

Grade 1 / Graad 1: Week 19 & 20



English / Afrikaans

A balanced diet & Road safety / 'n Gebalanseerde dieet en pad veiligheid



Ministry of Education,
Arts and Culture



NAMIBIAN
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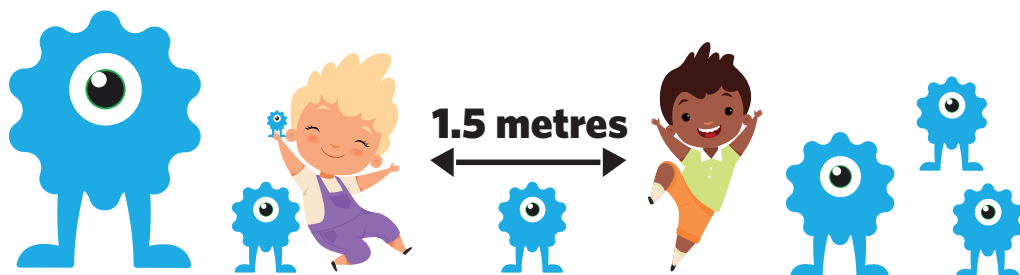


Capricorn Foundation

unicef

for every child





These numbers indicate which day you can complete each worksheet! But if you want to, you can work ahead and do the rest as well.

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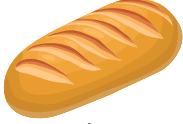




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Vocabulary / Woordeskat

Read the vocabulary words. / Lees die woordeskat.

 <p>bread/ brood</p>	<p>vegetables/ groente</p> 	
 <p>fruit/ vrugte</p>	 <p>meat / vleis</p>	 <p>porridge / pap</p>

Fill in the missing letters:

br__a__

m__at f__u__t

v__g__t__bl__s

p__rr__dg__

Vul die ontbrekende letters in:

br__o__

g__o__n__e

p__p v__ei__

v__u__te

Search the vocabulary words.

v	e	g	e	t	a	b	l	e	s
t	m	c	n	b	b	r	e	a	d
m	e	a	t	p	t	a	b	d	g
s	n	p	o	r	r	i	d	g	e
l	y	t	r	k	f	r	u	i	t

Vind die woordeskat woorde.

g	r	o	e	n	t	e	b	a	v
f	g	a	d	p	a	p	r	q	l
s	s	f	d	y	i	j	o	e	e
g	w	t	g	h	u	l	o	r	i
h	v	r	u	g	t	e	d	h	s

Week 19
Grade 1



Sight words/Sigwoorde

Read:

go

we

said

Trace it:

Write it:

go go

we we

said

Lees:

vind

maak

help

Teken op die stippellyne:

Skryf dit:

vind

maak

help

Choose two sight words and write your own sentences. /
Kies twee sigwoorde en maak jou eie sinne.

English Activity

Number 19

Colour in



Make 19 dots on the dice

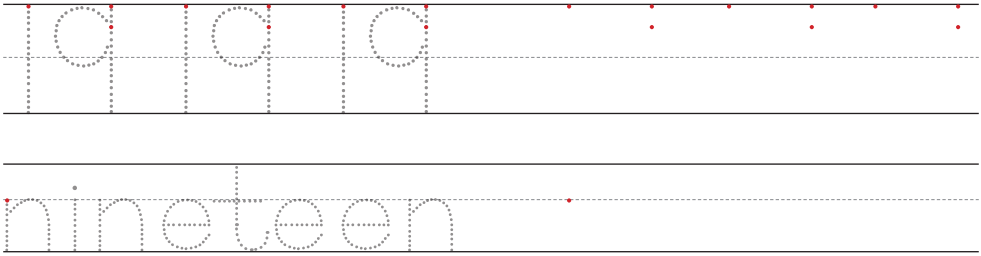


Circle the word nineteen

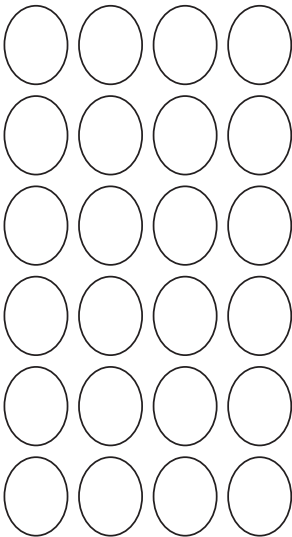
fourteen nineteen
 nineteen
 nineteen sixteen

