



Farming for Resilience (F4R)



Implemented by

giz

Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



Healthy Little Farmers Adventure Book

A supplementary learning activity book to
the Junior Primary (1-3) syllabus: Introducing
Farming and Healthy Eating from a Young Age.



Healthy Little Farmers Adventure Book

Farming for Resilience (F4R) Contact Details

Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH

Registered offices in Bonn and Eschborn, Germany

Units 4 & 7, Sinclair Park, Sinclair Street, Klein Windhoek

P.O. Box 8016, Windhoek, Namibia

Phone: +264 (0)61 215 600

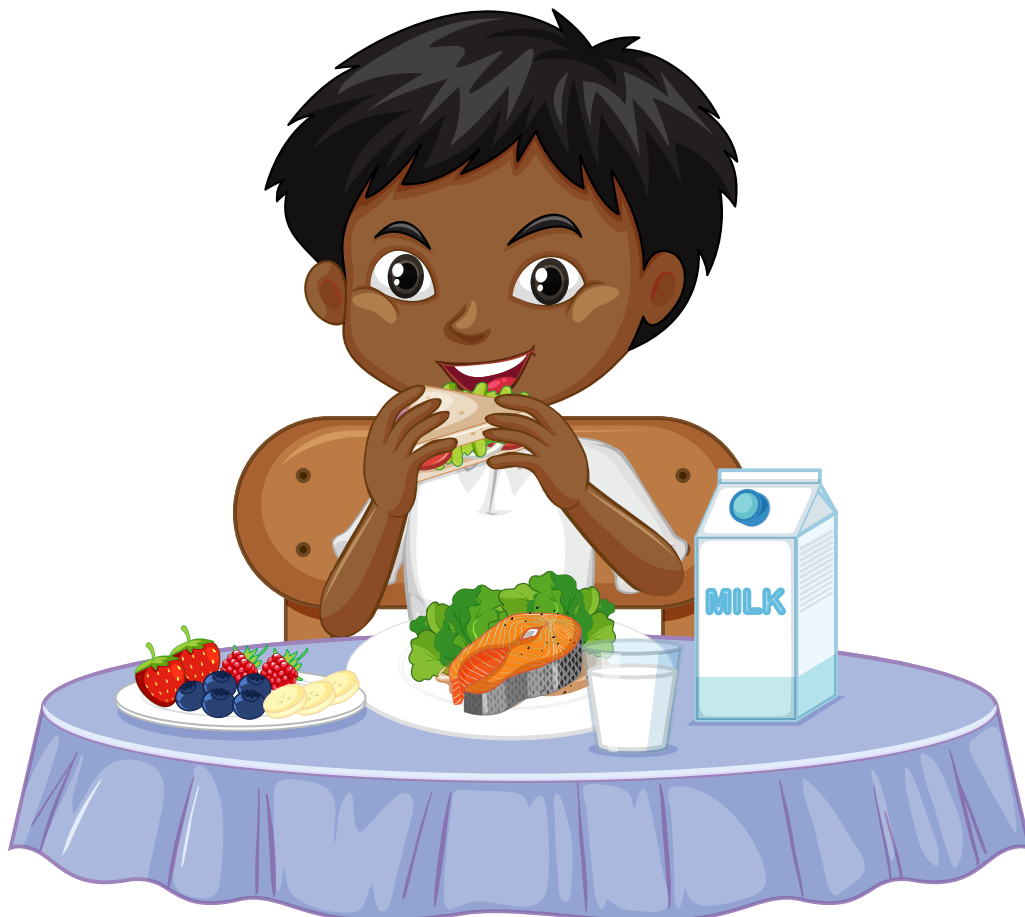
Email: tino.hess@giz.de

Website: www.giz.de

DISCLAIMER:

This book and its contents have been approved by the Ministry of Education, Arts and Culture, through the National Institute for Educational Development (NIED) as a supplementary learning material for Environmental Studies in Junior Primary Schools. It is authorized in its current version and format and must not be altered in any way.

This publication is in the public domain. Users are permitted to download, save, and distribute it electronically or in any other format without prior written permission. However, it may not be modified, sold, or used for commercial purposes.



Foreword

Hello, young and enthusiastic aspiring farmers!

Have you ever thought about where the delicious food you enjoy comes from? Do you know the names of the special tools that gardeners use to take care of plants? Have you ever wondered about the different types of food and how they help us stay healthy?

If you are curious about these things, then this is a perfect activity book for you!

This book has been carefully designed to spark your imagination and creativity. Every page is like a door to new knowledge and understanding.

By the time you finish this activity book, you might even feel inspired to become a little farmer yourself. You can plant tiny seeds, take care of your very own mini garden, and watch your plants grow tall and healthy.

Are you feeling excited? Grab your favorite pens, bring all your energy, and let us dive right into this exciting journey!

Note to teachers, parents, and guardians:

This is strictly a supplementary material meant to be an additional learning tool to the Junior Primary (1-3) syllabus. The activities should be assigned according to the learner's educational level and learning abilities.

Table of Contents

Learn the correct spelling of different healthy foods.....	1-25
Word search puzzle - fruits	26
Word search puzzle - vegetables.....	27
Six (6) Different food groups.....	28
Healthy foods derived from animals	29
Match the foods with the groups they are part of.....	30
What are different foods good for?	31
The difference between healthy and unhealthy foods.....	32
Connect healthy foods to your lunchbox.....	33
Arrange the nutrition words in alphabetical order	34
Where do these fruits and vegetables grow?.....	35
Important steps of food safety.....	36
Importance of washing fruits and vegetables before eating.....	37
Arrange mixed-up letters and write the correct spellings.....	38
Learn the correct spelling of garden tools	39-40
Word search puzzle - gardening tools	41
Colour the pictures.....	42-47
Basic steps to start your mini garden.....	48



Learn the correct
spelling of different
healthy foods

Page 2-25:
Trace along the
dotted food names



Aa Bb Cc Dd Ee Ff Gg
Hh Ii Jj Kk Ll Mm Nn
Oo Pp Qq Rr Ss Tt Uu
Vv Ww Xx Yy Zz



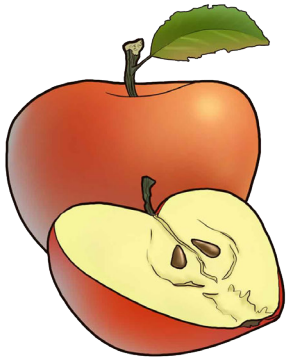


is for asparagus

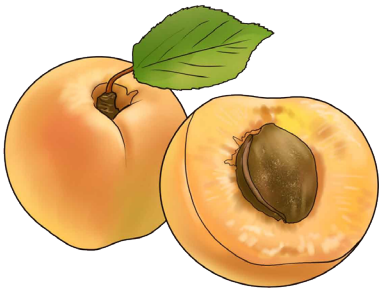
Aa Aa Aa



asparagus



apple

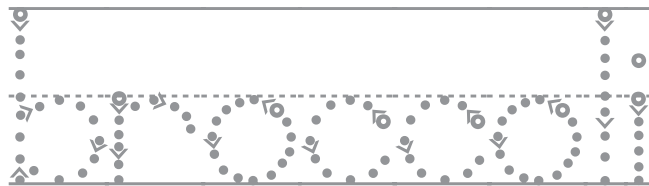
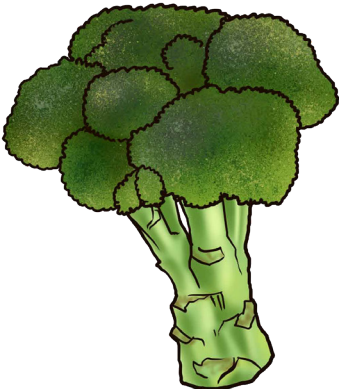
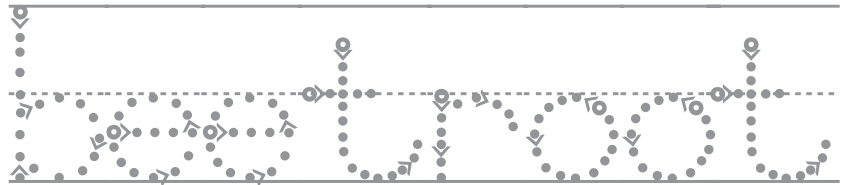
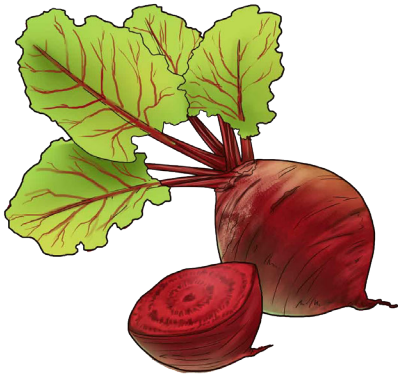
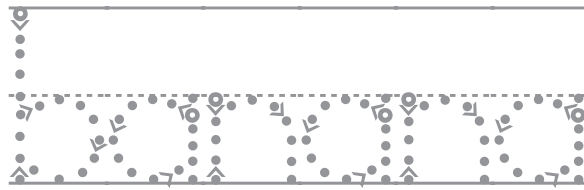


