

Choose well to live well!

WORKSHEETS



GRADE THREE

Curriculum Links: Life Skills






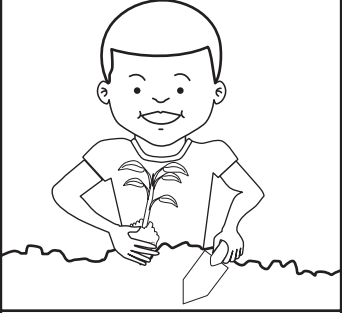


Grade 3	<p>Beginning Knowledge and Personal and Social Well-being Term 2 Topic: Healthy eating</p> <ul style="list-style-type: none">• Food groups<ul style="list-style-type: none">- Vitamins - fruit and vegetables- Carbohydrates - bread, maize/maize meal- Proteins - eggs, beans, meat, nuts- Dairy - milk, cheese, yoghurt• A balanced diet <p>Topic: Recycling</p> <ul style="list-style-type: none">• What happens to our waste• Reusing/Recycling/Reducing <p>Term 4 Topic: Products and processes</p> <ul style="list-style-type: none">• Plants• What we get from plants• Process – from sugar cane to sugar
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Adding a rainbow

Name:

Date:



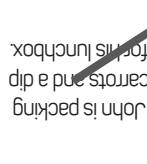



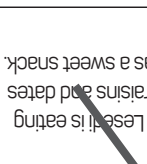

1. Look at the 'Eat a rainbow every day!' poster. Talk about it:
 - a. Do you enjoy eating fruits and vegetables? Why?
2. Look at these pictures of children who are all doing things to eat more fruit or vegetables. The pictures and the descriptions of what they have been doing have been mixed up!
3. Read each description and draw a line to its matching picture.

<p>Thabo is adding fruit to his yoghurt for breakfast.</p>		<p>Nandi is adding spinach and pumpkin to her pap.</p>	
	<p>Mary is adding sliced fruit to her salad for lunch.</p>		<p>John is packing carrots and a dip for his lunchbox.</p>
<p>Enoch is planting a veggie garden for him and his family.</p>		<p>Peter is adding lettuce and cucumber to his sandwich.</p>	
	<p>Thandi is making a kebab with pieces of fruit as a snack.</p>		<p>Lesedi is eating raisins and dates as a sweet snack.</p>

4. Think of a way that you can add a rainbow of fruit and vegetables to a meal or snack:

- a. Draw a picture of yourself adding fruit and vegetables to a snack.
- b. Write a sentence describing what you are doing.

Your name _____ is _____

	Nandi is adding spinach and pumpkin to her pup.		Mary is adding sliced fruit to her salad for lunch.
	John is packing carrots and a dip for his lunchbox.		Peter is adding lettuce and cucumber to his sandwich.
	Enoch is planting a veggie garden for him and his family.		Handi is making a kebab with pieces of fruit as a snack.
	Leseli is eating raisins and dates as a sweet snack.		Thabo is adding fruit to his yogurt for breakfast.

ANSWERS:

Go, Glow, Grow

Name:

Date:

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

a. How can healthy snacks help you?

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

Snacks are foods we eat between meals to help us feel less hungry and also to give our bodies energy. Snacking can help you to stay focused at school and while doing homework. Often, we only think of snacks as a bag of chips, some biscuits or a chocolate bar. We can eat more healthy snacks when we understand more about Go, Glow and Grow Foods.

Go Foods are foods like samp, brown rice, whole wheat bread, oats and bran cereals. Go Foods can give you energy and help make you feel full. Go Foods are also called carbohydrates. They help you to play, exercise and 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. Snack on vegetables and fruits every day to help keep you protected and healthy.