Trace

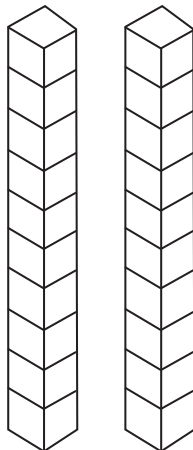
Write



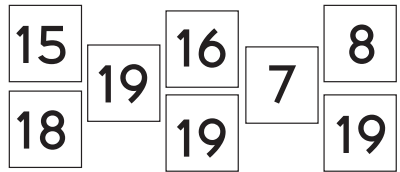
Colour in 19 ovals



Colour in 19 blocks



Colour in the number 19



Before and after



Counting / Tel

Complete the skip counting series. / Voltooi die patroon.

2, 4, 6, , , , ,

13, 15, 17, , , , ,

16, 18, 20, , , , ,

3, 4, 5, , , , ,


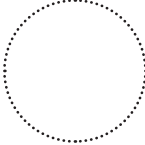

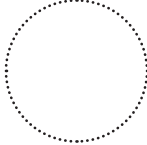

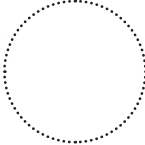

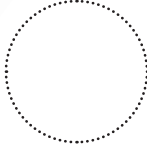



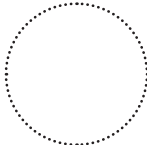
7, 9, 11, , , , ,




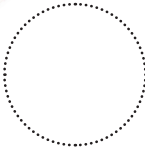
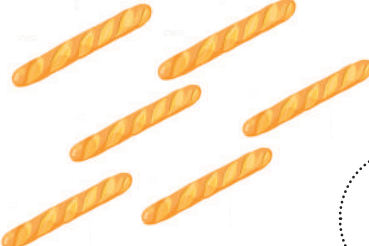
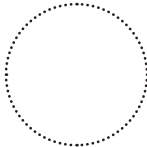
A balanced diet / 'n Gebalanseerde dieet

How many each if: / Hoeveel elk as:

1. Shared by 2? / Gedeel deur 2?

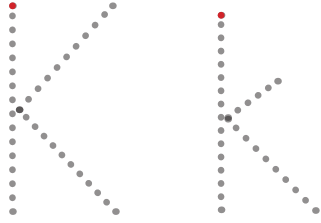
2. Shared by 3? / Gedeel deur 3?

 	 
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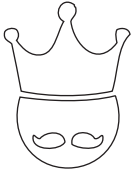


The 'K' 'k' sound / Die 'K' 'k' klank

Trace/Trek op die stippellyn



Circle the k's in the sentence: /
Omkring die k's in die sin:



The king's key is in
the kitchen.

Die koning se kroon is
in die kombuis.

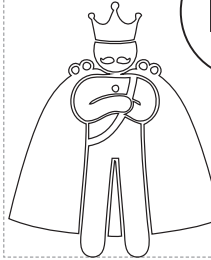
Draw a line from the circle to the
images that begin with the letter 'k':/
Teken 'n lyn van die sirkel tot by die
prente wat met 'n 'k' begin



kite
vlieër



giraffe
kameelperd



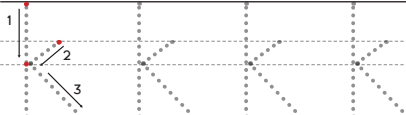
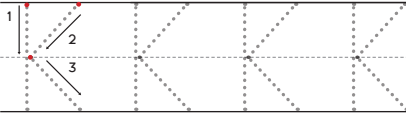
king
koning



