

Choose well to live well!

WORKSHEETS



GRADE SEVEN

Curriculum Links: Life Orientation

Grade 7	Term 4 Topic: Development of the self in society <ul style="list-style-type: none">· Concepts: personal diet and nutrition<ul style="list-style-type: none">- Factors that influence choice of personal diet: ecological, social, economic, cultural and political- Ways to improve nutritional value of own personal diet: a plan for healthy eating habits
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Healthy colours

Name:

Date:

1. Look at the 'Eat a rainbow every day!' poster. Talk about it:

a. Why do you think that it is important to eat a variety of fruits and vegetables?

2. Read about the importance of including a variety of fruits and vegetables in your diet.

Fruits and vegetables contain many vitamins that are good for your health, like vitamins A, B and C. All fruits and vegetables are naturally low in salt and sugar. They are also a good source of fibre, which helps to keep your tummy moving.

Vegetables and fruit contain plant chemicals that can help to protect you from some diseases. Scientific research shows that, if you regularly eat lots of fruit and vegetables, you could have a lower risk of developing diseases, like:

- Type 2 diabetes
- Stroke
- Heart disease
- High blood pressure (hypertension)

Foods with different colours may help to prevent different kinds of illnesses and diseases. For example:

- Some red vegetables, such as tomatoes, can help fight some types of cancer.
- Some orange fruits, such as papino, mangoes and oranges, contain a lot of vitamin C which is needed for healthy skin and gums. It also helps our bodies to heal wounds and can protect us from getting sick.
- Some orange and yellow vegetables, such as carrots and peppers, contain vitamin A which is needed for good eyesight and a healthy skin.
- Some green leafy vegetables, such as spinach and kale, contain healthy plant chemicals which may help protect you against eye disease as you get older.
- Blue and purple fruits, such as blueberries and plums, contain pigments (colour chemicals) which may help protect your body from cancer.

Try to eat a rainbow of colourful fruits and vegetables every day to get the full range of health benefits.

3. Answer the following questions:

a. Fruits and vegetables contain many vitamins that are good for your health. List 3 of these vitamins.

b. Scientific research shows that, if you regularly eat lots of fruit and vegetables, you could have a lower risk of developing some diseases. List 2 of these diseases.

c. Which colour fruits and vegetables contain a lot of vitamin C? Give three reasons that vitamin C is important.

d. Complete this sentence:

Some orange and yellow vegetables, such as _____ and _____ contain _____ which is needed for good _____ and a healthy skin.

4. Choose one colour of fruits and vegetables and design a poster to inform people about the benefits of eating fruits and vegetables of that colour.

5. Combine all your posters to make an 'Eat a Rainbow Every Day' display for your school.

ANSWERS:
3a. Vitamin A, vitamin B, vitamin C
3b. Any 2 of the following: Type 2 diabetes, stroke, heart disease, some forms of cancer, high blood pressure (hypertension), eye disease
3c. Orange fruits and vegetables. Healthy skin and gums, helps the body to heal wounds, can protect us from getting sick.
3d. Some orange and yellow vegetables, such as carrots and peppers contain vitamin A which is needed for good eyesight and a healthy skin.

Nutritious snacks

Name:

Date:

1. Look at the 'Plan a healthy snack!' poster and talk about it.

- How can healthy snacks help you?
- What do healthy snacks give you?

2. Read about healthy snacking using Go Foods, Glow Foods and Grow Foods.

Snacking doesn't have to be unhealthy. It can be both healthy and helpful. When you're hungry and feeling tired, having a snack in the morning, in the late afternoon after school, or before going to bed can be a good thing. It can replace the energy you used up since your last full meal and keep you going until the next meal. The most important thing is to make sure that your snack is healthy. Snacks are healthy when they are nutritious. This means that your snack should not have too much added sugar and/or salt and it should be nutrient-rich (vitamins, minerals and other things that are good for your body).

Most foods can be divided into 3 main food groups: Go Foods, Glow Foods and Grow Foods. Plan to eat one of each of these food groups at every meal to make sure you are eating a balanced diet.