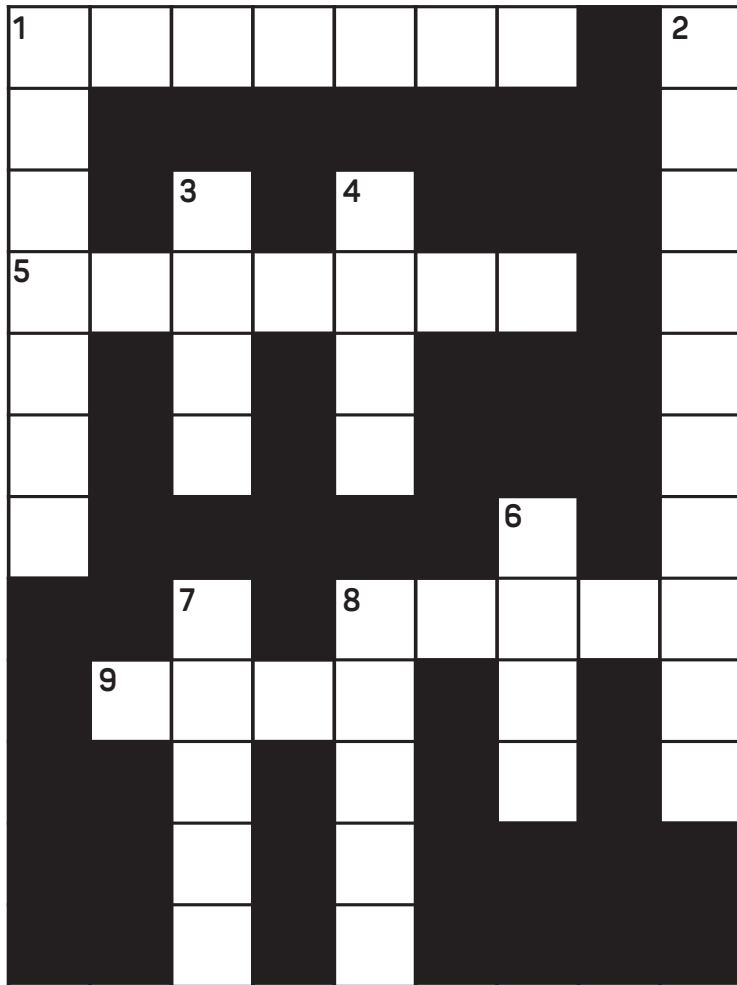
Grow Foods are foods like meat, chicken, fish, eggs, nuts, milk, dried beans and peas, and soya. Grow Foods are also called proteins. Grow Foods help build your body so it can grow strong. They help your bones, teeth and muscles to grow. Eat snacks with protein every day to help you grow bigger and stronger.

3. This rhyming poem will help you to remember to eat healthily.

Can you hear the rhyming words? Circle them.

*Healthy food is very important to my day,
My body needs nutrition to run and play.
Proteins keep my hair shiny and my muscles strong,
Carbohydrates give me energy all day long.
Fruits and vegetables have the vitamins I need,
Fats are food for my skin and help my brain to succeed.
Dairy helps to keep my teeth and bones tough,
Milk, cheese and yoghurt have all the right stuff.
A healthy, balanced diet has all the food groups in it,
Combined with exercise I'll be healthy and fit!*

4. Use this information and the 'Plan a healthy snack!' poster to complete this Healthy Go, Glow and Grow Foods crossword:



DOWN:

- 1 _____ isn't a junk food – it's a Go Food that gives you energy.
- 2 Glow Foods are fruits like bananas, apples and pineapple, and _____ like tomatoes, carrots, spinach and cauliflower.
- 3 Apples are _____ Foods which can help our immune system stay strong.
- 4 The vitamins in fruit can protect you from getting _____.
- 6 Have a hard-boiled egg on its own or _____ it on to a slice of toast.
- 7 Dried _____ is nature's way of spoiling us with a high fibre food that is naturally sweet.
- 8 Raisins are a delicious naturally _____ treat.

ACROSS:

- 1 _____ are a Grow Food which have lots of fibre and healthy fats.
- 5 Yoghurt is full of body-building protein and _____ which makes your bones strong.
- 8 Fruit smoothies are a delicious way to pack goodness into a _____ drink.
- 9 _____ Foods are foods like meat, chicken, fish, eggs, nuts, milk, beans, peas and soya.

5. In your workbooks, use the 'Plan a healthy snack!' poster and what you have read in this worksheet to create your own healthy snack, containing a Go Food, a Glow Food and a Grow Food.

