



Name .....

Date .....

What's in the box?



# Plus 1

$1 + 1 =$	$2 + 1 =$	$3 + 1 =$	$4 + 1 =$
$5 + 1 =$	$6 + 1 =$	$7 + 1 =$	$8 + 1 =$
$2 + 1 =$	$3 + 1 =$	$4 + 1 =$	$1 + 1 =$
$8 + 1 =$	$5 + 1 =$	$6 + 1 =$	$7 + 1 =$
$3 + 1 =$	$7 + 1 =$	$1 + 1 =$	$2 + 1 =$

My Score:

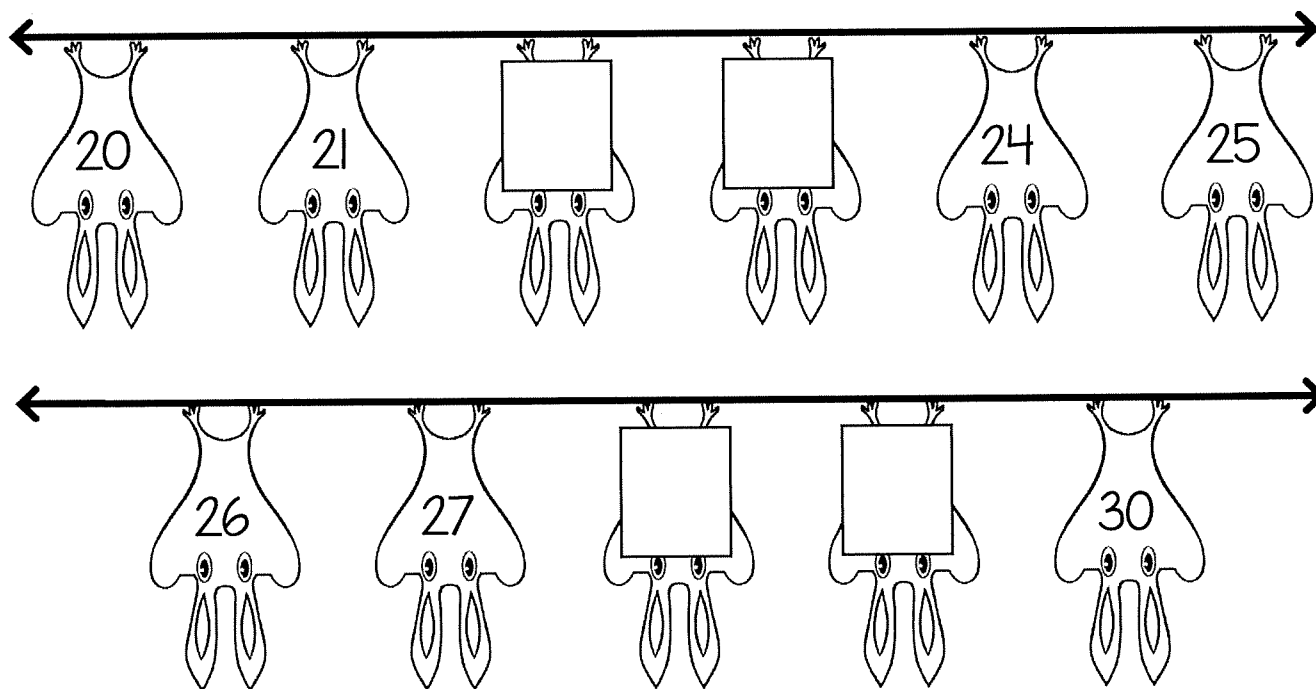
How many stars did you score?