Go Foods like bread, rice, oats porridge, pasta and maizemeal give you the energy you need to work, run, swim and jump. Choose the healthier starchy foods which have more fibre such as wholewheat bread, brown rice, samp, oats and bran cereals.

Glow Foods help to protect you. They can keep your hair, skin and eyes glowing and healthy. Glow Foods are fruits like oranges, guavas and pears, and vegetables like gem squash, broccoli, spinach and cabbage. Have more fruits and vegetables as snacks rather than relying on junk foods or fast foods.

Grow Foods, which are also called proteins, help to build your body so it can grow strong. They help your bones, teeth and muscles to grow. Grow Foods are foods like meat, chicken, fish, eggs, nuts, milk, maas, peanut butter, dried beans and peas, lentils, and soya. Grow Foods like milk, yoghurt or nuts are a delicious healthy snack.

3. Answer these questions:

- a. Which statement is true about snacks?
 - A. All snacks are boring.
 - B. All snacks are high in sugar.
 - C. Healthy snacks can boost energy levels between meals.
 - D. A fun snack is an unhealthy snack.

- b. An idea for a healthy snack when you get home from school could be _____.
 - A. A bowl of cereal with milk and a sliced banana
 - B. A cold drink with some fruit
 - C. A milkshake with a chocolate
 - D. Slap chips and tomato sauce
 - E. None of the above

- c. Examples of healthier Go Foods which have more fibre are:
 - A. Wholewheat bread
 - B. Samp
 - C. Oats and bran cereals
 - D. All of the above

- d. The right time for a snack could be _____.
 - A. mid-morning
 - B. after school
 - C. before bed
 - D. All of these

- e. Which is the least healthy drink to have at snack time?
 - A. Water
 - B. Fizzy drink
 - C. Low-fat milk
 - D. None of the above

- f. You need to make a healthy snack before you go to play sport in the afternoon. What snack could you make that has a Go Food, a Grow Food and a Glow Food?

4. Use this table to design a snack, containing at least 2 ingredients, for each of the following occasions. Next to each snack, write a short paragraph about why you chose these ingredients.

	Healthy Snack ingredients	I chose these ingredients because:
Before school	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
During break	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Before bed	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Before playing sport	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Late afternoon	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

ANSWERS:
 3a, c, 3b, A, 3c, D, 3d, D, 3e, B
 3f. Suggested answers: A sandwich with ham and tomato OR a bowl of yoghurt with banana and granola OR crackers with cheese and cucumber.

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Rethink your drink!

Name:

Date:

1. Look at the 'Make these sugar swaps!' poster. Talk about it:

a. Why is it important to 'rethink your drink'?

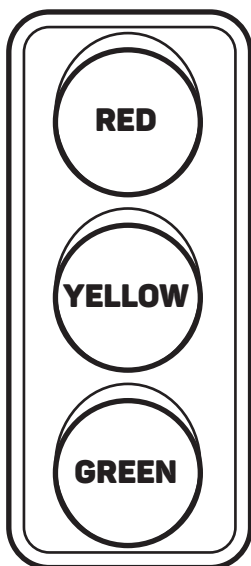
2. Read about the added sugar in the foods we eat:

The World Health Organisation (WHO) recommends that people should have a maximum of 24 grams (6 teaspoons) of added sugar a day because too much sugar can cause tooth decay and other health problems.

Sugar is added in large amounts to some foods, such as some cold drinks, sweets, biscuits, cakes, muffins, doughnuts, ice cream and some cereals. We need to eat less of these foods. Sugar is also found naturally in fruit, vegetables and milk. However, these foods are healthy for us as they have important vitamins and minerals which help to protect our bodies from getting sick.

Many things that we buy to drink have sugar added to them. This is especially true with some of the fizzy sugar-sweetened cold drinks, sugar-sweetened flavoured waters, fruit juice drinks, energy drinks and sports drinks.

Look at this traffic light to give you an idea of the kinds of drinks you should be drinking all the time, sometimes, and seldom or not at all:



RED is for beverages you should drink rarely or **not at all**, like sugar-sweetened fizzy drinks, energy drinks and flavoured fruit drinks.