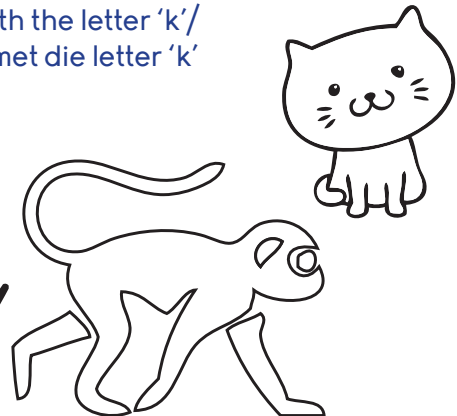
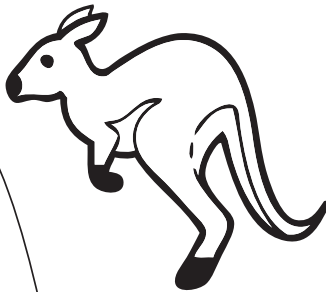
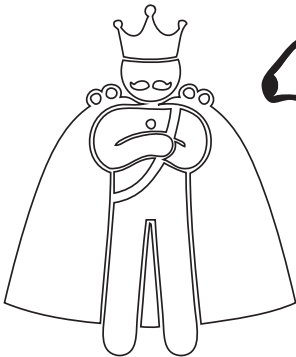
kettle/kettel

Trace/Trek op die stippellyn









Write/Skryf



Colour the picture that start with the letter 'k' /
Kleur die prentjie in wat begin met die letter 'k'



Label the pictures. /
Skryf die name onder die prente.

 <p>.....</p>	 <p>.....</p>
 <p>.....</p>	 <p>.....</p>
 <p>.....</p>	 <p>.....</p>
 <p>.....</p>	 <p>.....</p>

tomato / tamatie

pear / peer

apple / appel

onion / ui

water / water

fish / vis

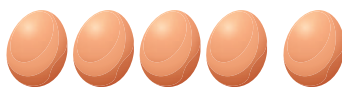
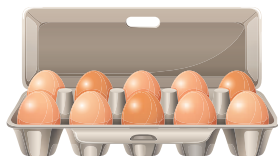
banana / piesang

chicken / hoender



Problem Solving / Probleem oplossing

1. Mother cooks 10 eggs. I eat 5 eggs. How many eggs are left? /
Mamma kook 10 eiers. Ek eet 5 eiers. Hoeveel eiers is oor?



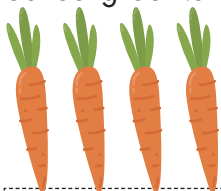
$$\boxed{} - \boxed{} = \boxed{}$$

2. Pam has 6 pieces of cheese. She shares it with her friend, Ann. How many pieces of cheese will each girl get? / Pam het 6 snye kaas. Sy deel dit met haar vriendin, Anna. Hoeveel snye kaas sal elke meisie kry?



$$\boxed{} \div \boxed{} = \boxed{}$$

3. I used 4 carrots and 2 potatoes to cook soup. How many vegetables did I use altogether? / Ek het 4 wortels en 2 aartappels gebruik om sop te kook. Hoeveel groente het ek altesaam gebruik?



$$\boxed{} + \boxed{} = \boxed{}$$





3



Money / Geld

Select a set of coins up to 50c.
 How many 5c and 10c coins will make 50c?/
 Kies 'n stel van muntstukke tot en met 50c.
 Hoeveel 5c en 10c sal 50c gee?

In each block colour the correct set of coins to make up to 50c. /
 In elke blok kleur die regte stel munte in om 50c te maak.



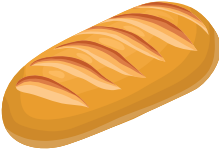



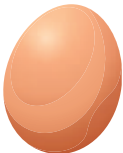

<p>5c 5c 10c 10c 5c 10c 5c</p> <p>10c 10c 5c 10c 5c 5c</p>
<p>10c 5c 10c 10c 5c 10c 5c</p> <p>5c 5c 5c 5c 5c 10c</p>
<p>10c 10c 10c 10c 5c 10c 5c</p> <p>5c 5c 10c 10c 5c 10c</p>
<p>5c 5c 5c 5c 5c 10c 5c</p> <p>10c 5c 10c 10c 5c 10c</p>