ANSWERS:
 ACROSS: 1. Peanuts 5. Calcium, 8. Small, 9. Grow
 DOWN: 1. Popcorn, 2. Vegetables, 3. Glow, 4. Sick, 6. Mash, 7. Fruit, 8. Sweet

Sugar at school

Name:

Date:

Read with a teacher/adult

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

a. What foods have natural sugars?

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.

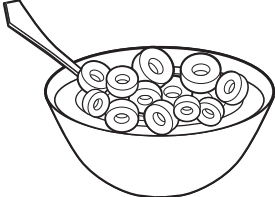


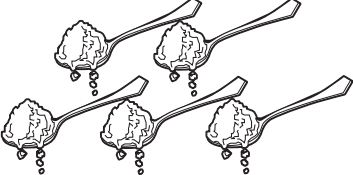
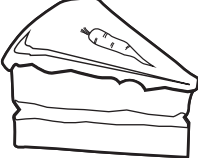

Some foods have natural sugars. This means that the sugar comes from nature and is a part of these foods. The sugar is not added to them.

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


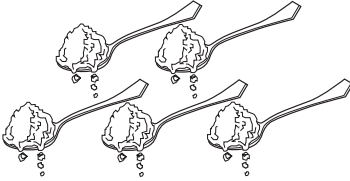
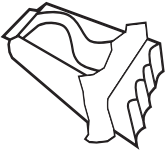
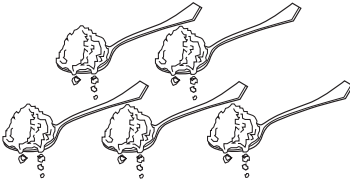
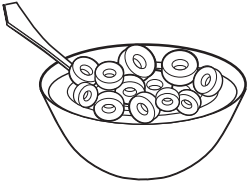
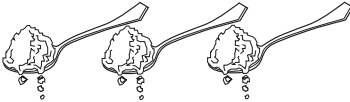
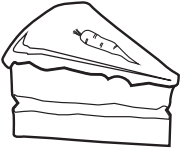
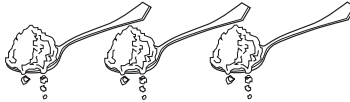
2. Look at this table to see how many teaspoons of sugar are in each food.

<p>BREAKFAST</p>		
<p>DRINKS</p>		
<p>SNACK</p>		

	=	4 grams of sugar
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3. How many grams of sugar are there in each of these foods?

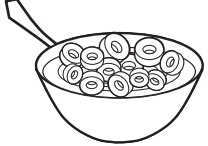
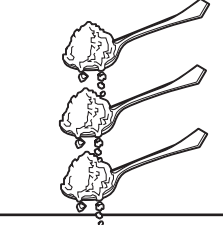



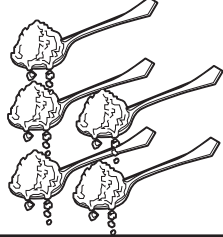



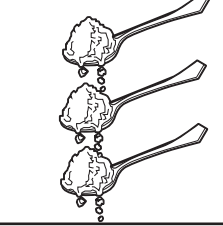
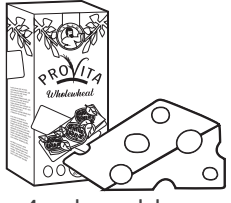


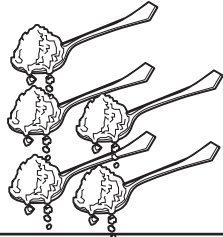
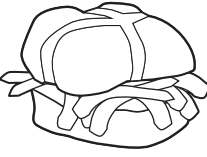
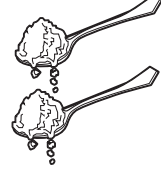
The first answer has been completed for you.

		= 5 x 4 = 20 grams of sugar
		= ___ x ___ = ___ grams of sugar
		= ___ x ___ = ___ grams of sugar
		= ___ x ___ = ___ grams of sugar

4. Look at the table below of healthier sugar swaps.

- a. How many grams of sugar are in each food?
- b. How many grams of sugar are in each healthier sugar swap?
- c. How many grams of sugar have been saved in each sugar swap?

