

Healthy Eating and Active Living

This sheet helps you learn about moving your body and eating well. It connects to active living and healthy eating in Grade 2 ([Topic](#), [Topic](#)).

Exercises

1. Match the word to its example.

Draw a line from each word to the matching example.

Word	Example
Peers	Your best friend asks you to play tag
Family	Your mom takes you swimming
Environment	A park near your house has a big hill
Cost	A skating class costs money

This shows things that can affect physical activity ([Details](#)).

2. Fill in the blank.

Use these words: dry mouth, growling, energy, headache

- a) When you are hungry, your stomach might feel _____.
- b) When you are thirsty, your mouth might feel _____.
- c) A _____ can be a sign that you need water.
- d) Low _____ can mean you are hungry or thirsty.

This helps you notice your body's cues ([Details](#)).

3. Circle the best answer.

Walking slowly to the mailbox is what kind of activity?

- A) Light
- B) Moderate
- C) Vigorous
- D) No activity

Running fast during a game of tag is what kind of activity?

- A) Light
- B) Moderate
- C) Vigorous
- D) No activity

Activities can need different amounts of energy ([Details](#)).

4. Write your answer.

Name one thing you should do before playing a sport, and one thing you should do after.

Before: _____

After: _____

Getting ready and cooling down helps your body stay safe ([Details](#)).

5. Match the food idea to its meaning.

Draw a line to connect each word to its meaning.

Word	Meaning
Celebration	Eating cake on a birthday
Tradition	Making a special family recipe every year
Community	Sharing a meal at a school event

Food can connect us to others ([Details](#)).

6. Write your answer.

Adventurous play, like climbing or balancing, can help you build confidence.
Write one adventurous activity you like to do.

Why do you like doing it?

Adventurous play helps you learn new skills and feel brave ([Details](#)).

Answer key

1. Peers - best friend asks to play tag; Family - mom takes you swimming; Environment - park with a big hill; Cost - skating class costs money.
2. a) growling, b) dry mouth, c) headache, d) energy.
3. Walking slowly = A) Light; Running fast = C) Vigorous.
4. Any reasonable answer, such as warm-up before, cool-down or drink water after.
5. Celebration - birthday cake; Tradition - family recipe; Community - school event meal.
6. Any reasonable adventurous activity and personal reason, such as climbing because it feels exciting.