TIPS TO DRINK MORE WATER

Choose a glass of water rather than having a sugary drink.

Always carry water with you.

Keep a reusable water bottle with you and make sure to refill it regularly.

Take a bottle of clean, safe water to school.

Try setting reminders using your cellphone or notes at your desk to drink water regularly.

Make it a habit to drink water with meals.

Increase daily water intake when the weather is hot.

Drink one to two glasses of water 30 minutes before exercising and sip extra water for the next few hours afterwards.

Workbooks available in this series:
- Grade R (in all official Languages)
- Literacy/Home Language Grades 1 to 6 (in all 11 official Languages)
- Mathematics Grades 1 to 3 (in all 11 official Languages)
- Mathematics Grades 4 to 9 (in Afrikaans and English)
- Life Skills Grades 1 to 3 (in all 11 official Languages) and
- Grades 1 to 6 English First Additional Language.

Paste the stickers in the correct spaces.

Name: ___________________________  Class: ___________________________
These workbooks have been developed for the children of South Africa under the leadership of the Minister of Basic Education, Mrs Angie Motshagha, and the Deputy Minister of Basic Education, Mr Enver Surty.

The Rainbow Workbooks form part of the Department of Basic Education’s range of interventions aimed at improving the performance of South African learners in the first six grades. As one of the priorities of the Government’s Plan of Action, this project has been made possible by the generous funding of the National Treasury. This has enabled the Department to make these workbooks, in all the official languages, available at no cost.

We hope that teachers will find these workbooks useful in their everyday teaching and in ensuring that their learners cover the curriculum. We have taken care to guide the teacher through each of the activities by the inclusion of icons that indicate what it is that the learner should do.

We sincerely hope that children will enjoy working through the book as they grow and learn, and that you, the teacher, will share their pleasure.

We wish you and your learners every success in using these workbooks.

Nelson Rolihlahla Mandela
1918-2013

“Education of all our children must be one of our most important priorities. We all know that education, more than anything else, imparts a character of learning, better love.”

15 May 2008 | Message for Schools for Africa campaign
Johannesburg | South Africa

Nelson Mandela was born on 18 July 1918 in the Eastern Cape in a village called Mvezo. He started school when he was 7 years old. And it was his school teacher who gave him the name Nelson. When he finished school he went to university but this was interrupted when he took part in school protests. After that he came to Johannesburg where he worked in first a mine and then in a law firm. He also went to law school but had to drop out because he couldn’t afford to pay for the university fees. In 1944 he helped form the African National Congress Youth League (ANCYL) with various other people like Walter Sisulu and Anton Lembede and joined the ANC to fight against apartheid. He was jailed many times for his activities fighting for a better South Africa and in 1962 he was arrested and sentenced to 5 years in prison for leaving the country illegally and getting workers to go on strike. In 1964 he was sentenced to life imprisonment in the Rivonia trial for his role in the ANC’s armed struggle. He spent over 27 years in jail. Because education was important to him he continued studying while in prison and in 1989 he received his law degree from the University of South Africa (UNISA). On February 11 1990 he was released from prison, and on 10 May 1994 he becomes South Africa’s first black President.

Oliver Reginald Kaizana Tambo
1917-1993

On the 27th of October 1917, Kaizana Tambo was born in Nkotjolo, Eastern Cape, then known as Pondoland. Raised with a solid foundation of hard work and respect for culture, and groomed in a village filled with strong morals and values, the “Son of Nkotjolo” grew up to be loved and respected by South Africa, and the world.

On his first day at school, Kaizana’s teacher asked him to come to school with an English name. His parents chose Oliver. This, and a host of experiences with some of his teacher’s strict nature, made him hate school. A meeting with a smart, young man, who was a member of the debating society, in a different school, changed his attitude towards education and gave him a love for discussion and debate. He later went to Holy Cross Mission near Flogastoff, where he became one of their star students. He moved on to St Peter’s College, in Johannesburg, where he matriculated with top marks. Swelling with pride, the Eastern Cape Assembly of Traditional Leaders gave Oliver Tambos a bursary to study at Fort Hare University, where he graduated with a Bachelor of Science degree in Maths and Science. The following year, while studying towards his post-graduate qualification in Education, he was expelled from the University for participating in a student strike. St. Peter’s College offered him a job as a Maths and Science teacher. It is while teaching in Johannesburg that he became a very active member of the African National Congress.

Oliver Tambos was a founding member and Secretary of the ANC Youth League in 1944; the general secretary of the ANC from 1952; the mandated leader of the ANC’s Mission in Exile 1980; the President of the ANC from 1977 until 1990; and National Chairperson until 1993.

