

Choose a glass of water rather than having a sugary drink



Always carry water with you



Keep a reusable water bottle with you and make sure to refill it regularly



water to school



Try setting reminders using your cellphone or notes at your desk to drink water regularly



Make it a habit to drink water with meals



Increase daily water intake when the weather is hot



Drink one to two glasses of water 30 minutes before exercising and sip extra water for the next few hours afterwards

FIRST ADDITIONAL LANGUAGE - ENGLISH **GRADE 1 - TERM 3 - 4** ISBN 978-1-4315-0196-0 13th Edition

THIS BOOK MAY NOT BE SOLD.

Workbooks available in this series:

- Grade R (in all official Languages);
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- Mathematics Grades 1 to 3 (in all 11 official Languages);
- Mathematics Grades 4 to 9 (in Afrikaans and English);
- Life Skills Grades 1 to 3 (in all 11 official Languages); and
- Grades 1 to 6 English First Additional Language.

ISBN 978-1-4315-0196-0





Paste the stickers in the correct spaces.





Basic Education REPUBLIC OF SOUTH AFRICA



Mrs Angie Motshekga. Minister of Basic Education



Dr Reginah Mhaule, Deputy Minister of Basic Education

These workbooks have been developed for the children of South Africa under the leadership of the Minister of Basic Education, Mrs Angie Motshekga, and the Deputy Minister of Basic Education, Dr Reginah Mhaule.

The Rainbow Workbooks form part of the Department of Basic Education's range of interventions aimed at improving the performance of South African learners in the first six grades. As one of the priorities of the Government's Plan of Action, this project has been made possible by the generous funding of the National Treasury. This has enabled the Department to make these workbooks, in all the official languages, available at no cost.

We hope that teachers will find these workbooks useful in their everyday teaching and in ensuring that their learners cover the curriculum. We have taken care to guide the teacher through each of the activities by the inclusion of icons that indicate what it is that the learner should do.

We sincerely hope that children will enjoy working through the book as they grow and learn, and that you, the teacher, will share their pleasure.

We wish you and your learners every success in using these workbooks.

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TO HELP PREVENT THE SPREAD OF CORONAVIRUS* WASH YOUR HANDS WITH SCAP REGULARLY.

Washing hands with soap and water is one of the World Health Organization (W.H.O.) recommended measures to help reduce risk of coronavirus: infection.

THE CORRECT WAY TO WASH YOUR HANDS:















WASH YOUR HANDS ON THESE OCCASIONS:

Before breakfast.

2 Before lunch.

Before lunch.

Before dinner.

After using the loo.

After coughing and sneezing.

6 When caring for the sick.

When hands are visibly dirty

8 After handling animals or animal waste.

And keep your whole body clean by bathing every day.

After touching surfaces that many people have touched.

Kids! Here's an easy way to remember when to wash with soap!



KNOW THE SIMPLE GUIDE THAT 'F.I.G.H.T' THE SPREAD OF CORONAVIRUS:

Frequent handwashing with soap

nstant germ-kill with alcohol-based sanitiser when out of home

 $oldsymbol{\mathsf{G}}$ o to the doctor when you have a cold, a cough or a fever

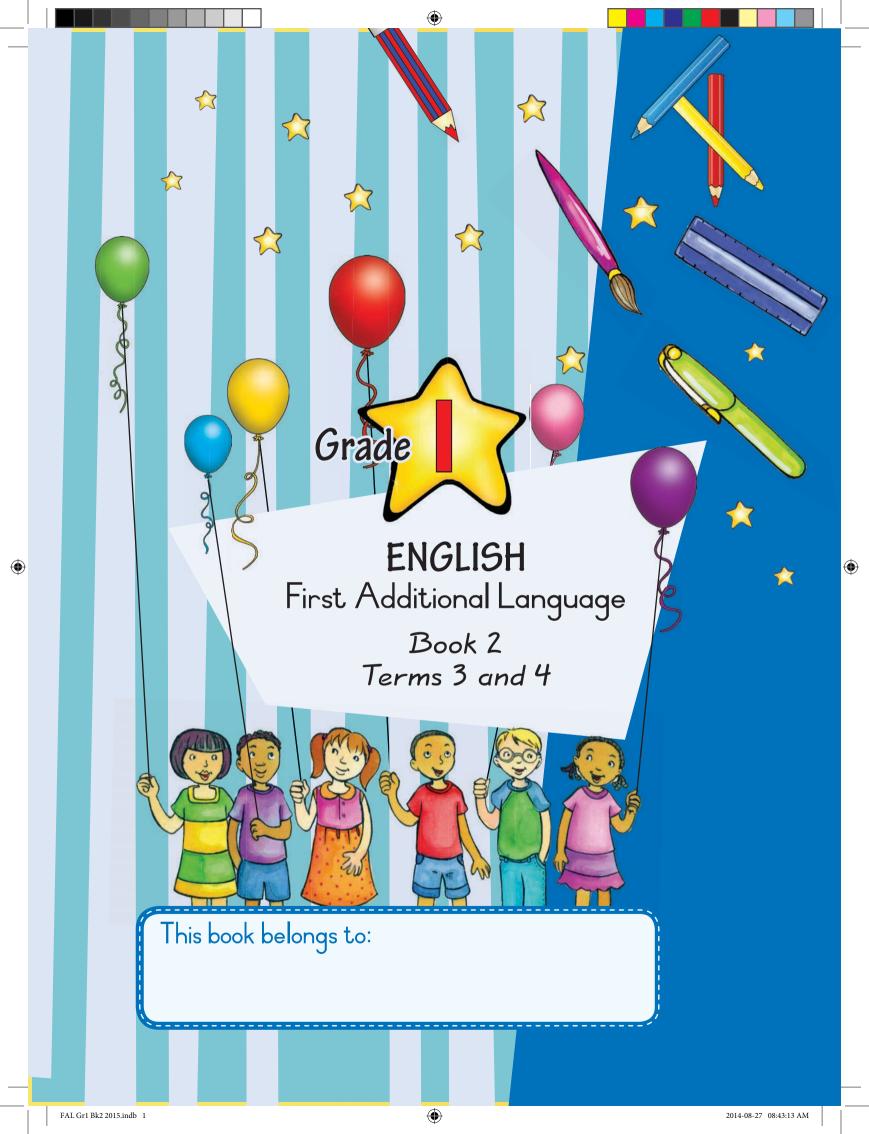
Home rest if you are feeling unwell

Tissues and masks to be used when you cough or sneeze









Theme 9: Friends

1 A new girl at school

Listen & Speak: Talk about the picture. Paste the word cards to Reading: match the sentence.

The letter S.

Writing: Trace and copy the

sentence.

2 Sisi and Sam

Listen & Speak: Ask "what is this?" Sounds: Read the words (the S

sound).

Paste the word cards to Reading:

match the sentence.

Writing: Trace and find.

3 Sam is sick

Listen & Speak: Look at the pictures.

Tell your friend the story. Ask "What is this?"

Reading: Paste the word cards to match the sentence.

Writing: The letter a.

Trace and copy a sentence.

4 Sam has an apple

Reading:

Paste the word cards to match the sentence.

Sounds: Read the words (the a

sound)

Track the letter a to the

nest.

Writing: Trace the letter a.

Match the words with pictures.

5 Greeting friends

Listen & Speak: Hello, how old are you? Sounds: Paste animal stickers to

show small and big. Clap the names of the

animals.

Writing: Trace the letters (a and s).

6 Friends go shopping

Listen & speak: Sounds:

Talk about the picture. Paste the word cards to match the sentence.

The letter t

Trace and then copy the sentence

7 Big and small

Reading:

Listen & speak: Identify big and small. Paste the word cards to match the sentence.

Sounds: Read the words (the t

sound).

Writing: Write captions for pictures.

Trace the words and then draw pictures to match.

30

Term 3: weeks 1-5

8 Friends at the farm

Writing:

Listen & speak: Talk about the picture. Paste the word cards in the correct spaces.

The letter p.

Trace and then copy the

sentence.

9 The pink pig

Reading: Paste the word cards to

match the sentence. Sounds: Clap the words.

Read the words (the p

sound).

Identify the pictures that

have the p sound.

Writing: Match the words with

pictures.

10 Colours and Numbers

Writing: Circle the correct colours and numbers.

Listen & speak: Say the names of the

days of the week.

Count the numbers on the



Theme 10: It is good to exercise

24

(11) We learn to swim

Listen & Speak: Speak about the picture. Writing: The letter i. Copy a sentence.

12 The i-sound

Reading: Paste the word cards to match the sentence. Sounds: Read the words (the i

Identify pictures with the

i sound. Writing: Fill in the letter i to complete words.

Listen & Speak: What is this? What colour is this? I like ...

(13) **We play**

Listen & Speak: Talk about the picture. The letter n. Writing:

Trace and copy the sentence.

(14) Night walks

Listen & Speak: Talk about the picture. Twinkle twinkle little star. Sing: Sounds: Read the words (the n sound). Reading: Paste the word cards to

match the sentence. Writing: Match the words with

pictures.

15 Day and Night

Listen & speak: Discuss the picture. Identify night and day activities

Singular and plural. Draw yourself.

Writing:

Writing:

16) It's cold Listen & Speak: Talk about the picture. Writing: Trace and copy the sentence.

The letter n.

17 The b-sound

Reading: Paste the word cards to match the sentence.

Sounds: Read the words (the b

> Match the words with pictures.

Write captions for Writing: pictures.

18) It's rainy

Listen & Speak: Talk about the picture

Practise the letter m.

Trace the sentence and then copy it.

(19) The m-sound

Reading: Paste the stickers to

match the sentence. Sounds: Read the words (the m

Term 3: weeks 6-10

sounds).

Fill in the letter m so Writing: that the words match the

pictures.

Track and trace activity.

40

20 Weather

Listen & speak: Talk about weather

pictures. Match the pictures to the

weather symbol. Writing:

Copy the names of the week.



ii

Theme 11: Animals

Term 4: weeks 1-5

21) A goat eats my garden

Writing: The letter g.

Copy the sentence.

Listen & Speak: Saying no.

22 The g-sound Sounds:

Writing:

The g sound.

The letter o. Trace and copy a

sentence.

23 Sea animals

46 Listen & Speak: Talk about the picture.

Name the sea animals.

Writing: The letter o.

Trace and copy the

sentence.

24 The o-sound

Reading: Paste the word cards to

match the sentence.

Sounds: The o sound

Match words with pictures. Writing:

Draw a happy and angry

25 Five little elephants balancing 50

Listen & Speak: Talk about the picture.

Sing a song. Count to five.

Writing: The letter e. Trace and copy a

sentence.

26 Who helps us

Listen & Speak: Talk about the picture.

Say what work they do.

Writing: The letter h.

Trace and copy the

sentence.

27 The h-sound

Reading:

Paste the word cards to

match sentence.

Read the words (the h Sounds:

sound).

Writing: Complete the words.

> Match words with pictures. Identify pictures that have

> > 56

70

the h sound.

Listen & Speak: Sort animals.

Fetch my cat

Listen & Speak: Look at the pictures and

tell the story.

Answer questions about

the story.

Writing: Trace and copy the

sentence.

29 The f-sound

Reading: Paste in the word cards to

match the sentence.

Sounds: Read the words (the f

sound).

Writing: Match words and pictures.

Trace and find.

30 Opposites

Listen & Speak: Look at the opposites in

the pictures.

The letter f

Theme 12: About town

31 Shopping

Listen & Speak: Talk about the picture.

Talk about shopping.

Writing: The letter U

Trace the sentence and

then copy it.

(32) The u- and r-sounds

Listen & Speak: Shopping vocabulary.

Writing: The letter u. Writing: Trace and copy a

sentence.

