

Section 3

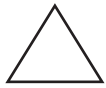
Caring for Yourself

Lesson 11

Food

STUDY

exercise (ĕk•sər•sīz). to use your body



Say this word to someone.

God made you. God wants you to take good care of yourself. You were a little baby. Now you are growing bigger and bigger each day.

As you grow, you need to take care of yourself. Eating good food helps you to grow. You need lots of sleep to grow. You need to **exercise** to grow too.

 Match each word to a picture.

1. food



2. sleep



3. exercise



To grow bigger, you need to eat. But not all food is good for you. To grow bigger and feel good, you need to eat the right kind of food. Good food will help you grow bigger each day.

 Do this activity.

△ 4. Color all of this good food. Did you eat any of these things today?



Lesson 11

You eat three meals a day. When you get up, you eat breakfast. A good breakfast helps you feel well all day. It helps you do your work well. A good breakfast helps your body to grow. It helps you use your mind better too.



What did you eat for breakfast today?

△ 5. Draw it here.

You work and play at school. Soon it is time to eat lunch. You like the good food you have for lunch. It helps you grow and feel well. It helps you do your work well.



What do you have for lunch today?

△ 6. Draw it here.

Then it is time to go home from school. You like to help with the work at home. You like to play with the other children. But soon you need some food. It is time to eat supper. The things you eat for supper taste so good. The good food will help you to grow.



What will you have for supper today?

△ 7. Take this book home and draw what you eat for supper.

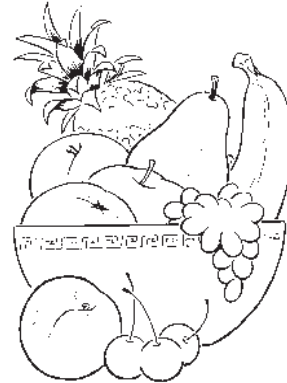
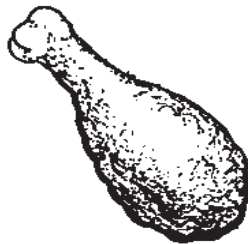
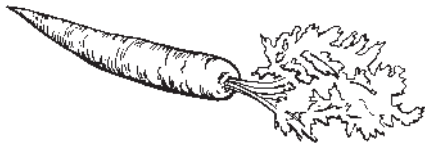
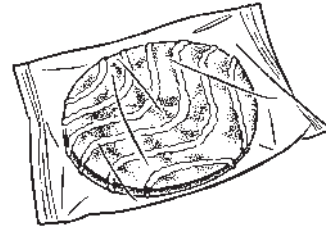
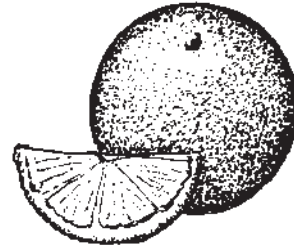
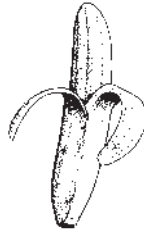
It is not good to eat too many snacks. It is not good to eat too much candy or too much sweet food such as cake and ice cream. Milk, meat, vegetables and fruit are very good for you. They help you grow and feel good.

△ 8. Name two good things you ate today.

_____	_____
-----	-----
_____	_____



Circle each food that is good for you.



Lesson 12

Sleep

You work and play hard all day. Then your body needs rest. Your mind needs rest too.

You sleep in your bed. You need to rest. You rest when you sleep. Rest helps you feel well.



Find and write the words.

1. Your body needs _____ .

2. Your _____ needs rest too.

3. You rest when you _____ .

4. Rest helps you _____ .

You need sleep. Sleep helps you feel well. If you do not sleep very much, you can get sick. You do not feel well. You want to fuss and cry. You cannot do your work well.

God wants you to take care of yourself. He wants you to rest and sleep.



Write *yes* if the sentence tells about someone who had a good sleep. Write *no* if the sentence tells about someone who did not sleep very much.

5. He feels well. _____

6. He can get sick.

7. He wants to fuss and cry.

8. He does his work well.

9. He does not feel well.

10. He is happy all the time.

Lesson 13

How Much Sleep Do You Need?

You were a baby. A baby needs to sleep for many hours.

Now you are growing bigger each day. You need to sleep about ten hours. If you sleep about ten hours a night, you will feel well. Sleeping about ten hours a night will help you to grow.

Bigger people do not need so much sleep. Mother and Father need to sleep about eight hours a night.



