

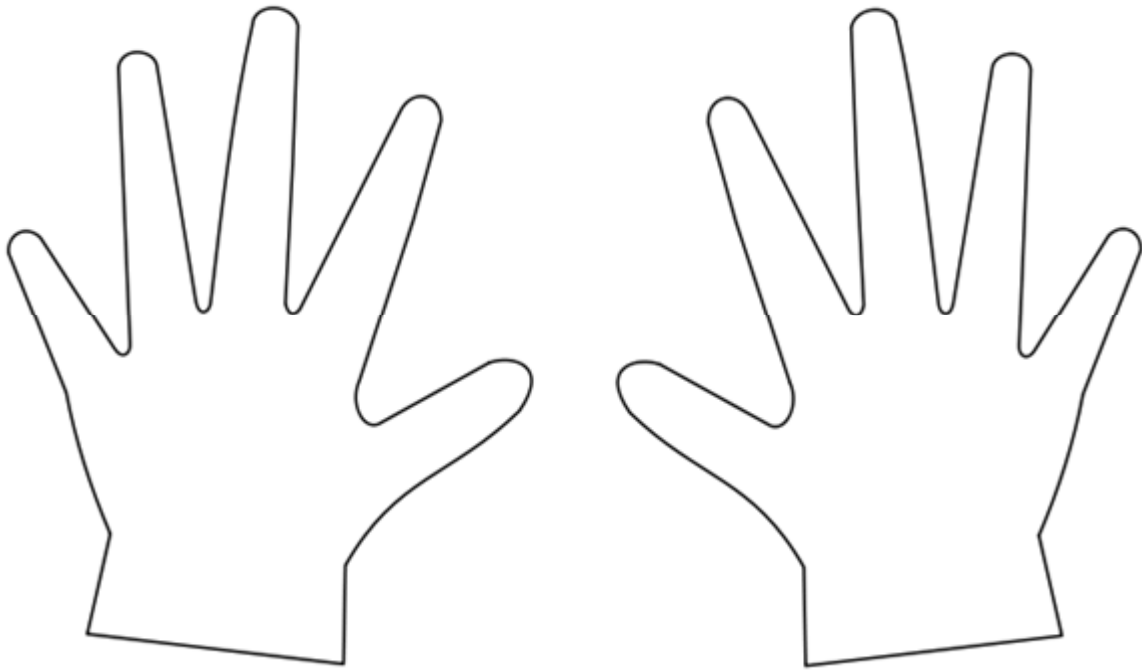
I Eat



Workbook

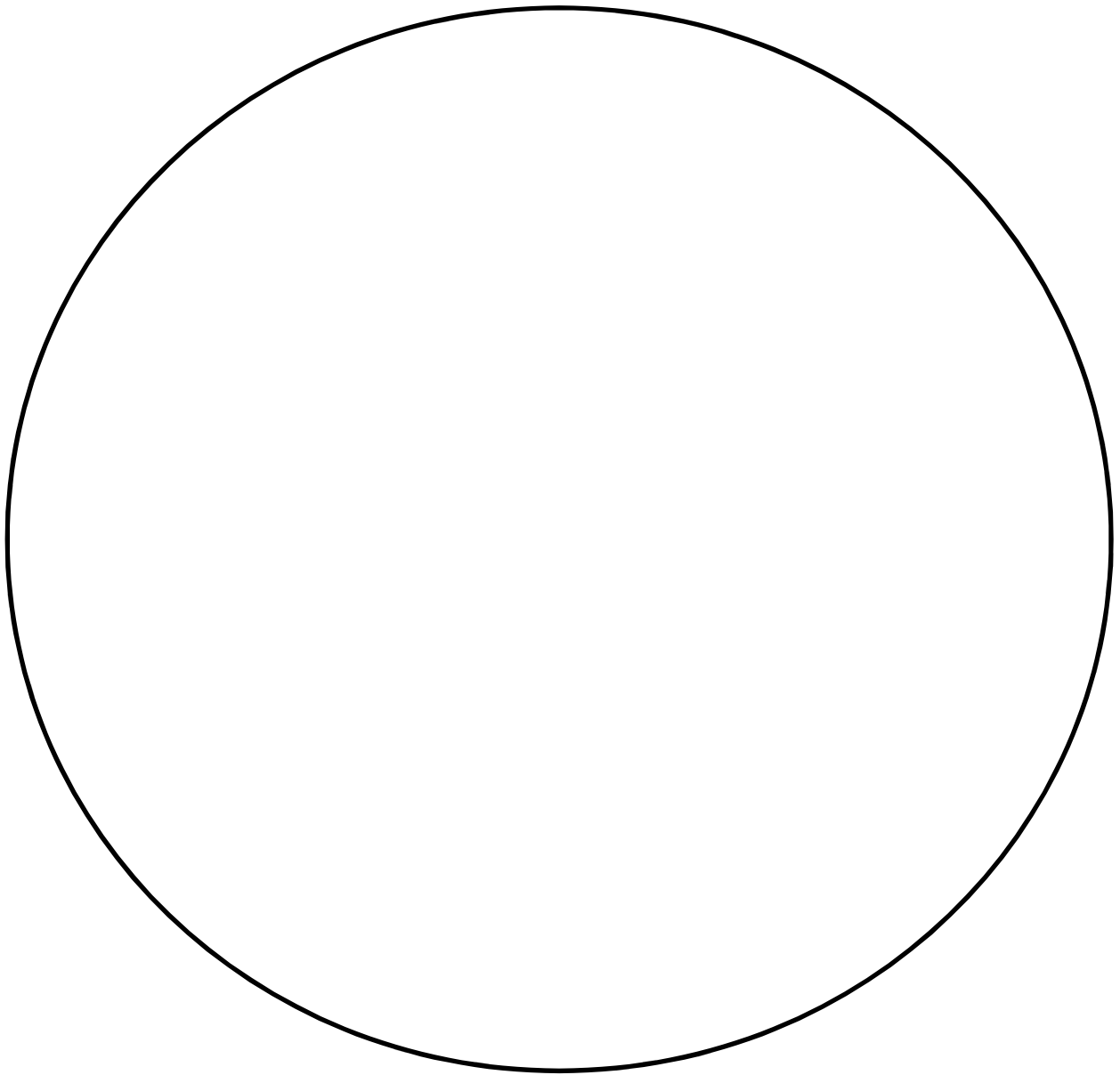
I eat with my right hand.

Look at the hands below. Which is the right hand? Circle it and then colour it insha'Allaah.



I eat with my right hand.

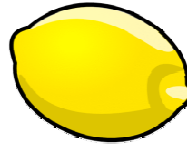
Directions: Trace your right hand in the circle below. Colour it!