Week 19

Grade 1

Plurals / Meervoude

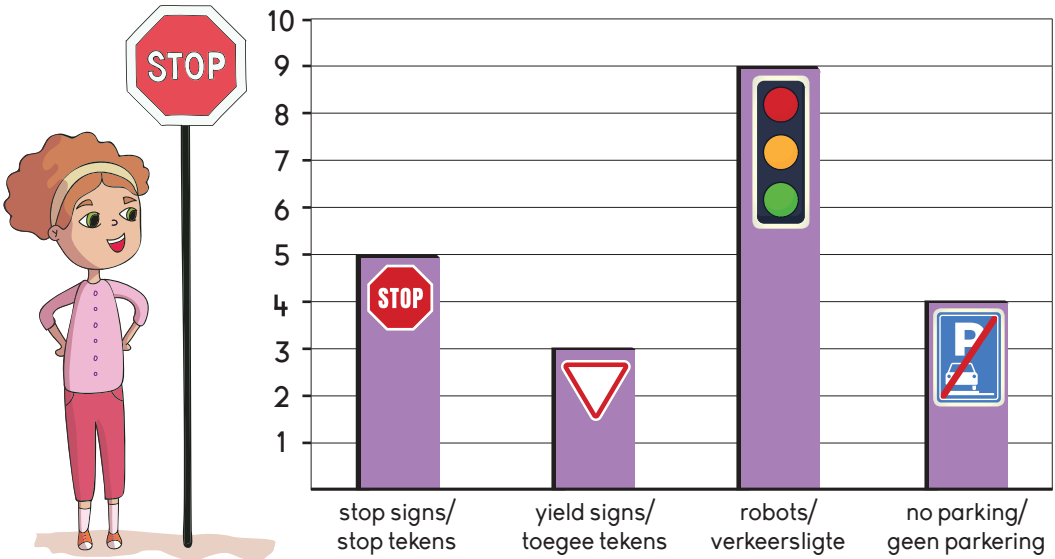
Write the plural form of the given words. Add 's' to make the words plural./
Skryf die meervoud vorm van die gegewe woorde.

 <p>apple</p> <p>.....</p> <p>appel</p> <p>.....</p>	 <p>pear</p> <p>.....</p> <p>peer</p> <p>.....</p>
 <p>bread</p> <p>.....</p> <p>brood</p> <p>.....</p>	 <p>orange</p> <p>.....</p> <p>lemoen</p> <p>.....</p>
 <p>carrot</p> <p>.....</p> <p>wortel</p> <p>.....</p>	 <p>banana</p> <p>.....</p> <p>piesang</p> <p>.....</p>
 <p>egg</p> <p>.....</p> <p>eier</p> <p>.....</p>	 <p>pumpkin</p> <p>.....</p> <p>pampoen</p> <p>.....</p>



Data Handling / Data Hantering

Miss Botha asked the Grade 1 class to bring pictures of road signs to class. This graph shows the road signs the children brought. /
Mevrou Botha het die Graad 1 klas gevra om prente te bring van pad tekens. Die grafiek wys die pad tekens wat die kinders gebring het.



1. How many children brought pictures of the following signs: /

Hoeveel kinders het prente gebring van die volgende pad tekens:

stop signs / stop tekens: yield signs / toegee tekens:

robots / verkeersligte: no parking / geen parkering:

2. Which road sign pictures was the most? /

Watter pad teken prente was die meeste?

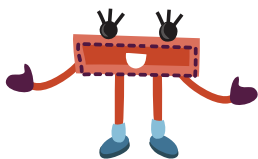
3. Which road sign pictures was the least? /

Watter pad teken prente was die minste?

4. How many learners are in Miss Botha's class? /

Hoeveel leerders is in Mevrou Botha se klas?



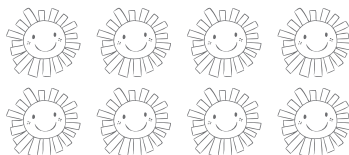


Computation: Subtraction / Berekening : Aftrekking

Use the pictures for help. / Gebruik die prente om jou te help.