33 We go to town 66

Listen & Speak: Talk about the picture. Writing: Trace and copy a

sentence.

The letters **u** and **r**.

34) The library

Listen & Speak: Talk about the picture. Sounds:

Writing:

The alphabet.

The letter k.

Trace and copy the sentence.

35 The k-and d-sounds The **k** and **d** sounds.

Sounds:

Reading: Paste the word cards to match the sentence. Writing: Identify the first letters (k

62

64

68

and d) Match words and pictures.

36) The months of the year

Listen & Speak: Talk about the calendar.

Writing: The letter j.

37 The j- and l-sounds

Writing: Answer questions about

the calendar. The letters | and |

Match words and pictures. Reading: Paste in the word cards to

match the sentence. Writing: Cut out cards and write on them

(38) Christmas time 76

Listen & Speak: Sing a song

Talk about the picture. Writing:

The letters x, y and z. Trace and copy the

sentence.

39 The c- and w-sounds

Reading:

Identify the pictures that have the c sound.

(

Match words and pictures. Writing:

Term 4: weeks 6-10

The letters c and w



THEME 9. Friends

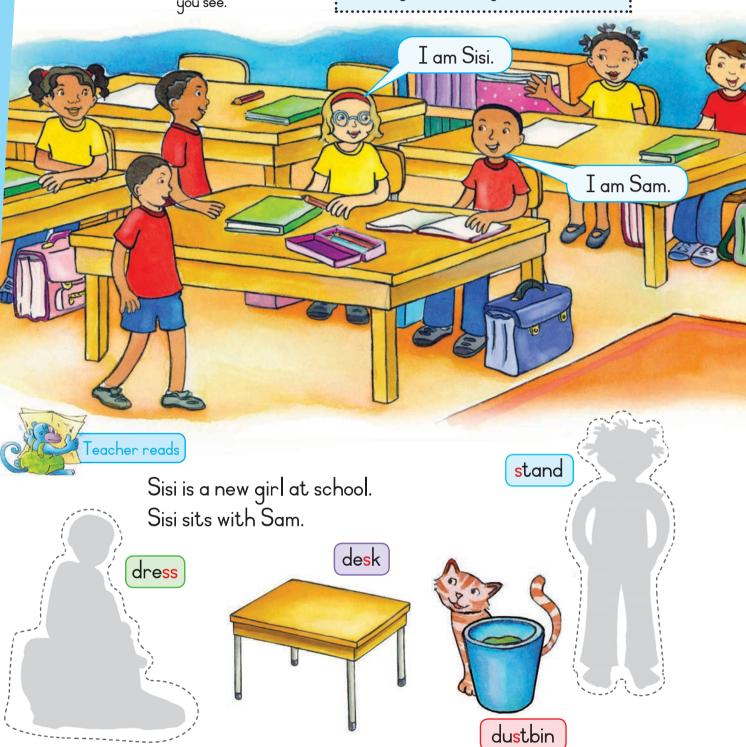
A new girl at school





Look at the picture and talk about what you see. How do you think Sisi feels on her first day at a new school?

How did you feel when you started school?





Sisi and Sam





Point to these pictures and ask your friend what they are.

Say:

What is this?



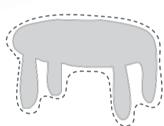


I sleep.

I sit.









Say the words and listen to the ${\bf S}$ -sound.





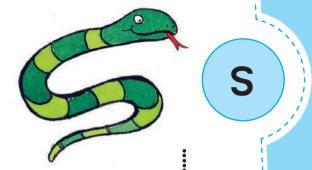
socks





Read the words and listen to the sounds.

Sam	sits	sat	
sad	sad sit		





Cut out the word cards at the back of the book and match them to form this sentence.

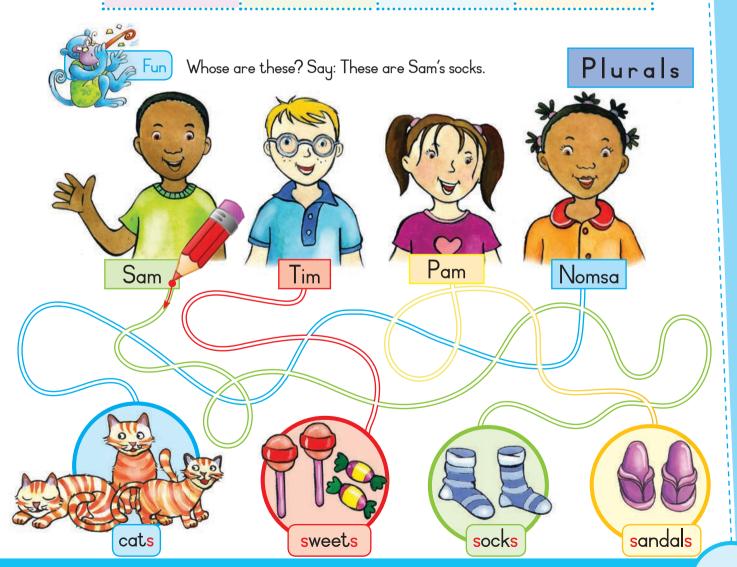
(

Sisi

sits.

Sam

sits.



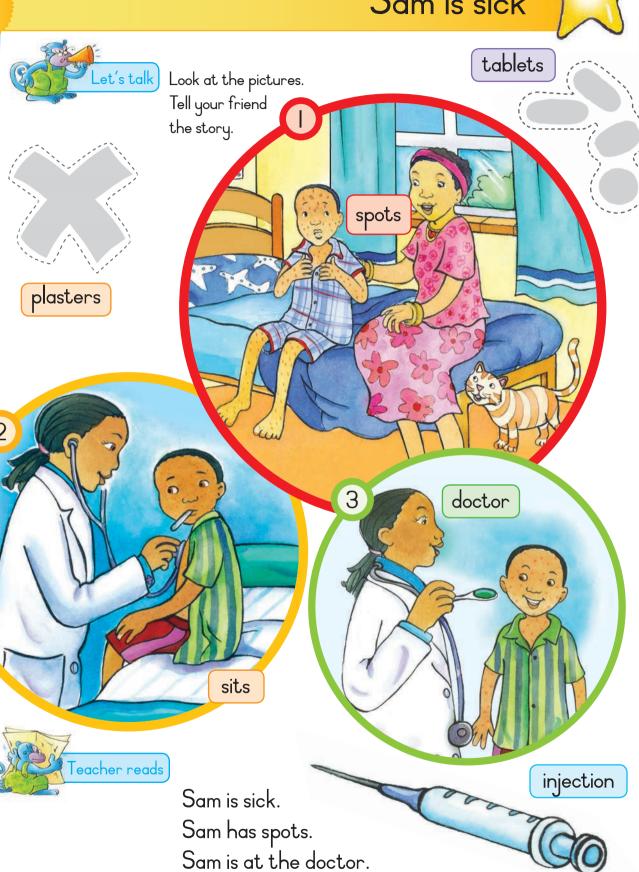
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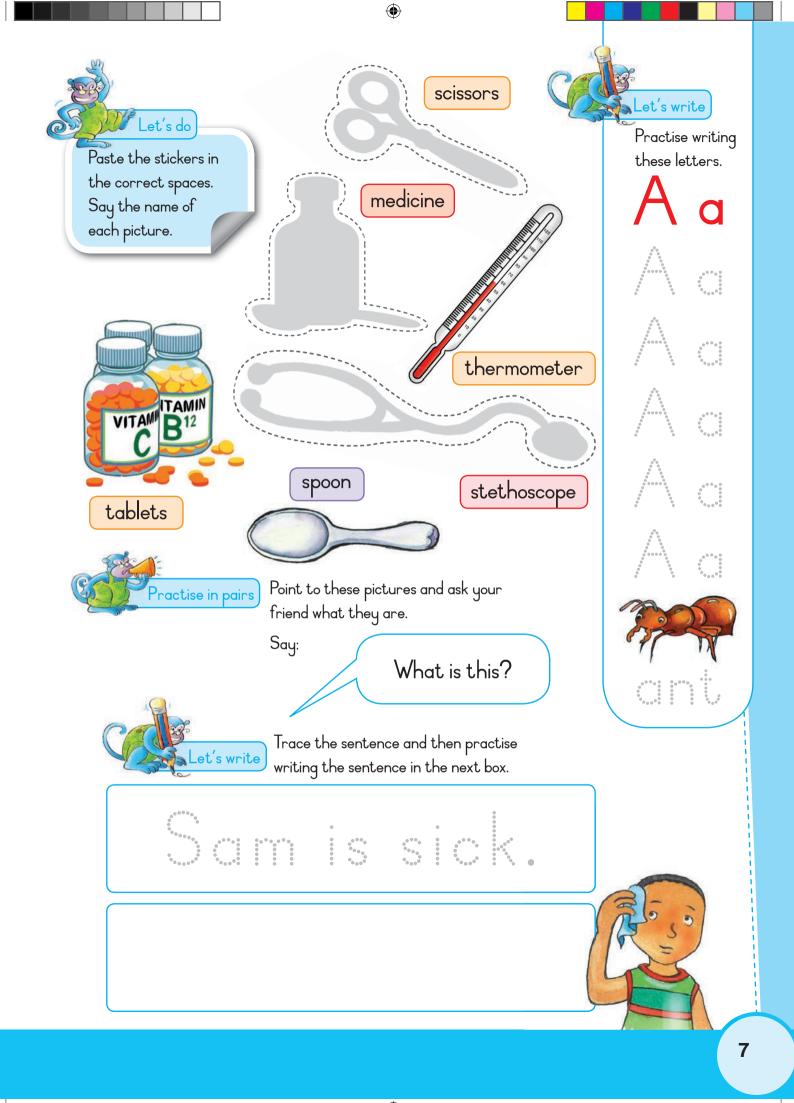


Term 3 – Week 1-5

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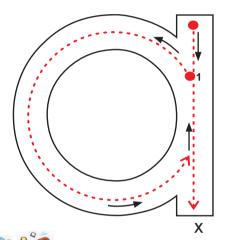


Sam has an apple



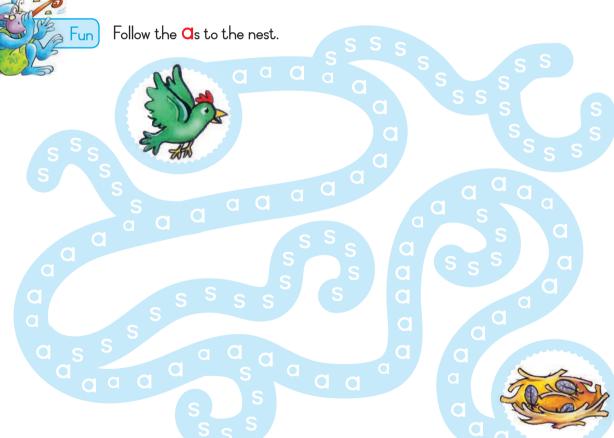
Let's write

Trace the letters with your finger and then with a crayon. Start at the first dot.



Find and circle the letter **a** in the box.

a	0	a
0	İ	a
0	a	С



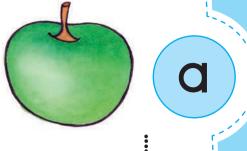
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Word work Read the words and listen to the sounds.

an	ant	Ann
as	Sam	apple





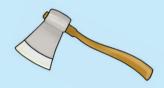


Cut out the word cards at the back of the book and match them to form this sentence.



Fill in the letter ${\bf Q}$ in the spaces so that the words match the pictures.









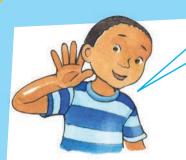


ambul ance

Can you remember?

Greeting friends





Hello, what is your name?