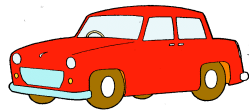
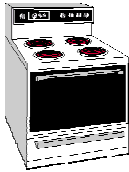
Circle the picture on the right



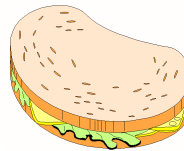
Circle the picture on the right



Circle the picture on the right



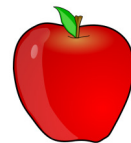
Circle the picture on the left



Circle the picture on the left



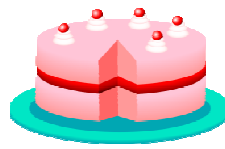
Circle the picture on the right



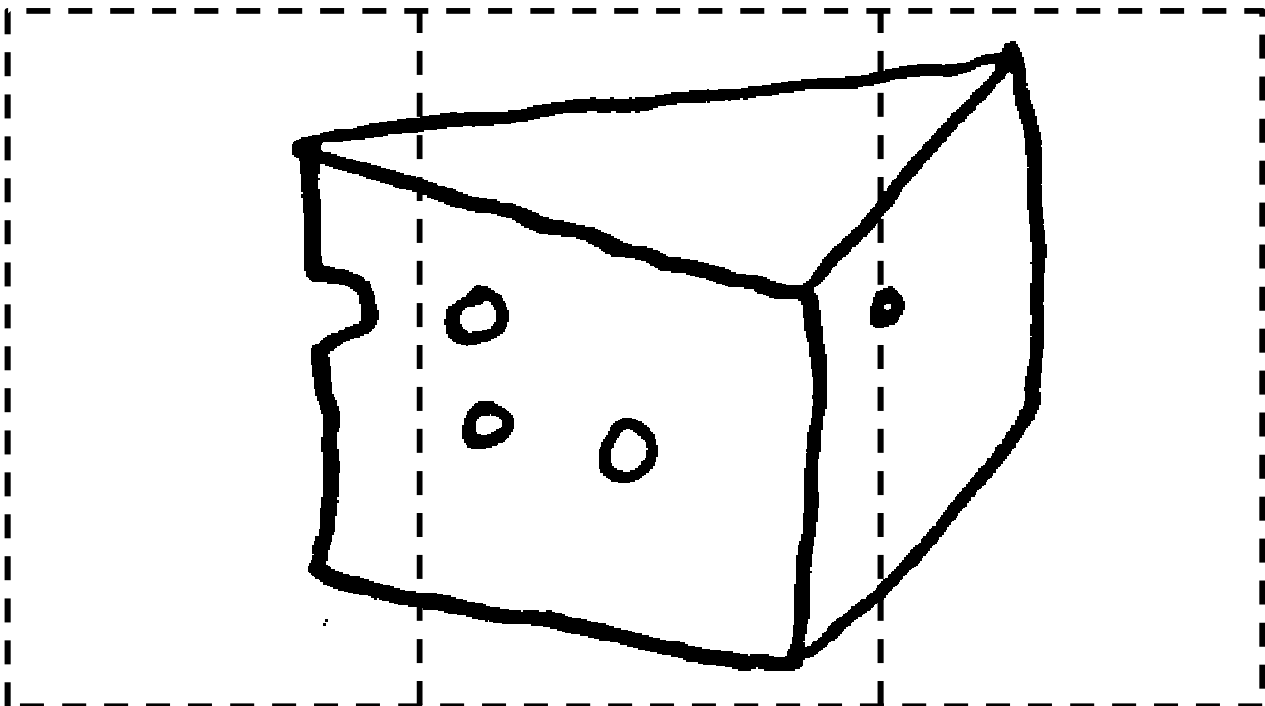
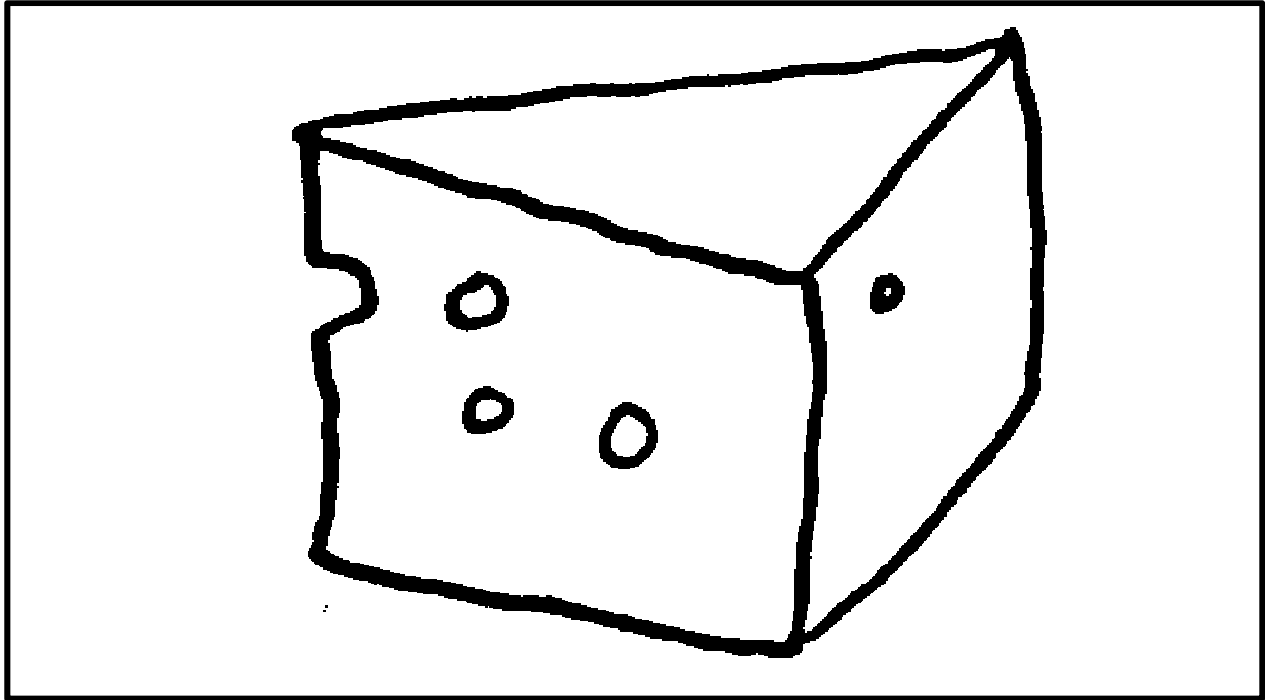
Circle the picture on the right