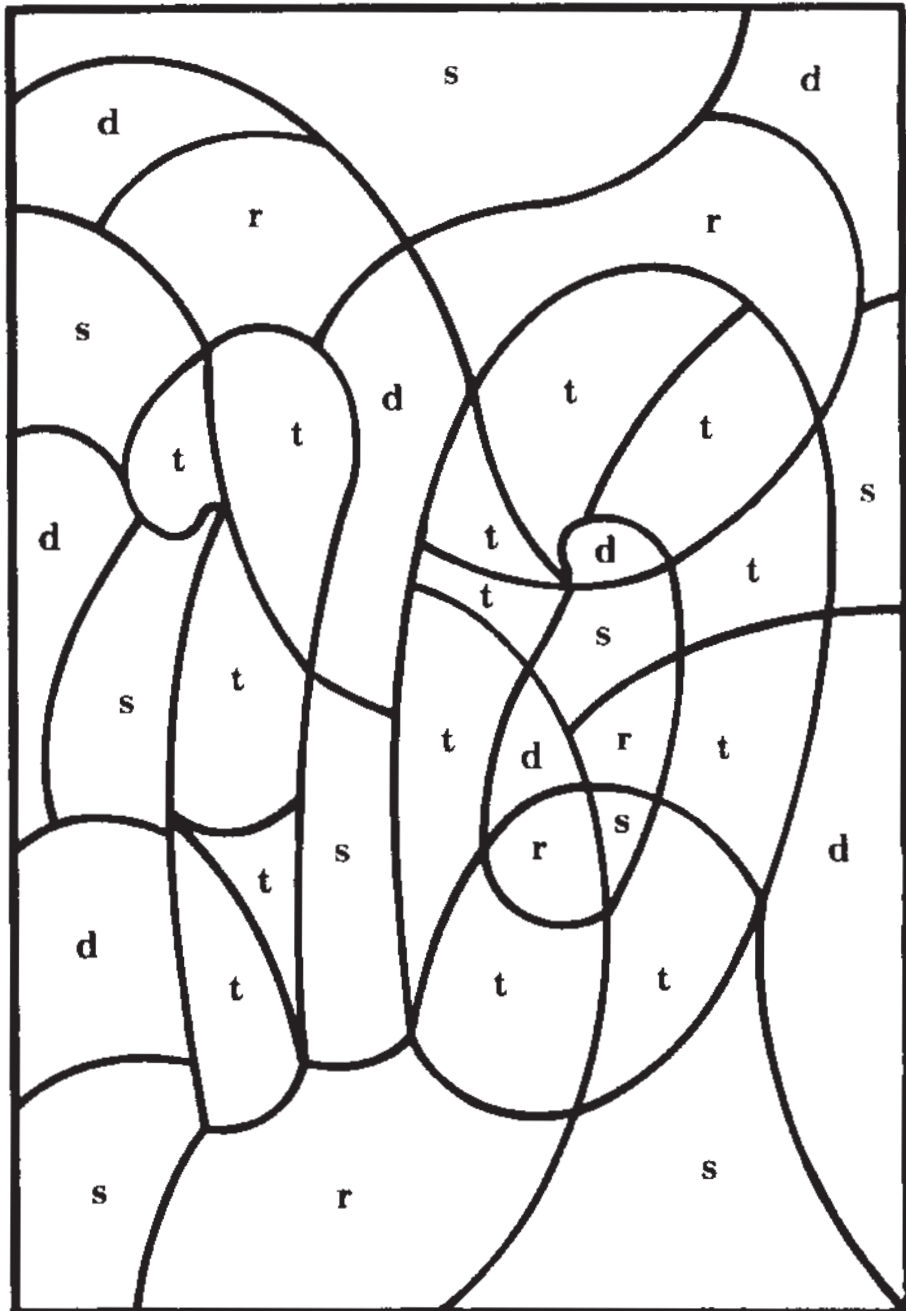
Match.

- | | |
|----------------------|------------|
| 1. baby | 8 hours |
| 2. you | many hours |
| 3. Mother and Father | 10 hours |



Color the puzzle.

- r—red
- t—black
- d—green
- s—blue



Lesson 13

 Circle the answer.

4. How many hours should you sleep?

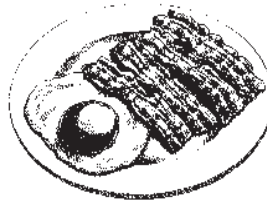
- 2 5 8 10



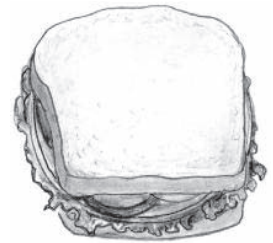
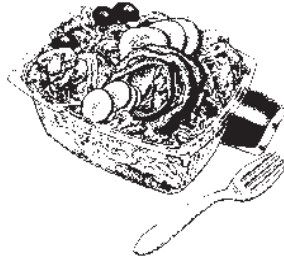
We Remember

 Follow these directions.

5. Cross out the thing that is not a healthy breakfast food.



6. Circle the food you should not eat for lunch.



7. Put an X on the unhealthy supper food.