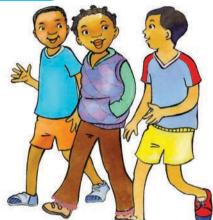
(

My name is ______



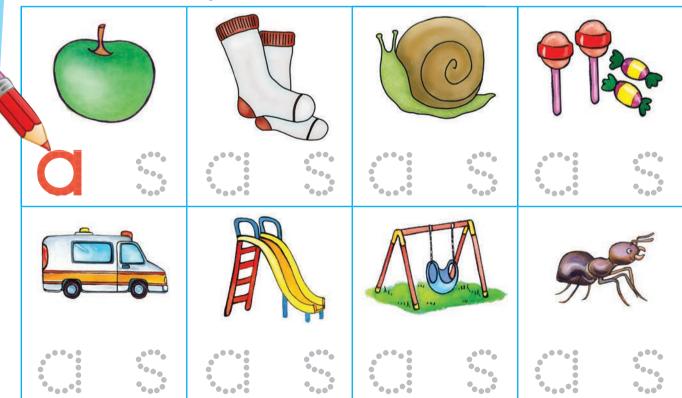
Say:

Hello, how old are you?
I am _____ years old.
See you tomorrow.
Good bye.





Do these words start with an S or with an Q?
Say the word and then trace the correct letter.







Paste the animal stickers and say which animals are small and which are big. Clap their names.

Say:

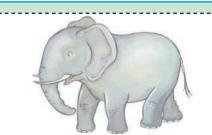
The mouse is small. The elephant is big.

small

big



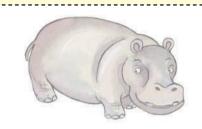
mouse



elephant



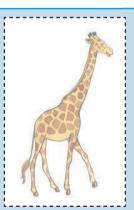
butterfly



hippopotamus



chick



giraffe

11

Friends go shopping







Big and small





Say which of these are big and which are small.

Then circle the correct word.



man





ant



big

small

mouse

big

small

big

small

big

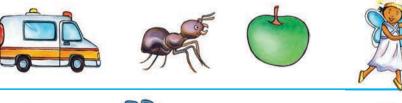
small



Say what each of these pictures is. Now write the letter that the words in each row start with.







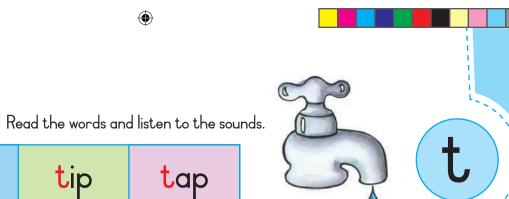












tub

Let's match

top

Cut out the word cards at the back of the book and match them to form this sentence.

ten

tin

This is too big.

Let's write

Trace the words. Draw a picture of something big and something small.







8

(D)

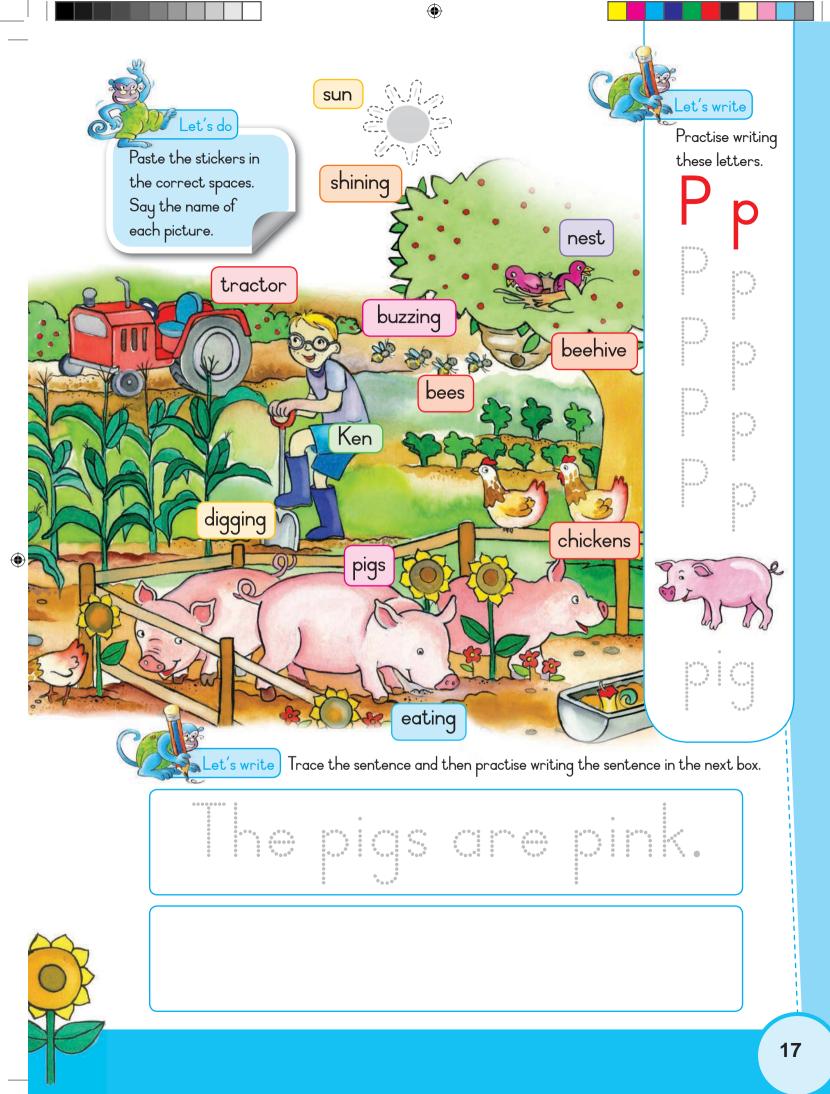
Friends at the farm







FAL Gr1 Bk2 2015.indb 16







Term 3 – Week 1-5

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The pink pig

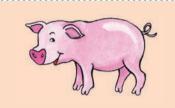


Let's write F

Fill in the letter **p** in the spaces so that the words match the pictures.













Clap these words.



ter fly





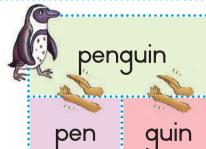
hippopotamus

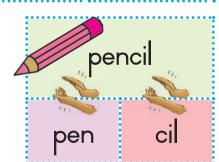






parrot par rot









Read the words and listen to the P-sounds.

pig	pot	pat
	nond	n an
pit	pond	pan



Cut out the word cards at the back of the book and match them to form this sentence.

The pig

Let's match

is

pink.



Tick the pictures that have the p-sound in them. Say the words and listen to the sounds.























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Can you remember?

Colours and numbers



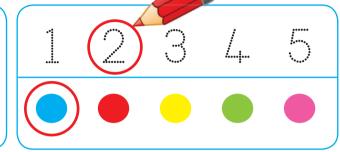


Look at the pictures. Say what they are. Circle the correct number and colour in each row. Then say the name of

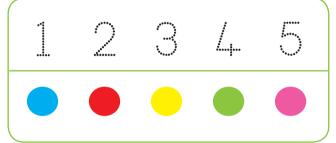
the number and the colour.



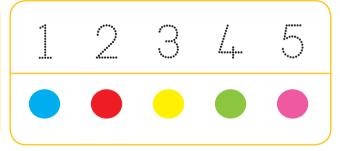
2 blue jerseys



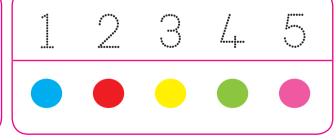




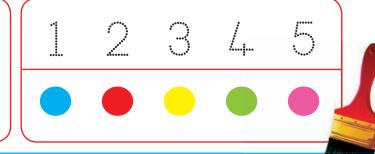










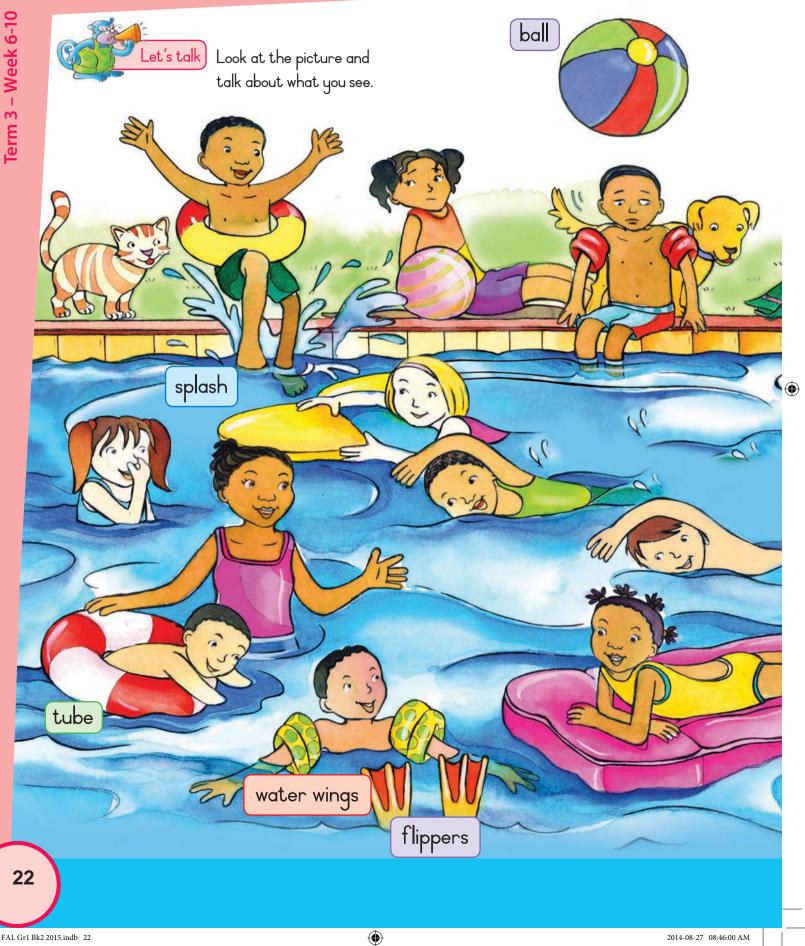




THEME 10. IT IS GOOD TO EXERCISE

II

We learn to swim





The i-sound



Let's write

Fill in the letter in the spaces so that the words match the pictures. Listen to the i-sound.







ir

sit







p<u>i</u>g

 $d\underline{i}g$

<u>i</u>gloo



Ask your friend what sports he/she likes. Say:

What sports do you like?



I like netball.

I like soccer.

I like swimming.

I like rugby.

I like tennis.







Read the words and listen to the sounds.

in	ink	sit	
is	it	tin	



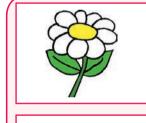
Let's match

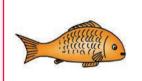
Cut out the word cards at the back of the book and match them to form this sentence.

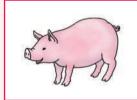
swim

in the pool.

Let's write Tick the pictures that have the i-sound in them.