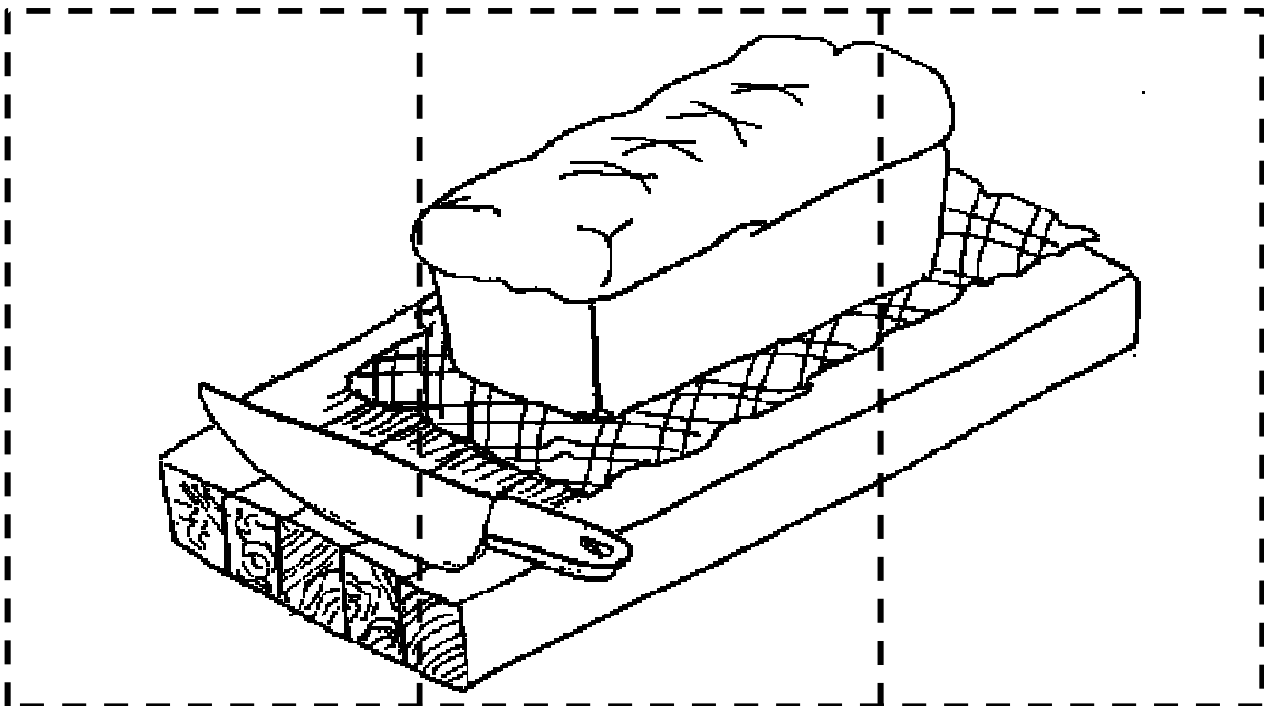
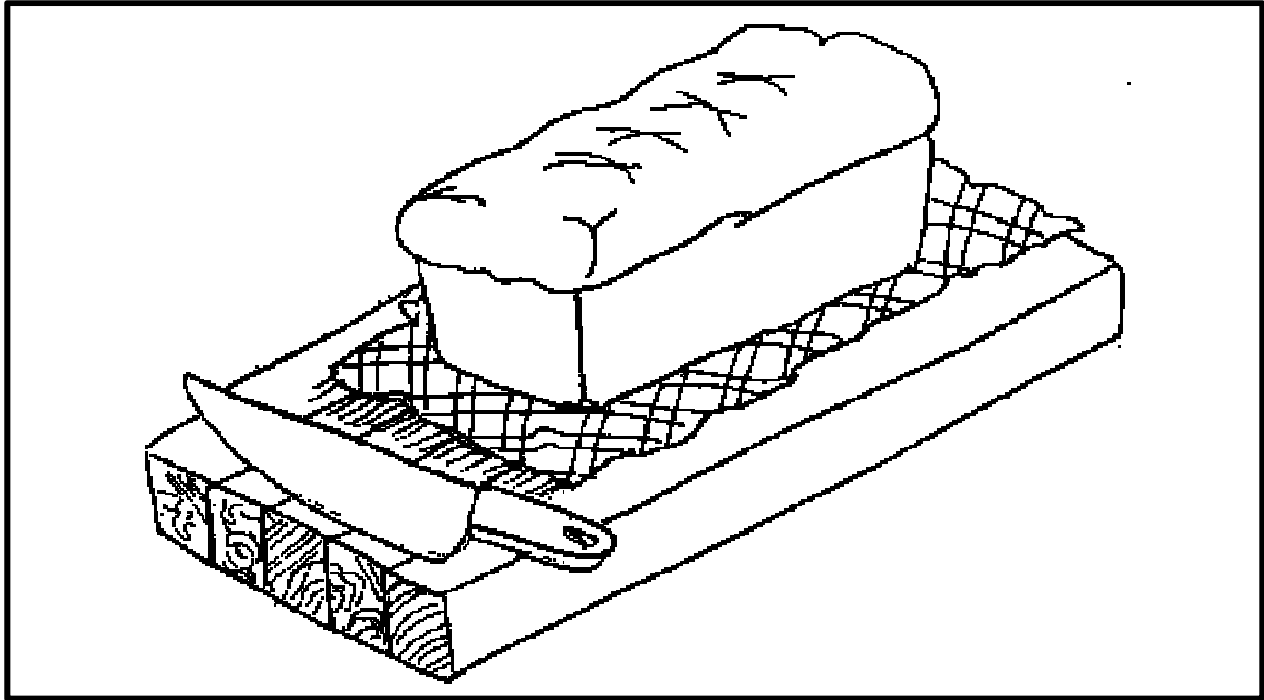
Circle the picture on the left



Directions: Cut out the puzzle pieces below. Reassemble them to match the picture on the top of the page.



Directions: Cut out the puzzle pieces below. Reassemble them to match the picture on the top of the page.



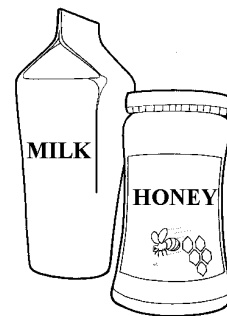
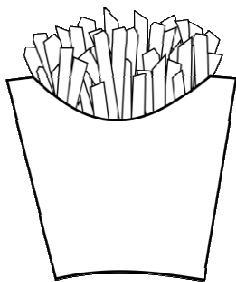
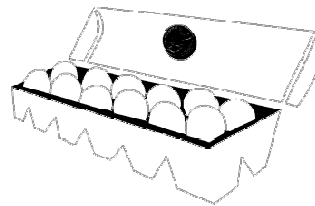
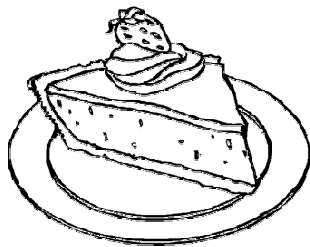
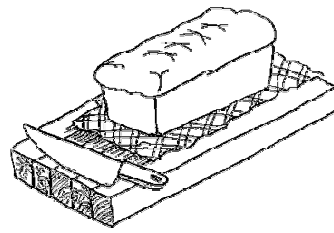
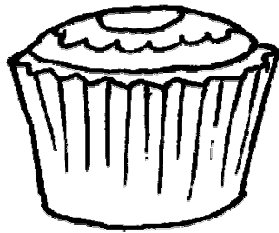
Unhealthy Foods	Healthy foods

