

Choose well to live well!

WORKSHEETS



GRADE ONE

Curriculum Links: Life Skills

Grade 1	Beginning Knowledge and Personal and Social Well-being Term 1 Topic: Healthy habits <ul style="list-style-type: none">· Eating Healthy Foods Term 3 Topic: Food <ul style="list-style-type: none">· Foods we eat· Where different foods come from: fruit; vegetables; dairy; meat· Healthy eating<ul style="list-style-type: none">- Healthy and unhealthy foods- Healthy choices and the right amount of food
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Healthy or not?

Name:

Date:

Read with a teacher/adult

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

a. What fruits and vegetables do you enjoy eating?


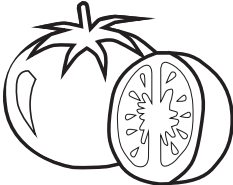
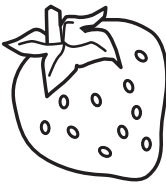
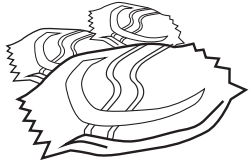
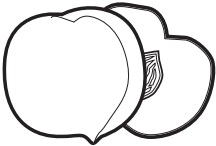
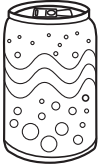
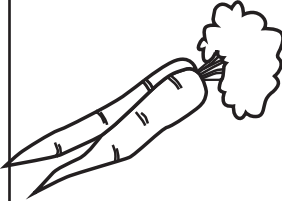

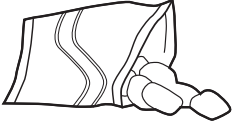
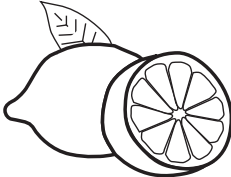

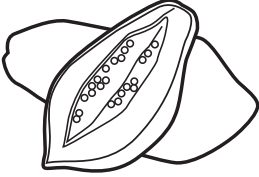
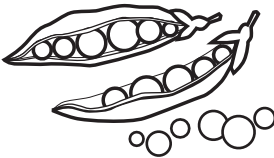
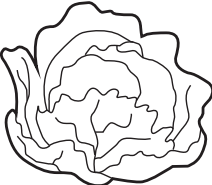


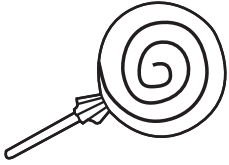
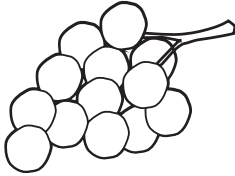
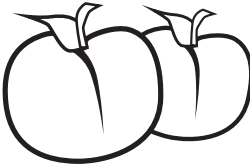

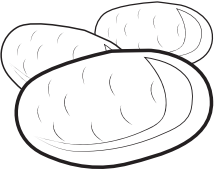

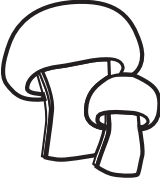
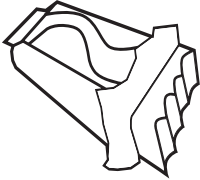
2. Now look at the table below.







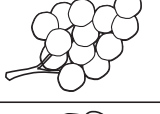

















a. Each row has 1 food that is not a fruit or a vegetable.

Use the poster to decide which food in each row is not a fruit or a vegetable.

b. Cross out the one that is not a fruit or a vegetable.

c. Colour in the fruits and vegetables in their correct colours.

RED				
ORANGE				
YELLOW				
GREEN				
PURPLE				
BROWN				

				BROWN
				PURPLE
				GREEN
				YELLOW
				ORANGE
				RED

ANSWERS:

I am healthy and strong

Name:

