



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.

Running

Running fast in the yard at break

Reading

Sitting quietly and reading a book

Football

Playing a game of football with friends

Thinking

Working hard on a tricky maths problem

Climbing

Climbing on the climbing frame

Drawing

Drawing a careful picture at your desk

Skipping

Skipping with a rope in the yard

Listening

Listening carefully to a story on the carpet

Food

Food gives our body energy to grow, play and think

Water

Water keeps our body working well through the day

Air

We need clean air to breathe every minute

Sleep

Sleep helps our body rest, repair and grow at night

Care

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