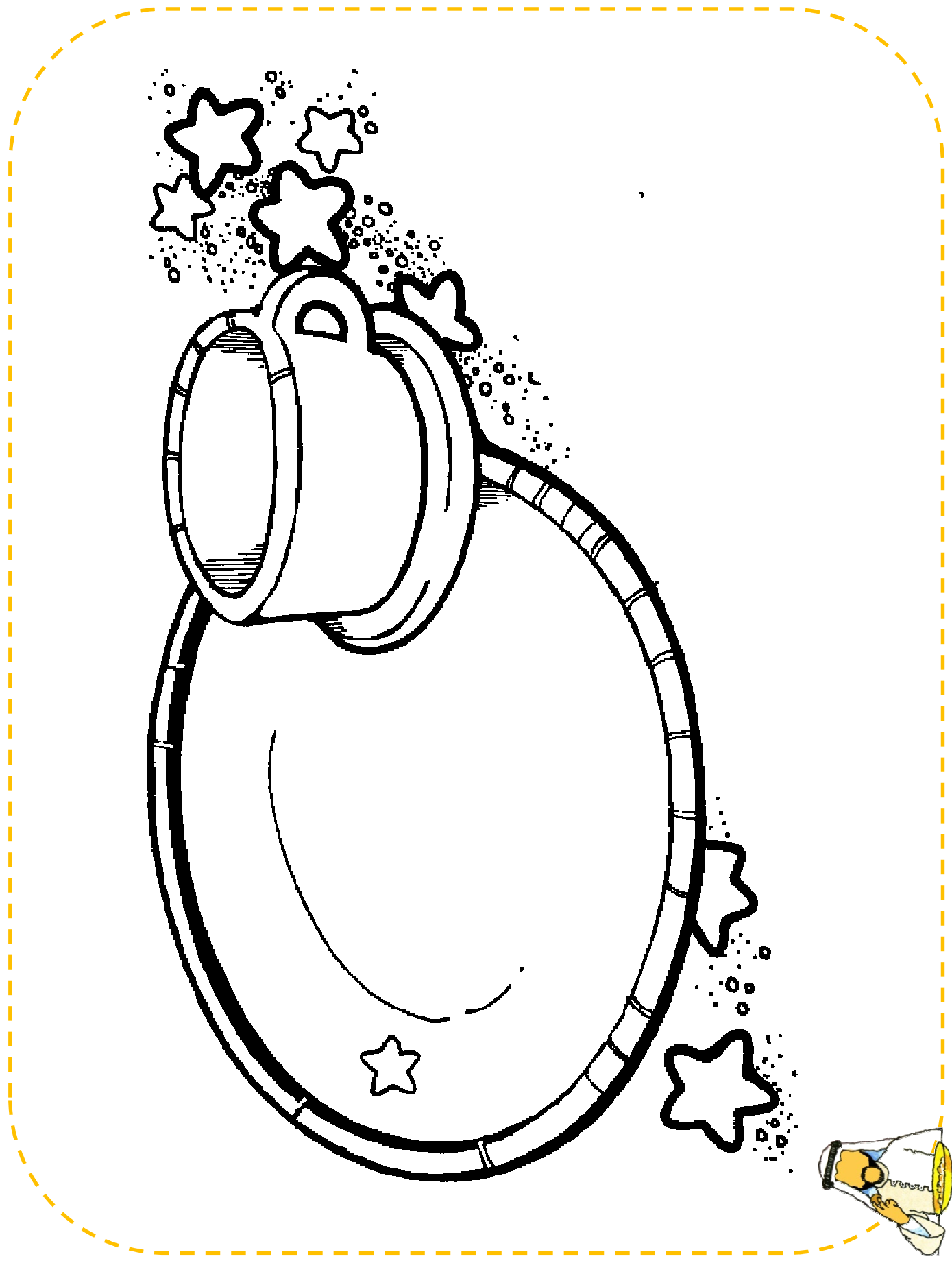
Directions: Cut out the food on the next page. Decide which foods are healthy and which are not. Glue the healthy foods in the right hand column. Glue the unhealthy foods in the left hand column.

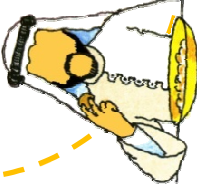
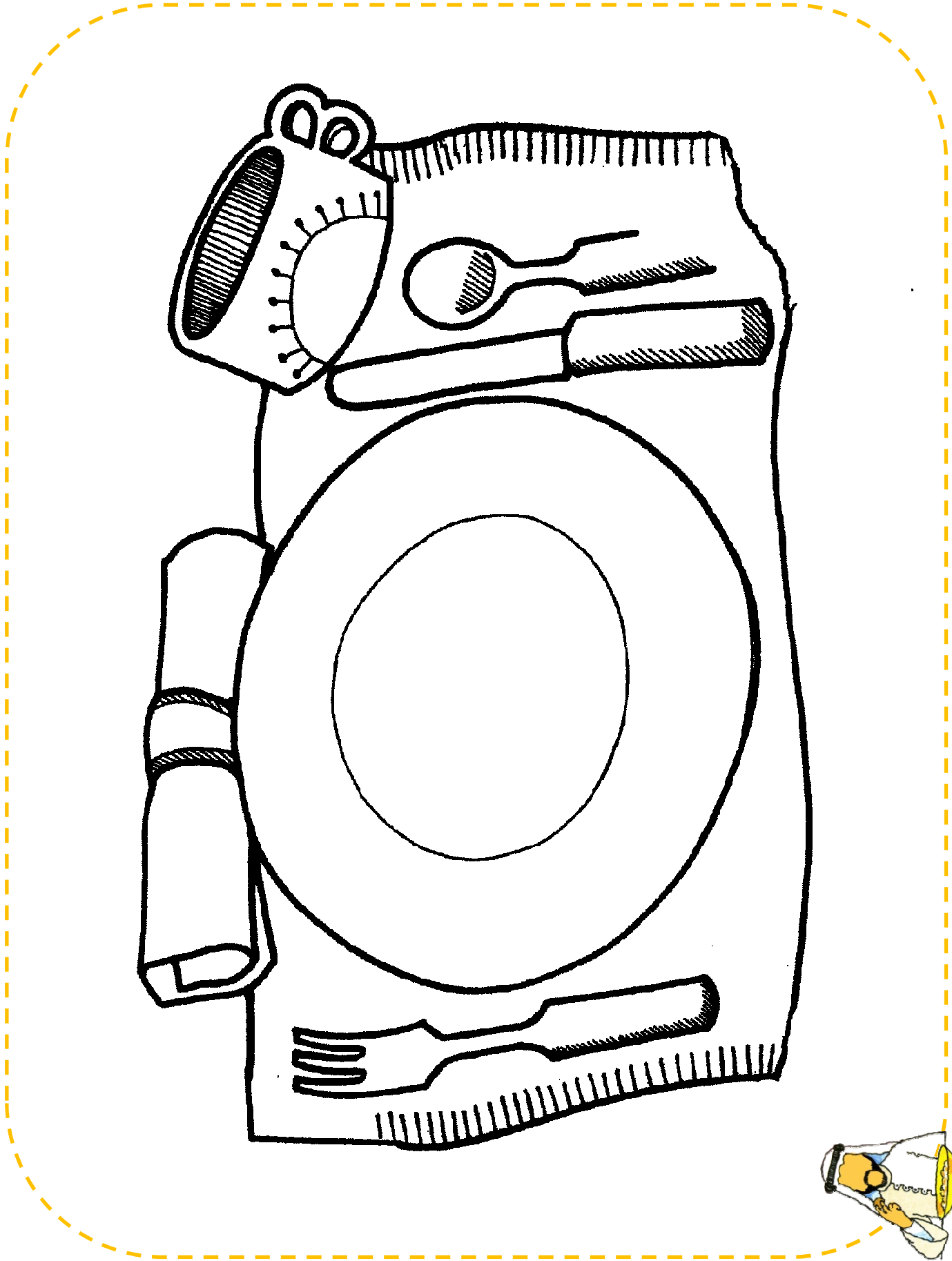


