

Food gives us energy to grow

2nd Class



Print and cut along the dashed lines, then hand one card to each group. These carry the **text a group reads** — a job to do, a brief to research, or notes to identify by. They are not sorted or sequenced, so there is nothing to match on screen.

RunningRunning fast in the yard at break. ^{R_s} ^{R_s}**Reading**Sitting quietly and reading a book. ^{R_s} ^{R_s}**Football**Playing a game of football with friends. ^{R_s} ^{R_s}**Thinking**Working hard on a tricky maths problem. ^{R_s} ^{R_s}**Climbing**Climbing on the climbing frame. ^{R_s} ^{R_s}**Drawing**Drawing a careful picture at your desk. ^{R_s} ^{R_s}**Skiping**Skiping with a rope in the yard. ^{R_s} ^{R_s}**Listening**

Listening carefully to a story on the carpet

FoodFood gives our body energy to grow, play and think. ^{R_s} ^{R_s}**Water**Water keeps our body working well through the day. ^{R_s} ^{R_s}**Air**

We need clean air to breathe every minute.

^{R_s} ^{R_s}**Sleep**Sleep helps our body rest, repair and grow at night. ^{R_s} ^{R_s}

Care

Care from family and adults keeps us safe,
calm and well