peach



is for banana

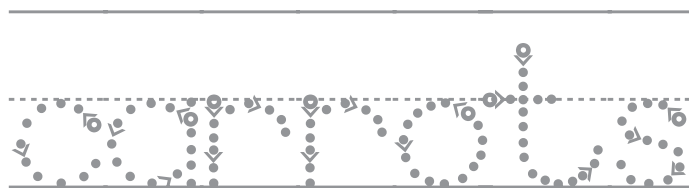
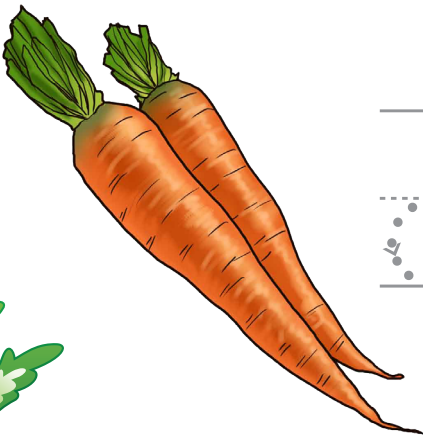
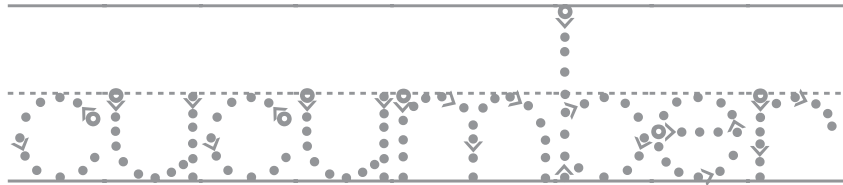
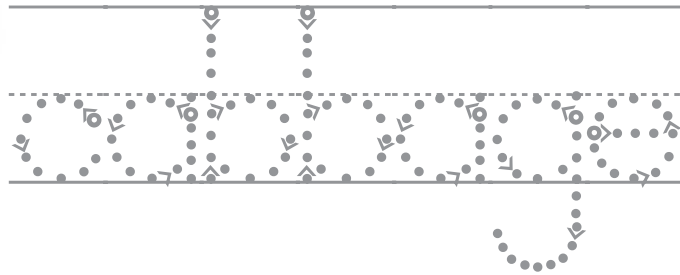
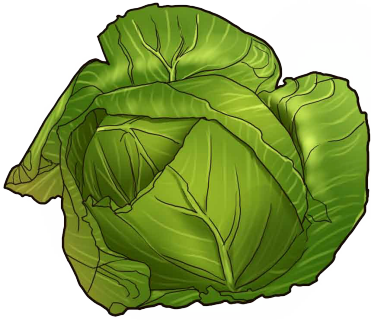
Bb Bb Bb





is for cabbage

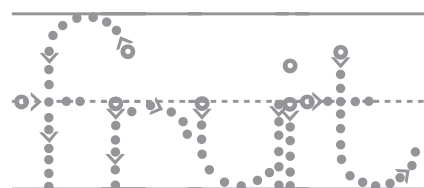
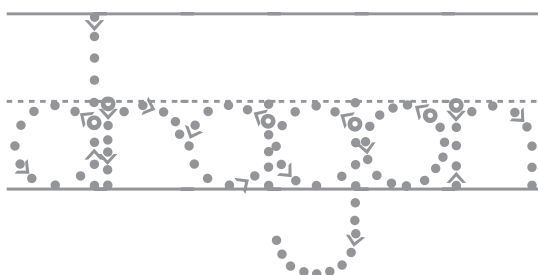
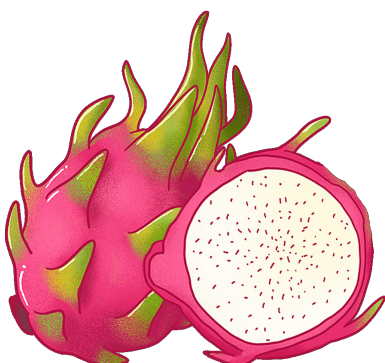
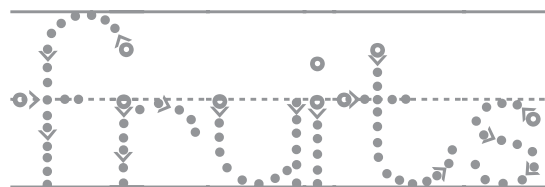
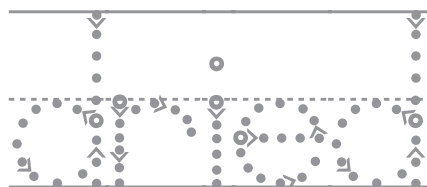
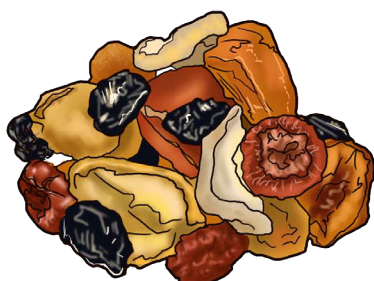
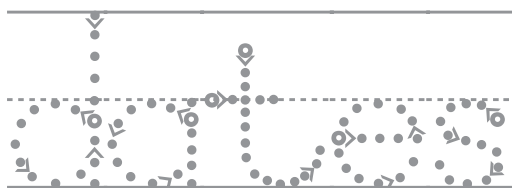
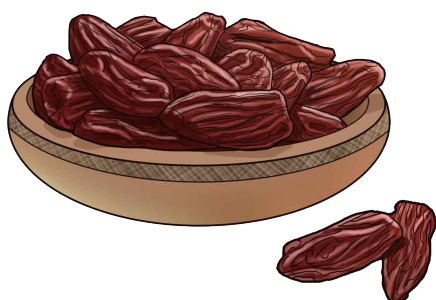
Cc Cc Cc





is for dates

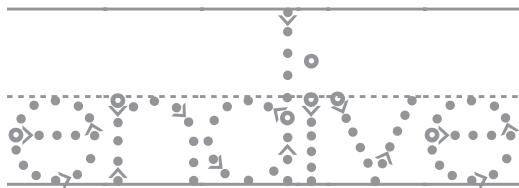
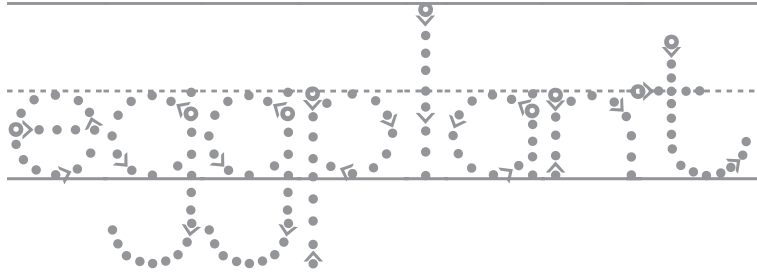
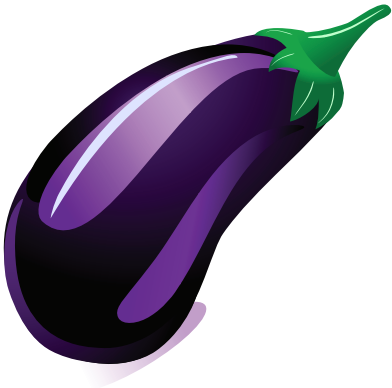
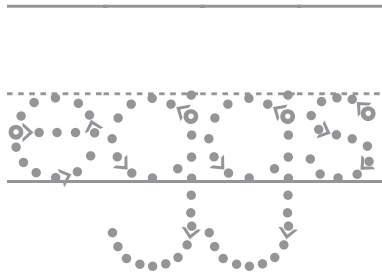
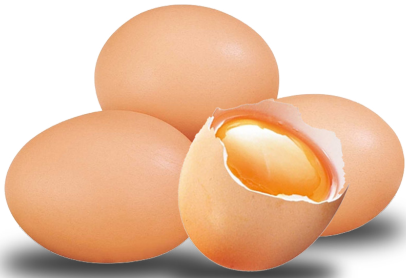
Dd Dd Dd