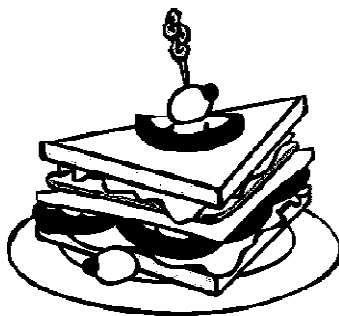
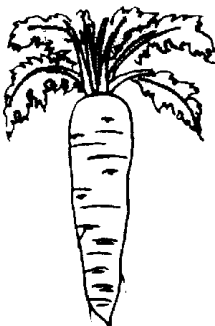
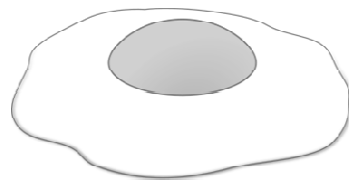
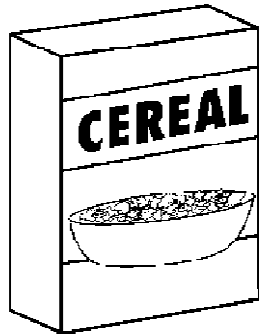
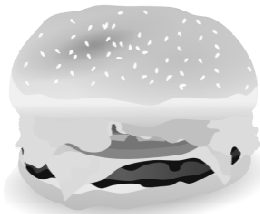
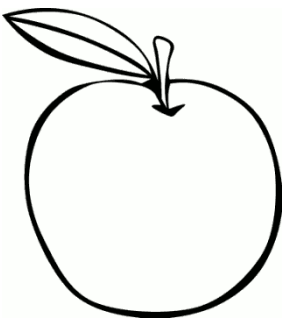
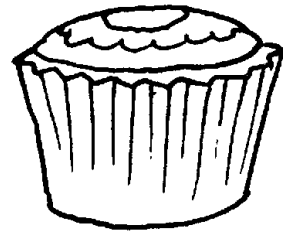
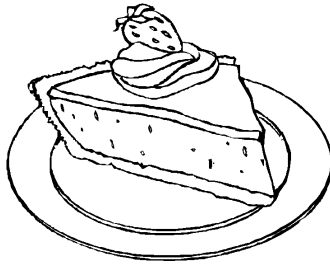
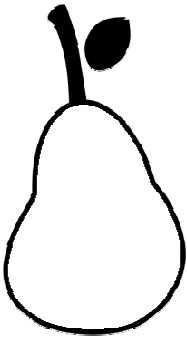
Unhealthy Foods

Healthy foods









Directions: Cut out the food on this page. Use it to build a healthy breakfast and a healthy lunch. Use the plates on pages 7 and 8.