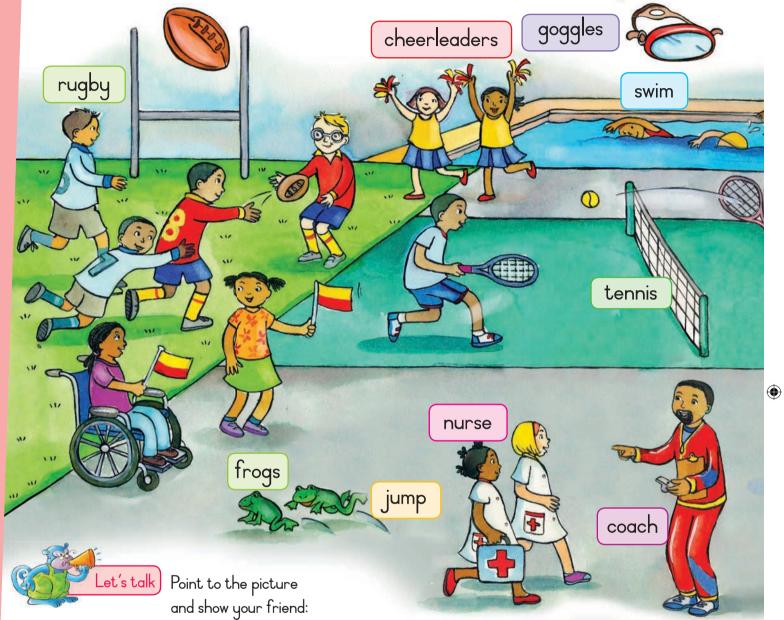






Point to the pictures and ask your friend: What is this? It is a _ What colour is it? It is _





who is running.

who is winning.

who is singing.

who is dancing.

Say:

He is ...

She is ...

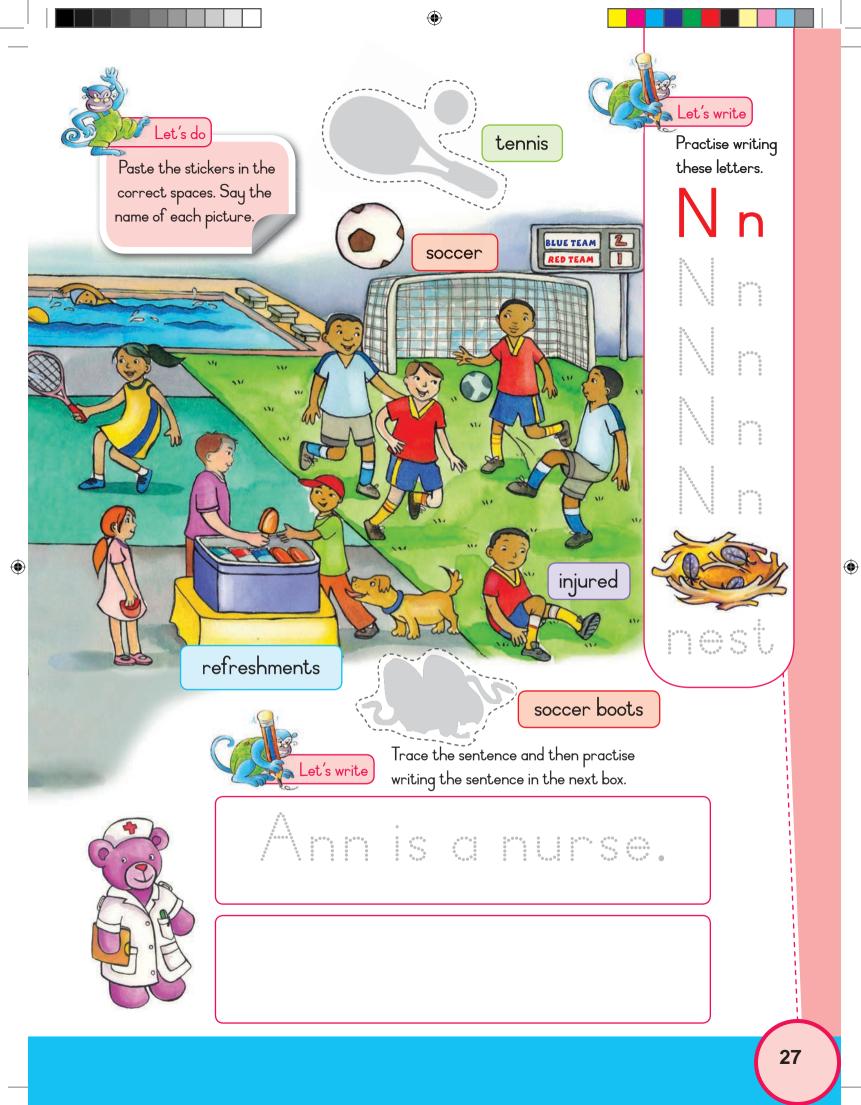
(

They are ...



We swim and run. Ann is a nurse.







Term 3 – Week 6-10



The same

owl

Let's do

_et's sinq

Paste the stickers in the correct spaces. Say the name of each picture. Listen and repeat

What are these?

This is the moon.

This is a torch.

This is an owl.

What is this?

These are bats.

These are stars.

These are trees.

Twinke twinkle little star

Twinkle, twinkle, little star,

How I wonder what you are.

Up above the world so high,

Like a diamond in the sky.

Twinkle, twinkle, little star,

How I wonder what you are!

pyjamas

1 00

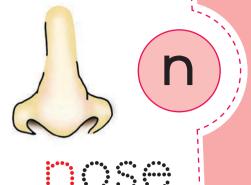
torch





Word work Read the words and listen to the sounds.

no	new	name
not	nest	net





Cut out the word cards at the back of the book and match them to form this sentence.

Λ	•		
/\nn	IS	a	nurse.



Fill in the letter $\begin{cases} {\bf n} \end{cases}$ in the spaces so that the words match the pictures.



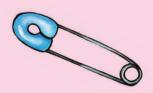




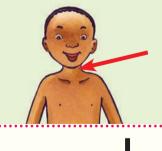
nest

<u> e</u>t

mut







pi<u></u>

pa

<u>n</u>eck

Can you remember?

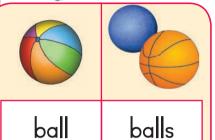
Day and night



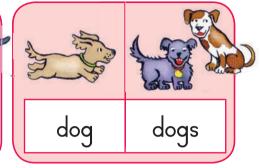




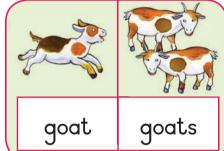
Let's talk) Tell your friend what you see in each picture.



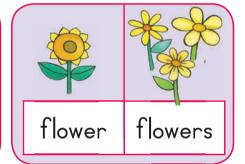




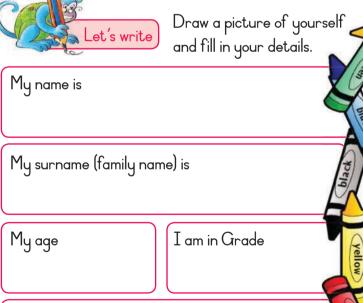


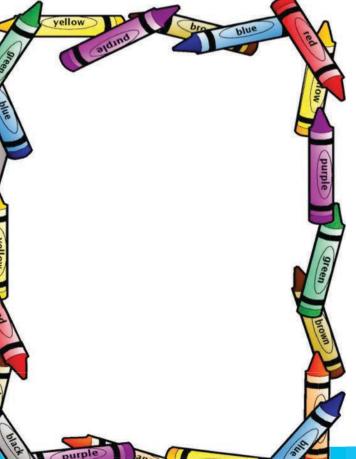


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(





30

I like

I don't like



Look at the picture and say what these children are doing. Say whether we do this in the day or night time.

Now colour in the sun if you do it in the day and the moon if you do this at night.

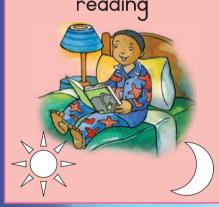














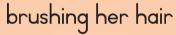




doing homework

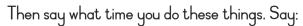












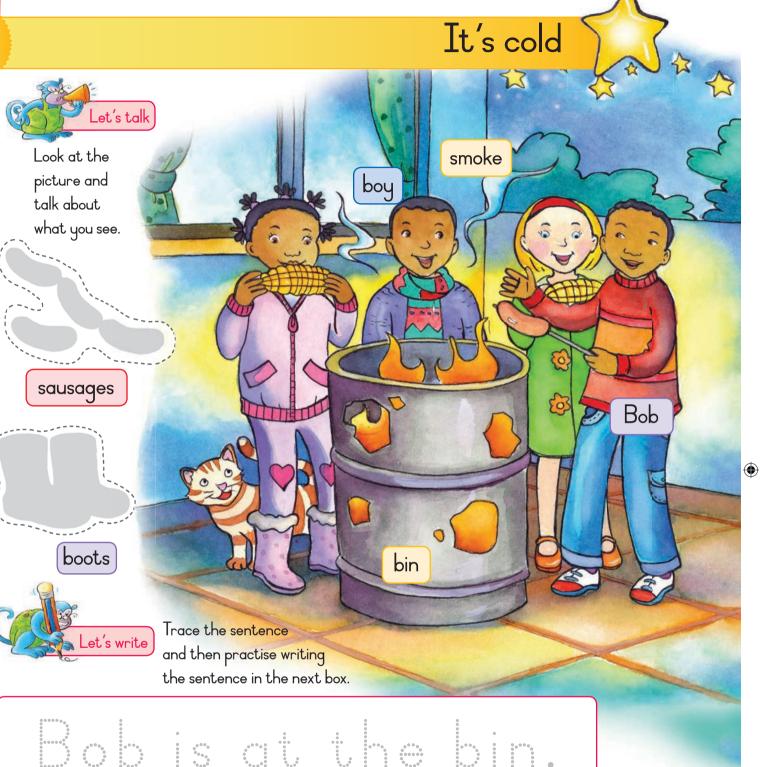
I do it in the ...





night

31





(

The b-sound





Fill in the letter of in the spaces to make a word that matches the picture.

Draw a line from the word to the correct picture.





(



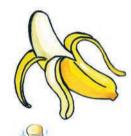




anana







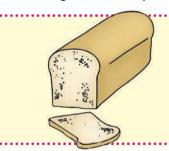


Fill in the letters of to complete these words so they match the pictures.













(

It's rainy





What happened first?
What happened next?
Then what happened in picture 3 and 4?



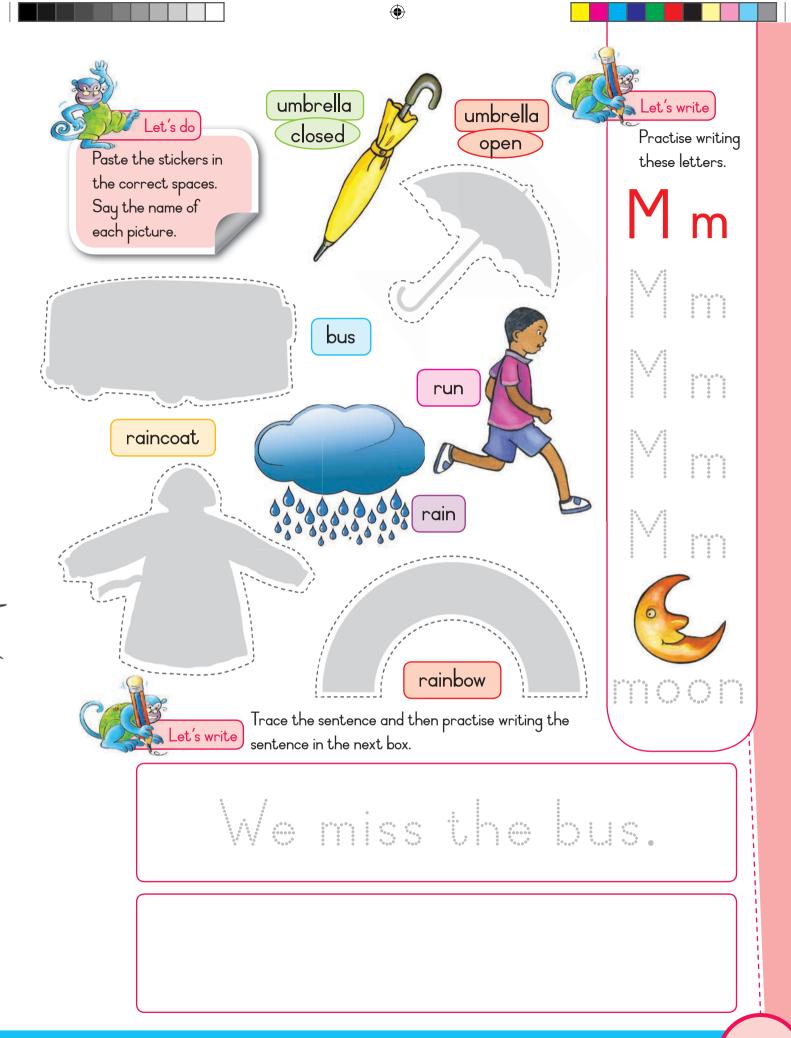


(

•

Teacher reads

We miss the bus.



