

Food gives us energy to grow

2nd Class



Print and cut along the dashed lines. These carry the **text a group reads** — a job to do, a brief to research, or notes to identify by. Check the lesson's teacher notes for how many sets each group needs and how they are used: some lessons hand out one card per group, others sort or sequence a full set.

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**Skipping**Skipping 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