الله

بِسْمِ

الله

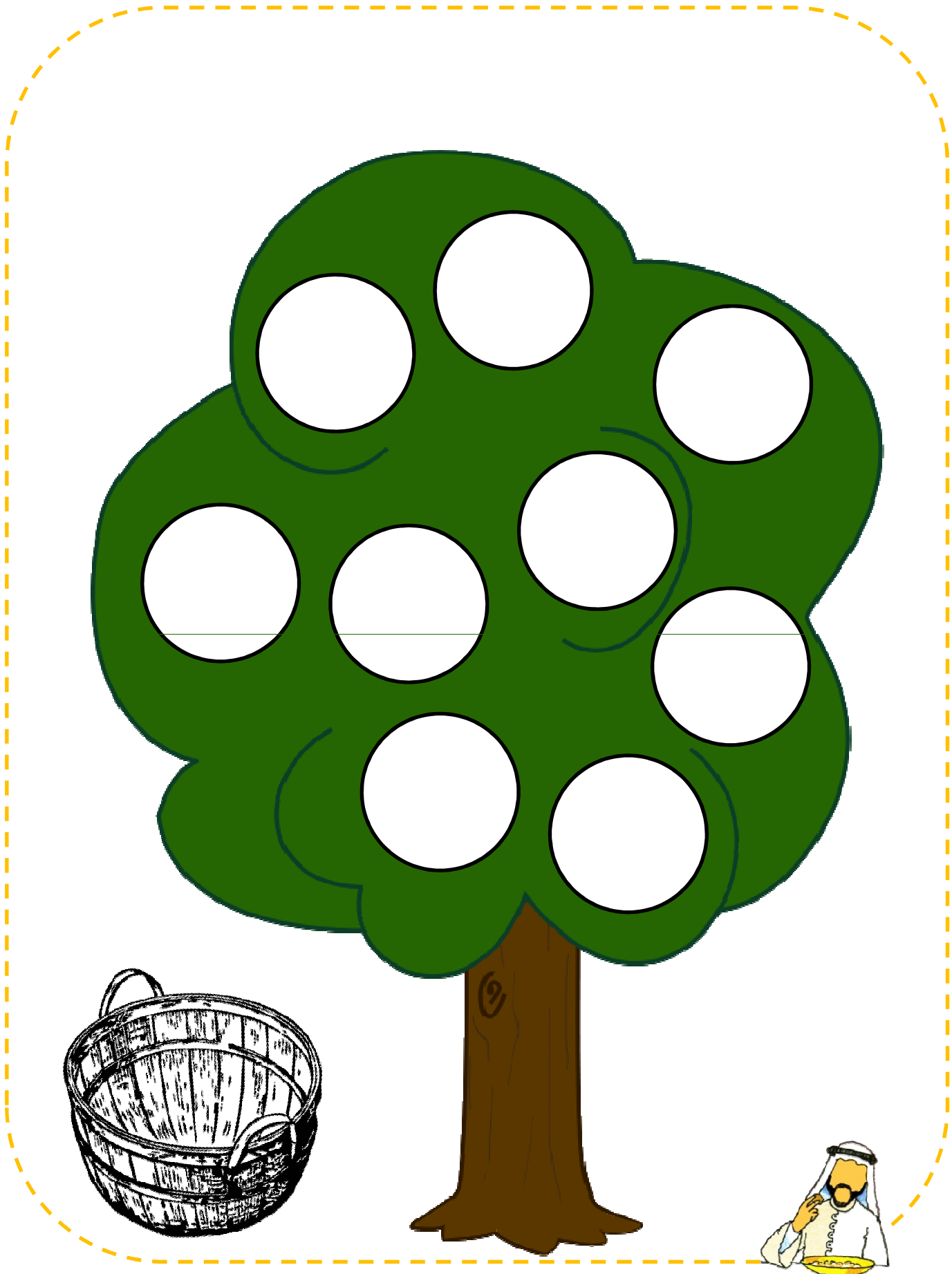
بِسْمِ

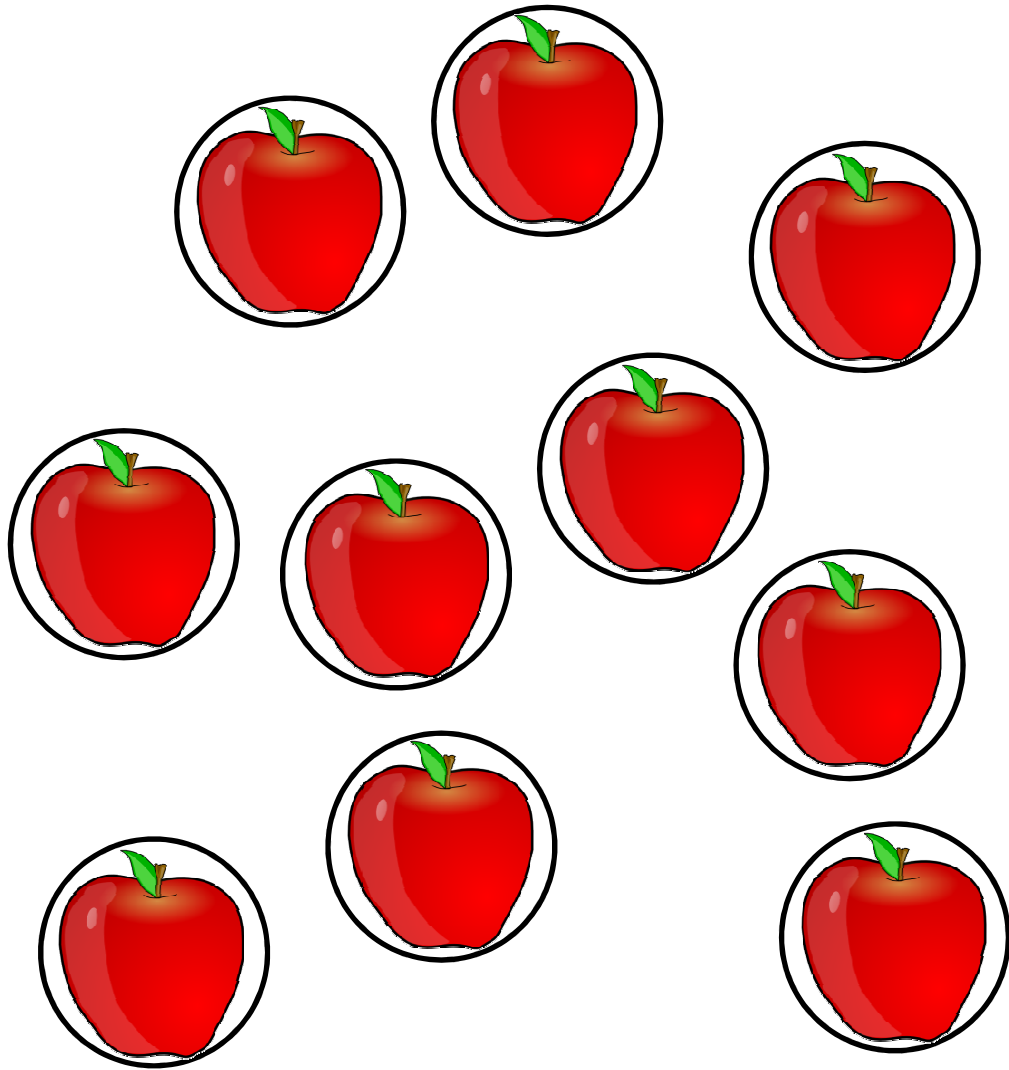
الله

بِسْمِ

Directions: We say Bismillaah before we eat. Trace the words Bismillaah and then cut and paste them in their correct places (above).

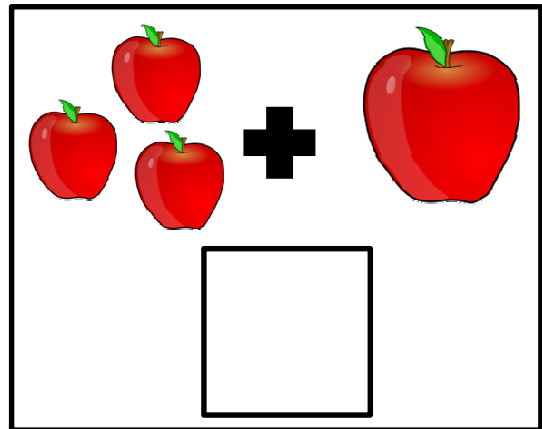
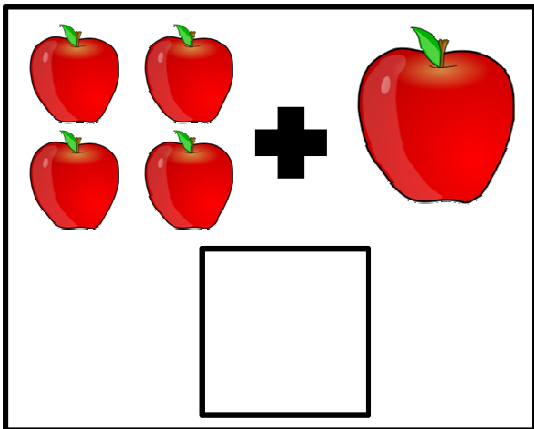
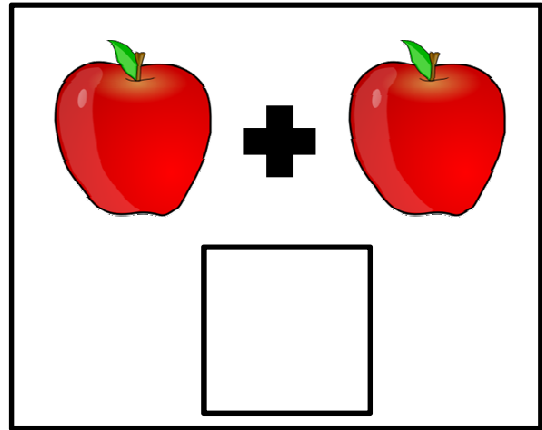
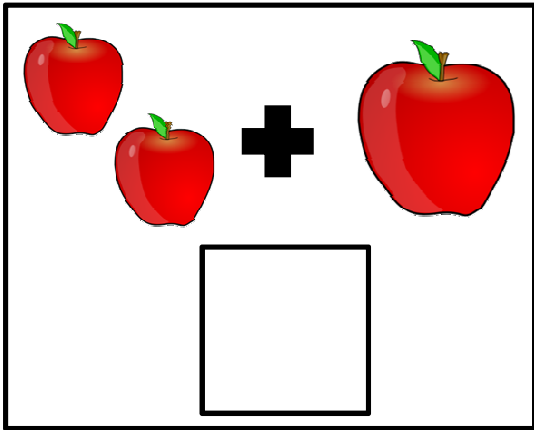




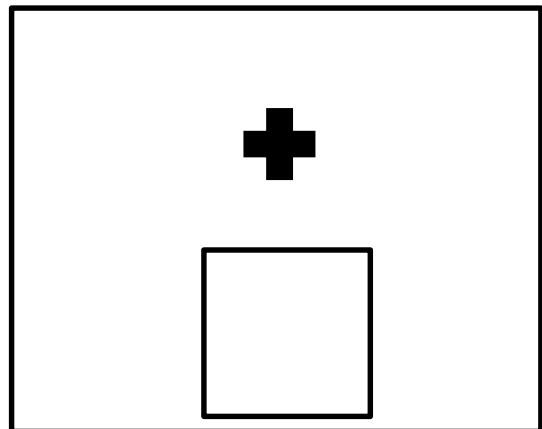
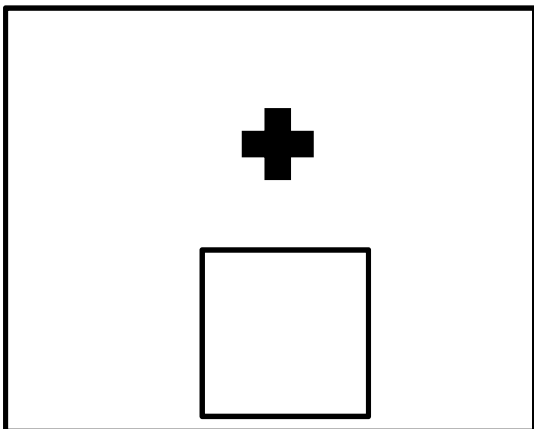


Directions: Cut out the apples counters on this page. Use them and the tree on the previous page to solve the addition problems found on the cards on the next page.