Oliver Tambo was a thoughtful, wise and warm-hearted leader. His simplicity, nurturing style, and genuine respect for all people, seemed to bring out the best in them. His life was remarkable for the profound influence he had on the ANC during the difficult years of struggle, sadness and uncertainty. During his almost fifty years of political activity in the ANC, Comrade O.R., as he affectionately came to be known, played a significant role in every key moment in this history of the Movement, until his death in 1993. Like Moses, he led his people to the Promised Land, but was never able to enjoy the fruits of his toil.
Theme 5: The food we eat
Term 4: Weeks 1 – 5
17 We cook our food
Discusses the picture.
Reads narrative text.
Paste stickers, traces and reads words
Tabulates the different foods into categories.
18 Let’s start cooking
Reads a recipe.
Answers questions based on the recipe.
Draws the food they like the most.
Paste stickers to match the words about food.
Practises “I like” and “I don’t like”.
Writes sentences food they like/don’t like.
19 Buying food
Labels foods correctly.
Follow instructions to make cut-out book about
Goldilocks.
Phonics (ee and oo-sounds)
Sorts words into the correct sound boxes oo, ee,
-ing, bl, fl, sl, pl and gr.
20 Cut-out booklet
Goldilocks and the three bears.

Theme 6: Friends
Term 4: Weeks 1 – 5
21 It’s Jabu’s birthday
Discusses the picture.
Sings Happy birthday.
Reads narrative text.
Paste stickers, traces and reads words
Comprehension based on text.
Identifies shapes.
22 A birthday card
Reads a birthday invitation.
Answers questions about the invitation.
Fills in a party invitation for their own birthday.
Uses ch, sh and th sounds to complete the words.
Writes sentences about three pictures.
23 Ann writes a letter
Reads a letter.
Addresses an envelope.
Paste stickers, traces and reads words.
Conducts a survey on what friends like and
Tabulates answers.
Answers questions based on the text.
24 Write a letter
Writes a letter to a friend using a frame.
Phonics (ed-sounds).
Writes sentences using given words.
Writes sentences in past tense.
Punctuates sentences.
Practises asking for help.

Theme 7: Outdoors
Term 4: Weeks 6 – 10
25 A night walk
Discusses the picture.
Reads narrative text.
Paste stickers, traces and reads words
Answers questions based on the text.
26 Camping
Discusses with a friend what is happening in the
pictures.
Correctly sequences the story.
Completes a plural exercise.
Sorts the words into sound boxes using oo, ee,
-sh-, -sh, ch- and -ch sounds.
Fun activity — maize.
27 The storm
Discussion of picture story.
Reads narrative text.
Correctly sequences the picture story in
sentences.
Sorts the words into correct sound boxes
(a, e, i, o, u and y-sound).
28 After the storm
Uses pronouns to complete the sentences.
Writes about being caught in a storm.
Forms sentences and punctuates them.
Chooses the correct letters to form words and
then matches them with the pictures (pl, bl,
c, fl and sl).
29 More about sounds
Phonics (cl, fl, pl, bl, br, cr, dr, gr, tr-sounds).
Writes sentences using given words.
Makes a cut-out book for the story of “An
elephant and its trunk.”
Joins the sounds to form words.
Sorts the words into correct sound boxes.
Writes sentences using some of the words.
30 Cut-out booklet
An elephant and its trunk.

Theme 8: Celebrations
31 It’s nearly Christmas
Discusses the picture.
Paste stickers, traces and reads words.
Uses a calendar.
32 About Christmas
Talks about the picture and then writes
sentences about it.
Paste the stickers of the four seasons.
Writes captions.
33 Celebrations
Joins the dots numerically to complete the
picture.
Makes a Christmas card.
Sings a Christmas song in their home language.
34 Thinking about the year
Discusses these questions about the calendar.
Writes the date of your birthday.
35 More thoughts about the year
Writes a thank you note to your teacher.
Make an advent calendar.
We are back at school.
Nomsa went to the farm.
Ken helped at the farm.
Pam played with Bongi.
Pam got a new doll for her birthday.
What do you think Jabu did?

Hello.
It’s good to be back.
I am happy to see you.
Did you enjoy the holidays?
Let’s write

Look at the picture and then tick ✓ the sentences that are correct, and cross ✗ those that are not correct.

<table>
<thead>
<tr>
<th>Sentence</th>
<th>✓</th>
<th>✗</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ken has a green bag.</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Nomsa wears a pink skirt.</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Teacher wears a blue blouse.</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Nomsa went to the farm.</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Nomsa sits with Jabu.</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Pam has a new doll.</td>
<td>✓</td>
<td>✗</td>
</tr>
</tbody>
</table>

Let’s do

Draw a picture in the bubble to show what Jabu is thinking about. Tell your friend what you have drawn in Jabu’s bubble. Now write a sentence about it.
Let’s do
Now draw a picture in this bubble to show what you are thinking about. Tell your friend what you have drawn in your bubble.

Let’s write
Now write 3 sentences about the picture you have drawn in your bubble.

Word work
Read the words and listen to the sounds.

Then choose five words and use them to write five sentences in your exercise book.
Say the following words out loud and listen to the vowel sounds. Then, cut out the pictures on page 77 and paste them under the correct sound. When you have done this, write the word below each picture.

Let’s do

cat  doll  man  stop  pan  pot  cap  dog
hen  pen  bus  bed  hut  tent  ship  zip  fish  sing

Let’s write

Circle the word in each row that sounds different to the word in the first box.