The first answer has been completed for you.

 1 cup sugary cereal $3 \times 4 = 12$ grams of sugar		SWITCH TO	 Oats with raisins $1 \times 4 = 4$ grams of sugar		Saves $12 - 4 = 8$ grams of sugar
 500ml fizzy drink $__ \times __ = __$ grams of sugar		SWITCH TO	 500ml water $__ \times __ = __$ grams of sugar		Saves $__ - __ = __$ grams of sugar
 1 slice carrot cake $__ \times __ = __$ grams of sugar		SWITCH TO	 4 crackers and cheese $__ \times __ = __$ grams of sugar		Saves $__ - __ = __$ grams of sugar
 50g chocolate $__ \times __ = __$ grams of sugar		SWITCH TO	 Hot cross bun with cheese $__ \times __ = __$ grams of sugar		Saves $__ - __ = __$ grams of sugar

ANSWERS:

3. Bowl of sugary cereal (3 teaspoons of sugar): $3 \times 4 = 12$ grams of sugar
 Slice of carrot cake (3 teaspoons of sugar): $3 \times 4 = 12$ grams of sugar
 Chocolate bar (5 teaspoons of sugar): $5 \times 4 = 20$ grams of sugar

Fizzy drink, 5 teaspoons	SWITCH TO	500ml water, 0 teaspoons	$5 \times 4 = 20$
Crackers, 1 teaspoon	SWITCH TO	Crackers, 1 teaspoon	$1 \times 4 = 4$
Hot cross bun, 2 teaspoons	SWITCH TO	Hot cross bun, 2 teaspoons	$2 \times 4 = 8$
Chocolate, 5 teaspoons	SWITCH TO	Chocolate, 5 teaspoons	$5 \times 4 = 20$

4.

A balancing act

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 eating a balanced diet that includes legumes:

The word 'diet' means all the food and drink that we eat.
A 'balanced diet' means that we eat food that keeps us healthy.

Eating a balanced diet is an important part of growing up healthy and strong. Part of a balanced diet is making sure that you eat Go Foods, Glow Foods and Grow Foods.

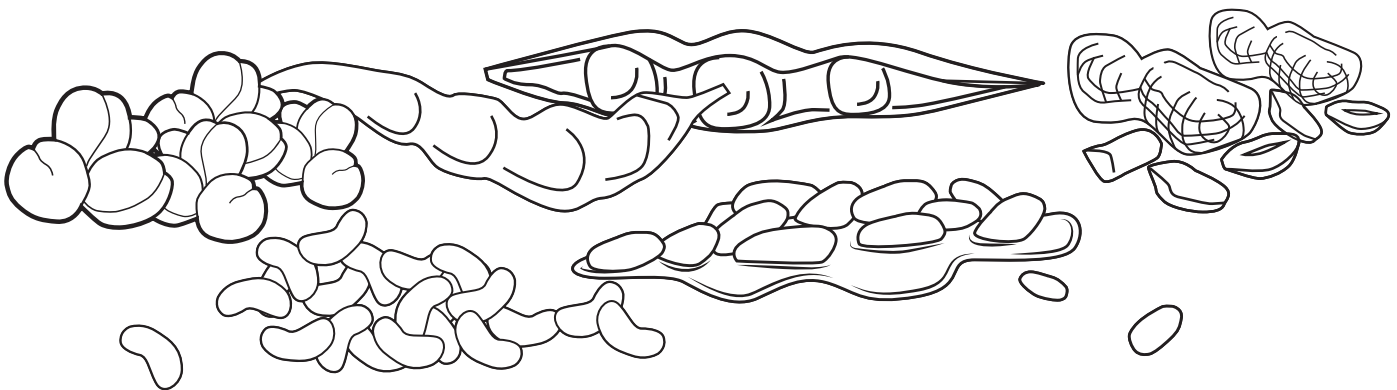
Go Foods are foods like bread, rice, pasta, maize meal, samp, oats and bran cereals. Go Foods help give you energy.