•

The m-sound



Let's write

Fill in the letter ${f m}$ in the spaces so that the words match the pictures. Draw a line from the word to the correct picture.

<u>m</u>ealie

oon

an

outh

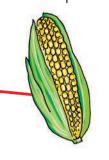
__ouse

ountain

onkey

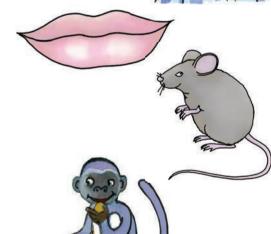
(

__ilk















Word work Read the words and listen to the sounds.

men	mat	mad
mop	mix	met



Cut out the word cards at the back of the book and match them to form this sentence.

The moon and the stars.

20

Can you remember?

Weather





Say the names of the week. What's the weather like this week? Paste a sticker in the correct space to show what the weather is like each day this week. Then, in the space below the picture, write a word to describe the weather. Use the words on the right.

hot

cloudy

sunny

windy

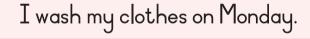
rainy

cold

Monday	Tuesday	Wednesday	Thursday	Friday
1	1	1	1	!!
V				



Draw a line to match the sentence with the picture. Point to the pictures and tell your friend what you do on each day of the week.



I iron my clothes on Tuesday.

I sweep the floor on Wednesday.

I wash the pots on Thursday.

I dust the house on Friday.

I bake a cake on Saturday.

I go to church on Sunday.









Look at these pictures. Tell your friend what weather you see. Then say what each weather symbol means. Draw a line to match the picture to the weather symbol.

Paste the stickers in the correct spaces.

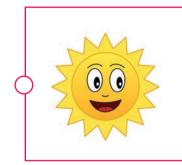




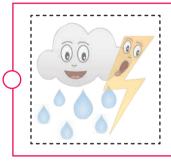




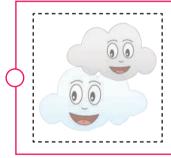




hot

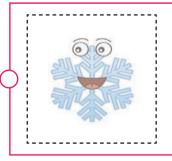


rain



clouds

(



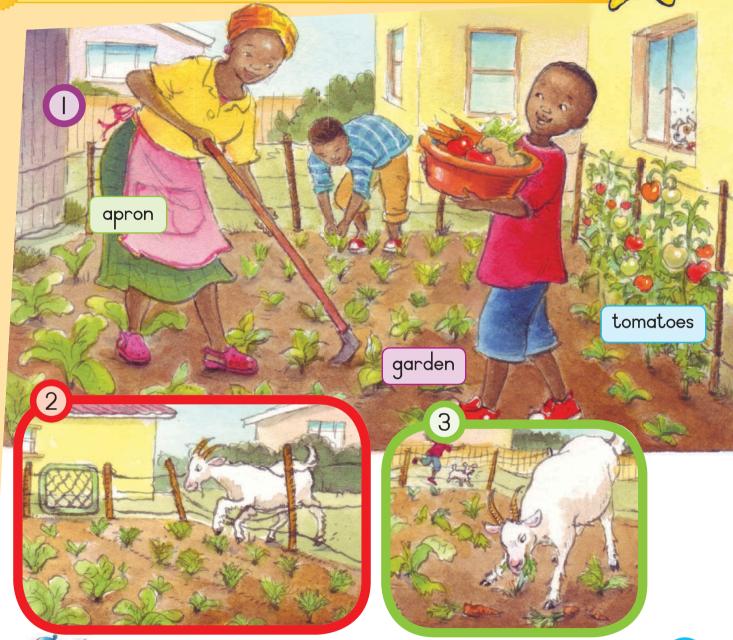
snow



wind

A goat eats my garden

(





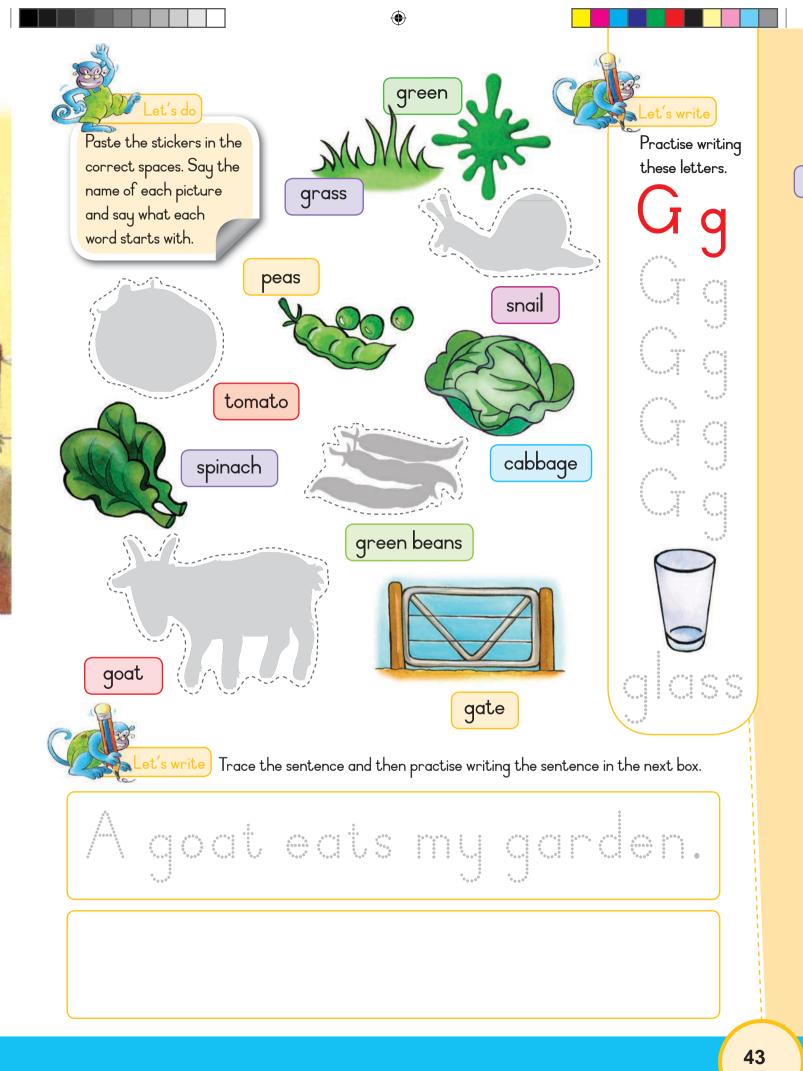
Look at the pictures and tell your friend the story.



Say:

Stop it! Go away! No! Don't do that!





The g-sound



Fill in the letter **g** in the spaces so that the words match the pictures.

Draw a line from the word to the correct picture.

(

____rapes ____ate ___ift

_oa

__lue

oat



t's write Trace the pattern and then repeat the pattern below.

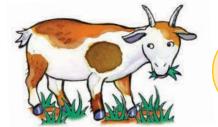
•





Read the words and listen to the sounds.

got	go	mug
get	gum	jug



g



Cut out the word cards at the back of the book and match them to form this sentence.

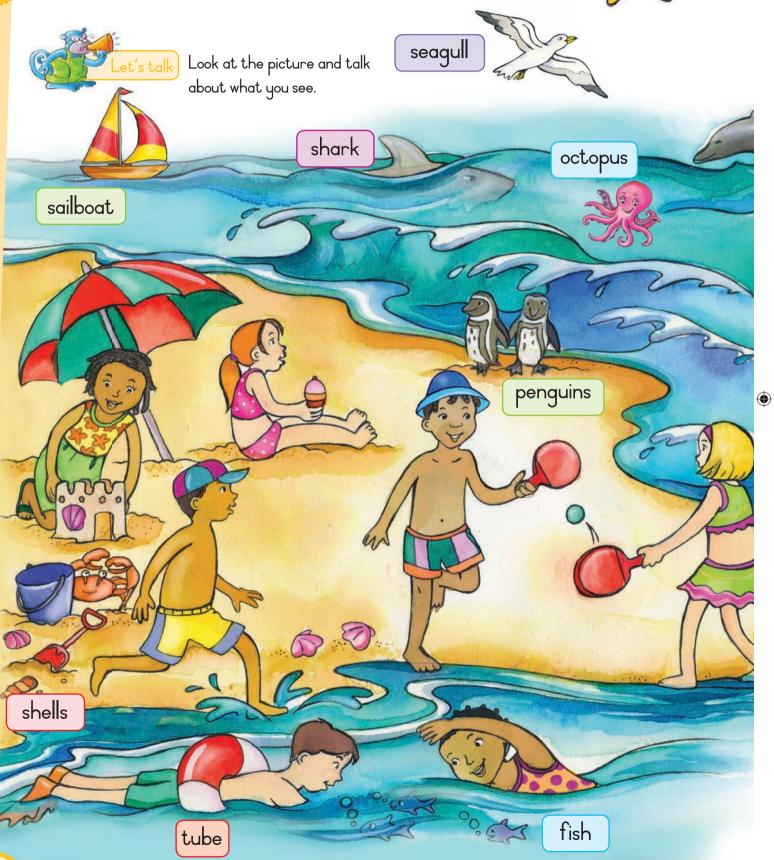
A goat eats my garden.



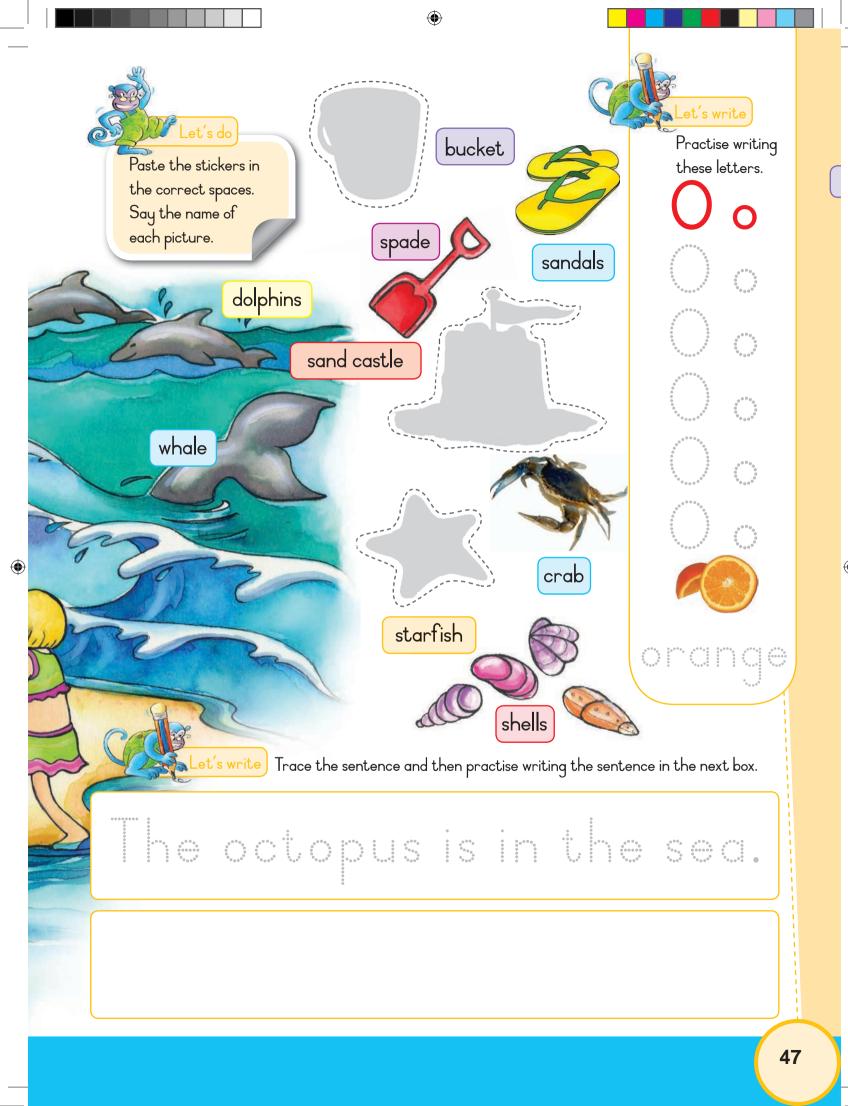
Trace the words. Draw a picture for each word.