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>cat</td>
<td>rat</td>
<td>hat</td>
</tr>
<tr>
<td>2</td>
<td>mug</td>
<td>bat</td>
<td>bug</td>
</tr>
<tr>
<td>3</td>
<td>pot</td>
<td>lot</td>
<td>let</td>
</tr>
<tr>
<td>4</td>
<td>den</td>
<td>ten</td>
<td>when</td>
</tr>
</tbody>
</table>
Twenty froggies went to school,
Down beside a rushy pool.
Twenty little coats of green,
Twenty vests all white and clean.

We must be in time today,
First we study, then we play,
That is how we keep the rule,
When we froggies go to school.
Let's do
Paste the stickers in the correct spaces. Trace and then say the word that belongs to the picture.

Let's do
Read the poem aloud to your friends. Then, jump like a frog. Next, croak like a frog. Lastly, show your friends how frogs swim.

Let's write
Join these word parts to form words. Read the words aloud.

Word box
- come
- could
- cut

Join these word parts to form words.

Read the words aloud.

- chick
- chip
- chimp
- bun

- bo
- wi
- too

- is
- at
- en

- tadpole
- web feet
- pond

- duck
- bird

- frog
Let’s do Circle the correct word.

- frog *frogs*
- duck *ducks*
- apple *apples*
- foot *feet*
- sock *socks*
- sweet *sweets*
- cat *cats*
- carrot *carrots*

Word work

Read the words and listen to the sounds. Listen to how the words in the blue columns sound different to those in the green columns. Then choose five words and use them to write five sentences in your exercise book.

- hit *heat*
- bit *beat*
- sit *seat*
- bid *bead*
- hill *heal*
- mit *meat*

Pronouns

Let’s write Fill in the correct pronouns. Use these words to complete the sentences.

- He
- She
- It
- They

___________ goes to school.  It is a cat.

___________ are happy.

___________ like to dance.

___________ likes to fish.  _________ is my friend.

___________ is a frog.  _________ is a bike.
Walk and talk
Ask four of your friends these questions. Tick ✓ in a block if they answer yes and put an ✗ if they answer no.

Write their names
<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever been fishing?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you ever seen a frog?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you ever held a frog?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you ever touched a fish?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Let's do
Fill in these labels in the spaces and then draw a line to the correct part of the frog.

front legs  back legs  mouth  tongue  webbed feet  eyes

eyes
Let’s talk Look at the picture and talk about what the children are doing.

You can take a library book home.

I want to read about the three pigs.

I want a book about frogs.

I want a book about tennis.

I want a book about fishing.

I want a book about soccer.

Read the story. Ask your friends who wants to read these books?
Fill in their names.

NO EATING IN THE LIBRARY

Ann

Jabu

Nomsa

Sam

We go to the library
We like to read

Ask 5 friends which book they like most. If they like a book, colour in one circle above it.

Which books do you like most?
I like ______
I don’t like ______

Which book did your friends like the most?

Which book did your friends like the least?

Read the words and listen to the sounds. Then choose five words and use them to write sentences in your exercise book.

<table>
<thead>
<tr>
<th>shell</th>
<th>shirt</th>
<th>ship</th>
<th>shop</th>
<th>sheep</th>
</tr>
</thead>
<tbody>
<tr>
<td>wish</td>
<td>wash</td>
<td>fish</td>
<td>dish</td>
<td>finish</td>
</tr>
</tbody>
</table>
Let's do
Clap these words.

fishing
fish
ing

swimming

kicking

eating

hitting

drinking

Let's write
Add the letters together to make words.

Let's write
Fill in this card to join the library.

NEW TOWN LIBRARY

<table>
<thead>
<tr>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age:</td>
</tr>
<tr>
<td>School:</td>
</tr>
<tr>
<td>Grade:</td>
</tr>
<tr>
<td>My favourite book:</td>
</tr>
</tbody>
</table>
Let's read

Make this cut-out book so that you can read the Ugly Duckling story. Fold on the red lines and cut on the dotted lines.

1. Fold here
2. Fold here
3. Fold here
4. Staple here
5. Cut here
6. Cut here

Let's write

Read the Ugly Duckling story and then write 5 sentences to tell the story.

1.
2.
3.
4.
5.

The Ugly Duckling Story
Then they go to the farm. The other animals are nasty to the ugly duckling. The hens peck him and the dog barks at him.

One morning the ugly duckling sees the beautiful swans again. It is a very ugly duckling. It looks big and strong. It is a very ugly duckling.

The hens peck him and the dog barks at him. The ugly duckling jumps into the water. He feels very happy.

The swans call the ugly duckling to swim with them. They are all very happy. They are a swan, like us. You are the most beautiful of all swans.

Then comes the Spring. The sun shines again and the trees are fresh and green. The ugly duckling sees the beautiful swans again.

Then one by one all the eggs crack open. All except one. It is a very big egg.

Where am I? What's my name?

Mother Duck sits and sits on the big egg. At last it cracks open. Out jumps the last baby duck. It looks big and strong. It is a very ugly duckling.

