



DATE : 01.12.2021

DAY : WEDNESDAY

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**Recall time:**

**Numerals 1 to 10**





## Count and say 1 and 2

1



One

2



Two





**Today's topic:**

**Count and say 3 and 4**

3



Three

4






Four

<https://youtu.be/voCrQ1ebEdU>



**Activity time:**

**Count and match**

1	
2	
3	



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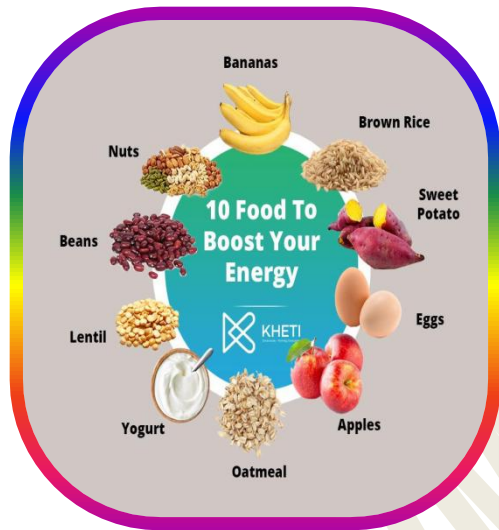
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WS NOTES-M21-7 pages



## Health tips:



## 10 TIPS FOR HEALTHY EATING

THEINDIANSPOT.COM

- 1 Consume home cooked food more often
- 2 Eat only as per your requirements
- 3 Eat at regular intervals
- 4 Munch on healthy snacks
- 5 Eat when hungry
- 6 Consume whole grain more often
- 7 Eat more protein
- 8 Eat fish for Omega source
- 9 Include healthy fats in your diet
- 10 Eat variety of veggies







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