

Choose well to live well!

WORKSHEETS



GRADE TWO

Curriculum Links: Life Skills

Grade 2	Beginning Knowledge and Personal and Social Well-being Term 1 Topic: What we need to live <ul style="list-style-type: none">• Different types of food - for growth, energy, health
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A mixed up rainbow

Name:

Date:


Read with a teacher/adult

1. Look at the 'Eat a rainbow every day!' poster. Talk about it:
 - a. Why is it important to eat healthy foods such as fruit and vegetables?
2. Look at these clues:

CLUES	
a. RED 3	is: strawberry
b. YELLOW 1	is: lemon
c. BROWN 2	is: garlic
d. PURPLE 3	is: eggplant
e. GREEN 2	is: cabbage
f. ORANGE 3	is: carrot
g. RED 1	is: tomato
h. PURPLE 1	is: grapes
i. ORANGE 2	is: orange

CLUES	
j. BROWN 1	is: potato
k. GREEN 3	is: spinach
l. YELLOW 2	is: banana
m. RED 2	is: apple
n. PURPLE 2	is: berries
o. GREEN 1	is: broccoli
p. ORANGE 1	is: pumpkin
q. YELLOW 3	is: mango
r. BROWN 3	is: mushroom

3. Use the clues to write the name of the fruit or vegetable, in the correct block, in the table below.
4. Draw a picture of your answer in the block. Remember to draw the fruit or vegetable in the correct colour too! The first clue has been done for you.

	1	2	3
RED			 strawberry
ORANGE			

Healthy food is good for me

Name:

Date:

Read with a teacher/adult

Healthy Food

(sung to the tune of 'Old McDonald had a farm')

Healthy food is good for me

E I E I O

And so I eat it happily.

E I E I O

With some meat here,

And some milk there.

Add a peach,

And a pea,

Healthy food is all I see.

Healthy food is good for me

E I E I O

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

- a. Find these words in the poster: Go Food; Glow Food; Glow Food. Do you know what they mean?

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

Snacks are foods we eat between meals. They make us feel less hungry and also give our bodies energy. Snacks can be healthy. Just like brushing your teeth, you can make it a habit to eat healthy snacks every day. Healthy snacking is easy when you understand more about Go, Glow and Grow Foods!



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Pick n Pay

Pick n Pay 

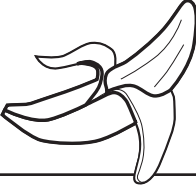
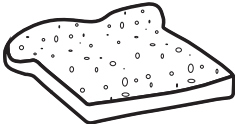

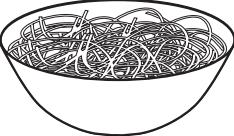


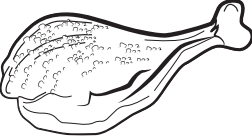


School Club

Go Foods are foods like bread, rice, pasta, samp and maize meal. When you want a snack, Go Foods give your body the energy it needs to work, run, swim and jump. They also help you to learn. When you snack, try to choose Go Foods such as wholewheat bread sandwiches or rolls, crackers, popcorn and wholegrain cereals to give you energy.

Glow Foods are fruits like bananas, apples and pineapple, and vegetables like tomatoes, carrots, spinach and cauliflower. Glow Foods help to protect your body from disease. They can keep your hair, skin and eyes glowing and healthy. Choose to eat many fruits and vegetables as snacks every day to help keep you protected and healthy.

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. When you want a snack, choose Grow Foods such as milk, yoghurt, cheese, boiled eggs and nuts every day to help you grow bigger and stronger.

3. Look at the pictures of these healthy foods that can be eaten as snacks. Decide whether each of the foods is a Go Food, a Glow Food or a Grow Food.

4. Draw a picture of each food under the correct heading.

Go Foods	Glow Foods	Grow Foods

5. Healthy snacks are full of Go, Glow and Grow Foods. Use the 'Plan a healthy snack!' poster to help you complete the following sentences:

- a. Popcorn isn't a junk food – it's a _____ Food that gives you energy and it contains fibre that makes you feel _____.
- b. Apples are _____ Foods which can _____ our immune system stay strong.
- c. Eggs are _____ Foods which help _____ our body's bones, teeth and muscles.
- d. Vegetables are _____ Foods which keep your _____, hair and eyes glowing and healthy.
- e. Peanuts are a _____ Food which have lots of fibre and healthy _____.

ANSWERS:

3. Go Foods: Bread, pasta, rice
 Glow Foods: Banana, apple, carrot
 Grow Foods: Yoghurt, eggs, chicken

5a. Popcorn isn't a junk food – it's a GO Food that gives you energy and it contains fibre that makes you feel FULL.
 5b. Apples are GLOW Foods which can HELP our immune system stay strong.
 5c. Eggs are GROW Foods which help BUILD our body's bones, teeth and muscles.
 5d. Vegetables are GLOW Foods which keep your SKIN, hair and eyes glowing and healthy.
 5e. Peanuts are a GROW Food which have lots of fibre and healthy FATS.