Then one day the water comes. There is snow all around. The river turns to ice. The ugly duckling is very cold and unhappy.

The ugly duckling is very cold and unhappy. Come and swim with us.
He goes to the river. He sees many beautiful big birds swimming in the river. Their feathers are so smooth. They have long necks. Their wings are so pretty.

I wish I could play with them. They are so beautiful. I am so ugly.

The duckling is very sad. He begins to cry.

The ugly duckling swims better than all the other ducklings.

Mother Duck takes all her baby ducks to the pond.

I am so ugly. I am alone. I have no friends.

I wish I could play with them. They are so beautiful. I am so ugly.
Worksheet 7 (continued)

Write these words into the correct places on the merry-go-round.

this    sing    that    fish    shoe    such    ship
played    chop    chimp    both    cloth    walked    chip
bunch    with    then    wash    ring    wing
shop    talked    lunch
Let's read

Today Sam is sick. He went to the doctor because he was feeling very hot and he had a sore throat. The doctor told Sam that he must stay in bed.
Let’s do
Paste the stickers in the correct spaces. Trace and then say the word that belongs to the picture.

Let’s write
Look at the picture and then tick ✓ the sentences that are correct, and cross ✗ those that are not correct.

<table>
<thead>
<tr>
<th>Sentence</th>
<th>✓</th>
<th>✗</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ann went to the doctor.</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>The doctor told Sam to stay in bed.</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>The doctor used a stethoscope.</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Sam was feeling hot.</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Sam went to the doctor because he hurt his hand.</td>
<td>✓</td>
<td>✗</td>
</tr>
</tbody>
</table>

Write a message to 2 friends.

Let’s do
Scissors

Injection
At the doctor

Let’s write
Number these pictures in the correct order.

Let’s do
Cut out the card. Draw a picture and write a get well message.
Write a sentence about each picture you numbered on the opposite page.

1

2

3

Let's write

Word work

Listen and repeat

Read the words and listen to the sounds.

I feel sick.
I have a stomach ache.
I have a headache.
My leg hurts.

Let's write

Draw a line from the words to the correct part of the body. Show your friend how you labelled the different parts.

Word box

draw
drink
eat

sick    brick    duck

sack    black    rock

head

ear

nose

shoulder

stomach

knee

heel

toe

hair

eye

mouth

arm

hand

finger

leg

foot
Ken is in hospital. He was knocked off his bike and has a broken leg. The doctor had to X-ray his leg to see the bones in his leg. Today his friends came to visit him. They gave Ken a book. The doctor told the children that they must learn about road safety.

Hello Ken, how are you? Are you feeling better?
Ken is in hospital. He was knocked off his bike and has a broken leg. The doctor had to X-ray his leg to see the bones in his leg. Today his friends came to visit him. They gave Ken a book. The doctor told the children that they must learn about **road safety**.
Today was hot.

Yesterday was cold.

Today was rainy.

Yesterday was sunny.

We are happy.

He is sad.

She is glad.

They are excited.

Role play: Make up a role play to show what happened to Ken.

Let’s do: Do what Ann is doing.

Look left
Look right
Look left again

If the road is clear, you can cross.

Let’s do: Colour in the robot using these colours.

1 = red
2 = yellow
3 = green

I stop when the robot is red.
I look left and right and left again.

Let’s write: Circle the correct word in each sentence.

<table>
<thead>
<tr>
<th>Today</th>
<th>was</th>
<th>is</th>
<th>hot.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yesterday</td>
<td>was</td>
<td>is</td>
<td>cold.</td>
</tr>
<tr>
<td>Today</td>
<td>was</td>
<td>is</td>
<td>rainy.</td>
</tr>
<tr>
<td>Yesterday</td>
<td>was</td>
<td>is</td>
<td>sunny.</td>
</tr>
<tr>
<td>We</td>
<td>are</td>
<td>is</td>
<td>happy.</td>
</tr>
<tr>
<td>He</td>
<td>are</td>
<td>is</td>
<td>sad.</td>
</tr>
<tr>
<td>She</td>
<td>are</td>
<td>is</td>
<td>glad.</td>
</tr>
<tr>
<td>They</td>
<td>are</td>
<td>is</td>
<td>excited.</td>
</tr>
</tbody>
</table>
Find the stickers for these road signs and paste them in. Now draw a line from the sticker to its meaning.

- children crossing
- stop
- animals crossing
- bus stop

- yield
- rocks falling
- no entry
- hospital

Let’s do

Draw a picture to show how you come to school.

I come to school by ......................................................
What are the children doing?
Have you ever been fishing?
Have you ever touched a fish or a frog?
How do you think a fish feels?
How do you think a frog feels?
How do you think a duck feels?

We walked to the dam.
We took our fishing rods to catch fish.
Tim caught a small fish. Ann played with a frog.
It was a small green frog but it jumped away.
Ken caught a big fish but it slipped from his hands.
Nomsa caught a small fish. Too small for lunch.

Let's go fishing.
Let's play at the river.
Let's have fish for supper.
Let’s do
Paste the stickers in the correct spaces. Trace and then say the word that belongs to the picture.