is for eggs

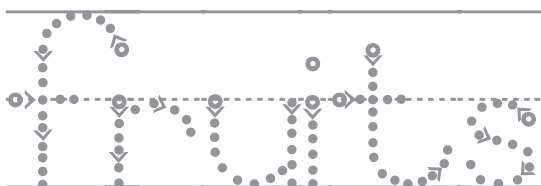
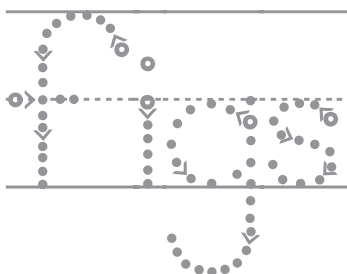
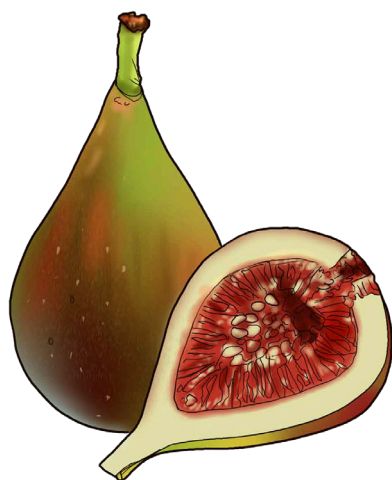
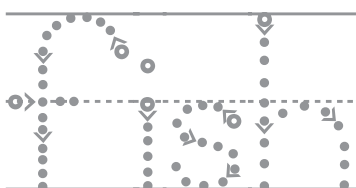
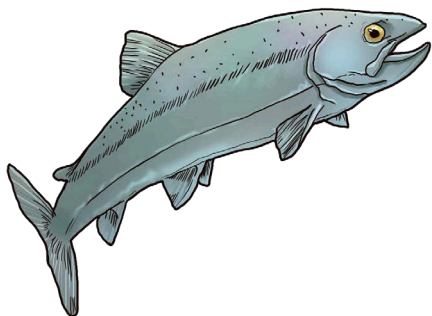
Ee Ee Ee





is for fish

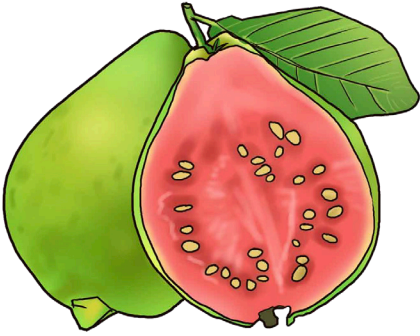
Ff Ff Ff



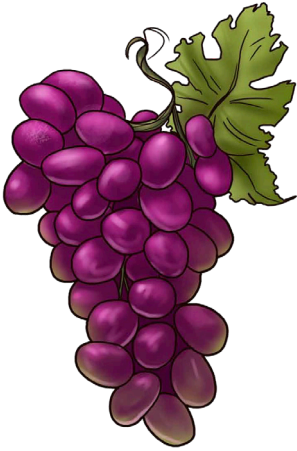


is for guava

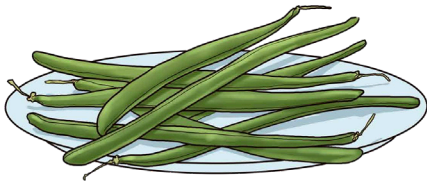
Gg Gg Gg



guava



grapes



green

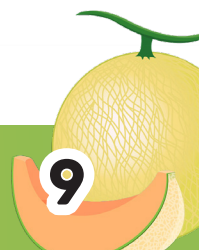
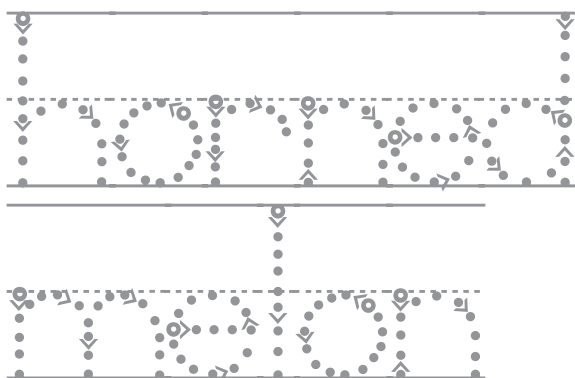
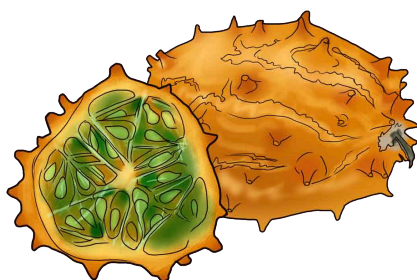
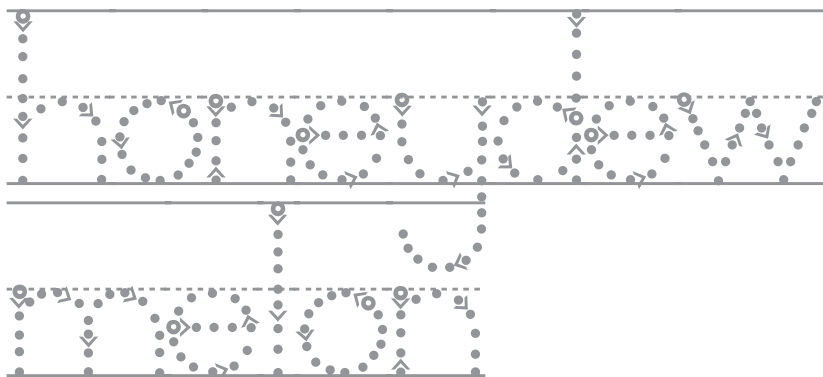
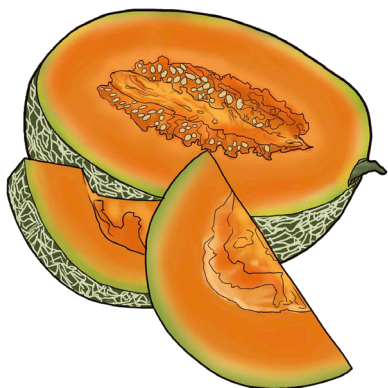
beans





is for honeydew
melon

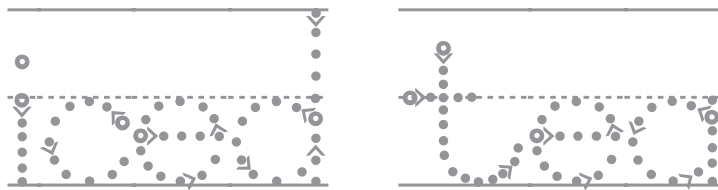
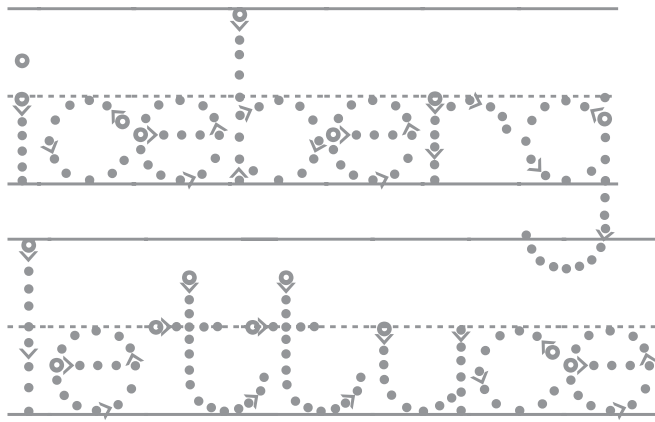
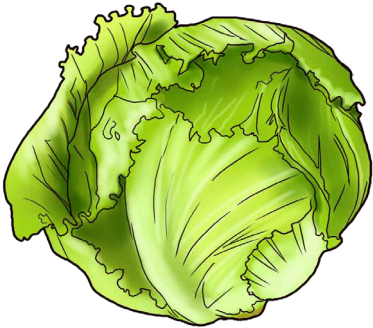
Hh Hh Hh



