote stories about how she felt.

Lily's emotional toolbox taught her many lessons. She learned that it's okay to have different feelings and there are healthy ways to cope with them. She was grateful for her magical toolbox, which helped her grow and understand herself better.

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Name: _____ 64

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1) Lily used deep breathing to calm her anger.	True	False
2) Talking about feelings never helps.	True	False
3) Imagination can make scary things feel less scary.	True	False
4) Feelin[illegible]y is an important emotion.	True	False
5) Expr[illegible]s through drawing or writing is helpful.	True	False

PREVIEW

Questioning

Wri[illegible]questions you have after reading the text.

1)	
2)	

Word Search

Find the words in the wordsearch.

Toolbox	Emotions
Angry	Sad
Talking	Scared
Happy	Nervous
Lily	Help

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

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Curriculum Connection
D1.5

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class

Name: _____

Is this a healthy way to express feelings?

1) Talking to a trusted adult when you feel sad.	Yes	No
2) Yelling at others when you are angry.	Yes	No
3) Taking deep breaths to calm down.	Yes	No
4) Using words to say how you feel.	Yes	No
5) Hitting or pushing when upset.	Yes	No

Name: _____

Is this a healthy way to express feelings?

1) Talking to a trusted adult when you feel sad.	Yes	No
2) Yelling at others when you are angry.	Yes	No
3) Taking deep breaths to calm down.	Yes	No
4) Using words to say how you feel.	Yes	No
5) Hitting or pushing when upset.	Yes	No

Name: _____

Is this a healthy way to express feelings?

1) Talking to a trusted adult when you feel sad.	Yes	No
2) Yelling at others when you are angry.	Yes	No
3) Taking deep breaths to calm down.	Yes	No
4) Using words to say how you feel.	Yes	No
5) Hitting or pushing when upset.	Yes	No

PREVIEW

Name: _____ 66

Curriculum Connection
D1.5

Staying Clean and Healthy

Why Hygiene Matters

Hygiene means keeping our bodies clean. It is very important for staying healthy and feeling good. Did you know that by just washing your hands, you can stop germs that cause colds by nearly 20%?

That's a lot of sniffles and sneezes we can avoid!



Washing Hands

- Before eating
- After playing outside
- After using the bathroom

Washing our hands with soap and water gets rid of germs. **Germs** are tiny, invisible things that can make us sick. In fact, studies show that people touch their faces about 16 times an hour, which is a lot of chances for germs to get into our bodies! We should wash our hands for 20 seconds, about as long as singing the 'Happy Birthday' song twice! Did you know that if everyone washed their hands correctly, we could save more lives than any single vaccine or medical treatment?

Bathing Regularly

Taking a bath or shower helps clean our whole body. It washes away dirt and germs. We should bathe regularly, like after a day of playing or before bedtime. Bathing not only keeps you clean, but it can also help you sleep better at night.

PREVIEW

Name: _____ 67

Curriculum Connection
D1.5

True or False

Is the statement true or false?

1. Washing hands can stop germs from spreading.	True	False
2. We only need to bathe once a month.	True	False
3. Germs are invisible but can make us sick.	True	False
4. People touch their face 16 times an hour.	True	False
5. Washing hands is only needed before meals.	True	False

PREVIEW

Question

Explain the importance of hygiene like taking a bath regularly?



Think

Check all the things that make your body healthy.

❑	1) Washing hands before eating
❑	2) Skipping handwashing after using the bathroom.
❑	3) Using soap and water to wash hands
❑	4) Bathing or showering regularly
❑	5) Playing outside and never cleaning up

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Curriculum Connection
D2.4

Dental Care Adventures

Brush and Floss Daily

Brushing your teeth twice a day helps them stay strong and healthy. When you brush, think of yourself as a superhero battling tiny, invisible bugs tha[illegible] harm your teeth. It's also important to floss every day to clean th[illegible]s between your teeth, where your brush can't go. This keep[illegible]r smil[illegible] and your teeth happy!



Dentist Visits

Visiting the dentist i[illegible]entur[illegible]y check your teeth and use cool t[illegible]o l[illegible] healthy. Going to the dentist twi[illegible]year is [illegible]mportant.