YELLOW is for beverages you should only drink **occasionally**, like 100% pure fruit juices. Have no more than $\frac{1}{2}$ - 1 cup of fruit juice a day as it has a very high natural sugar content.

GREEN is for the only beverage that you should drink **all the time** - water.


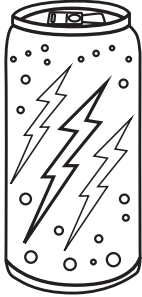


Did you know that a regular 330ml can of fizzy cold drink often contains between 20 and 36 grams of sugar? If a teaspoon of sugar is equal to 4 grams, that means that a 330ml can of fizzy cold drink can contain up to 9 teaspoons of sugar!

Rethink your drink by:

- choosing water, instead of sugary, sweetened drinks;
- adding slices of lemon, strawberry, cucumber or your favourite fruit to water to make it tastier;
- freezing your water bottle overnight to give you a refreshing drink at school the following day.

3. Complete this table by calculating the following for each drink:

- percentage of the recommended daily amount of 24 grams of sugar per day.
- number of teaspoons of sugar.
- grams of sugar per 100 millilitres.

	
<p>500ml fizzy cold drink = 48 grams of sugar _____ % of recommended daily amount _____ teaspoons of sugar _____ grams of sugar per 100ml</p>	<p>250ml energy drink = 24 grams of sugar _____ % of recommended daily amount _____ teaspoons of sugar _____ grams of sugar per 100ml</p>
	
<p>500ml sports drink = 20 grams of sugar _____ % of recommended daily amount _____ teaspoons of sugar _____ grams of sugar per 100ml</p>	<p>250ml red grape juice = 32 grams of sugar _____ % of recommended daily amount _____ teaspoons of sugar _____ grams of sugar per 100ml</p>

4. What surprised you about the results in this table? Why?

5. Below is a list of everything that John will eat and drink today. Use this list to calculate how much sugar John will eat today.

a. Add up each meal first, then add up the total for the day.

BREAKFAST	LUNCH
1 slice of toast with 1 teaspoon of jam = 4 grams of added sugar 1 slice of toast and a fried egg = no added sugar 1 cup of tea with 2 teaspoons of sugar = 8 grams of added sugar	1 apple = no added sugar 1 sandwich with cheese and tomato = no added sugar 1 small tub of strawberry yoghurt = 4 grams added sugar 1 glass of flavoured fruit drink = 32 grams of added sugar
SNACK	DINNER
1 orange = no added sugar 1 small chocolate bar (25g) = 10 grams of added sugar 1 sports drink = 20 grams of added sugar	Roast chicken and vegetables = no added sugar 1 bowl of ice cream = 12 grams of added sugar Tea with 2 teaspoons of sugar = 8 grams added sugar

Breakfast = _____ grams of added sugar
 Lunch = _____ grams of added sugar
 Snack = _____ grams of added sugar
 Dinner = _____ grams of added sugar
 TOTAL = _____ grams of added sugar = _____ teaspoons of sugar

b. Suggest 3 ways that John can reduce his sugar intake.

Breakfast = 12 grams of added sugar Lunch = 36 grams of added sugar Snack = 30 grams of added sugar Dinner = 20 grams of added sugar TOTAL = 98 grams of added sugar = 24.5 teaspoons of sugar	250ml energy drink = 24 grams of sugar 100% of recommended daily amount 6 teaspoons of sugar 96 grams of sugar per 100ml	500ml fizzy cold drink = 48 grams of sugar 200% of recommended daily amount 12 teaspoons of sugar 96 grams of sugar per 100ml	250ml red grape juice = 32 grams of sugar 133% of recommended daily amount 8 teaspoons of sugar 128 grams of sugar per 100ml
	500ml sports drink = 20 grams of sugar 83% of recommended daily amount 5 teaspoons of sugar 4 grams of sugar per 100ml		

ANSWERS: 3

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Read the label!

Name:

Date:

1. Look at the 'Make room for legumes!' poster. Talk about it:

- a. What food that is made from legumes do you like to eat?