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Low or high?

Name:

Date:

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

a. Why is sugar added to food?

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.







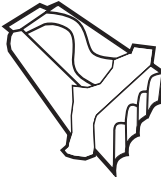
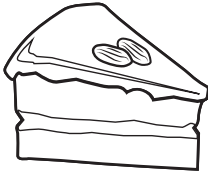
Sugar is found naturally in fruit, vegetables and milk. These foods are healthy for us and they help to protect our bodies from getting sick.

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. Water has no sugar. Drink it when you are thirsty.

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 lead to rotten teeth if we do not brush our teeth every day.

2. Look at the table below.

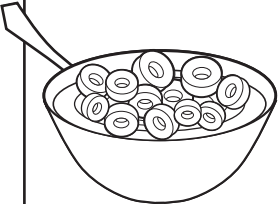


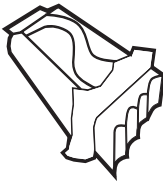
- a. Colour in the foods which have natural sugars.
- b. Cross out the foods which have added sugars.

3. Look at the table below.









Use your low sugar choices to make swaps for the high sugar options.

You can draw a picture or write your choice in words.

BREAKFAST			DRINKS		
	SWAP TO	_____		SWAP TO	_____
SNACK TIME			SNACK TIME		
	SWAP TO	_____		SWAP TO	_____

4. Use what you have learned in this worksheet to create your own sugar swaps poster to help your friends to eat less sugar.

ANSWERS:

3. BREAKFAST: Fruit salad, SNACK TIME: Apple/Carrot
 DRINKS: Bottle of water, SNACK TIME: Apple/Carrot

Full of fibre

Name:

Date:

Read with a teacher/adult

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

a. Have you eaten legumes before?

2. Read about Grow Foods and fibre:

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 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.


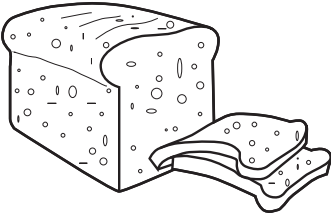
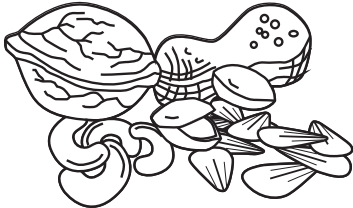
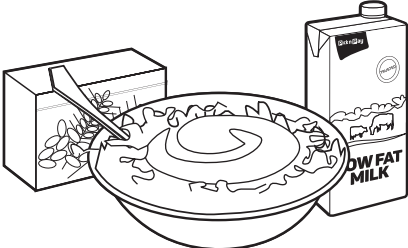
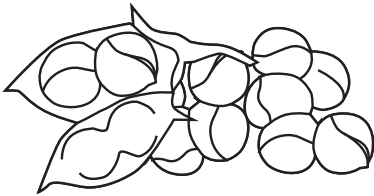
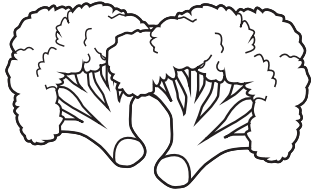
Other foods with lots of fibre include vegetables, such as broccoli and carrots, fruits, such as pears, as well as wholewheat breads and cereal.

3. Look at these pictures of foods that contain fibre.

a. Unscramble the letters under each picture to spell out the name of the food.

b. Write the name of the food under the picture.

c. Colour in the pictures.

		
_____	_____	_____
BASEN	BEDRA	NTUS
		
_____	_____	_____
AOST	LNISETL	BOCLRCOI

ANSWERS:
3a. Beans, bread, nuts, oats, lentils, broccoli.

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Pick n Pay

Pick n Pay 
School Club

Take a brain break

Name:

Date:

Read with a teacher/adult

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

a. What exercises do you enjoy doing?



















2. Read about exercise:

It is very important to exercise and keep our bodies moving. When you are at school, doing your homework, or watching TV, you should always take brain breaks. When you take a brain break, there are many kinds of exercises you can do. You can stretch, hop and skip! When you get back to your desk, you will be able to focus on your work.

3. The exercises in this song are quick and easy to do in class. Don't sit all the time! Take a break and do them with your friends.

Let's Go

By Merry Bradshaw

 Stretch high	 Lean left	 Reach up	 Shake fast	 Stand up
 Stretch wide	 Lean right	 Reach down	 Shake slow	 Let's go!
 Jump forward	 Hop once	 Twist small	 Touch nose	
 Jump back	 Hop twice	 Twist tall	 Touch toes	

1. Draw a path through the maze below.
Do the activities in each box when you arrive there!

Start

Run on the spot for 30 counts.

Lift one knee and jump on the standing leg; Swap legs. Repeat.

Pretend to kick a ball ten times. Swap feet. Repeat.

Stand on tip toes. Reach for the sky for 15 counts.