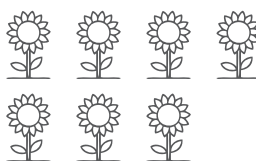
$$10 - 2 = \dots\dots\dots$$



$$8 - 4 = \dots\dots\dots$$



$$9 - 5 = \dots\dots\dots$$



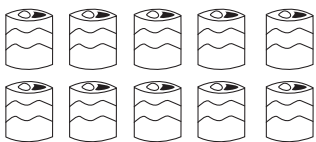
$$7 - 5 = \dots\dots\dots$$



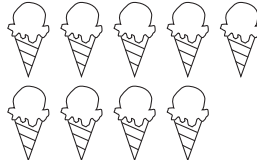
$$8 - 3 = \dots\dots\dots$$



$$6 - 4 = \dots\dots\dots$$



$$10 - 3 = \dots\dots\dots$$



$$9 - 8 = \dots\dots\dots$$











Healthy and Unhealthy foods / Gesonde en ongesonde kos

Cut out the food pictures. Decide if the food in each picture is healthy or unhealthy. Glue each picture in the correct column. /
Knip die kos prente uit. Besluit of die kos in elke prent gesond of ongesond is. Plak elke prent in die regte kolom.

Healthy foods / Gesonde kos	Unhealthy foods / Ongesonde kos

Week 19

Grade 1

<p>eggs / eiers</p> 	<p>banana / piesang</p> 
<p>potato chips / tjips</p> 	<p>grapes / druie</p> 
<p>beetroot / beet</p> 	<p>donut / oliebol</p> 
<p>chocolate / sjokolade</p> 	<p>ice cream / roomys</p> 





Vocabulary / Woordeskat

Read the vocabulary words. / Lees die woordeskat.

fall/
valcut/
snyblood/
bloedcry/
huil

bandage/verband

Fill in the missing letters:

f _ _ l _ _

c _ _ y

c _ _ t

b _ _ nd _ _ g _ _

bl _ _ od

Vul die ontbrekende letters in:

v _ _ l

h _ _ il

s _ _ y

v _ _ rd _ _ n _ _

bl _ _ ed

Search the vocabulary words.

s	t	p	f	a	l	l
c	u	t	k	s	e	n
l	m	c	r	y	b	n
a	r	b	l	a	o	d
b	a	n	d	a	g	e

Vind die woordeskat woorde.

v	e	r	b	a	n	d
a	g	r	d	g	n	l
l	t	b	l	o	e	d
f	h	u	i	l	y	u
s	n	y	g	w	h	y



Sight words/Sigwoorde

Read:

help

make

find

Trace it:

Write it:

help

make

find

Lees:

vind

maak

help

Teken op die stippellyne:

Skryf dit:

vind

maak

help

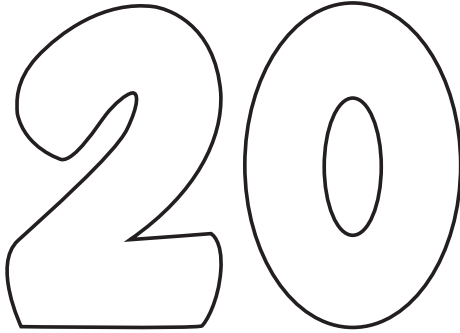
Choose two sight words and write your own sentences. /
Kies twee sigwoorde en maak jou eie sinne.