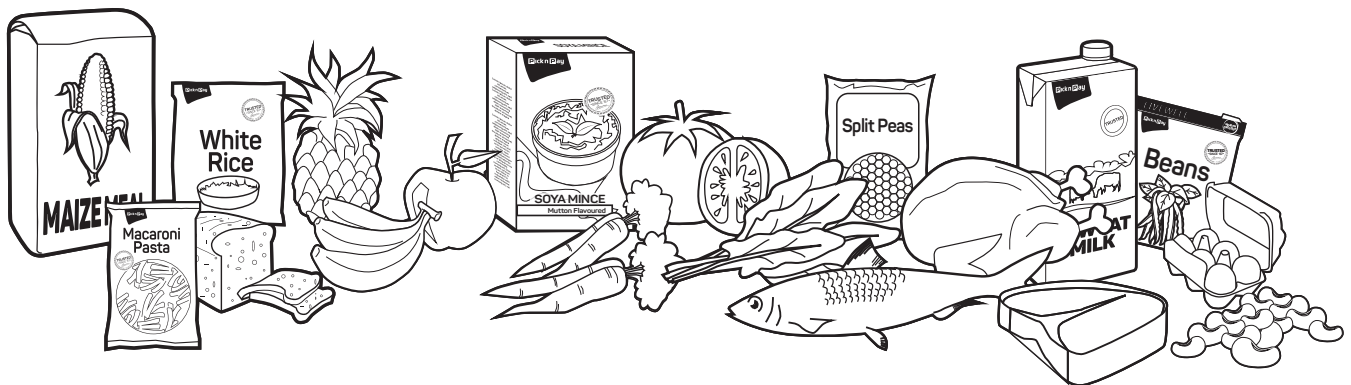
Date:

Read with a teacher/adult

Go, go, glow and grow
Eat good foods each day.
Choose some food from every group
To help you work and play.

1. Look at the 'Plan a healthy snack!' poster. Talk about it:

a. Why is it important to have a healthy snack?



2. Read about Go Foods, Glow Foods and Grow Foods:

Snacks are foods we eat between meals. They stop us from getting too hungry and also give our bodies energy. Snacks can be healthy. Eating healthy snacks will help your body have energy to do your homework or ride your bike. We can eat more healthy snacks when we understand more about Go, Glow and Grow Foods.

Go Foods are foods like bread, rice, pasta and maize meal. Go Foods give your body the energy it needs to work, run, swim and jump.

Glow Foods are fruits like bananas, apples and pineapple, and vegetables like tomatoes, carrots and spinach. Glow Foods help to protect you from getting sick.

Grow Foods are foods like meat, chicken, fish, eggs, nuts, milk, dried beans and peas, and soya. Grow Foods help build our body's bones, teeth and muscles.

3. Draw pictures of your favourite Go Food, Glow Food and Grow Food:

My favourite Go Food is:

My favourite Glow Food is:

My favourite Grow Food is:

**4. When you eat healthy snacks, you help your body to feel healthy and strong.
Use the poster to help you draw a picture of yourself eating a healthy snack and feeling healthy and strong.**

I AM HEALTHY AND STRONG, BECAUSE I SNACK ON HEALTHY GO FOODS, GLOW FOODS AND GROW FOODS EVERY DAY!

How much sugar does Thato eat?

Name:

Date:

Read with a teacher/adult

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

- a. Name 5 foods which have lots of sugar

Most of the sugar in South Africa comes from a plant called sugarcane. Sugar is a Go Food that makes food and drinks taste sweet. Sugar also gives us energy.

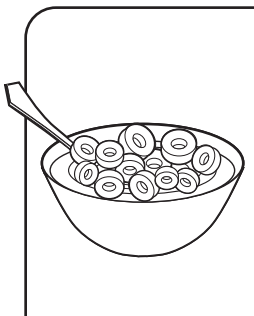
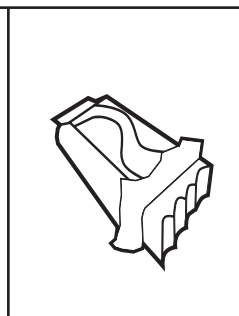
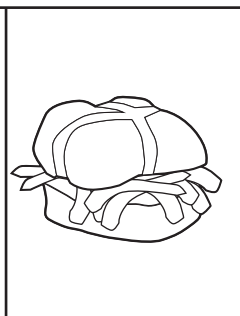
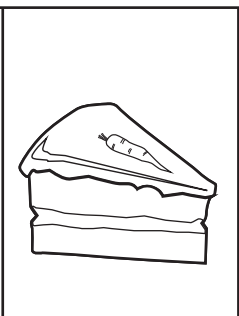