2. Read about protein and fibre in legumes, and food nutrition labels:

Legumes are Grow Foods which are high in protein and fibre. Legumes include dried beans, soya beans, split peas, lentils and chickpeas. Protein helps your body to grow strong and builds our body's bones, teeth and muscles.

Legumes are also full of fibre. The fibre in food isn't absorbed by your body. Fibre is like a broom. It moves through your digestive system and cleans the parts of your body where food passes through. Fibre helps to make you feel full and keeps your tummy working properly.

Most packaged foods display a food nutrition label. The nutrition information table provides detail about the food's energy content as well as the amount of protein, fibre, fat and other nutrients in 100g of the food.

This information is very important, because we need to know what is in the packaged foods that we eat. Nutrients, such as protein and fibre, are good for us, but there are also nutrients such as sugar, saturated fat and sodium that are not good for us.

3. Look at this food nutrition label for a can of lentil bobotie:

TYPICAL NUTRITIONAL INFORMATION (AS PACKED)		
	Per 100g	Per 205g serving
Energy	282kJ	578kJ
Protein	2.4g	4.9g
Carbohydrate	12g	25g
of which total sugar	4.1g	8.4g
Total Fat	0.7g	1.4g
of which saturated fat	<0.1g	<0.2g
Dietary Fibre	2.1g	4.3g
Total Sodium	360mg	738mg

This food nutrition label tells us that 1 serving of 205 grams ($\frac{1}{2}$ a can) of lentil bobotie contains 578 kilojoules of energy, 4.9 grams of protein and 4.3 grams of fibre.

The label also tells us that 1 serving of lentil bobotie contains 8.4 grams of sugar, less than 0.2 grams of saturated fat and 738 milligrams of sodium.

4. Now look at these 2 food nutrition labels:**Bean and Lentil Bolognese:**

TYPICAL NUTRITIONAL INFORMATION (AS PACKED)		
	Per 100g	Per 205g serving
Energy	299kJ	613kJ
Protein	2.7g	5.5g
Carbohydrate	10g	21g
of which total sugar	2.9g	5.9g
Total Fat	1.8g	3.7g
of which saturated fat	<0.1g	<0.2g
Dietary Fibre	2.2g	4.5g
Total Sodium	338mg	693mg

Indian Curry Beans:

TYPICAL NUTRITIONAL INFORMATION (AS PACKED)		
	Per 100g	Per 205g serving
Energy	337kJ	691kJ
Protein	4.0g	8.2g
Carbohydrate	11g	23g
of which total sugar	2.1g	4.3g
Total Fat	1.2g	2.5g
of which saturated fat	<0.1g	<0.2g
Dietary Fibre	5.1g	10.5g
Total Sodium	266mg	545mg

5. Answer the following questions by comparing the food nutrition labels for all 3 legume-based meals.

Remember to look at the healthy nutrients, like protein and fibre, as well as the not so healthy things, like sugar and sodium.

a. Which meal contains the most sodium?

b. Which meal contains the most fibre?

c. Which meal contains the most total fat?

d. Which meal contains the most protein?

e. Which meal contains the most sugar?

f. Which meal provides the least energy?

g. Which legume-based meal is the healthiest of the 3 meals?

Explain your answer:



ANSWERS:
 5a. Lentil Bobotie
 5b. Indian Curry Beans
 5c. Bean and Lentil Bolognese
 5d. Indian Curry Beans
 5e. Lentil Bobotie
 5f. Lentil Bobotie
 5g. Indian Curry Beans because:
 - it contains the highest amount of protein and fibre.
 - it contains the lowest amount of sugar and sodium.