I

is for iced tea

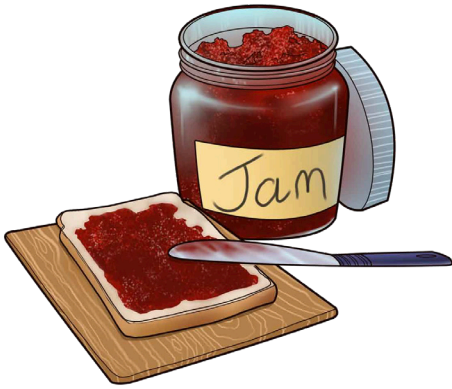
Ii Ii Ii



J

is for jam

Jj Jj Jj



jam



juice



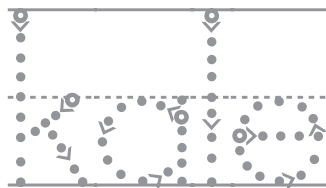
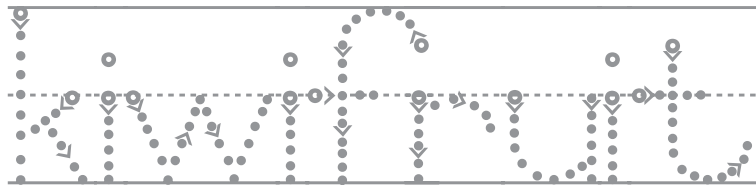
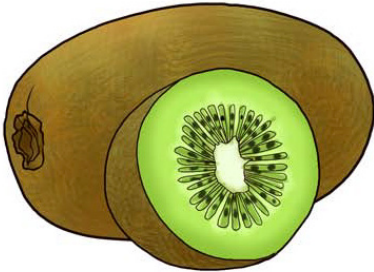
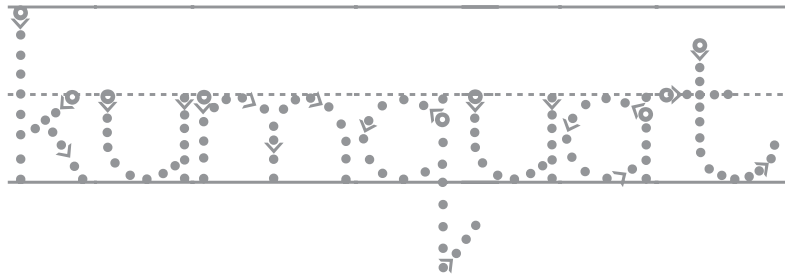
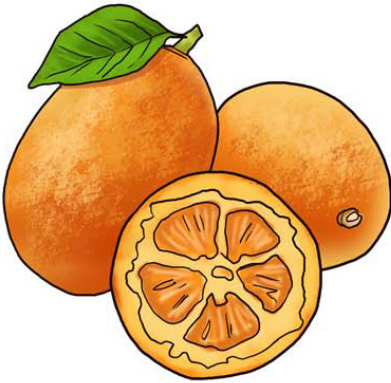
jackfruit





is for kumquat

Kk Kk Kk





is for lemon

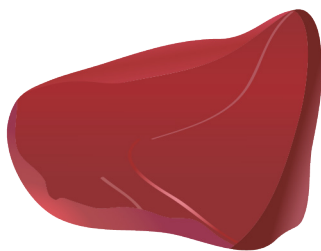
L L L L L



lemon



lentils



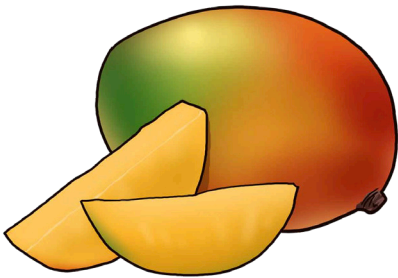
liver





is for mango

Mm Mm Mm



mango



mushrooms

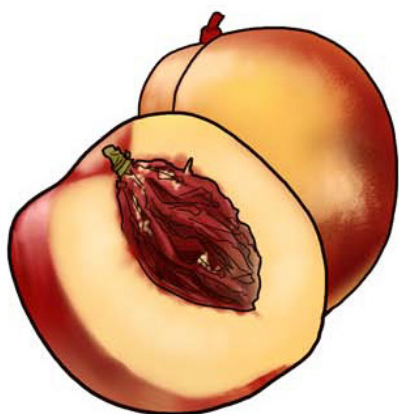


ginger



for nectarine

Nn Nn Nn



nectarines



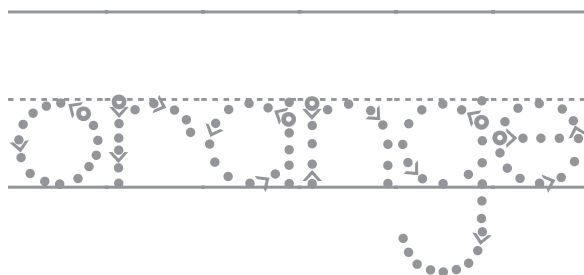
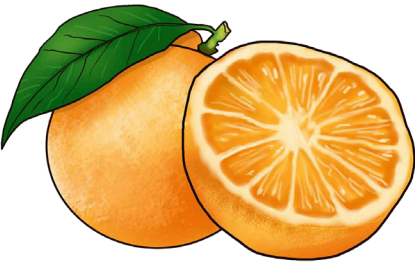
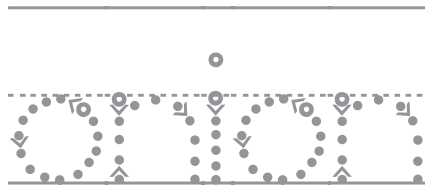
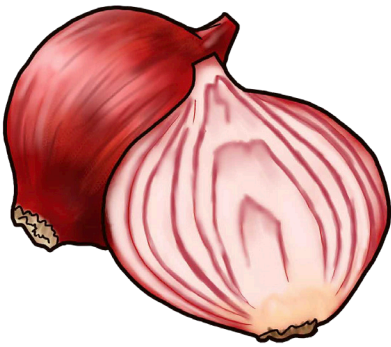
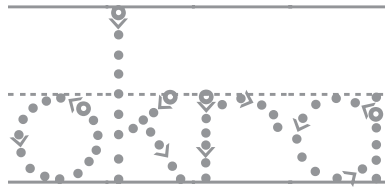
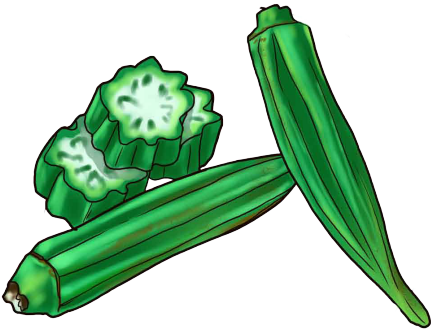
nuts