Word box
- carry
- clean
- cold

Let’s talk
Answer the questions.

Where are the children?
Who caught a big fish?
What did Ann play with?
Who caught a small fish?

Let’s talk
Read the questions.

Let’s talk
Read the words and listen to the sounds. Then choose five words and use them to write sentences in your exercise book.

<table>
<thead>
<tr>
<th>walked</th>
<th>talked</th>
<th>played</th>
<th>jumped</th>
</tr>
</thead>
<tbody>
<tr>
<td>slipped</td>
<td>kicked</td>
<td>baked</td>
<td>cooked</td>
</tr>
</tbody>
</table>
I wish I had a fish

Let's do

Colour this fish. Use these numbers as your guide. Tell your friend what colours you are using. Then colour the surrounding water in blue.

Let's write

Say how these look. Use these adjectives to help you.

red  green  round  tall  slippery

A ____________ clown.

A ____________ fish.

A ____________ apple.

A ____________ ball.

A ____________ frog.
Number these pictures in the correct order. Now write one sentence about each picture.

1 First
2 Then
3 After that

What did they catch? Trace the line to find out. Then say:

Tim caught a big fish.
On Saturday we went to the circus. We saw lots of animals. The clowns were very funny. The seal was also very funny. It had a ball on its nose. We ate popcorn and drank orange juice. We all had fun at the circus.

Listen and repeat

The clown was very funny. The seal was very funny too. Jim likes popcorn. I like popcorn too.
Let's write

<table>
<thead>
<tr>
<th>Where did they go?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>When did they go?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What did they see?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What did they eat and drink?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>
### About the circus

**JOLLY CIRCUS**

You will see lions, seals, elephants and clowns.

**Cost:** R5.00 for adults and R2.00 for children

**Time:** 2 o’clock

**Date:** 12 – 16 October

**To eat:** popcorn, chips, candy floss and juice

---

### Let’s write

Paste the stickers in the correct spaces to make a Jolly Circus poster.

---

### Let’s write

Read the poster and answer the questions.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the name of the circus?</td>
<td>Jolly Circus</td>
</tr>
<tr>
<td>How much must children pay?</td>
<td></td>
</tr>
<tr>
<td>What time does the circus start?</td>
<td></td>
</tr>
<tr>
<td>What will you see at the circus?</td>
<td>You will see lions, seals, elephants and clowns.</td>
</tr>
</tbody>
</table>

---
Look at the pictures and then fill in the missing words.

The ball is _______ the seal’s nose.

The lion is ___________________ the cage.

The people are ______________ the tent.

The clowns are ______________ the tent.

When it is hot we sit ______________ the tree.

The clown is ______________ the ball.

Look at the pictures and then fill in one of these adjectives to complete each sentence.

fast  slow  big  small  long  pretty

The aeroplane is ______________

The snail is ________________.

The mouse is ________________.

The snake is ________________.

The girl is ________________.

The tree is ________________.
We like cooking. We bake cakes to eat with our tea. Ann and Nomsa cook meat and mealies. We like to eat beans, peas and carrots.
Make a list of all the foods you see in the picture. Write them under the correct headings.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>apple</td>
<td></td>
</tr>
<tr>
<td>mealies</td>
<td></td>
</tr>
<tr>
<td>frying</td>
<td></td>
</tr>
<tr>
<td>cup cakes</td>
<td></td>
</tr>
<tr>
<td>baking</td>
<td></td>
</tr>
<tr>
<td>meat</td>
<td></td>
</tr>
<tr>
<td>chicken</td>
<td></td>
</tr>
<tr>
<td>chicken</td>
<td></td>
</tr>
<tr>
<td>sausage</td>
<td></td>
</tr>
<tr>
<td>meat</td>
<td></td>
</tr>
<tr>
<td>fish</td>
<td></td>
</tr>
</tbody>
</table>
Let’s start cooking

Let’s read

Read this recipe.

How to make a peanut butter sandwich

What will you need?

• 2 slices of bread
• 2 spoons of peanut butter
• 1 banana
• A knife and a plate

Method

1. Wash your hands.
2. Spread peanut butter with a knife on one side of each slice.
3. Peel, then slice the banana into thin slices.
4. Put the banana slices on top of the peanut butter.
5. Press the two slices of bread together.
6. Cut the sandwich into four pieces.
7. Eat and enjoy.

Let’s write

Read the recipe and answer the questions.

| How much bread do you need? | ___________________________ slices. |
| How many bananas do you need? | ___________________________ banana. |
| How much peanut butter do you need? | ___________________________ spoons. |
| What other things do you need? | |
| What kinds of sandwiches do you like? | 
1. ___________________________ 
2. ___________________________ |
Let's draw

Draw the food you like most.

Let's write

Paste in the stickers to match the words. Point to each picture and tell your friend what foods you like or dislike. Then write a sentence saying whether you like or dislike each of these foods.