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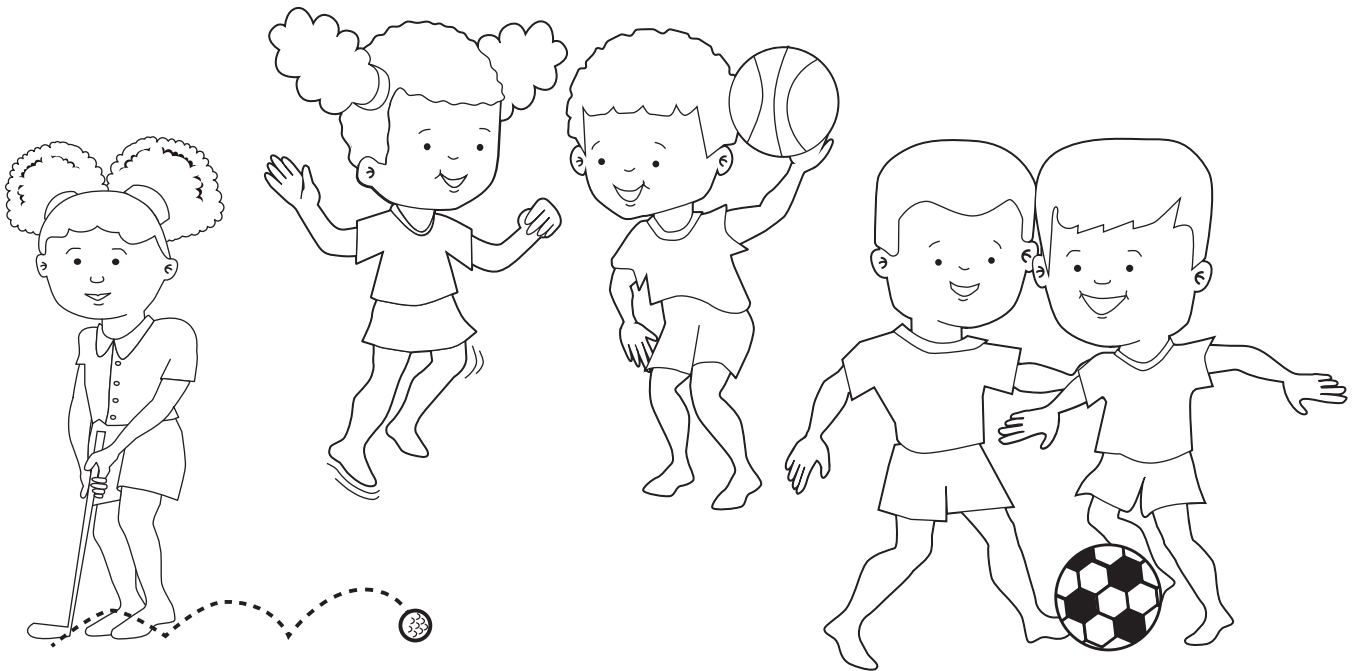
Design a new sport

Name:

Date:

1. Look at the 'Be active every day!' poster. Talk about it:

- What sports do you like doing? Why?
- What sport would you like to learn to play? Why?



Sport is an important part of society. Almost all people are involved in sports in some way, whether they are playing sport or watching sport, or just know someone who does either. There are many different types of sports. Golf, for example, is an individual sport. Netball, basketball and soccer are team sports in which team members help each other to win the game. Whatever type of sport you play, it is good for you. Sport brings people together, makes them fitter and, when combined with a balanced diet and enough sleep, sport can help them to become healthier.

- 2. In groups, you will invent a new sports-related game that you will teach to the rest of your class. Do not copy an already existing game. This is your chance to be as creative as possible. Recreate the template on the next page, on cardboard or a large piece of paper, to help you.**

Name of sport/game:

Equipment

List all the equipment needed for your new sport. If the equipment needs to be specially made, explain how it must be built.

Rules

List the following:

- The number of players required
- The size of the field/court
- How to use the equipment
- How to score
- Specific rules
- Penalties for rule violations
- Any other information required to play the game in regard to rules

Purpose of the game/How to play it

Explain in detail the objective of the game and how to play it. Talk about possible strategies, and tactics for offense and defence.

Lead-up and practice activities

Explain in detail at least one drill which can be used to learn specific skills for your game. Use a diagram to illustrate your drill if necessary.

