



Sabaragamuwa Provincial Department of Education – Weekly School

Subject - English

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Grade - 3




Unit - 4 My food bag

Take your English Pupil's Book out.

Activity 1

Turn to page No.62.Let's read.

- Draw/paste and write

Food we eat for breakfast	Food we eat for lunch	Food we eat for dinner
Eg: string hoppers, sambol and fish 	Eg: rice and vegetables 	Eg : rotti 

Turn to page No.63.Let's listen, point and say.

- Fill the table.



breakfast - first meal of the day	lunch – main meal of the day	dinner – last meal of the day
Eg: we eat hoppers .	Eg: we eat rice and fish.	Eg: we eat bread and butter.

Activity 2

- <https://youtu.be/DLZQZOCT6vY>

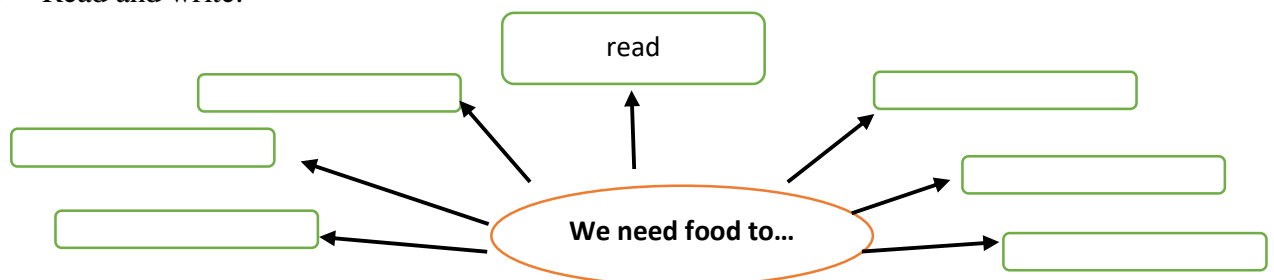
Turn to page No.64 .Find and say .

- Paste pictures and write

Food from plants. 	Food from animals. 

Turn to page No.65 .Read and find .

- Read and write.



Activity 3

Turn to page No 66.Read .

- Read and order.

A monkey sees and helps them.

The monkey eats a bite of one piece and then of the other.

One day two cats see a piece of cake.

He keeps on eating.

They start fighting over it.

Finally, there is no more cake left for cats.

The monkey divides the cake into two parts.

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Activity 4

Turn to page No 67.Let's read and make a food bag.

- Make a paper bag and send a photo to your teachers and friends.



Activity 5

Turn to page No 68.Listen and find..

- Read and match.

Avoid

Wash your

Drink

Eat

fresh fruits and vegetables.

plenty of water.

fast food.

hands before you eat.