Say

I like ____.
I do not like ____.

sweets
meat
spinach
chicken
bananas
mealies
apples
Let’s write Fill in the correct word under each food.

milk   bread   cheese   meat   eggs
fish   apple   beans   cake   pap

Follow the instructions on page 14 to make the cut-out book. See what Goldilocks eats for breakfast.

Word work
Read the words and listen to the sounds. Then choose five words and use them to write sentences in your exercise book.

sleep   keep
week   meet
teeth   jeep

book   took
cook   hook
look   shook

Let’s write Fill in the spaces to complete these words.

Use one of these sounds: oo   ee

sl____p   b____k   tr____   sh____p   c____k
Goldilocks wakes up. She is afraid.

Baby bear is happy. He has a new friend.

I wish I had a friend.

She goes to sleep.

Goldilocks wakes up. She is afraid.

Goldilocks and the three bears

This bed is too hard.

This bed is too soft.

That bed is just right.

Goldilocks and the three bears

Goldilocks wakes up. She is afraid.

Baby bear does not have any friends.

Baby bear is happy. He has a new friend.

And there she is.

You are my best friend.

Follow the instructions on page 14 to make the cut-out book.

See what Goldilocks eats for breakfast.
That porridge is too hot.
That one is too cold.
This one is just right.
Who's been sleeping in my bed?
Who's been eating my porridge?
I am so hungry. I smell good food.
Let's go for a walk while the porridge cools.
The porridge is very hot.
Goldilocks sees their house.
The three bears cook porridge.
Who's been eating my porridge?
Who's been eating my porridge? My porridge is all gone.
Copy these words into the correct places on the train.

- week
- cool
- weep
- grow
- plug
- slip
- play
- blow
- sing
- black
- grass
- moon
- flap
- grin
- wing
- slap
- plum
- flag
- fun

oo
ee
-ing
bl
fl
sl
pl
-gr
Today is Jabu’s birthday. He is 8 years old. All his friends are at his party. Ken gives Jabu a red truck. Jabu is excited about all his presents. They are all different shapes. Jabu and his friends have lots of good food to eat. They do not eat too many sweets because it is not good for their teeth.

Happy birthday to you. Happy birthday dear Jabu. Happy birthday to you.
Let's do

Paste the stickers in the correct spaces. Trace and then say the word that belongs to the picture.

Word box
- far
- fast
- find

Let's write

Answer the questions.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>How old is Jabu?</td>
<td>_______ years old.</td>
</tr>
<tr>
<td>How many candles does he have?</td>
<td></td>
</tr>
<tr>
<td>How much did the truck cost?</td>
<td>R</td>
</tr>
<tr>
<td>How many children are at the party?</td>
<td></td>
</tr>
</tbody>
</table>

Let's write

What shapes are his presents? Say the name of the shapes and then tell your friend what you think is in each present.
Dear Ken

Please come to my party

I am turning 8.

When: Sunday 23 August 2015.
Time: 3 pm – 5 pm
Where: Green Park
Phone: Jabu at 10 23225

From: Jabu

Let’s read

Read the birthday card and then answer these questions.

<table>
<thead>
<tr>
<th>Whose birthday is it?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>When is the party?</td>
<td></td>
</tr>
<tr>
<td>Where is the party?</td>
<td></td>
</tr>
<tr>
<td>What time is the party?</td>
<td></td>
</tr>
<tr>
<td>Who must you phone?</td>
<td></td>
</tr>
</tbody>
</table>
Invitation

Dear ______________________

Please come to my party

I am turning ______________________

When: ______________________

Time: ______________________

Where: ______________________

Phone: ______________________

From: ______________________

Let's write

Fill in either ch, sh or th to complete these words so they match the picture.

bun _ _ _ _ eese di _ _ _ _ ip _ _ _ _ ree

Let's write

Choose 3 pictures and write a sentence about each one.

1. ______________________

2. ______________________

3. ______________________

4. ______________________
Dear Nomsa

I am with my granny for the holidays.

I miss you very much. I play netball with my cousins. We play in the park.

I have a new computer game. I will show it to you when I come back after the holidays.

Your friend

Ann

Name: 

Street: 

Suburb/City: 

Postcode: 

Make up an address for Nomsa and write it on this envelope or you can write your own address.
Read the letter and then answer these questions.

Who wrote the letter?

Who did she write to?

Where was Ann?

What will Ann show Nomsa?

What does Ann play with her cousins?

Let’s do
Paste the stickers in the correct spaces. Trace and then say the word that belongs to the picture.

Word box
first
find
fly

Walk and talk
Ask your friends if they like these things. Tick ✓ the things they like doing and cross ✗ those they do not like doing.

Do you like …

When you have completed this say:

Ann likes reading books and swimming.

Name: Playing computer games Reading books Swimming

---

Let’s write
Let’s write

Write a letter to your friend. Fill in the missing words in the spaces.

Dear ______________________

I am at ______________________

I play ______________________

When I come back I will show you ______________________

Your friend

________________________
Let’s write

Look at these pictures and then write 3 sentences that all start with “yesterday”. Use the words above to help you.

Yesterday I ___________ with my friend.

Yesterday I ____________________________.