The 10R's of living green

Name:

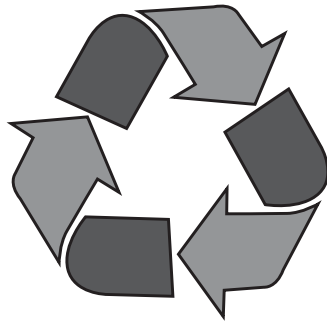
Date:

1. Look at the 'Live Greener!' poster. Talk about it:

a. What do you understand by these words: reduce, reuse, recycle?

2. Read this information before completing the activity below.

The environment is the world that we live in. There are many ways to protect the environment. One of the most important things we can do is to make sure that we create less waste and litter. Waste is all the unwanted things that are thrown away after we have used them. Litter is waste, such as paper, cans and bottles, which are left lying in an open place. On the poster, you can see the recycling symbol:



Each arrow represents one of the '3R's' of waste management:

1. Reduce: To make smaller or use less of. To cut back on what we buy and the waste we make.

2. Reuse: To find many new ways to use waste, so that we don't throw it away.

3. Recycle: To use waste to remake new goods that can be used and sold again.

'Rotting' is a special type of recycling in which we use rotting food (usually fruit and vegetables) and turn it into a food (called compost) for growing plants.

There are many ways to look after our planet. When you look after Earth, by doing the things that are on the poster, we say that you are living 'green'.

But, did you know that there are another 7R's that we can add to these?

4. Refuse

5. Repurpose

6. Rethink

7. Repair

8. Replace

9. Respect

10. Responsibility

The table, on the following page, has definitions of, and information on, the '10R's'.

3. Read the sentences and fill in the missing words so that you can truly become a person who lives green. All the missing words are provided for you to choose from in Column 3 of the table ('Clues for this row').

Work with a partner to get them all right.

<p>1. REDUCE</p> <ul style="list-style-type: none"> Use _____ or less in _____, degree, or size. Use _____ paper, _____, etc. 	<p>2. REUSE</p> <ul style="list-style-type: none"> Use _____ or more than _____. _____ grocery _____ are one way you can _____! 	<p>Clues for this row (1, 2)</p>	
<p>3. RECYCLE</p> <ul style="list-style-type: none"> The practice of _____ items that would otherwise be _____ away as _____. _____ food can also be recycled and used as _____. 	<p>4. REFUSE</p> <ul style="list-style-type: none"> _____ or show that one is not _____ to do _____. To _____ use something bad for the _____. 	<p>Clues for this row (3, 4)</p>	
<p>5. REPURPOSE</p> <ul style="list-style-type: none"> _____ for use in a _____ way. _____ can I do with this _____? 	<p>6. RETHINK</p> <ul style="list-style-type: none"> To _____ again before _____ something. Before _____ something in the _____ think, "can I _____ this?" 	<p>Clues for this row (5, 6)</p>	
		<ul style="list-style-type: none"> adapt bin different doing now 	<ul style="list-style-type: none"> recycle think throwing what

<p>7. REPAIR</p> <ul style="list-style-type: none"> • The action of _____ something. • Instead of _____ it away because it is _____, fix it. 	<p>8. REPLACE</p> <ul style="list-style-type: none"> • To _____ the _____ of something. • _____ all of our _____, plastic _____ and plastic _____ can significantly help our _____! 	<p>Clues for this row (7, 8)</p>	
<p>9. RESPECT</p> <ul style="list-style-type: none"> • A _____ of deep _____ for someone or something elicited by their _____, qualities, or _____. • Respect _____ because we couldn't _____ without it. 	<p>10. RESPONSIBILITY</p> <ul style="list-style-type: none"> • To be accountable for something. • We need to be _____ when it comes to _____: <ul style="list-style-type: none"> - If you see _____ pick it up - _____ the 10R's _____ you can - _____ others 	<p>Clues for this row (9, 10)</p>	
		<ul style="list-style-type: none"> • abilities • achievements • admiration • educate • feeling 	<ul style="list-style-type: none"> • litter • nature • nature • responsible • survive • use • when

4. Work with your partner to create a '10R's' rap.

Present your rap to your class or at a school assembly to educate others about green living.

