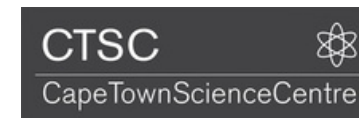




MONTHLY CHALLENGE



SDG 2 - PRIMARY SCHOOL - CHALLENGE 5 - SEPTEMBER 2026



SDG 2: ZERO HUNGER

Challenge: Research what makes a healthy, balanced meal and why nutritious food is important for growing bodies.

Your Task: Create a poster showing a healthy plate using foods that are commonly available in South Africa. Label the different food groups and explain why each food group is important for the body.

Science Focus: Nutrition, food groups and healthy eating.

Submission: A labelled poster with a short explanation of how your meal helps keep the body healthy.

INSTRUCTIONS:

- Although you can use the internet, please make sure your sentences are YOUR own words.
- Discussions about the monthly challenges can be done but DO NOT copy your friend.
- Due date for you to submit your answer on the Google form is by latest Friday, 28 September by 15:00.
- We will announce the Provincial winner for each challenge at the end of the term.

Please type this link into your Google search bar to answer

<https://forms.gle/Dnrc2Q1LX3LpKsB78>

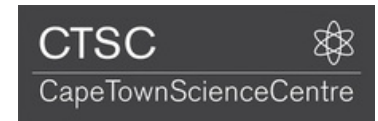
(You will be asked for your name and surname, your grade and your school name.)



MONTHLY CHALLENGE



SDG 2 - PRIMARY SCHOOL - CHALLENGE 5 - SEPTEMBER 2026



SDG 2: GEEN HONGER

Uitdaging: Doen navorsing oor wat 'n gesonde, gebalanseerde maaltyd behels en waarom voedsame kos belangrik is vir groeiende liggame.

Jou Taak: Skep 'n plakkaat wat 'n gesonde bord wys met voedselsoorte wat algemeen in Suid-Afrika beskikbaar is. Benoem die verskillende voedselgroepe en verduidelik waarom elke voedselgroep belangrik is vir die liggaam.

Wetenskapfokus: Voeding, voedselgroepe en gesonde eetgewoontes.

Inhandiging: 'n Benoemde plakkaat met 'n kort verduideliking van hoe jou maaltyd help om die liggaam gesond te hou.

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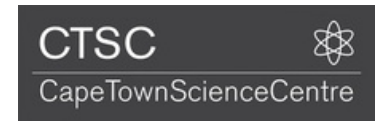
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MONTHLY CHALLENGE



SDG 2 - PRIMARY SCHOOL - CHALLENGE 5 - SEPTEMBER 2026



SDG 2: AKUKHO NDLALA

Umngeni: Phanda ukuba yintoni eyenza isidlo sibe sempilweni kwaye silinganiselwe, kunye nokuba kutheni ukutya okunesondlo kubalulekile emizimbeni ekhulayo.

Umsebenzi wakho: Yenza ipowusta ebonisa ipleйти enesidlo esisempilweni usebenzisa ukutya okufumaneka ngokwesiqhelo eMzantsi Afrika. Bhala amagama amaqela okutya ahlukeneyo uze uchaze ukuba kutheni iqela ngalinye lokutya libalulekile emzimbeni.

Ingqwalasela yeSayensi: Isondlo, amaqela okutya kunye nokutya okunempilo.

Into emayingeniswe: Ipowusta enamagama achazayo kunye nenkcazelo emfutshane echaza ukuba isidlo sakho sinceda njani ukugcina umzimba usempilweni.

INSTRUCTIONS:

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