Yesterday I ____________________________.

Yesterday I ____________________________.

Yesterday I ____________________________.

Let’s write

Punctuate these sentences. Use ? or . or !

Ann went to visit her grandmother

Do you like cabbage

Don’t eat all the ice cream

How old are you

Read the words and listen to the sounds.

Then choose five words and use them in five sentences.

Write the sentences in your exercise book.

walked  dressed  cooked

talked  brushed  baked

played  danced  raked
We are at a school camp. We sleep in our tents and we cook our food on a fire. We go for walks at night. We use our torches for light. We see lots of animals looking for food at night.
Let’s do
Paste the stickers in the correct spaces. Trace and then say the word that belongs to the picture.

Where do the children sleep?

What do the children do at night?

What do they see at night?
Look at these pictures and tell your friend what is happening in each picture.

Then write one sentence about each picture. We have started the sentences for you. When you have done this, read your story to your friend.

1. First

2. Next

3. Then

Paste the stickers in the correct spaces and then add an s to these words because each picture shows more than one thing.

apple___  cow___  tractor___

duck___  girl___  boy___
Let's write
Write these words in the correct box.
Cross them out as you write them into the boxes.

foot  eat  teeth  fish

look

shop  cheese  such  kick

Teacher's note:
Some of the words start with sh and ch.
Some of the words end with sh and ch.

Help the children find their way to the tent.
Today the bus left without us. Jabu and Sam were on the bus. We ran after the bus, but we were too late. Then it started to rain. It rained harder and harder. We were scared of the lightning. At last we reached home. We were very wet by the time we got home.
Look at the pictures on the opposite page and then tell your friend what happened in each picture.

1. First
2. Next
3. Then
4. Lastly

Fill in these words into the correct sound coaches.

- cat
- lit
- beg
- sit
- hot
- sun
- not
- leg
- my
- cry
- up
- but
- hit
- box
- hat
- mat
- fly
- bed
Let's write

Fill in the correct pronouns. Use these words to complete the sentences.

He

She

It

They

We

You

He went home by bus.

______________ walked home from school.

______________ got wet in the rain.

______________ ran with the children.

______________ are best friends.

______________ wait for the bus.

Let's write

Write about a time you were caught in the rain.

After the storm
Let's write these words in the correct order to make sentences. Remember to start with a capital letter and end with a full stop.

- is raining it
- wet i am
- bus the left

Choose and then fill in the correct letters at the start of the word so that the word matches the correct picture.

- plum
- ant
- ue
- ocks
- eep

- ag
- oud
- y
- ip
- ap
Read the words and listen to the sounds. Choose 5 words and use them to write sentences in your exercise book.

<table>
<thead>
<tr>
<th>Word work</th>
</tr>
</thead>
<tbody>
<tr>
<td>clap</td>
</tr>
<tr>
<td>clown</td>
</tr>
<tr>
<td>cling</td>
</tr>
</tbody>
</table>

See page 14 for instructions on how to make the cut-out book.

Read the words and listen to the sounds. Choose 5 words and use them to write sentences in your exercise book.

<table>
<thead>
<tr>
<th>Word work</th>
</tr>
</thead>
<tbody>
<tr>
<td>brag</td>
</tr>
<tr>
<td>brim</td>
</tr>
<tr>
<td>brown</td>
</tr>
</tbody>
</table>

Now fill in these words into the correct sound coaches.

<table>
<thead>
<tr>
<th>Let's write</th>
</tr>
</thead>
<tbody>
<tr>
<td>free</td>
</tr>
<tr>
<td>heel</td>
</tr>
<tr>
<td>drag</td>
</tr>
</tbody>
</table>
Come here, little one, and I will tell you, for I am the crocodile and today I think I will eat the elephant’s child for dinner.

"Excuse me," said the elephant’s child politely. "Do you know what crocodiles eat for dinner?"

"Come here, little one, and I will tell you, for I am the crocodile and today I think I will eat the elephant’s child for dinner."

An elephant and its trunk

He had not seen a crocodile before.

The elephant’s child trumpeted through the jungle, singing to himself down his new trunk and didn’t ask silly questions ever again. That is how the elephant got his trunk.

An elephant and its trunk

He showed his friends all the branches. He had not seen a crocodile before.

Later he saw a big fat hippo. He asked the hippopotamus why his eyes were red. "Go home baby elephant," said the hippo.

Then he met a lion. He asked the lion why he was hairy. "Go home baby elephant," said the lion.

He showed his friends all the branches. He had not seen a crocodile before.

Then he met a lion. He asked the lion why he was hairy. "Go home baby elephant," said the lion.

The elephant’s child trumpeted through the jungle, singing to himself down his new trunk and didn’t ask silly questions ever again. That is how the elephant got his trunk.
Once upon a time elephants had short noses. One day Bubu, the baby elephant, went for a walk. He wandered into the forest.

He asked, "What does the crocodile eat for dinner?"

Nobody answered. So he went off to find out for himself.