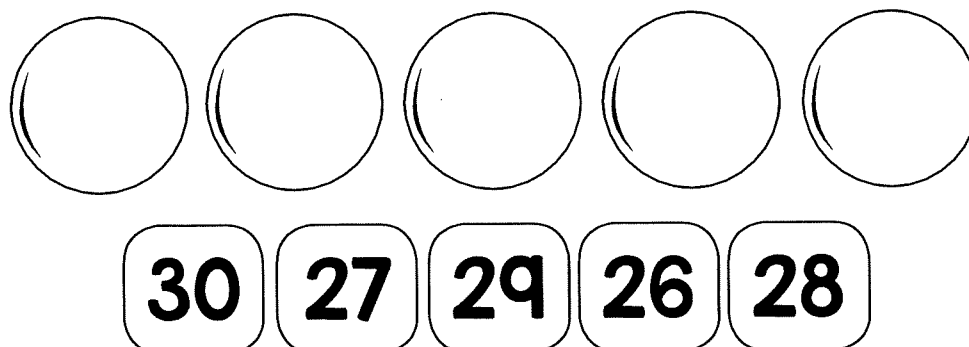
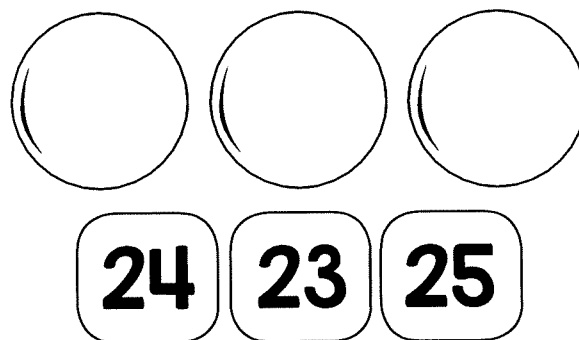
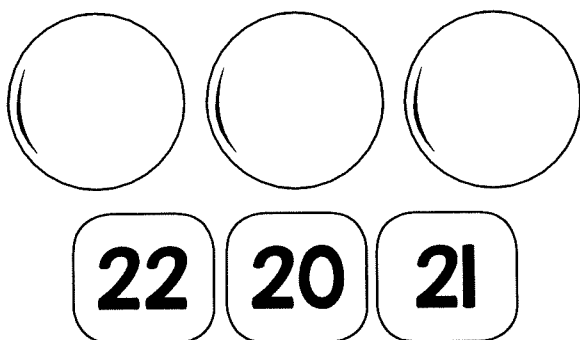
# Number sequence to 30

Numbers to 30

1 Complete the number lines.



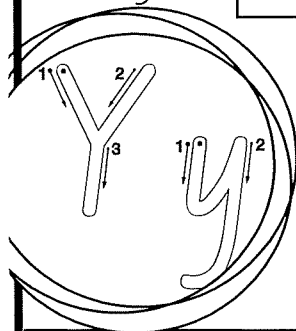
2 Order the numbers. Write in the bubbles.



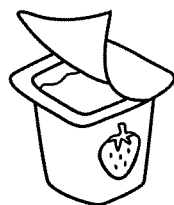
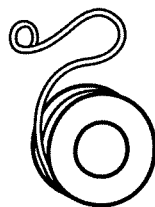
Write your name: \_\_\_\_\_

Today is: 

Monday	Tuesday	Wednesday	Thursday	Friday
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Colour the pictures that begin with Y



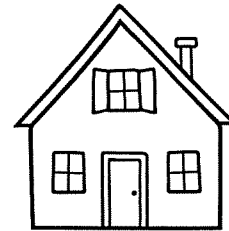
Find and colour the letters Yy: Trace and write your own:

O	y	P	r	S	Y
Y	A	y	y	y	E
Y	t	i	H	j	Y

Y Y Y

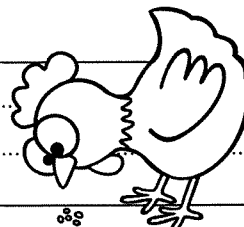
y y y

Write the beginning sound:

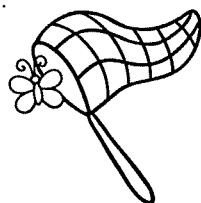
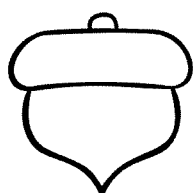


Read and trace the sentence.

This is my hen.



Write the middle sound:



Trace and write the sight words.  
Draw a line to connect the matching words.

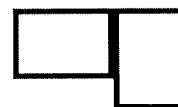
my

we



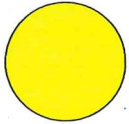
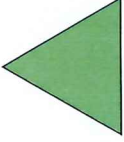

in

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# Term 1 Week 4 - Phase 3 (Focus GPC's - y, z, qu)

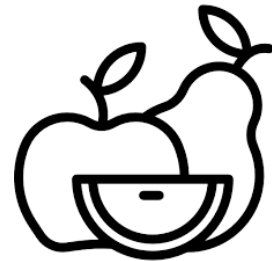
				
man	yum	yes	you	yelling
	yes	yell	yell	yellow
sad	yet	zip	yelling	yesterday
	zip	buzz	zigzag	zookeeper
dip	zag	jazz	buzzing	zest
	buzz	fizz	fizzy	quench
pit	quit	quit	quack	quest
	quiz	quiz	quacking	squid
tip	quack	quack	quick	liquid
	quick	quick	quicker	quilt
The man is sad.	The duck can quack.	I can yell and the duck can quack.	I am yelling at the duck quacking.	The squid squirted liquid at the zookeeper.