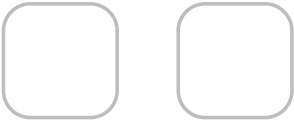
English Activity

Number 20

Colour in



Make 20 dots on the dice

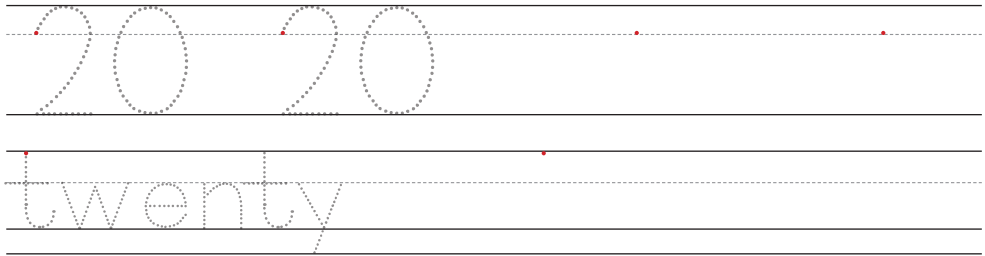


Circle the word twenty

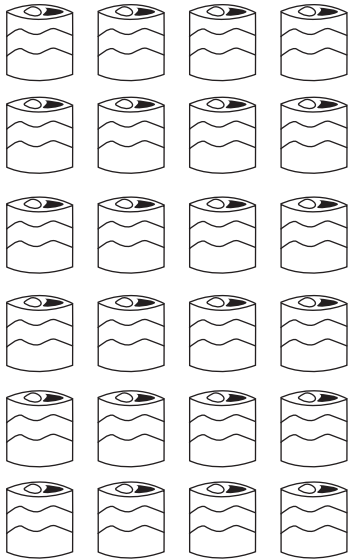
twenty eleven
 fourteen
 twenty twenty

Trace

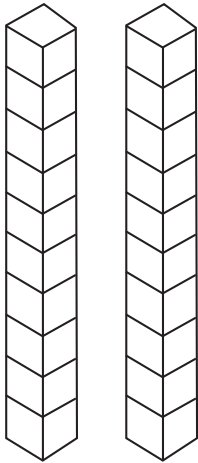
Write



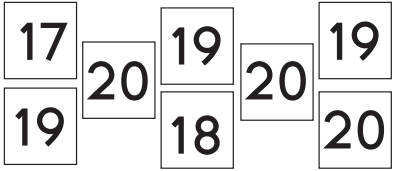
Colour in 20 cans



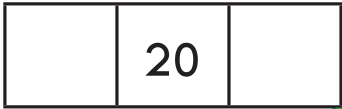
Colour in 20 blocks



Colour in the number 20



Before and after



Week 20
 Grade 1





Odd & Even numbers / Ewe en onewe getalle

Colour all the odd numbers red and the even numbers blue. /
Kleur al die onewe getalle rooi in en al die ewe getalle blou in.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

Complete the number bonds. / Voltooi die getalbande

Week 20
Grade 1

Computation / Berekening

Find the sums and differences. / Vind die somme en verskille.

Add 1 / Plus 1

$1 + 2 =$

$1 + 5 =$

$1 + 0 =$

$1 + 8 =$

$1 + 9 =$

$1 + 3 =$

$1 + 6 =$

$1 + 4 =$

$1 + 7 =$

$1 + 1 =$

Subtract 1 / Minus 1

$2 - 1 =$

$8 - 1 =$

$5 - 1 =$

$1 - 0 =$

$7 - 1 =$

$4 - 1 =$

$9 - 1 =$

$3 - 1 =$

$6 - 1 =$

$2 - 1 =$

+1 or / of -1

$0 + 1 =$

$8 - 1 =$

$10 + 1 =$

$3 + 1 =$

$4 - 1 =$

$10 - 1 =$

$5 + 1 =$

$9 + 1 =$

$7 - 1 =$

$9 - 1 =$

Week 20

Grade 1












English Activity

Phonics: Revise

Sounds : b, c, m, o, d, e, f, t, g, h, i, j, k.

Say the name of each picture, colour the beginning, middle and ending sounds. Write the word.

picture	colour	write
	d a d b e t	
	f e t r a d	
	w e p r o d	
	b e d p a n	
	b a t d u d	
	s a d c e t	
	r u b j a g	
	l e n r u m	



English Activity

Long and short vowels.

Write the short and long o words.

jog robe cob broke
 globe cop rod home
 hop vote rope fox

Short o	Long o

Week 20

Grade 1



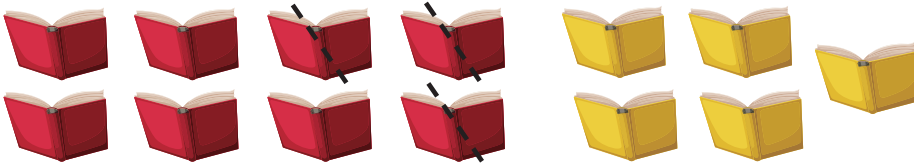
Number the pictures in the correct order. /
Nommer die prente in die regte volgorde.





Problem Solving / Probleemoplossing

1. Max has 8 books and Kim has 3 less books. How many books does Kim have? / Max het 8 boeke en Kim het 3 minder boeke as Max. Hoeveel boeke het Kim?