•

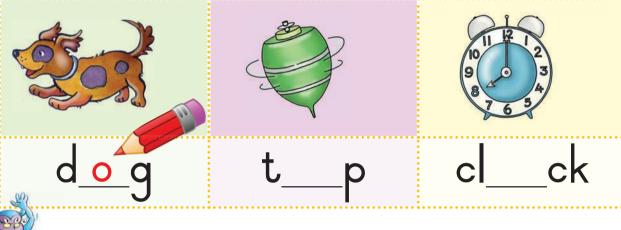


The o-sound



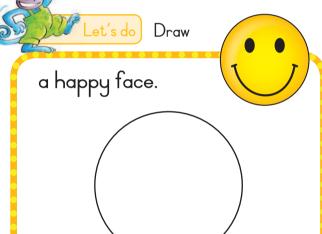


Fill in the letter ${\bf O}$ in the spaces so that the words match the pictures.

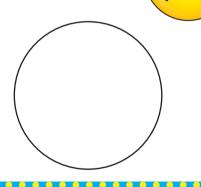


(

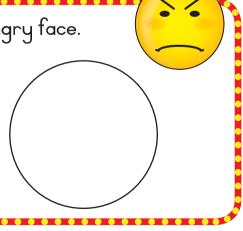
•



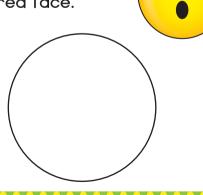
a sad face.



an angry face.



a scared face.

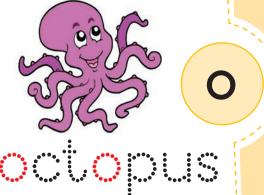






Read the words and listen to the sounds.

hot	top	of
not	dog	on

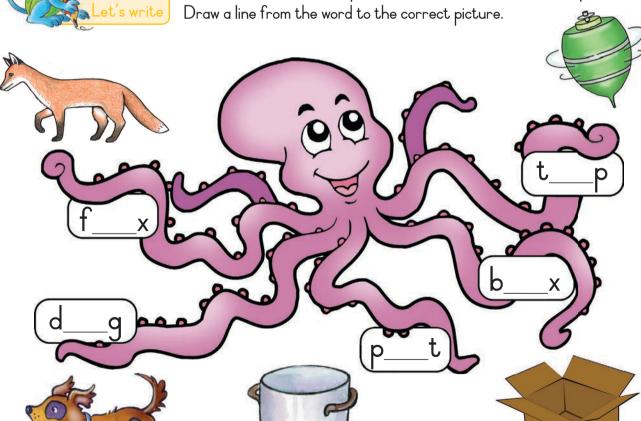


Cut out the word cards at the back of the book and match them to form this sentence.

It was hot on Monday.



Fill in the letter $oldsymbol{\circ}$ in the spaces so that the words match the pictures.



Five little elephants balancing

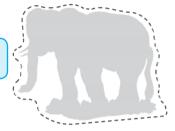




Look at the picture and talk about what you see.

Count the elephants in each row.

elephant



One blue elephant balancing
Step by step on a piece of string.
Thought it was such a wonderful stunt
That he called for another elephant.



Two blue elephants balancing
Step by step on a piece of string.
Thought it was such a wonderful stunt
That they called for another elephant.

Three blue elephants balancing
Step by step on a piece of string.
Thought it was such a wonderful stunt
That they called for another elephant.





Four blue elephants balancing
Step by step on a piece of string.
Thought it was such a wonderful stunt
That they called for another elephant.

Five blue elephants balancing
Step by step on a piece of string.
All of a sudden the piece of string broke
And down came all the elephant folk.



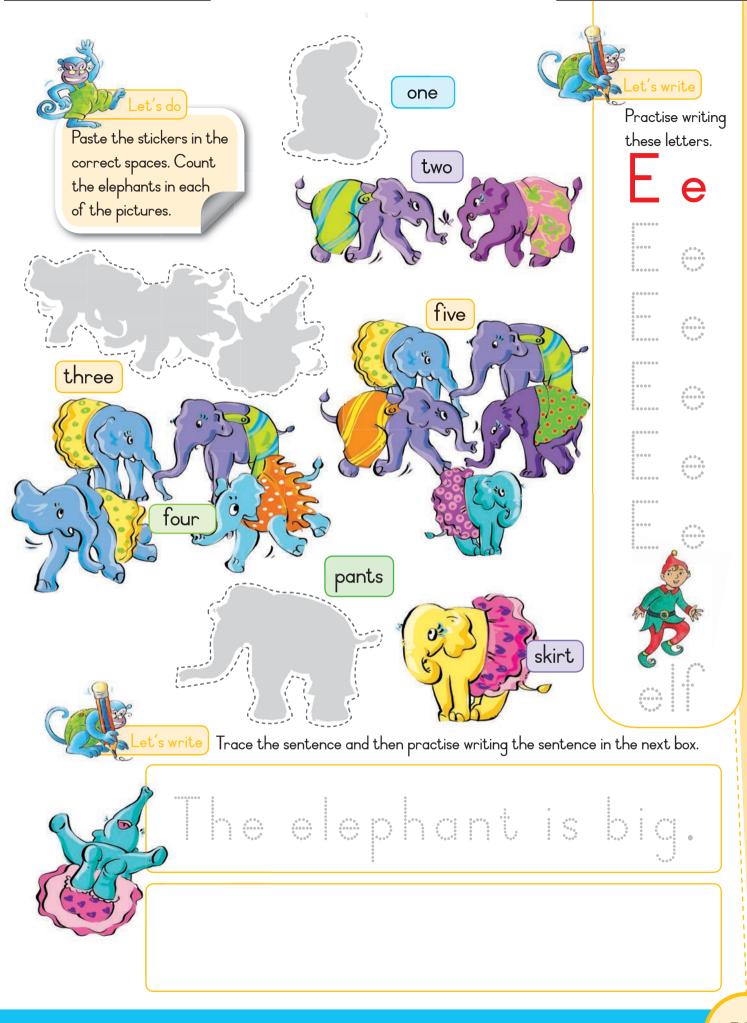




Teacher reads

The elephant is big.

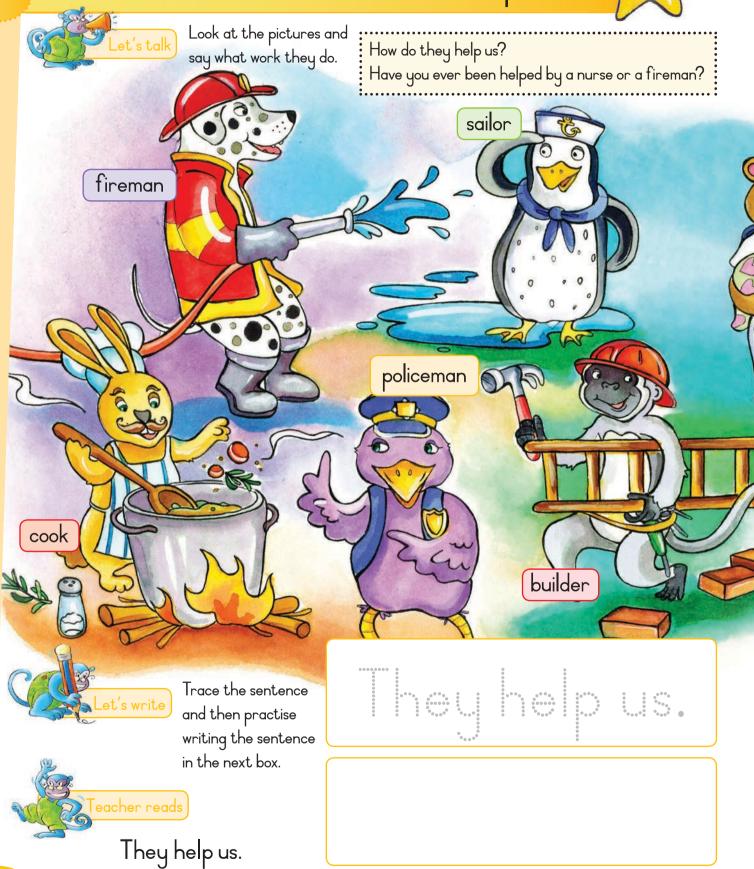




•

Who helps us?



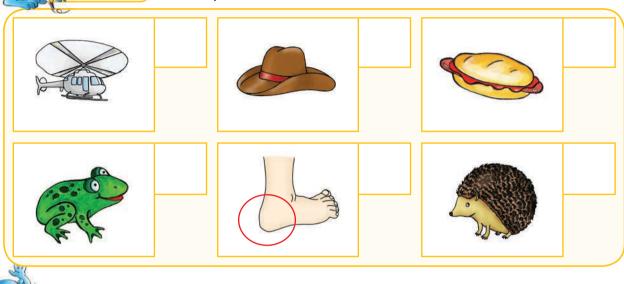




The h-sound



Let's write Tick the pictures that have the h-sound in them.

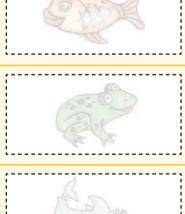


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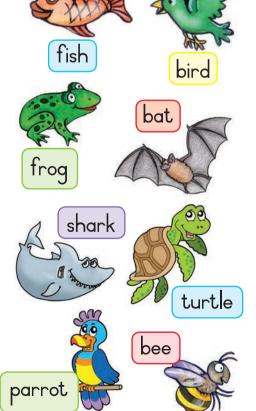
Talk about which animals can swim or fly.

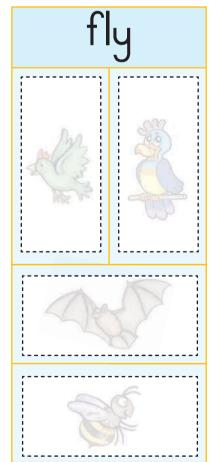
Paste their stickers in the correct spaces.















Read the words and listen to the sounds.

hat	hail	hard
hot	hole	hatch





Cut out the word cards at the back of the book and match them to form this sentence.

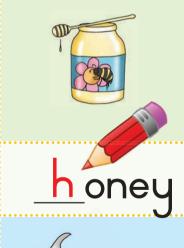
They

help

us.



Fill in the letter in the spaces so that the words match the pictures.







