



ZONAL EDUCATION OFFICE – BALANGODA

UNIT – 06 “BETTER SAFE THAN SORRY”

❖ Competency :- 5

Extracts necessary information from various types of texts.

❖ Competency level :- 5.3

Transfers information into other forms.

❖ Learning outcome :-

Students will be able to read and transfer the needed information into other forms.



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• Activity 1

Read the description and solve the crossword puzzle.

Across



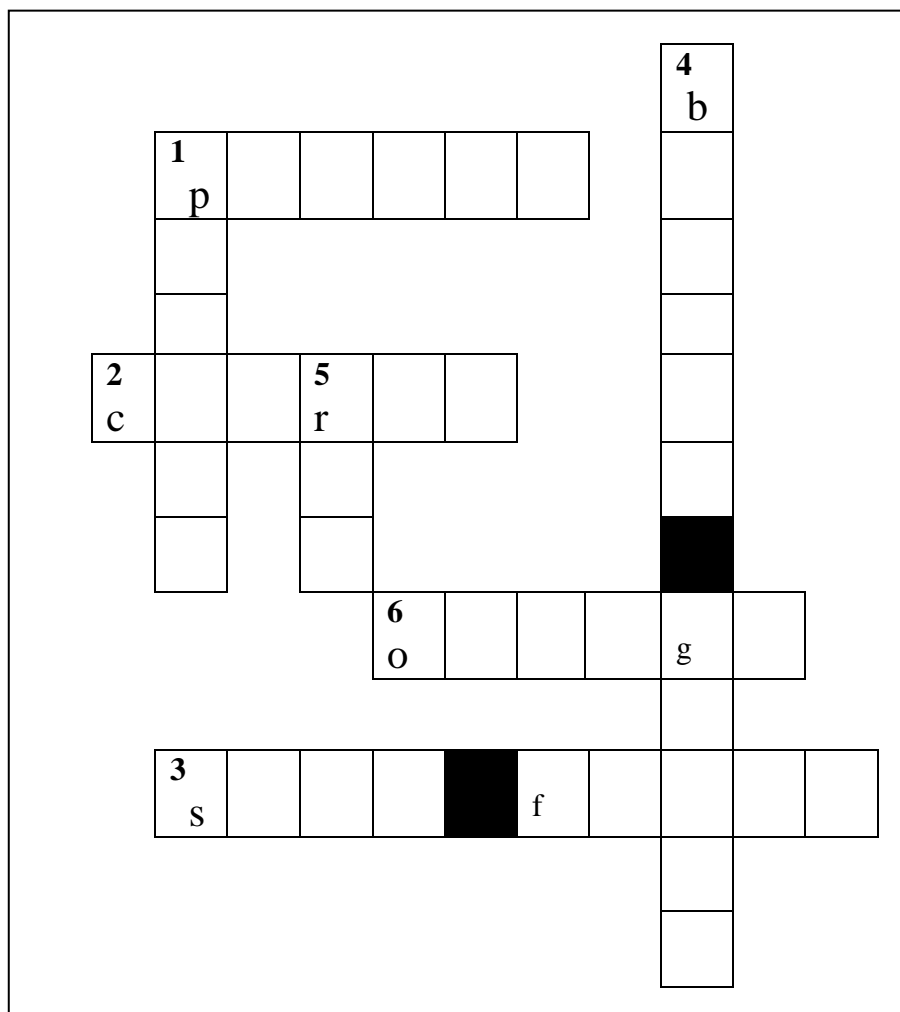
1. This is a fruit. It is green when raw and turns yellow or orange when ripe.
2. It is an orange- coloured vegetable. The part we eat is the root.
3. This is a juicy fruit. It turns yellow when it is ripe. When this fruit is cut in half, it looks like a star.
6. This coloured fruits and vegetables help keep our heart strong

Down



1. This is a root which is eaten as a vegetable. It is hard with a brown skin.
4. This is a green vegetable. It is long and oblong shaped with bumps all over it. It has a bitter taste
5. This coloured fruits and vegetables help keep our heart strong.





• **Activity 2**

Put the words in the box below.

Fruits	Vegetables	Grains

apple carrot mango rice papaw maize pumpkin
 banana
 Potato orange wheat beetroot oats millet brinjal

• **Activity 3**

Match the pictures with the captions. Write the correct letter in the space.



1.

2.

3.



4.

5.

A. Spend your free time meaningfully

B. Plan your studies and win.

C. Follow safety methods when work.

D. Fast food makes you sick.

E. Health practices are important.

Activity 4

Fill in the table with suitable fruits and vegetables.

Quality	Fruits	Vegetables
Red coloured fruits and vegetables that are good for our heart.		
Orange coloured fruits and vegetables that give us healthy eyes.		
Yellow coloured fruits and vegetables that help us to prevent diseases.		
Green fruits and vegetables that make our bones and teeth strong.		
Blue and Purple coloured fruits and vegetables that are good for our memory.		



Activity 5

Read the advertisement and write the answers.

Enjoy Tasty Food

Food Fiesta
Home science club of
Ranpokunugama M.V On 25th
June 2021 From 7 a.m to 2 p.m In
the school main hall.
Available
Traditional food
Chinese food
Sweets
Short eats and many more
All the students and parents are
invited



1. Who can attend this event?

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2. What is the venue of the event?

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3. Who is organizing the event?

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4. What can you buy from the food fiesta?.

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5..At what time will the event begin?

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