Use the cards below to make your own addition sentences. Exchange them with a classmate or friend and solve each others addition sentences.

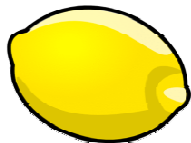
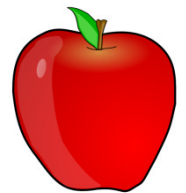
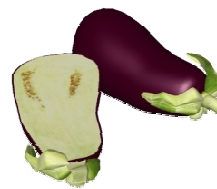
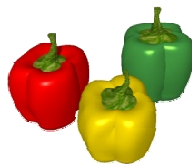
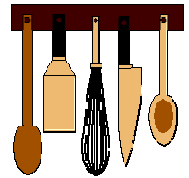
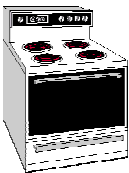
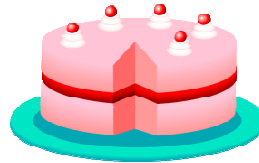
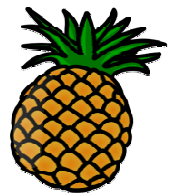
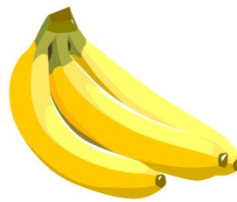
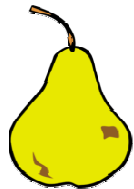
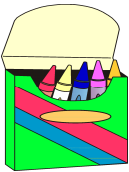
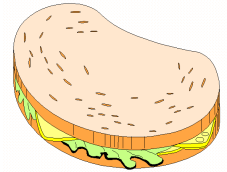
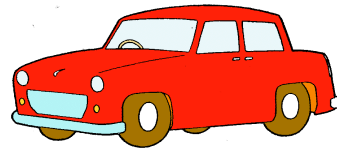
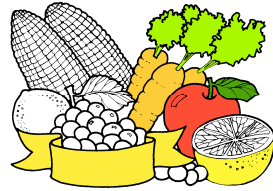


5 4 3 2



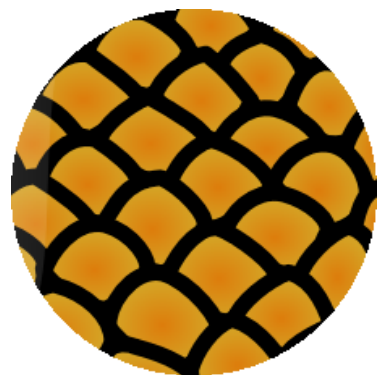
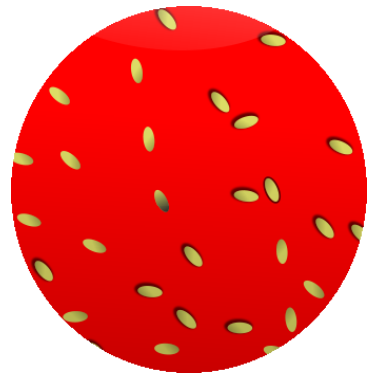
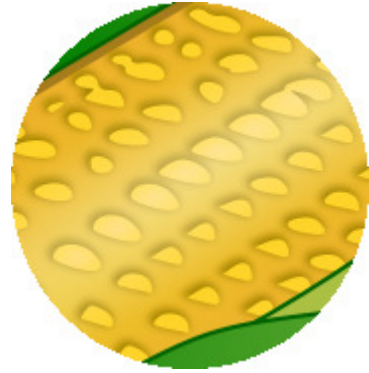
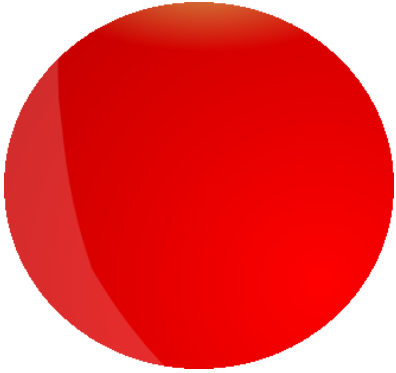
What Does Not Belong?

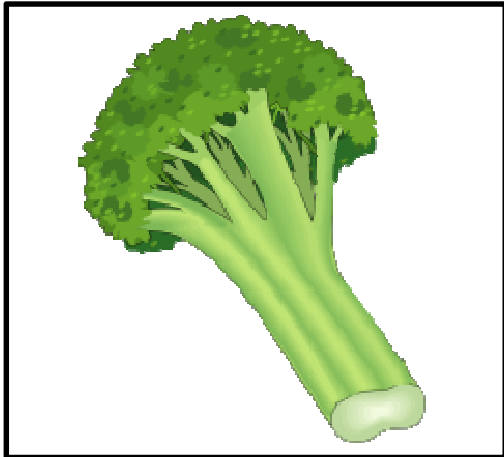
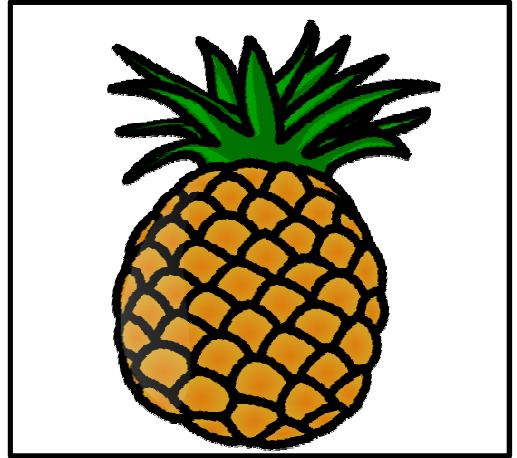
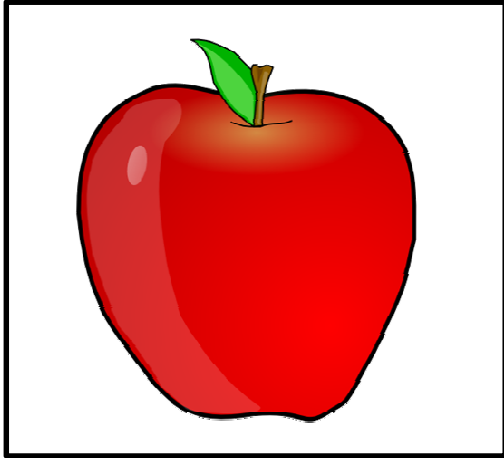
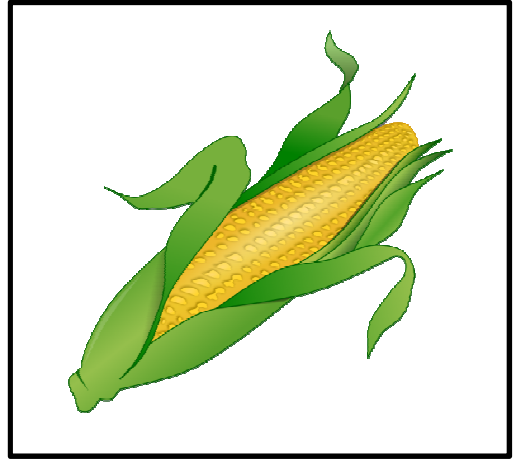
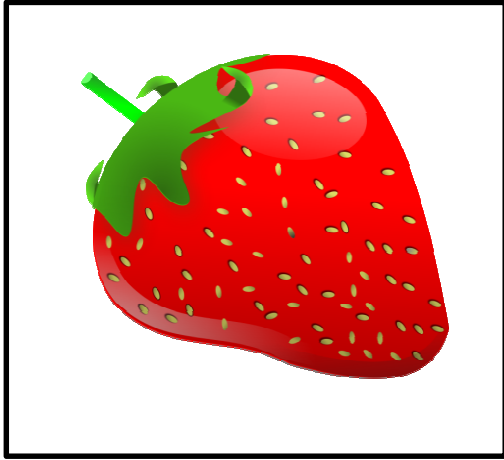
Directions: Look at the items in each row. In each row one object does not belong. Find the object and circle it.