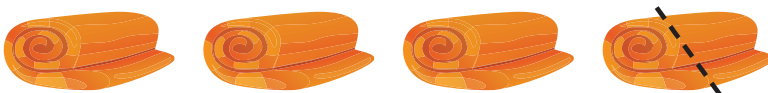
$$\boxed{} - \boxed{} = \boxed{}$$

2. Kim has 3 pillows and Max has 2 more than Kim. How many pillows does Max have? / Kim het 3 kussings en Max het 2 meer as Kim. Hoeveel kussings het Max?



$$\boxed{} + \boxed{} = \boxed{}$$

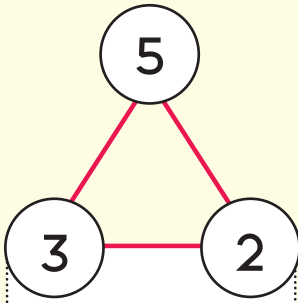
3. Kim has 4 blankets and Max has 1 less than Kim. How many blankets does Max have? / Kim het 4 komberse en Max het 1 minder as Kim. Hoeveel komberse het Max?



$$\boxed{} - \boxed{} = \boxed{}$$



Problem Solving / Probleem oplossing

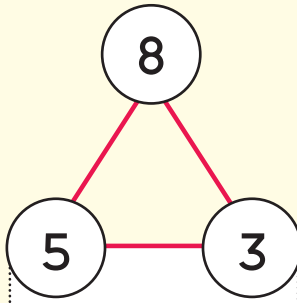


$$3 + 2 = 5$$

$$2 + 3 = 5$$

$$5 - 3 = 2$$

$$5 - 2 = 3$$

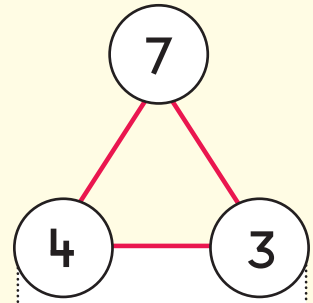


$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

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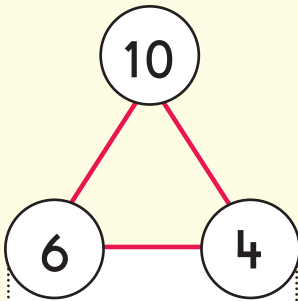


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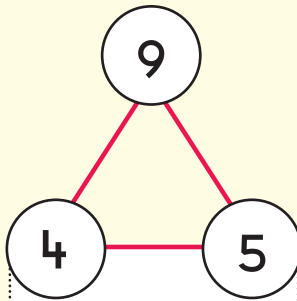


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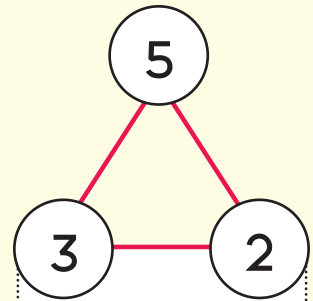


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$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

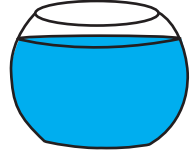
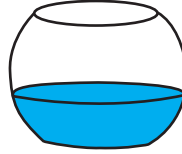
$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$

$$\underline{\quad} - \underline{\quad} = \underline{\quad}$$

Capacity / Kapasiteit

Compare the volume of liquid. Write 'more' or 'less' on the lines.
 Vergelyk die volume vloeistof. Skryf 'meer' of 'minder' op die lyn.

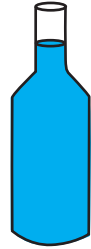
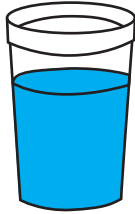
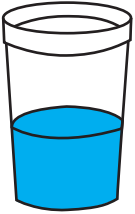


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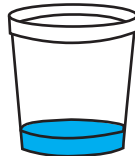
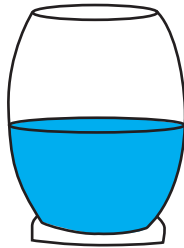
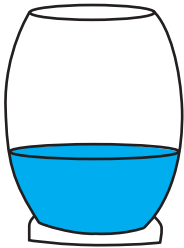


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Week 20

Grade 1



Possessive pronouns / Besitlike voornaamwoord

Possessive pronouns take the place of names of someone or something and shows possession.
 'n Besitlike voornaamwoord vat die plek van iemand of iets se naam en toon besitting aan.