_eart

ose







ammer

and

(

orse





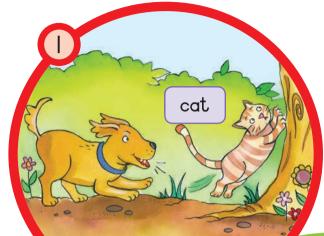
Term 4 – Week 1-5

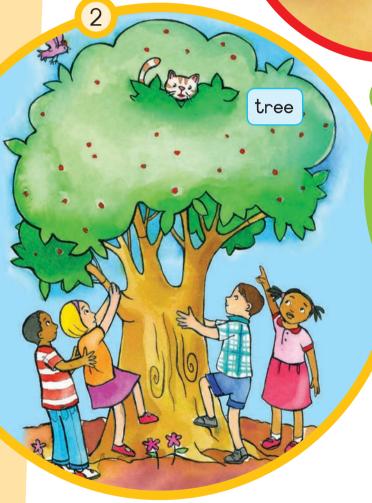
•

Fetch my cat



Look at the pictures and tell your friend the story.



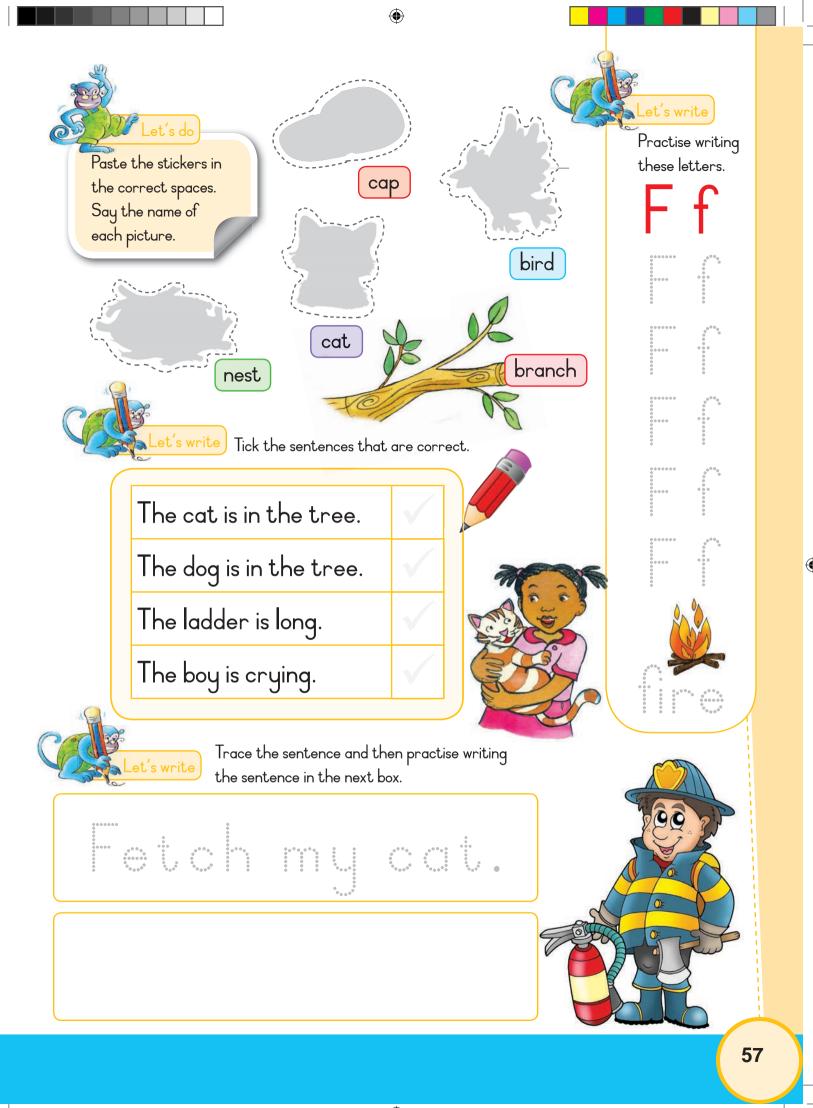






Teacher reads

The fireman fetches my cat.





The f-sound





Say who these people are. Then draw a line to show what each person uses. How do these people help us?

























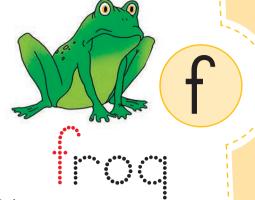






Read the words and listen to the sounds.

fun	fin	frog
fat	fan	fit





Cut out the word cards at the back of the book and match them to form this sentence.

Please f

fetch

my

cat.



Fill in the letter f in the spaces so that the words match the picture.



<u>f</u>ingers



ence



ire



at

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___al



_laq

30

Opposites



Term 4 – Week 1-5

Look at the picture and talk about what you see.

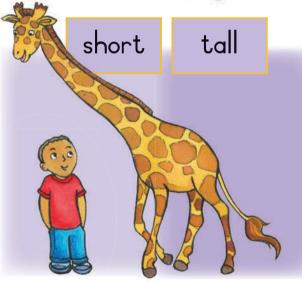
Can you think of more opposites?

(

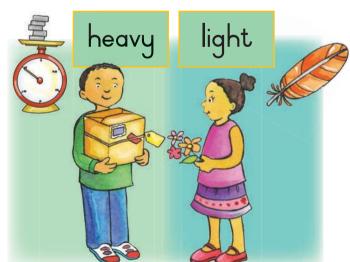










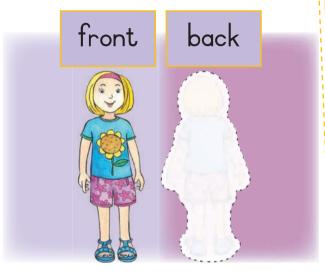


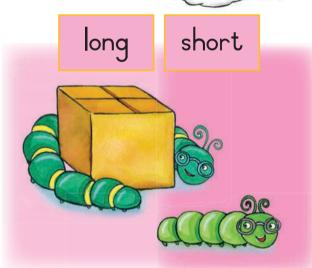


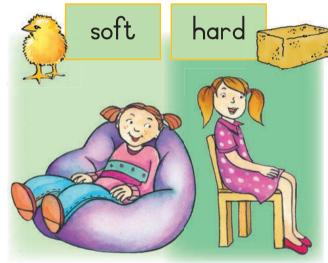


Paste the stickers in the correct spaces. Say the name of each picture.

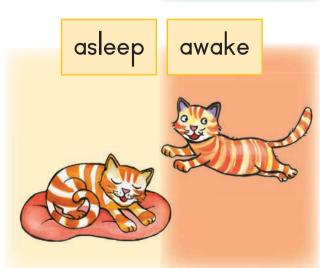














THEME 12. ABOUT TOWN

31

Shopping



Term 4 – Week 6-10

Let's talk

Tell your friend what you buy at these shops.



clothing shop



greengrocer



Teacher reads

We run to the bus.

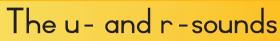
We go to town.

What will we buy today?

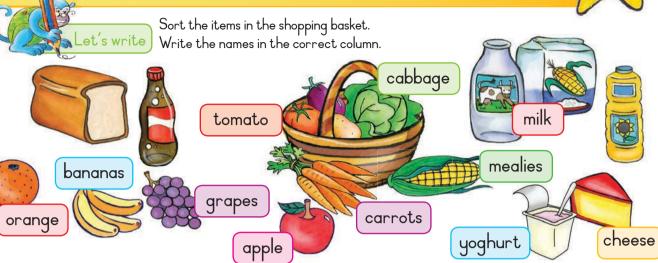
pet shop



63



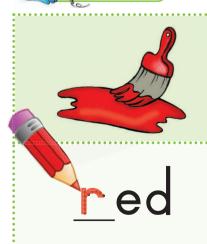




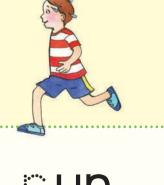
(

Fruit	Vegetables	Dairy

Let's write Fill in the letter Γ in the spaces so that the words match the pictures.







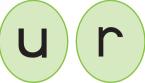
rat

(

m un



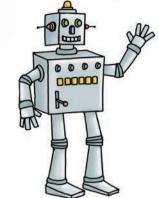






Read the words and listen to the sounds.

up	cup	cut
run	rat	robot



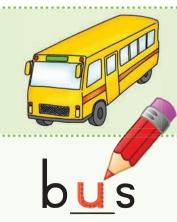


Cut out the word cards at the back of the book and match them to form this sentence.

We run to the bus.



Fill in the letters $\ensuremath{\mathsf{U}}$ to complete these words so they match the pictures.









mbrella

65

We go to town





Look at the picture and

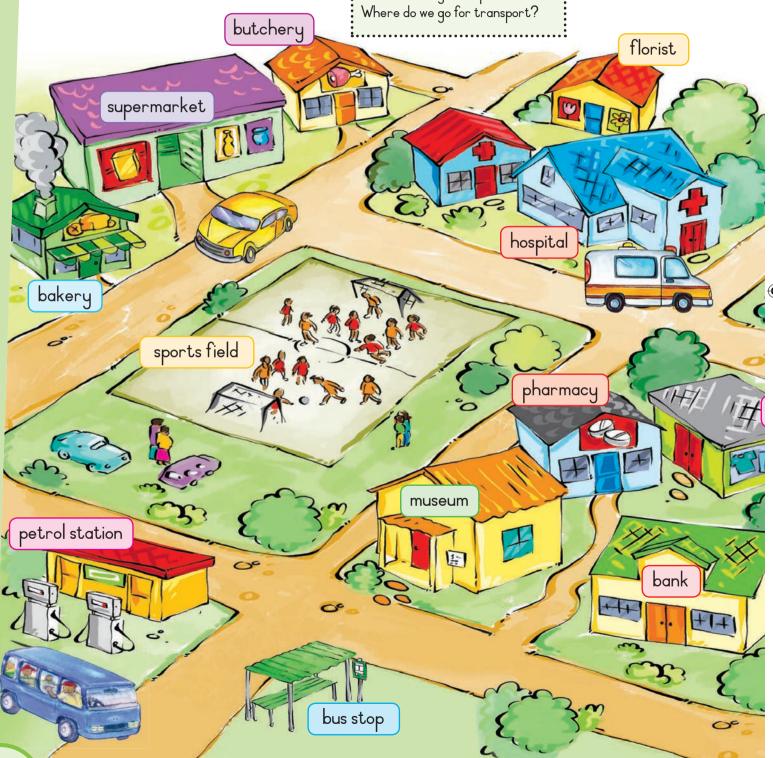
talk about what you see.

Where do we go if we are sick?

Where do we get food?

(

Where do we go for books? Where do we go for sports?







library

Trace the sentence and then practise

writing the sentence in the next box.

clinic

station





Let's write

Practise writing

these letters.