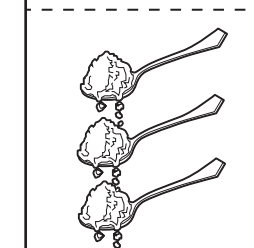
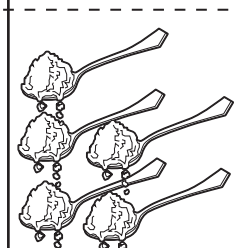
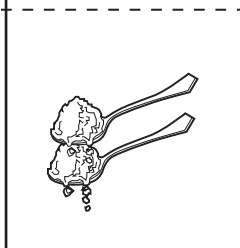
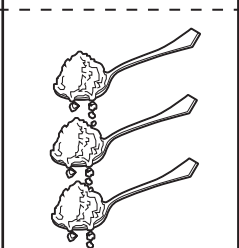
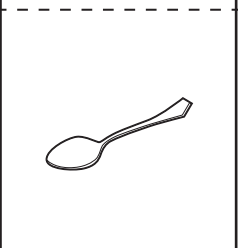
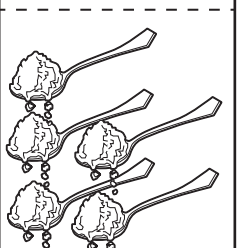
Some foods have natural sugars. This means that the sugar comes from nature and is a part of these foods. The sugar is not added to them.

Sugar is found naturally in fruit, vegetables and milk. These foods are healthy for us and they help to protect our bodies from getting sick.

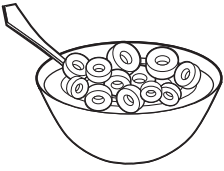



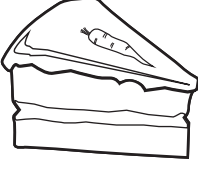
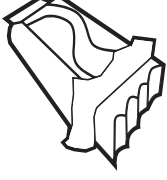
A lot of food and drinks, like cold drinks, energy drinks, breakfast cereals, cakes and ice cream, have sugar added to them. We need to eat less of these foods.

Too many sugary foods and sweet drinks can make you feel full. Then you will not have room for healthy foods! Too much sugar can also give us rotten teeth if we do not brush our teeth every day.

2. Can you count how many teaspoons of sugar are in these foods? Write down the number beneath each drawing.

					
					
_____	_____	_____	_____	_____	_____
teaspoons	teaspoons	teaspoons	teaspoons	teaspoons	teaspoons

3. Look at the table below of the food that Thato ate today. Write down how many teaspoons of sugar are in each food that Thato ate:

BREAKFAST		+		=	
	_____		_____		_____
LUNCH		+		=	
	_____		_____		_____
SNACK TIME		+		=	
	_____		_____		_____

- How many teaspoons of sugar did Thato eat for breakfast? _____
- How many teaspoons of sugar did Thato eat for lunch? _____
- How many teaspoons of sugar did Thato eat at snack-time? _____
- Which meal has the least sugar? _____
- Colour in the pictures for the meal that Thato ate with the least sugar.
- Which meal has the most sugar? _____
- Cross out the pictures for the meal that Thato ate with the most sugar.

ANSWERS:

2. 3 teaspoons | 5 teaspoons | 2 teaspoons | 3 teaspoons | 0 teaspoons | 5 teaspoons

3. Breakfast: 3 + 0 = 3
Lunch: 2 + 5 = 7
Snack-time: 3 + 5 = 8

a. 3 teaspoons of sugar
b. 7 teaspoons of sugar
c. 8 teaspoons of sugar
d. Breakfast
e. (Colour in breakfast foods)
f. Snack-time
g. (Cross out snack-time foods)

I grow with grow foods

Name:

Date:

Read with a teacher/adult

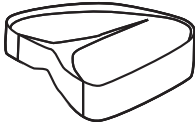
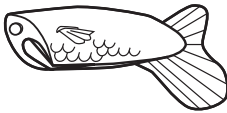




1. Look at the 'Make room for legumes!' poster. Talk about it:

a. Do you know what a legume is?

2. Read about Grow Foods and legumes with a teacher/adult:

Grow Foods are foods rich in protein, which help our bodies to grow bigger and stronger. Grow Foods include foods like meat, chicken, fish, milk, maas, eggs, nuts, peanut butter and legumes. Legumes are seeds that grow underground, or they grow in pods on the stalks of plants. Legumes include dried beans, dried peas, lentils and soya beans. They are full of protein and fibre. Fibre is like a broom that helps to keep our tummies moving. Eating more legumes can make us healthy and strong.