is for okra

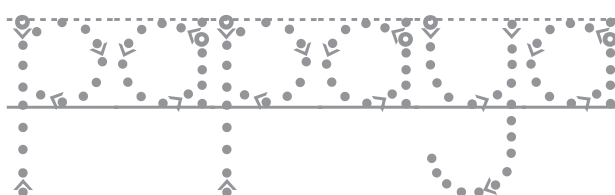
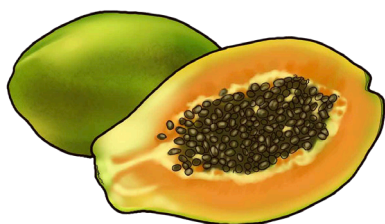
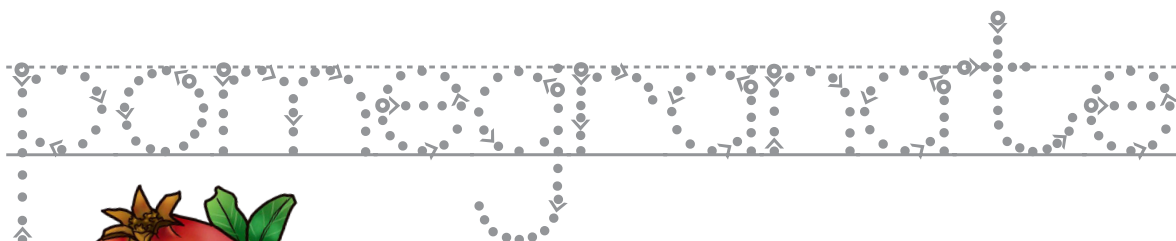
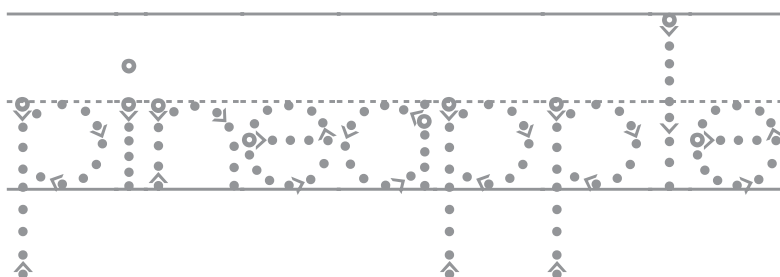
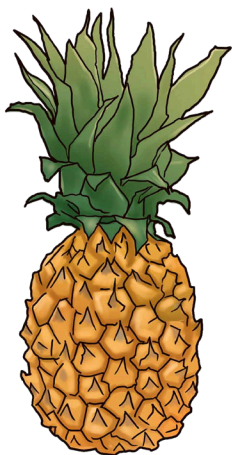
Oo Oo Oo





for pineapple

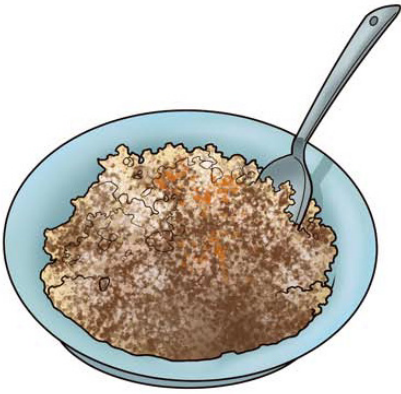
Pp Pp Pp





is for quinoa

Qq Qq Qq



quinoa



quince



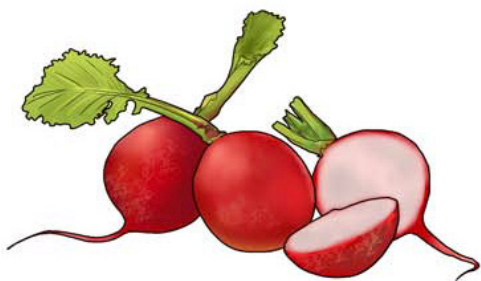
R

is for raisin

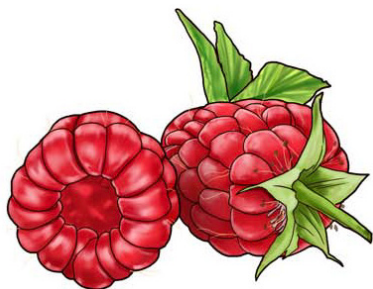
Rr Rr Rr



raisin



radish

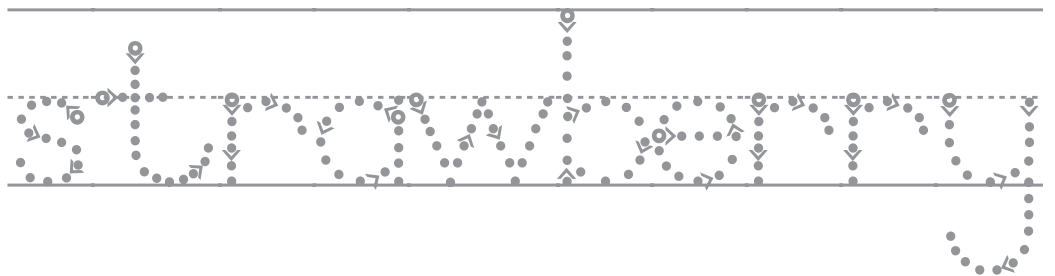
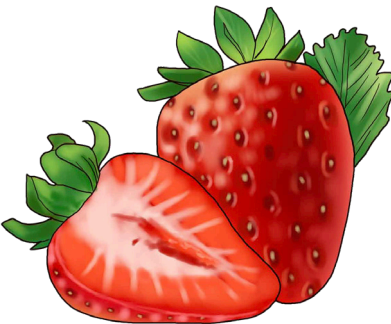
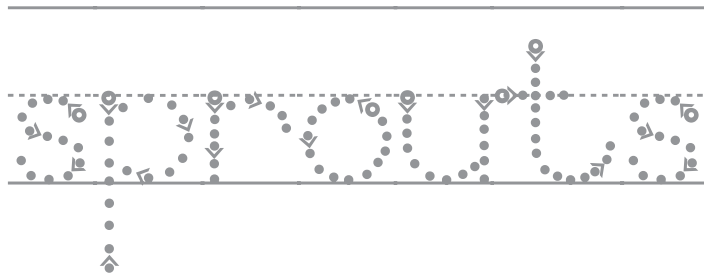
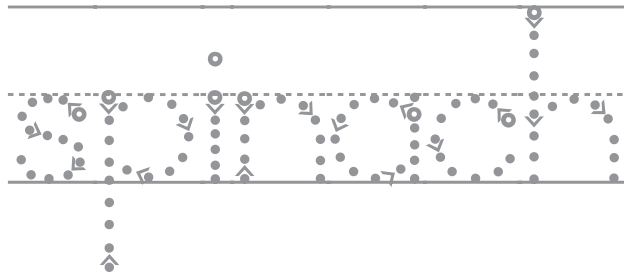


raspberry



is for spinach

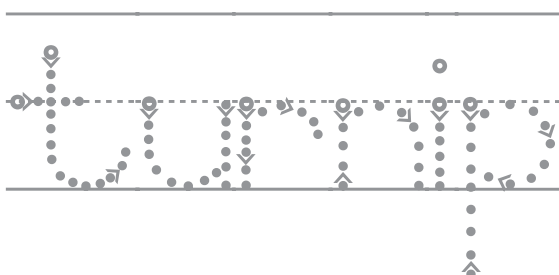
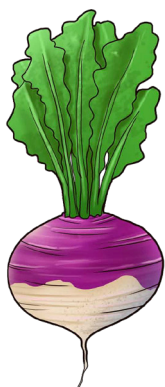
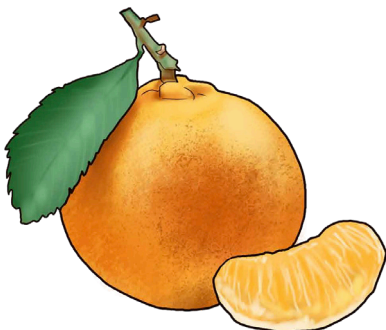
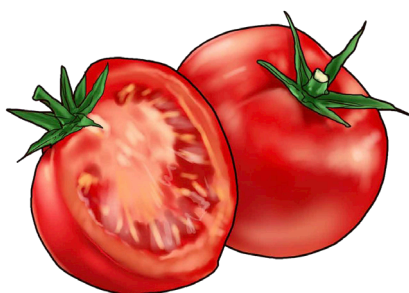
Ss Ss Ss





is for tomato

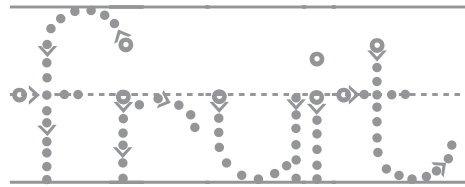
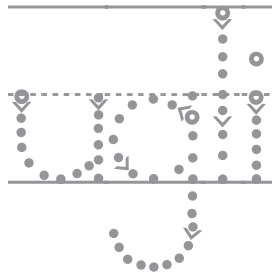
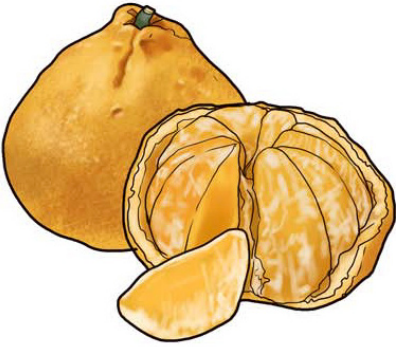
It It It