Eat Healthy

Fruits and vegetables are great for your teeth[illegible]e th[illegible]elp scrub them clean as you chew. Eating crunchy foods like appl[illegible]d celery is like giving your teeth a mini-brush! Also, reducing[illegible]ry snacks is important, as too much sugar can be bad for your teeth. Remember, a healthy diet leads to a healthy smile!

When Baby Teeth Fall Out

Your baby teeth will fall out as you grow. This is exciting! If a tooth is wiggly, let it fall out on its own. You might even get a surprise from the Tooth Fairy!

PREVIEW

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Name: _____ 75

Curriculum Connection
D2.4

True or False

Is the statement true or false?

1. We should brush our teeth once a day.	True	False
2. Dentists use special tools for our teeth.	True	False
3. Flossing helps clean between our teeth.	True	False
4. We visit a dentist only when in pain.	True	False
5. Apples and carrots help clean our teeth.	True	False

Question

Do you like going to the dentist? Explain.

Word Search

Find the words in the wordsearch.

Dentist	Teeth
Tools	Brush
Twice	Clean
Between	Fruit
Pain	Floss

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

PREVIEW

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Curriculum Connection
D2.4

Scenarios | Circle if it is healthy or unhealthy behaviour

#	Scenario Description	Healthy	Unhealthy
1	Brushing teeth after breakfast and before bedtime.	Healthy	Unhealthy
2	Flossing gently between each tooth every day.	Healthy	Unhealthy
3	Forgetting to brush teeth at night.	Healthy	Unhealthy
4	Eat[illegible]pple as an after-school snack.	Healthy	Unhealthy
5	[illegible]stead of floss to clean teeth.	Healthy	Unhealthy
6	Chewing [illegible]dy t[illegible] could crack a tooth.	Healthy	Unhealthy
7	Wearing a [illegible]guard [illegible]ng sports.	Healthy	Unhealthy
8	Drinking water ins[illegible]f [illegible]gary	Healthy	Unhealthy
9	Opening packages with yo[illegible]r tee[illegible]	Healthy	Unhealthy
10	Visiting the dentist for a regular [illegible]eck-up.	Healthy	Unhealthy
11	Sipping soda throughout the day.	[illegible]thy	Unhealthy
12	Waiting too long to tell an adult about a toothac[illegible]	H[illegible]	Unhealthy
13	Choosing carrots and celery for a crunchy snack.	[illegible]	[illegible]lthy
14	Snacking on sticky sweets like caramel.	Heal[illegible]	Unhealthy
15	Smiling after brushing to check for a clean mouth.	Healthy	Unhealthy
16	Letting a loose tooth fall out naturally.	Healthy	Unhealthy
17	Brushing too hard and hurting your gums.	Healthy	Unhealthy
18	Trying to pull out a tooth before it's ready.	Healthy	Unhealthy
19	Learning about dental tools during a dentist visit.	Healthy	Unhealthy
20	Playing with dental instruments without permission.	Healthy	Unhealthy

PREVIEW

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Curriculum Connection
D1.5, D2.4

Community Helpers in Health

Who Keeps Us Healthy?

There are special people in our community who help us stay healthy. They are like superheroes for our bodies!



- Doc[illegible]are like body detectives. They [illegible]ing us feel sick and help us get b[illegible]
- Nurses: Nurs[illegible]are [illegible]friends. They help doctors and also make sure we are [illegible]tal[illegible]ave.
- Dentists: These are tooth e[illegible]! The[illegible]p our smiles bright and teach us how to brush and flo[illegible]oper[illegible]

PREVIEW

How They Help Us

- Doctors and nurses work in hospitals or clinics. T[illegible]s, medicine, and kind words to heal us.
- Dentists work in dental offices. They check our teeth, clean them, and fix any tooth troubles.

Remember, these community helpers are here to keep us healthy and strong. We can help them by eating healthy, brushing our teeth, and always being brave!

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Curriculum Connection
D1.5, D2.4

True or False

Is the statement true or false?

1. Doctors are like body detectives.	True	False
2. Nurses only work at night.	True	False
3. Dentists help keep our teeth healthy.	True	False
4. A doctor tool is called a stethoscope.	True	False
5. You visit the dentist only when you have a toothache.	True	False

PREVIEW

Draw

Draw a doctor uses to help people.