ANSWERS:

REDUCE

- Use SMALLER or less in AMOUNT, degree, or size.
- Use LESS paper, WATER, etc.

RECYCLE

- The practice of CONVERTING items that would otherwise be THROWN away as WASTE.
- ROTTING food can also be recycled and used as COMPOST.

REPAIR

- ADAPT for use in a DIFFERENT way.
- WHAT can I do with this NOW?

REPLACE

- TAKE the PLACE of something
- REPLACE all of our STRAWS, plastic BOTTLES and plastic BAGS can significantly help our ENVIRONMENT!

RESPONSIBILITY

- To be accountable for something
- We need to be RESPONSIBLE when it comes to NATURE:
 - If you see LITTER pick it up
 - USE the 10R's WHEN you can
 - EDUCATE others

RESPECT

- A FEELING of deep ADMIRATION for someone or something elicited by their ABILITIES, qualities or ACHIEVEMENTS.
- Respect NATURE because we couldn't SURVIVE without it.

REFUSE

- INDICATE or show that one is not WILLING to do SOMETHING.
- To NOT use something bad for the ENVIRONMENT.

RETHINK

- To THINK again before DINING something
- Before THROWING something in the BIN think, "can I RECYCLE this?"

REUSE

- Use AGAIN or more than ONCE
- REUSABLE grocery BAGS are one way you can HELP!

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How healthy is my lifestyle?

Name:

Date:

1. Look at the 'Make healthy choices!' poster.
2. Look at this image and read the questions around it. Talk about it with a partner (if possible, someone you trust):
 - a. What does each question teach you about the habits that make up a healthy lifestyle? A habit is something that you do often or regularly. Habits may be healthy or unhealthy.
 - b. Which of the habits of a healthy lifestyle do you follow?
 - c. Which of the habits of a healthy lifestyle do you struggle with?
 - d. How can you start to work on some of these habits?
 - e. What help do you need? How can your partner help you?

If you want to have a healthy lifestyle, ask yourself:

Have I eaten
healthy food today?

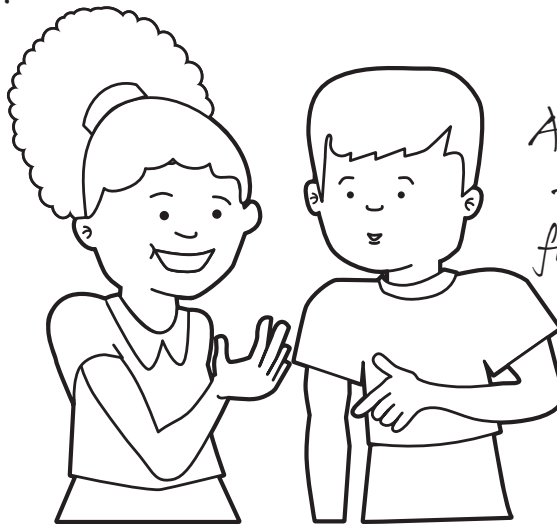
Am I saying encouraging
and positive things
to myself?

Am I getting
enough sleep?

Am I working hard
to create a better
future for myself?

Do I have good
personal hygiene?

Am I doing
regular exercise?



Am I surrounding myself
with positive people who help
me to feel good?

Is something worrying me
a lot? Do I have a trusted
adult I can talk to?

3. With your partner:

- a. Choose two of the areas in the above image that you would like to work on (and that your partner will help you with). Each of you can choose the same or different areas.
- b. Complete the goal sheet for each area. (Copy the template into your workbook so that you can complete it for each goal).
- c. Meet with your partner regularly and talk about how you are progressing. Celebrate your achievements and help each other when you are struggling.
- d. Report back to your class in a month's time on the progress you have made and how you and your partner have supported each other to live a healthier lifestyle.

Goal setting for a healthy lifestyle

Area: _____

My goal/s in this area is/are:

Why is this goal important to me?

This is how I will achieve my goal:

- Short-term:
- Medium-term:
- Long-term:

This is the help I need:

These are the people I need to speak to:

This is where I will get information to help me:

This is when and where my partner and I will meet:

I believe that I can achieve my goals!