He was surprised to see a tall giraffe. The baby elephant asked a giraffe what made his neck so long. "Go home baby elephant," said the giraffe. "The elephant’s child sat down and waited for three whole days for his nose to shrink, but it never grew any shorter."

The crocodile grabbed the elephant’s child’s nose between his sharp teeth, and pulled. Then the elephant’s child spread out his four legs and pulled and pulled. At each pull, his nose grew longer and longer.

At last the crocodile let go of the nose with a plop that you could hear all up and down the river. The elephant’s child sat down and watered for three whole days for his nose to shrink, but it never grew any shorter.

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2014/07/28 2:24 AM
Let's write: Join these word parts to form words. Read the words aloud.

Let's write: Now fill in these words into the correct sound coaches.

- frog
- free
- from
- ash
- ab
- week
- from
- sleep
- blow
- grab
- frog
- pluck
- please
- grate
- bless
Look at the picture and talk about what you see.

Christmas is on 25 December. On Christmas day we will go to church. We will sing Christmas songs. Our friends will visit us. We will eat good food and we will give presents to our family. I hope that I will get a nice present too.
Let’s do
Paste the stickers in the correct spaces. Trace and then say the word that belongs to the picture.

Let’s write
Fill in the correct month.

<table>
<thead>
<tr>
<th>Christmas is in</th>
<th>My birthday is in</th>
<th>My friend’s birthday is in</th>
<th>The winter months are</th>
<th>Spring starts in</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

January February March April May
June July August September October November December
Let's write

Look at the picture and then write 5 sentences about it.

Let's write

Paste in the stickers of the four seasons. Then draw a line to match each caption with the correct sticker.

- It is summer and we are swimming and playing outdoors.
- It’s winter and it is very cold.
- It’s spring and the flowers are growing.
- It’s autumn and the leaves are falling.
Let’s write
Make a Christmas card or a holiday card for someone special. Write a special message. Then on the front of the card, draw a picture. You can use some of the stickers to decorate your card.
Let’s talk
What other celebrations do we have at this time of the year? Do you have friends who have different celebrations? How do they celebrate?

Let’s write
Write a sentence about your favourite celebration.

Let’s draw
Draw a picture of your favourite celebration.
Sing a song that you sing at Christmas time. Sing it in your first language. If you don’t celebrate Christmas, sing a song from one of the special days you celebrate.

Now sing this English Christmas song.

**Little Drummer Boy**

Come they told me, pa rum pum pum pum,
A newborn King to see, pa rum pum pum pum.
Our finest gifts we bring, pa rum pum pum pum,
To lay before the King, pa rum pum pum pum,
rum pum pum pum, rum pum pum pum,
So to honour Him, pa rum pum pum pum,
When we come.

Little Baby, pa rum pum pum pum,
I am a poor boy too, pa rum pum pum pum.
I have no gift to bring, pa rum pum pum pum,
That’s fit to give the King, pa rum pum pum pum,
rum pum pum pum, rum pum pum pum.

Shall I play for you, pa rum pum pum pum,
On my drum?

Mary nodded, pa rum pum pum pum.
The ox and lamb kept time, pa rum pum pum pum.
I played my drum for Him, pa rum pum pum pum,
I played my best for Him, pa rum pum pum pum,
rum pum pum pum, rum pum pum pum.

Then He smiled at me, pa rum pum pum pum
Me and my drum.
Thinking about the year

Let's talk

- In which months was the weather hot?
- In which months was the weather cold?
- Talk to your friend about the activities the calendar shows in each month.
- Talk about things you have done so far this year. In which month did they happen?
- Write down your friends’ birthdays in the correct month so that you remember them.

January

February

March

April

May

June
Let’s write

Write the date of your birthday.
You are special.
Your whole body is special.
Your body belongs to you!

NOBODY should touch your private parts.

You need to tell someone if anybody touches your private parts.
You need to tell someone if anybody makes you do things that you do not want to do.

Who to call for help:
Child Line: 0800 05 55 55
SAPS Crime Stop: 086 00 10111
SAPS Emergency Number: 10111
Life Line: 0861 322 322
Child Protection Unit: 012 393 2359/2362/2363
Make an Advent Calendar

1. Cut out the "doors" (page A) on the solid lines and glue them onto page B to cover the corresponding numbers. Make sure to glue only on the places indicated.

2. Each day, open one door to count down the days to Christmas.

Christmas Cards

Cut out the Christmas cards on the dotted lines.

NOBODY should touch your private parts.

Who to call for help:
- Child line: 0800 05 55 55
- SAPS Crime Stop: 086 00 10111
- SAPS Emergency Number: 10111
- Life line: 0861 322 322
- Child Protection Unit: 012 393 2359/2362/2363
<table>
<thead>
<tr>
<th>a</th>
<th>h</th>
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<tbody>
<tr>
<td>b</td>
<td>i</td>
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<tr>
<td>c</td>
<td>j</td>
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<td>d</td>
<td>k</td>
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<td>y</td>
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<td>z</td>
</tr>
</tbody>
</table>

**Dictionary**
Well done!
You can do lots of things...

Name: __________________________

Date: __________________________
Draw a picture for your friend.