67

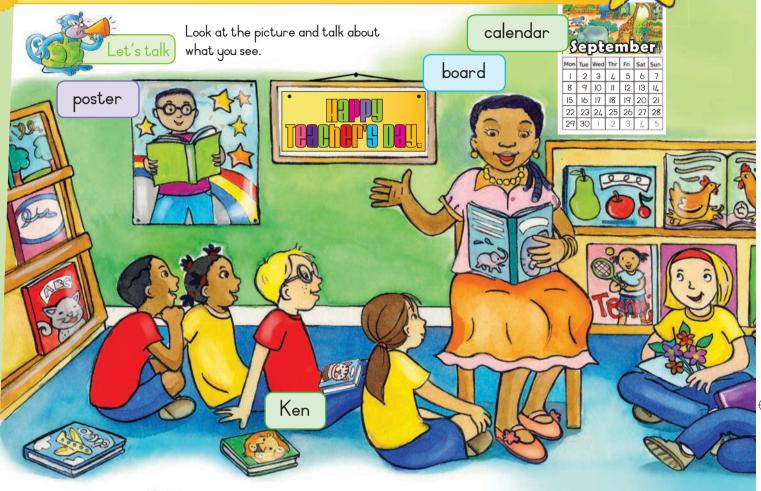
(

00000

000 000

clothing shop



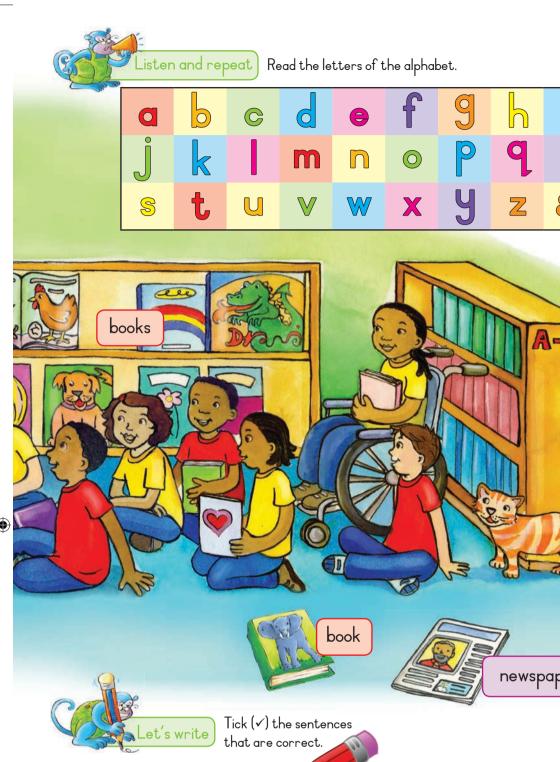




We go to the library.
Our teacher reads to us.

Trace the sentence and then practise writing the sentence in the next box.





newspaper

It is September.There are 6 boys. Teacher is a man. Teacher reads.

Teacher sits on a chair. There are many books. Ken has a book. Teacher has blue shoes. Practise writing these letters.

Let's write











(











The k-and d-sounds



Cut out the word cards at the back of the book and match them to form this sentence.

TI I.I

read books



Fill in the letter K or C in the spaces so that the words match the pictures.







kite

kettle

<u>k</u>angarod







___og

<u></u>rum

uck

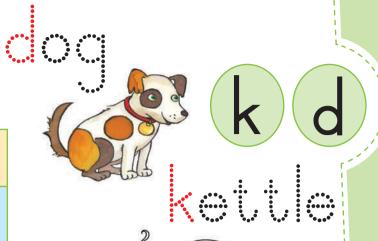


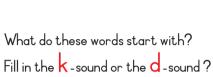


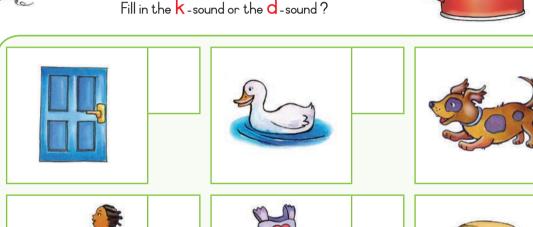
et's write

Read the words and listen to the sounds.

kite	kick	kiss
dog	drum	did



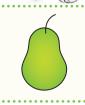




















71

The j- and l-sounds





Look at the calendar on the back cover to help you answer

these questions.

In which month is your birthday?

In which month is Christmas?

January

July

February

August

March

September

April

October

May

November



June

December

Which months are cold?

In which month is Easter?

Which months are hot?





et's write Fill in the letter in the spaces so that the words match the picture.



adder



etter



eaf



Read the words and listen to the sounds.

log	lip	lump
lot	let	lap

job	jog	jump
jet	joy	joke

Practise writing these letters.

Let's write





Fill in the letter j in the spaces so that the words match the picture.





(

From

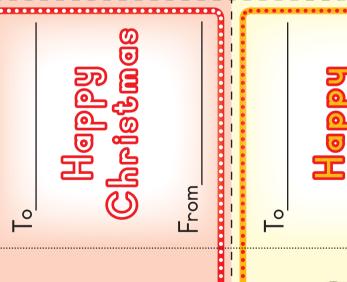


Cut out these cards _et's write and use it for christmas cards.





ersey



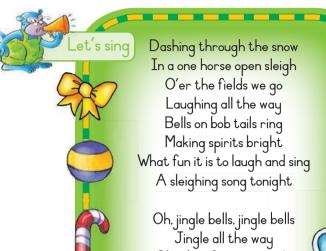


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Christmas time

Let's talk





Oh, jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh
Jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh

Look at the picture and tell your friend what month it is. Tell your friend what they are doing.



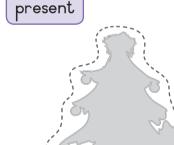


refreshments









christmas tree



The c-and w-sound



Practise writing these letters.

_et's write



















Let's write Tick the pictures that have the C-sound in them.

(









Fill in the letter \mathbf{W} in the spaces so that the words match the picture.







hale allet

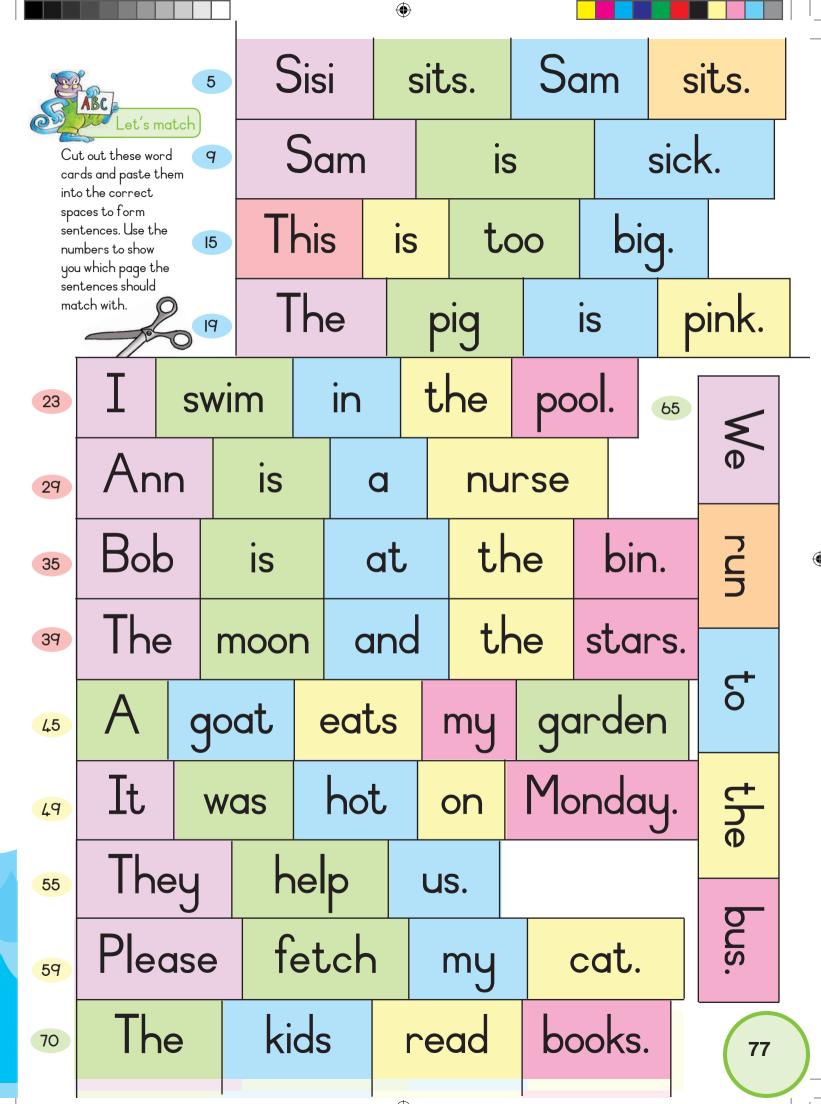






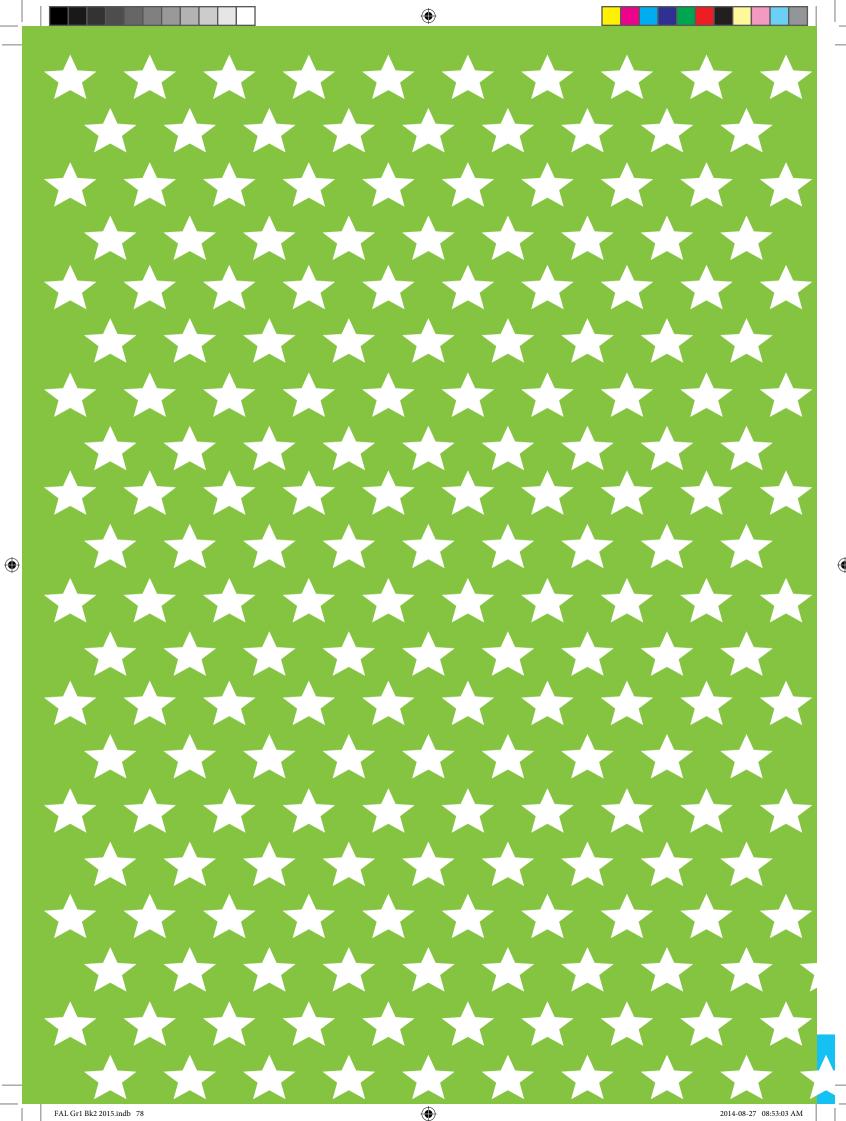
atch heel

eat

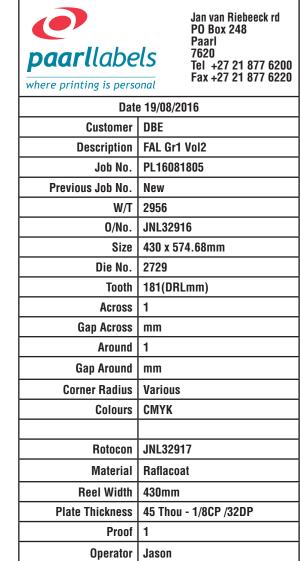


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