U

is for ugly fruit

Uu Uu Uu



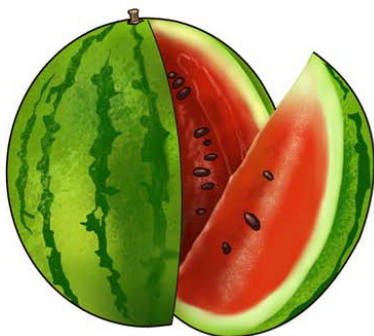


is for walnut

Ww Ww Ww



walnut

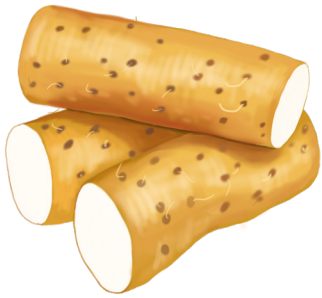


watermelon

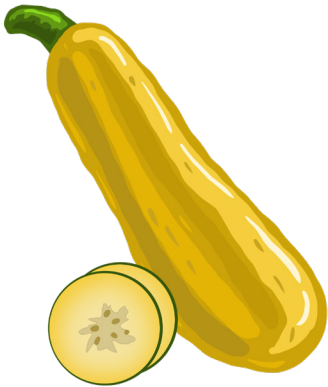


is for yam

Yy Yy Yy



yam



yellow
zucchini

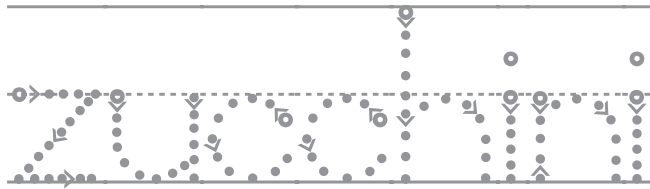
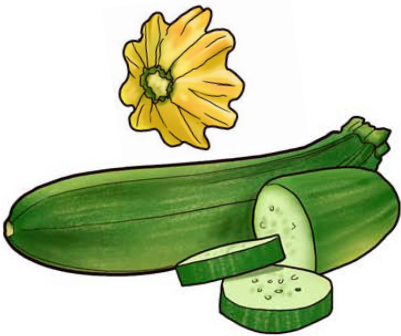


yogurt



is for zucchini

Zz Zz Zz



Word Search Puzzle

Find and circle the names of the fruits by finding five horizontally and five vertically, as shown by the arrows.



horizontal

1. plum
2. banana
3. fig
4. grape
5. kiwi



vertical

1. cherry
2. peach
3. apple
4. mango
5. orange



z	c	s	a	l	u	m	t	v	o
u	h	p	l	u	m	a	b	o	r
f	e	e	p	b	a	n	a	n	a
g	r	a	t	l	p	g	n	z	n
k	r	c	z	u	p	o	f	i	g
j	y	h	i	v	l	g	i	z	e
h	g	r	a	p	e	k	i	w	i

fruits



Word Search Puzzle

Find and circle the names of the vegetables by finding five horizontally and five vertically, as shown by the arrows.



horizontal

1. beetroot
2. carrot
3. potato
4. ginger
5. spinach



vertical

1. onion
2. pumpkin
3. pea
4. corn
5. mushroom



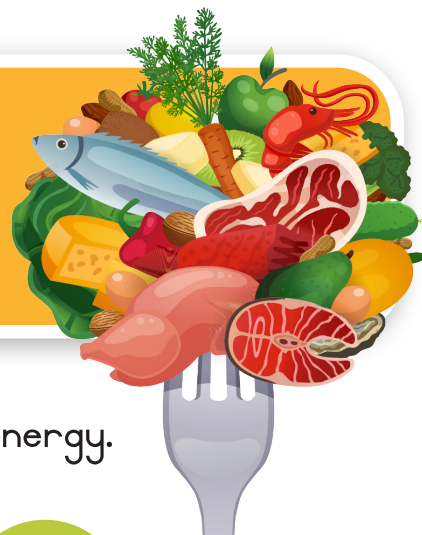
o	p	b	e	e	t	r	o	o	t	m
n	u	t	j	l	x	y	n	c	f	u
i	m	u	g	c	a	r	r	o	t	s
o	p	o	t	a	t	o	a	r	z	h
n	k	v	n	p	x	j	g	n	u	r
g	l	n	g	e	r	r	l	p	n	o
s	n	b	k	a	z	g	z	x	y	o
s	p	l	n	a	c	h	z	x	t	m

vegetables



6

Different food groups



Food groups are different types of foods that provide our bodies with specific nutrients and energy.

1 staple foods



Wheat, rice, oats, maize, mahangu, sorghum.

2 animal foods



Meat, poultry, mopane worms, milk, fish, eggs.

3 fats and oils



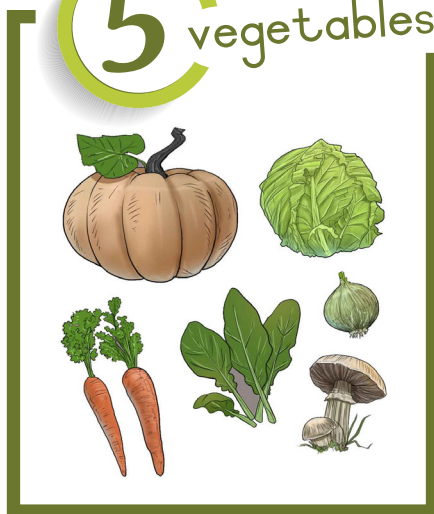
Canola, corn, olive, palm, soybean, sunflower, coconut, marula oil.

4 legumes and nuts



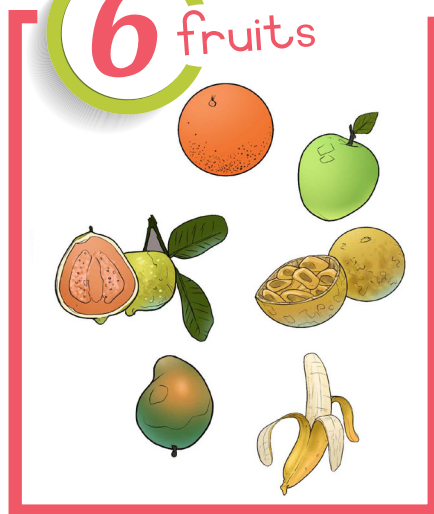
Beans, cow peas, sunflower seeds, ground nuts, pumpkin seeds.

5 vegetables



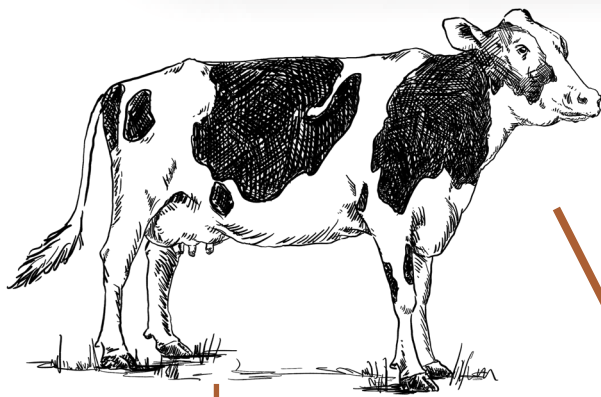
Wild spinach, truffles, carrots, pumpkin, butternut, mushrooms, cabbage.

6 fruits



Guavas, mangoes, plums, bananas, grapes, oranges.

Healthy foods derived from animals



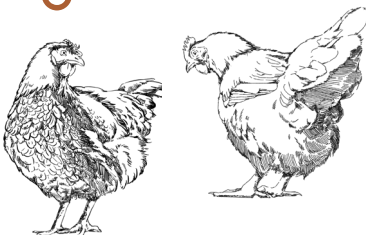
cattle



sheep



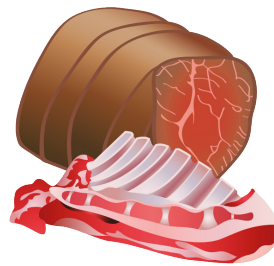
goat



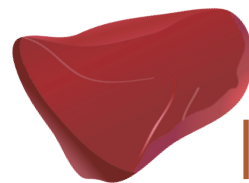
poultry



milk



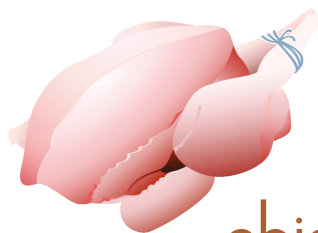
meat



liver



eggs



chicken

Match the foods listed below with the groups that they are part of

Help Chef Maria match the right foods with the right food group. Draw a line from the food to its correct food group.



vegetables

fruits

animal foods

staple foods

fats and oils

legumes and nuts

What are different foods good for?