Question

Describe a time you went to the doctor.

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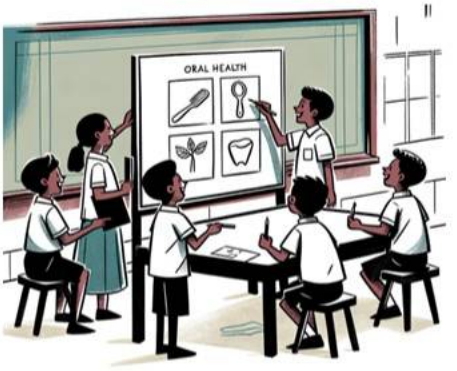
Curriculum Connection
D2.4

Activity – Oral Health Pictionary



Objective

What are we learning about?

To learn about oral health through drawing and guessing games.

Materials

What you will need for the activity.

- Whi[illegible]e paper
- M[illegible]
- Ca[illegible]with o[illegible]related words (toothbrush, toothpaste, floss, teeth, candy, ca[illegible]

PREVIEW

Instructions

How to [illegible] activity

1. Split the class into two te[illegible]s, m[illegible]r groups of desks.
2. Have one student from Team A [illegible]up and [illegible]d. They should keep the card a secret from everyone else.
3. The student then draws what's on the car[illegible]a w[illegible]o[illegible]rge paper. The drawing should be about oral health.
4. Start a timer for 2 minutes. During this time, Team [illegible]s t[illegible] being drawn.
5. If Team A guesses the drawing correctly before the timer goes [illegible]ey earn a point.
6. Next, it's Team B's turn. A student from Team B picks a card and draws, while their team guesses.
7. Alternate turns between the two teams, letting different students draw each time.
8. Continue the game until all the cards have been used. Keep track of points for each team.
9. At the end, count up the points. The team with the most points is the winner of Oral Health Pictionary!

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Curriculum Connection
D2.4

Pictionary Topics | Cut out the topics below

Pictionary Cards: Dental Care Essentials

Toothbrush	Mouthwash
[illegible]ses	Toothpaste
[illegible]s	Cheese
Apple	Dentist
Teeth	[illegible]e
Tooth Fairy	Water[illegible]
Milk	Gum
X-ray	Dental Chair
Tongue	Carrots

PREVIEW

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Curriculum Connection
D2.4

Reflection | Answer the questions below

1) Why is it important to brush and floss your teeth?

2) Na[illegible] good for your teeth?

3) How does eating candy affect yo[illegible]?

4) Draw some of the Pictionary dental tools below.

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Unit Test – Human Development

Multiple Choice /10

1. What colour foods help our heart? a) Green b) Blue c) Red d) Yellow	2. Who needs sleep the most? a) Adults b) Seniors c) Babies d) Teens
3. Wh[illegible]ht? a) Youths b) Kids c) Babies d) Adults	4. What do seniors enjoy? a) Running fast b) Homework c) Hobbies d) [illegible] school
5. What do seniors usually not do anym[illegible] a) Work b) Sleep c) Eat d) Play	[illegible] need to feel happy? a) H[illegible]ork b) [illegible] c) Ra[illegible] d) Snow
7. What is good for our teeth? a) Candy b) Apples c) Soda d) Cookies	8. What makes our lu[illegible] a) Fresh air b) Fresh water c) Loud noises d) Hot days
9. How often should we visit the dentist? a) Once a year b) Twice a year c) Every month d) Every week	10. What helps our bones? a) Green foods b) Red foods c) Yellow foods d) Blue foods

PREVIEW

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Define | What do the terms below mean?

Term	Definition – What does it mean?
Flossing	
Hygiene	
Life	

PREVIEW

Scenarios | ead t and circle the best way to handle it

1) Sarah's tooth is wiggly. oul
a) Eat hard candy
b) Pull it out fast
c) Let it fall naturally
d) Ignore it

2) Jason feels sad after a game. What can help?
a) Stay alone
b) Blame friends
c) Eat lots of candy
d) Take deep breaths

3) Alex wants to be strong. How should he start?
a) Eat only candy
b) Never exercise
c) Play sports
d) Watch more TV

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