Fill in each blank with the correct possessive pronoun. /
 Vul elke spasie in met die regte besitlike voornaam woord.

1. Is this **your** umbrella? (yours / your)

Is dit **jou** sambreel? (joune / jou)

2. You can't have _____ cake. (my / mine)

Jy kan nie _____ koek kry nie. (my / myne)

3. It is _____ turn. (our / ours)

Dit is _____ beurt. (ons / ons s'n)

4. Look at _____ funny painting. (her / hers)

Kyk na _____ snaakse prent. (haar / hare)

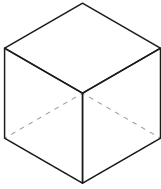
5. That necklace has lost _____ shine. (its / it's)

Daai hangertjie het _____ skyn verloor. (sy / syne)

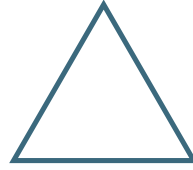


Geometry: 2D and 3D shapes / Meetkunde : 2D en 3D vorms

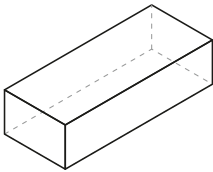
Draw a line to match the 3D objects to their 2D look alike. /
Teken 'n lyn om die 3D vorms by hul 2D vorms te pas.



cube / kubus



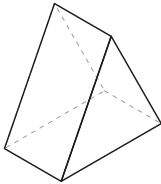
triangle / driehoek



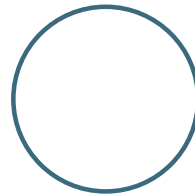
rectangular prism /
reghoekige prisma



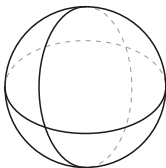
square / vierkant



triangular prism /
driehoekige prisma



circle / sirkel



sphere / sfeer



rectangle / reghoek



English Activity

Simple Future Tense

The simple future tense expresses an action that has not yet happened or a state that does not yet exist.

Example: I _____ you tonight. (call)
I will call you tonight.

Complete each sentence with the simple future tense of the verb.

- Jake _____ you to school tomorrow. (drive)
- Fifth-grade learners _____ in the science fair. (participate)
- Vivian _____ us with the decorations. (not help)
- The airplane to Swakopmund _____ off in ten minutes. (take)
- Joanne and Rhea _____ in Namibia three weeks from today. (be)
- Gwen _____ early today. (sleep)
- Mrs. Susan _____ art lessons any more. (not give)
- The weather guy said, "It _____ tomorrow." (rain)
- Heather _____ on time for the meeting. (not arrive)
- Francis _____ his house next week. (sell)



Success begins with education

Parents will be able to visit the website and watch daily videos or they can subscribe to our Zoshy Telegram channel to receive daily videos. One can also download the PDF version of the book on the website. Also watch our daily show on Active Kids to watch your favourite lessons.



<https://t.me/zoshyonline>



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You can save your favourite lessons and find them easier



- Step 1: Find us at www.zoshy.online or scan the QR code
- Step 2: Find your grade and select the year
- Step 3: Choose your language
- Step 4: Choose the week you want to learn out of
- Step 5: Choose lessons from what lessons there are
- Step 6: Download booklet if you do not have it
- Step 7: Watch and follow the teacher as she explains what to do in the book
- Step 8: Follow us on Facebook (Zoshy & Active Kids) to never miss a video
- Step 9: Subscribe to our Zoshy Telegram channel if you want to receive daily updates



www.zoshy.online

In collaboration with the Ministry of Education, Arts and Culture

PRINT

1 Turn the booklet to landscape.

2 Take a ruler & tear the booklet at the top long fold.

3 Fold the booklet in half.

4 The learning journey can start.

STEPS
HOW TO TEAR & USE
THE BOOKLET



ROAD SAFETY RULES



Stop



Always stop
before crossing
the road.

Look



Check both
ways for cars.

Listen



Listen to hear
if any cars are
close.



Stop!
Go!



If there is a traffic
light always wait
for the green 'man'
to light up before
walking over a road!