# Eating Healthy Foods

Everyday Foods	Sometimes Foods

**Why do we eat healthy food:**

1. \_\_\_\_\_



2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_







# Australian Guide to Healthy Eating

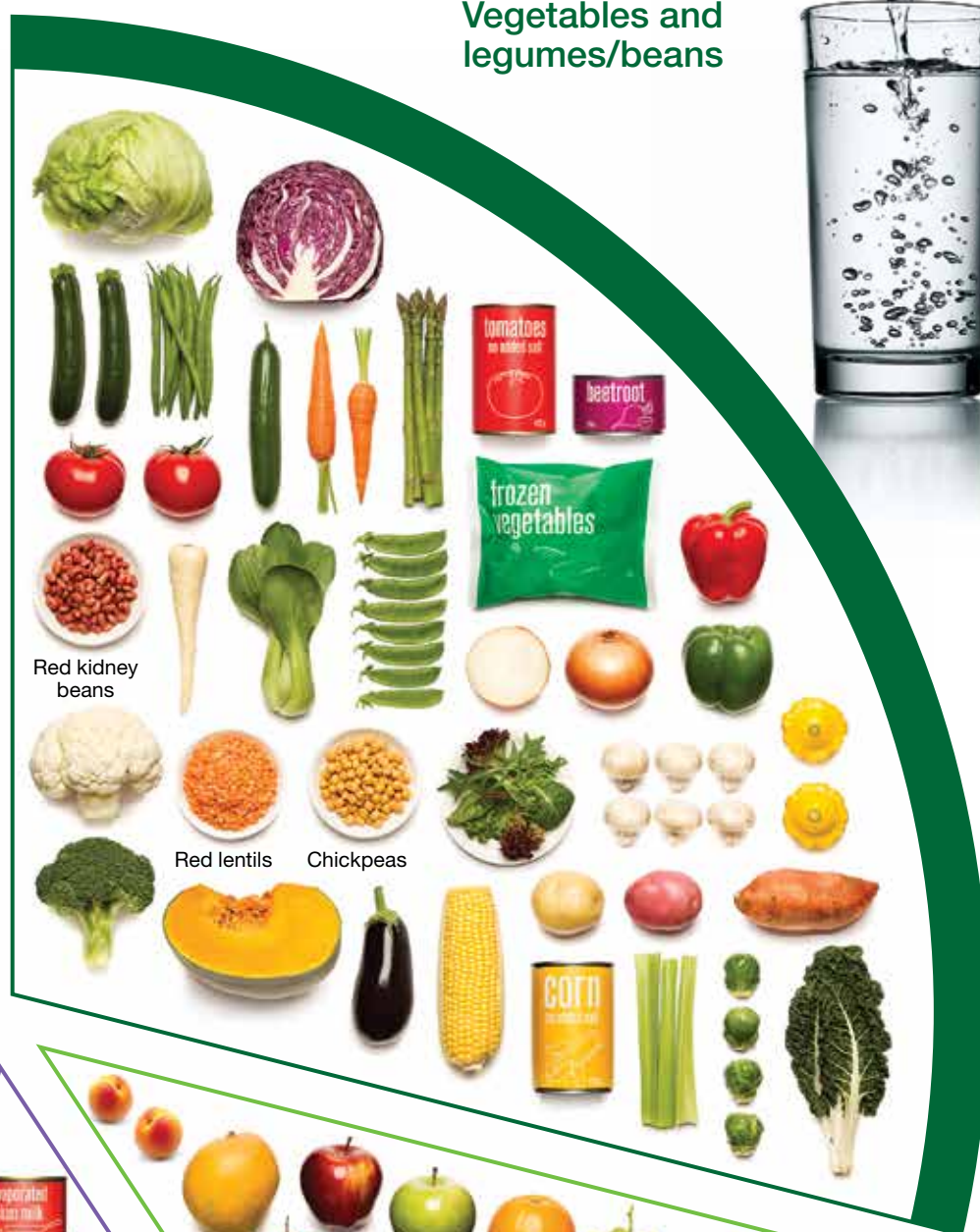
Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts