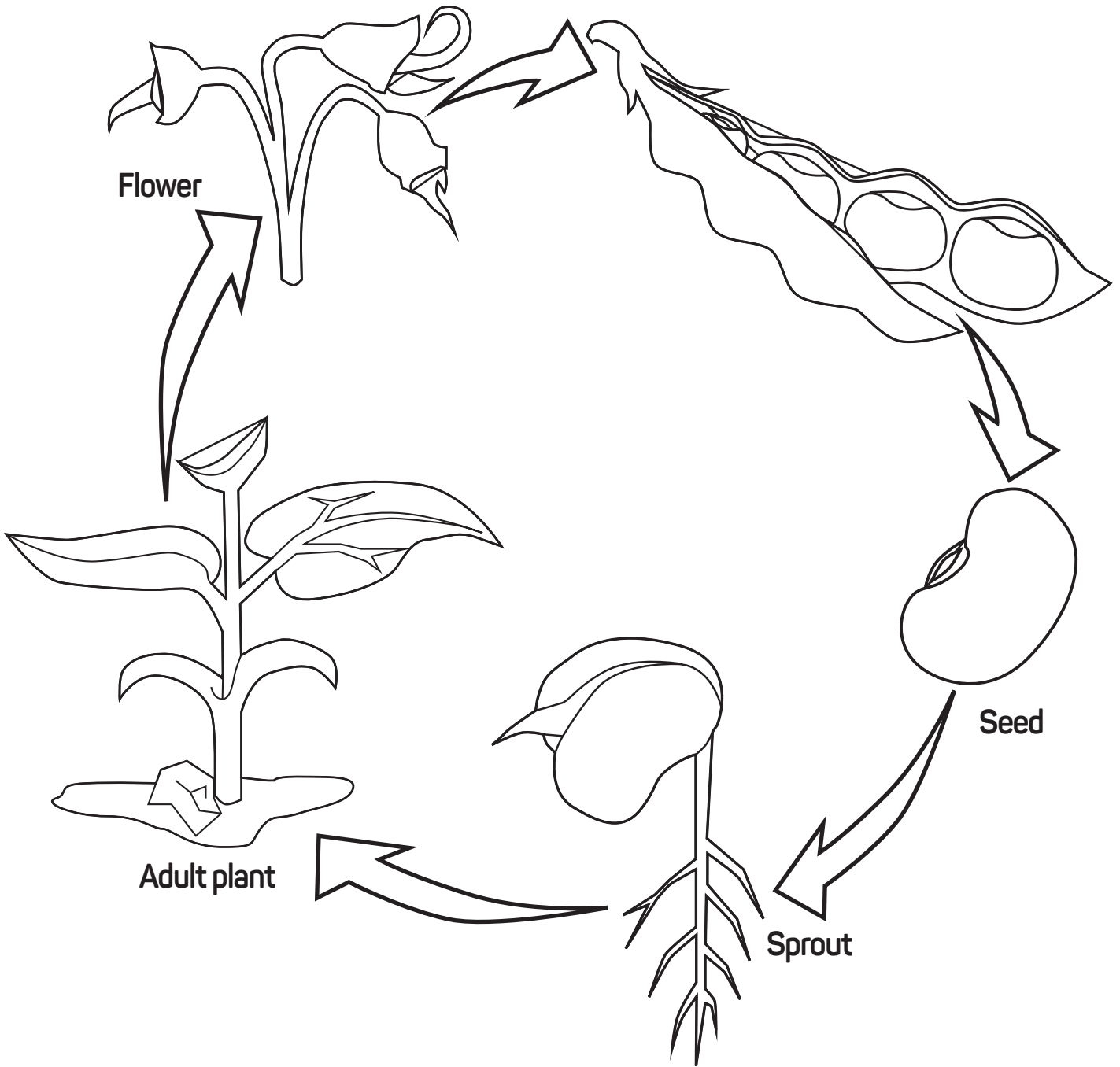
3. Draw a line between the picture and the name of these Grow Foods:







		
Eggs	Meat	Fish
Beans	Milk	Lentils
		

4. Read about the life cycle of a bean with a teacher/adult:

- A bean starts its life as a seed.
- The seed is planted in the soil and begins to sprout. This means that the bean starts to grow a root into the soil and a stem that grows up and out of the soil.
- The bean grows into a plant with leaves.
- The plant grows flowers and seeds.
- The seeds fall off the plant into the soil.
- It all starts again.