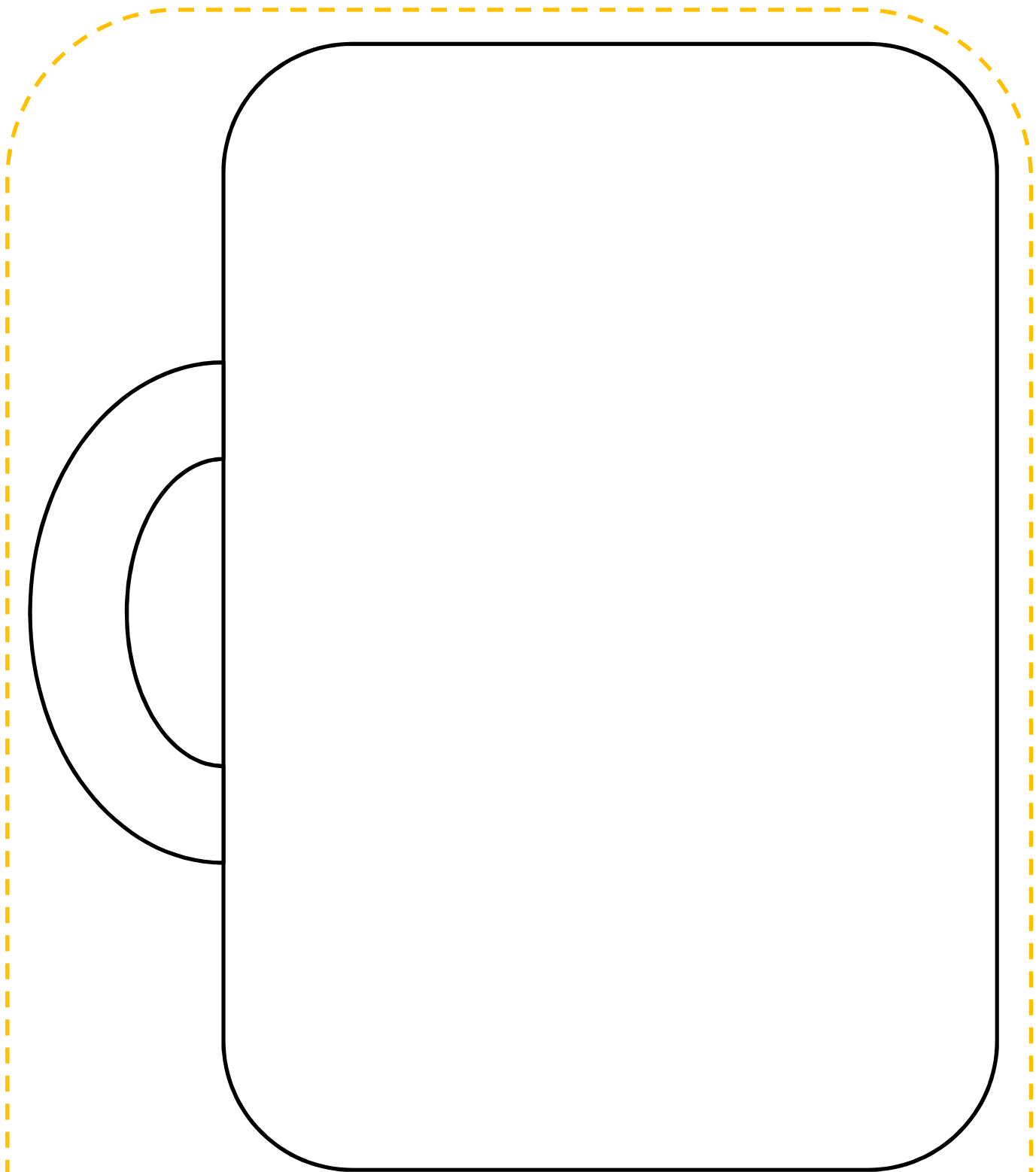


Food Match

Directions: Each card below shows the skin or inside of a fruit or vegetable. Cut out all of the cards and match them to the correct fruit or vegetable cards on the next page insha'allaah.







Directions: Fold a piece of construction paper in half. Cut out this lunch box and trace its shape onto the folded construction paper. Without unfolding the construction paper, cut the construction paper lunch box out. Open the lunch box and invite children to glue pictures that show what healthy foods they will pack in their lunches insha'Allah. Invite them to decorate the outside of their lunchboxes too!



Student Name:	Date:		
	Yes	No	N/A
Understood the directions of the activities the first time explained.			
Needed to have the directions/activity objectives explained more than once.			
After the directions were given, began activities independently.			
After the directions were given, needed prompting and/or encouragement before beginning the activity /activities.			
Required assistance to complete less than 2 of the questions/parts of the activity/workbook .			
Required assistance to complete 3 – 5 of the questions/parts of the activity /workbook.			
Required assistance to complete all questions/parts of the activity/workbook .			
At this time was unable to do the activity/workbook.			
Completed work contained 2 or less inaccuracies.			
Completed work contained 3 or 4 inaccuracies.			
Completed work contained 5 or more inaccuracies.			
Required little or no assistance using glue stick and used appropriate amount of glue.			
Required some assistance using glue stick and used appropriate amount of glue.			
Required support using glue stick and used inappropriate amount of glue without assistance.			
Showed joy and interest doing the activity			
Did not appear to be interested in the activity and was unable to remain on task.			
Demonstrated appropriate grip while using pencil, glue stick and/or crayons and markers.			