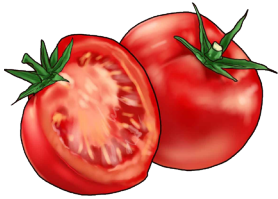
carrots good vision



milk strong bones and teeth



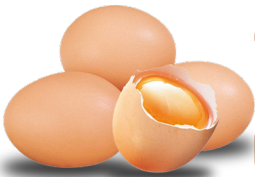
water keeps our bodies hydrated
and gives a glowing skin



tomatoes heart health



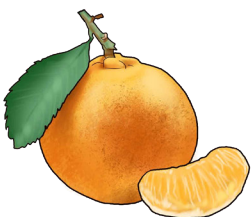
walnuts healthy brain development



eggs muscle growth



berries liver health



oranges boost your immune system



The difference between healthy & unhealthy foods

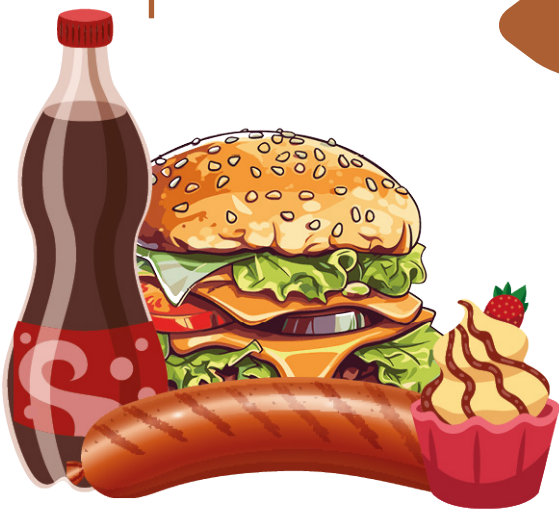
healthy foods



These are foods that supply our bodies with important nutrients, vitamins, and minerals to work well and stay healthy.

Some examples are fruits, vegetables, whole grains, lean proteins and low-fat dairy products.

unhealthy foods

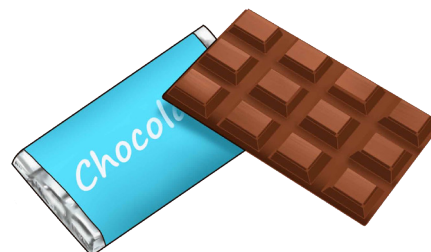
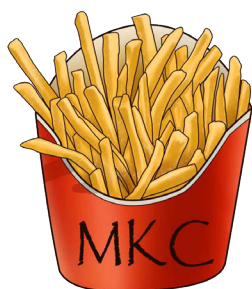
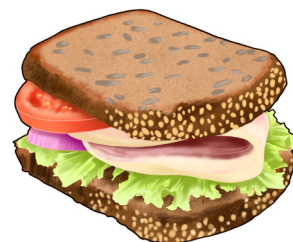


These foods are usually rich in sugar and unhealthy fats that do not have useful nutrients.

Some examples are sugary snacks, fried foods and sugary drinks.

Now that you can tell the difference between healthy and unhealthy foods, get ready for school by packing your lunchbox with healthy foods.

Connect the foods to the lunchbox.



Arrange the nutrition words listed below in alphabetical order

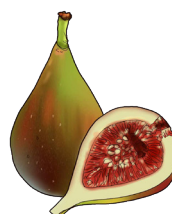
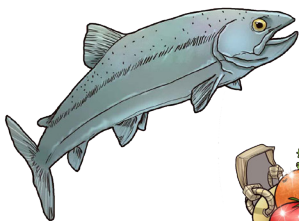
a - z

- | | |
|-----------------|----------|
| 1. balance..... | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

healthy
energy
calcium

balance
nutrients
vegetables
meals

diet
fruits
water

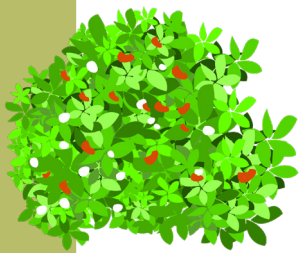


Where do each of these fruits & vegetables grow?

Fruits and vegetables grow from different places. Connect each fruit or vegetable to the place where it grows, using a line.



tree



bush

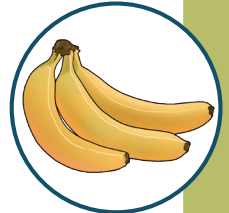


vine



underground

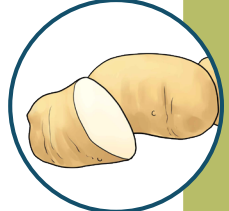
banana



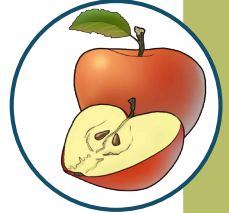
strawberry



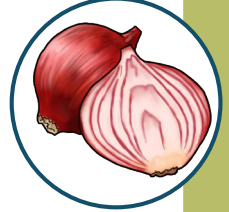
potato



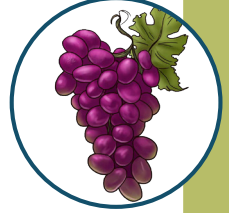
apple



red onion



grapes



blueberry



pumpkin



4

Important steps of food safety



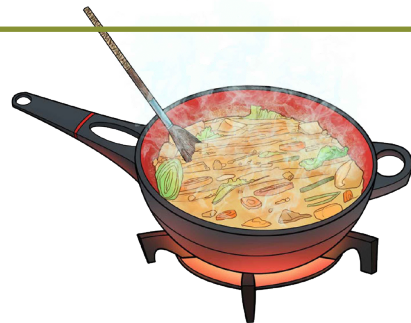
clean

Wash your hands, utensils, and surfaces well to stop germs from spreading.



cook

Cook your food right to kill bad bacteria and make sure red meat, pork, and fish are cook thoroughly.



seperate

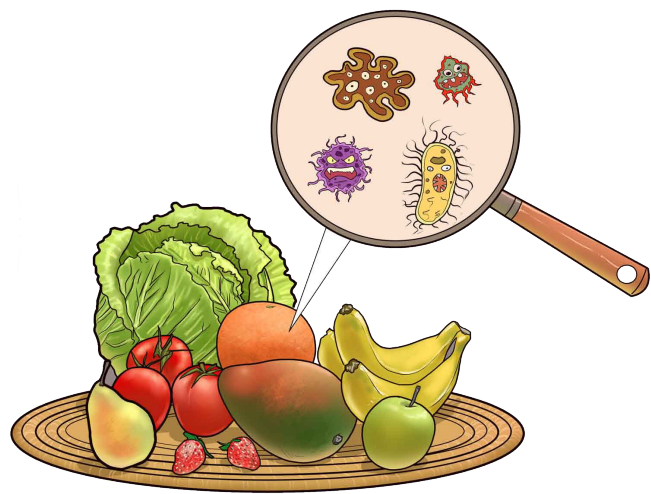
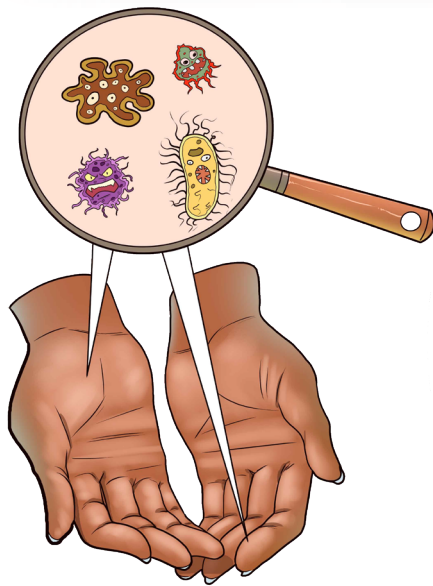
Keep different kinds of food apart, like raw and cooked stuff, and do not mix raw meat with fruits and vegetables.