End

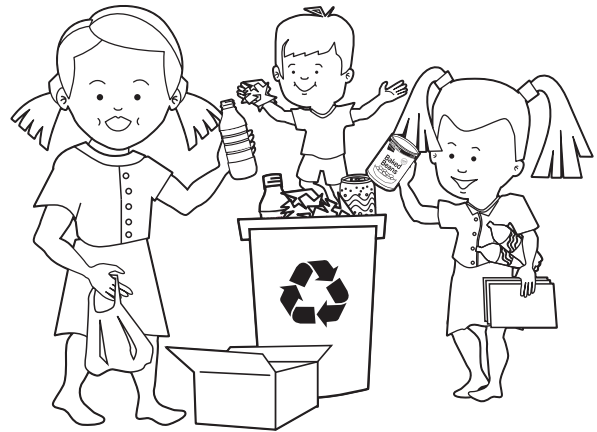
I can help the Earth

Name:

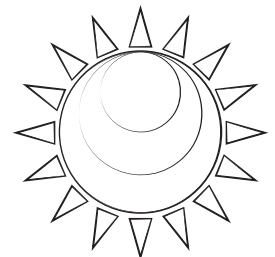
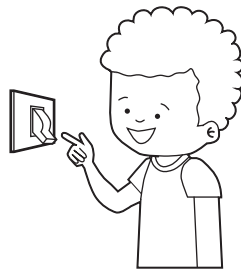
Date:

Read with a teacher/adult

When you see litter in the street
 It's getting underneath your feet.
 Remember there's things you can do
 To help the Earth that helps you.
 Help clean a road
 Or recycle a load.
 We can each do our share
 To show the Earth we care.



1. Look at the 'Live Greener!' poster. Talk about it:
 - a. In what ways does our planet look after you?
2. Look at the pictures, below, of ways you can help the Earth to look after you and ways that the Earth looks after you.
3. Draw the pictures in the right columns, on the next page.



I can help the Earth.	The Earth helps me.

	<p>ANSWERS:</p> <table border="1"><tr><td data-bbox="855 1843 1168 2002">I can help the Earth. Fruit Rain Sun Vegetables</td><td data-bbox="1168 1843 1520 2002">A child planting trees A child closing a tap A child symbol on a dustbin A child switching off a light</td></tr><tr><td data-bbox="855 2002 1168 2045">The Earth helps me.</td><td data-bbox="1168 2002 1520 2045"></td></tr></table>	I can help the Earth. Fruit Rain Sun Vegetables	A child planting trees A child closing a tap A child symbol on a dustbin A child switching off a light	The Earth helps me.	
I can help the Earth. Fruit Rain Sun Vegetables	A child planting trees A child closing a tap A child symbol on a dustbin A child switching off a light				
The Earth helps me.					

I promise to stay healthy

Name:






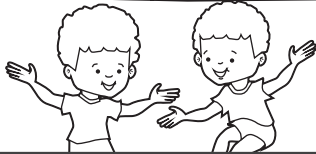




Date:

Read with a teacher/adult

Healthy Habits Promise

I promise to stay healthy and clean
 Through exercise and good hygiene.
 I will eat balanced meals every day
 To have more energy to learn and to play.
 Every night I will get a good rest
 To be more ready to do my best.
 If I work hard to be healthy and strong
 I'll be happier my whole life long.

1. Look at the 'Make healthy choices!' poster. Talk about it:
 - a. What are the different ways we can choose to be healthy?
2. Look at these pictures of all the healthy choices you can make, and read the words with your teacher. Talk about each choice.

	Fruit		Vegetables
	Clean		Sleep
	Sport		Friends
	Exercise		Shower
	Sunshine		Homework

3. Now find the words in the wordsearch.

z	s	h	o	w	e	r	y	b	f	j	m	n	s	k	y
a	m	y	d	w	x	o	l	c	k	n	l	w	g	l	x
g	e	s	w	l	e	b	h	h	l	g	p	c	r	a	i
k	q	u	v	f	r	u	i	t	r	f	h	l	m	m	o
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n	w	i	v	n	e	p	c	o	o	r	f	f	i	w	e
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s	l	e	e	p	b	a	h	o	r	e	m	f	e	b	t
d	j	t	v	c	m	w	h	h	o	m	e	w	o	r	k
x	g	b	s	t	j	o	m	l	a	f	p	x	a	l	x
g	h	t	p	b	q	k	u	o	l	i	p	z	n	s	t
n	c	j	b	u	s	e	l	b	a	t	e	g	e	v	f

j	^	æ	ɒ	ə	t	e	q		ə	s	n	q	!	c	u	
ʌ	s	u	z	d	!	!	o	n	k	b	q	d	ʌ	q	ɒ	
x	!	e	x	d	!	e	!	w	o	!	ʌ	s	q	ɒ	x	
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f	c	ɒ	u	e	o	!	j	o	d	s	j	b	q	j	n	
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!	e	j	c	d	ɒ	!	q	q	q	e	!	w	s	e	g	
x	ɒ	!	w	!	u	k	!	o	!	x	w	p	f	w	e	
f	y	k	!	s	!	m	!	!	f	!	b	f	!	s	z	

ANSWERS:

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