5. Look at this diagram of the life cycle of a bean and colour in the pictures.



		
Lentils	Milk	Beans
		
Fish	Meat	Eggs

ANSWERS: 3.

My body can do a lot!

Name:

Date:

Read with a teacher/adult

Use body movements to demonstrate the actions in the song.

Hop a little, jump a little
One, two, three.
Run a little, skip a little
Tap on knee.
Bend a little, stretch a little,
Nod your head.
Yawn a little, sleep a little,
In your bed.

- Look at the 'Be active every day!' poster. Talk about it:
 - What exercises are the learners doing?
- Look at the pictures below. What exercise is each learner doing?
- Complete each sentence using these words. Be careful! Some are body parts, and some are actions.

arms	dance
eyes	hand
toes	walk
jumping	push-ups

a. David can touch his _____.



b. Thandi can _____ for a minute.



c. Junior can _____ backwards in a straight line.



d. Gift can spin in a circle with her _____ out.



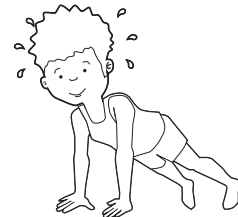
e. Lesedi can do six _____ jacks.



f. Luke can close his _____ and balance on one foot.



g. Katlego can do five _____ .



h. Simon can touch his left knee with his right _____ .



ANSWERS
3. a. toes; b. dance; c. walk; d. arms; e. jumping; f. eyes; g. push-ups; h. hand

Good for the Earth

Name:

Date:

Read with a teacher/adult

We must save our planet
 So we can live and grow.
 We might only be children
 But we must try, you know.
 We will save our planet
 It starts with you and me.
 For your world is my world,
 and my world is your world.



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

a. What can you do to look after our planet?

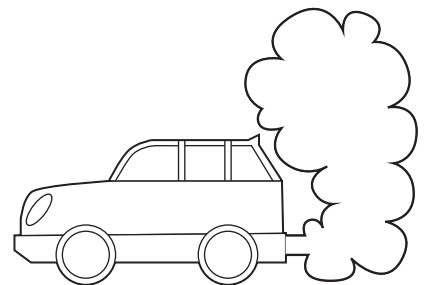
2. Look at these pictures. Which is good for the planet? Which is bad for the planet?



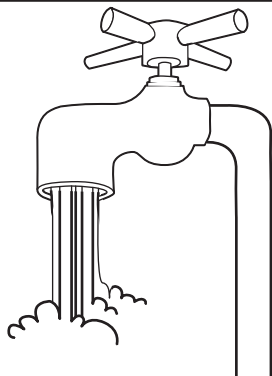
Recycling



Planting



Car pollution



Wasting water





Riding a bicycle



Littering

3. Draw the pictures in the right column. Write the words if you can.

Good for the planet	Bad for the planet
	

I make healthy choices!

Name:

Date:

Read with a teacher/adult

Use hand/body movements to demonstrate the actions in the song.

If you're happy and you know it (with a twist)

If you're happy and you know it, brush your teeth!
 If you're happy and you know it, brush your teeth!
 If you're happy and you know it, and really want to show it,
 If you're happy and you know it, brush your teeth!

Continue as above with each of the following lines:

If you're happy and you know it, wash your hands!
 If you're happy and you know it, eat healthy food!
 If you're happy and you know it, skip and jump!

1. Look at the 'Make healthy choices!' poster. Talk about it:

a. Which of these healthy choices do you make every day?





2. Each of the children below is making a healthy choice or an unhealthy choice.







Look at each pair of pictures:

a. Which child is making the healthy choice?

b. Colour in the picture of the child who is making the healthy choice.

c. Draw yourself making the healthy choice.

Child A	Child B	My drawing
		
		

Child A	Child B	My drawing
 A line drawing of a young boy in a t-shirt and shorts, looking down as he drops a plastic bottle. A dashed line shows the bottle falling to the ground.	 A line drawing of a young girl with pigtails, smiling as she places a plastic bottle into a recycling bin. The bin has a recycling symbol on it.	
 A line drawing of a young girl with large, curly hair, smiling and hugging herself.	 A line drawing of a young boy with curly hair, smiling and holding a small object in his hand.	
 A line drawing of a young boy with curly hair, smiling and holding a smartphone.	 A line drawing of a young girl with curly hair, smiling and holding a large balloon.	