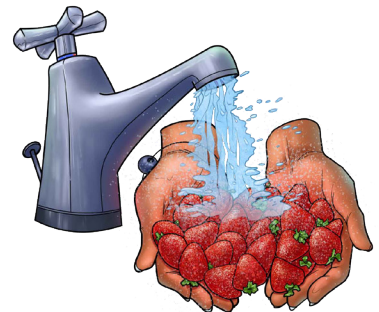
cooling

Keep foods like fruits, vegetables, meat, pork and fish in the fridge to stop bacteria from growing.

How to make sure your fruits and vegetables are clean before you eat or cook them



Invisible germs are all around us, including on our hands, surfaces, and even our fruits and vegetables.



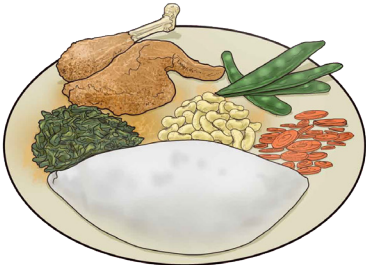
It is important to make sure you wash your fruits and vegetables before you cook or eat them.

Rearrange the mixed-up
letters and write the
correct spellings



retaw

water



gnikooc

leam



shaw



gnilooc

Learn the correct spelling of different gardening tools

Trace along the dotted names of the garden tools.



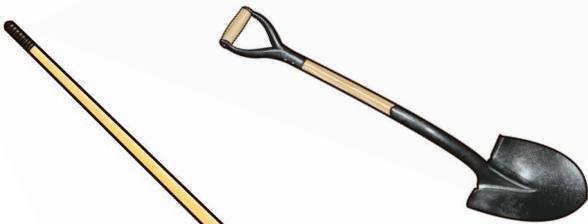
shovel



pickaxe



fork



shovel



rake



trowel

Learn the correct spelling of different gardening tools

Trace along the dotted names of the garden tools.



hose

pipe



axe



pruning

shears



watering

can



wheelbarrow

Word Search Puzzle

Find and circle the names of the garden tools by finding them horizontally and vertically.



rake
trowel
hoe



spade
fork
mattock
shovel



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

gardening tools

colour the pictures

while you
learn the uses
of various
gardening tools



spade

This tool is used
for taking out
plants from the
soil when you
are planting or
moving them.



mattock

A mattock helps you dig into the ground to loosen up roots and rocks.



fork

You can use a fork to break up soil before you start gardening.



shovel

When you need to move soil or mulch, a shovel comes in handy.



rake

Use a rake to clean and get the garden area ready for planting.



trowel

A trowel is great for getting rid of weeds and mixing compost.



hoe

This tool is used to turn the soil and work on it.



hose pipe

A hose pipe is used for watering the plants.



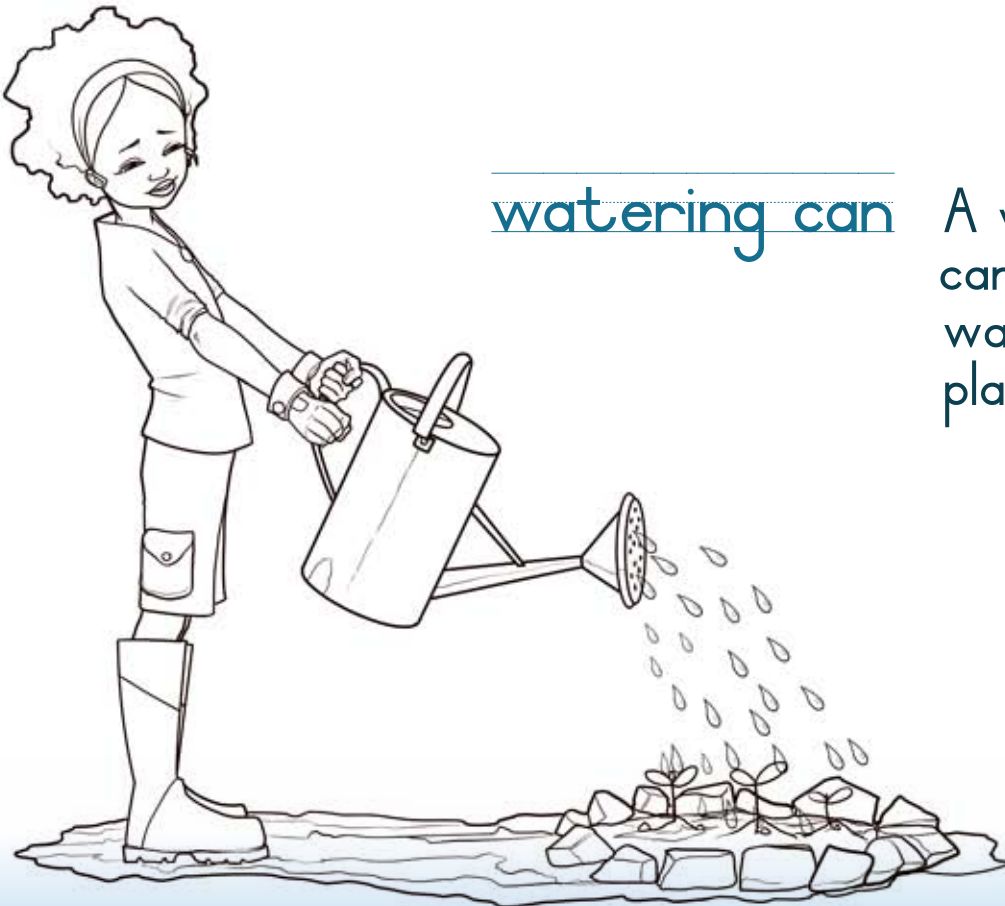
wheelbarrow

If you need to carry things around in the garden, a wheelbarrow is perfect.



pruning shears

These shears are for cutting branches.



watering can

A watering can is used to water the plants.



basic steps to start your mini garden

1

Select a suitable location for your garden. Make sure it is out of reach of animals like dogs and chickens to prevent damage. Block the wind to prevent further damage.

Also, choose an area where you will not be playing and gets plenty of sunlight.

2

Roll up your sleeves and prepare the chosen spot. You can improve the soil by adding compost, which is a mix of various things like leaves, old fruits, vegetable scraps, bread, and used tea bags that break down over time. Adding this mixture makes the soil healthy.

3

Now, it is time to pick your seeds. You get to decide which of your favorite fruits or vegetables you would like to grow. It is a good idea to start with just one type, so you can learn and improve as you go along.

4

When planting, dig small holes in the soil and place the seeds inside. Cover up with soil after planting.

5

Remember to water your seeds regularly to keep them hydrated and help them grow.

6

After your chosen fruit or vegetable has fully grown, you can have the pleasure of enjoying it.



Did you get it right?

Page 30

- Mahangu — staple foods
- Eggs — animal foods
- Butter — fats and oils
- Green beans — legumes and nuts
- Blueberries — fruits
- Carrots — vegetables



Page 33

- Sandwich
- Carrot
- Banana
- Water



Page 35

1. Tree — apple, banana
2. Bush — strawberry, blueberries
3. Vine — grapes, pumpkin
4. Underground — potato, onion



Page 38

- Water
- Cooking
- Meal
- Wash
- Chill



Page 34

1. Balance
2. Calcium
3. Diet
4. Energy
5. Fruits
6. Healthy
7. Meals
8. Nutrients
9. Vegetables
10. Water





Published by:
Deutsche Gesellschaft für
Internationale Zusammenarbeit (GIZ) GmbH

Registered offices
Bonn and Eschborn, Germany

Address: Farming for Resilience (F4R)
6 Sinclair Street, Sinclair Park, Unit 4 & 7
Windhoek, Namibia
T +264 61 215 600

E tino.hess@giz.de
[www.giz.de /en](http://www.giz.de/en)

Authors: Beverly Handuukeme, GIZ
Iyaloo Sheyavali, GIZ

Artwork: Mitchell Milton Gatsi (Tafy Tang Arts)
<https://www.freepik.com>

Design/layout: Stephanie Faul (FeathaGrafix)

ISBN: 978-99945-59-38-1

Windhoek 2023







Farming for Resilience

Deutsche Gesellschaft für Internationale
Zusammenarbeit (GIZ) GmbH

Namibia



Farming for Resilience (F4R)



Implemented by

giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



Eating healthy foods helps your
body stay strong, gives you
more energy, keeps you feeling
good, and can even make you
perform better in school.

