

# Good friends

2



Jack and Mando are good friends, but they live in different places. Jack lives in an apartment in a big city. He takes the bus to school every day. On Fridays, Jack likes to go to the zoo which is near his apartment. If he wants to buy anything, he walks across the street to the supermarket.

Mando lives in a small house in the country. He goes to school in his father's truck. Mando doesn't live near a zoo, but he sees animals in the farm every day. If he wants to buy anything, he has to ride his bike to the nearest shop.

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# Nana the cow

1



Nana the cow lives with her friends in a big barn. She likes to visit new places. She likes flowers so much. One day, Nana walked away from the farm. She found a field with lots of pretty flowers. She decided to spend the day there. She smelt the flowers, listened to the birds singing and ate some green grass. She felt drowsy, So she decided to take a short nap.

When Nana woke up, it was dark. She was worried about how to find her way to the farm. She walked and walked in the darkness to find her friends. She began to cry. Then she heard a bark. It was Doddy the dog from her farm. He said, "We missed you. Follow me to the farm." Nana was so happy.

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# Our food

3

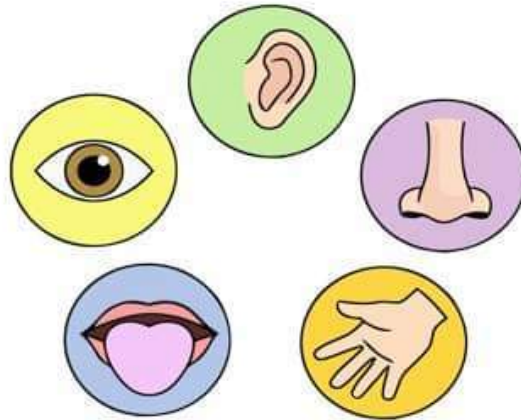


**We all need food to live and grow. It gives us energy to move and work. We get most of our food from animals and plants. We get fruits, vegetables and pulses from plants. Potatoes and carrots are some of the vegetables that we eat. Oranges and apples are some of the fruits that we eat. Peas and beans are some of pulses that we eat. We get milk, eggs and meat from animals.**

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# Our senses

5



**We use our senses to know and understand world around us. Ears, eyes, the nose, tongue and the skin are our sense organs. Our ears help us to hear. The nose helps us to smell. Eyes help us to see. The tongue helps us to taste food and drinks. Our skin helps us to touch and feel whether a thing is hard or soft. We should keep our sense organs safe.**

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# Good food habits

4



**Yesterday I went to the library to read a book about good food habits. I learnt alot from this nice book. These habits help us to stay healthy. We should wash our hands before and after eating. We should eat clean and healthy food. We should eat fruits and vegetables daily. We should drink lots of clean water daily. We should avoid eating too much oily food, chips and chocolate.**

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# My brother

9



**I've got a brother. He is called Cameron. He's only nine years old. He doesn't go to the same school as me. He goes to a primary school near our house. He always walks to school with his friend Allan. Their lessons start at nine o'clock. Cameron likes sports. He usually plays table tennis in the school gym. He likes Maths and art. He doesn't like French.**

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