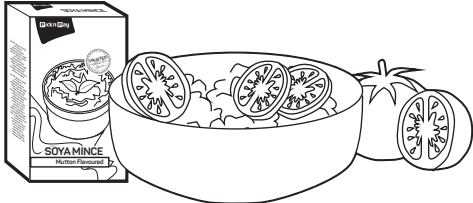
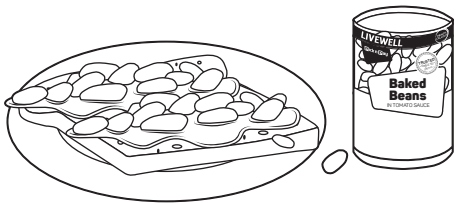
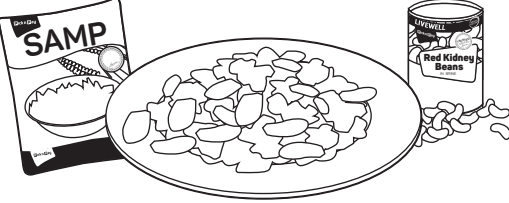
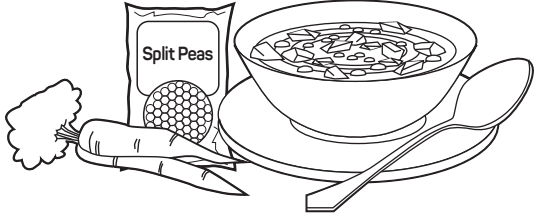

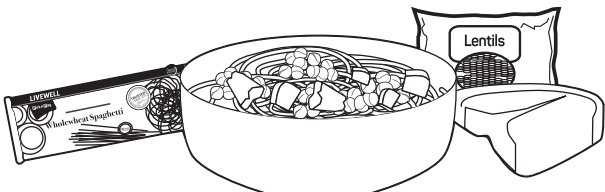
Glow Foods are fruits like guavas, apples and oranges, and vegetables like tomatoes, spinach and broccoli. Glow Foods help protect your body from getting sick and can keep you healthy.

Grow Foods are foods like meat, chicken, fish, eggs, nuts and milk. Grow Foods help build your body so it can grow strong. Legumes like dried beans, lentils, chickpeas and soya are also Grow Foods. Legumes are full of protein and fibre and help to keep us healthy.

3. Look at these meals.

- Each meal contains a legume.
- Legumes are Grow Foods, but each meal is missing a Go Food or a Glow Food.
- Write down the type of food (Go/Glow) that is missing from each meal.
- Suggest a food that can be added to each meal, so that the meal contains a Go Food, a Glow Food and a Grow Food (legume).



	
<p>Soya mince with tomatoes</p>	<p>Baked beans on wholewheat toast</p>
<p>This meal is missing a _____ Food. Add: _____</p>	<p>This meal is missing a _____ Food. Add: _____</p>
	
<p>Cooked beans with samp</p>	<p>Pea soup with carrots</p>
<p>This meal is missing a _____ Food. Add: _____</p>	<p>This meal is missing a _____ Food. Add: _____</p>
	
<p>Green salad with chickpeas</p>	<p>Pasta with beef and lentils</p>
<p>This meal is missing a _____ Food. Add: _____</p>	<p>This meal is missing a _____ Food. Add: _____</p>

4. Create a meal with a legume, a Go Food and a Glow Food:

Legume (Grow Food): _____

Go Food: _____

Glow Food: _____

<p>This meal is missing a GLOW Food. Pasta with beef and lentils</p>	<p>This meal is missing a GO Food. Green salad with chickpeas</p>
<p>This meal is missing a GO Food. Split pea soup with carrots</p>	<p>This meal is missing a GLOW Food. Cooked beans with samp</p>
<p>This meal is missing a GLOW Food. Baked beans on wholewheat toast</p>	<p>This meal is missing a GO Food. Soya mince with tomatoes</p>

ANSWERS: 3

I can do yoga

Name:

Date:

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

- a. What exercises do you like doing with your family/friends/alone?

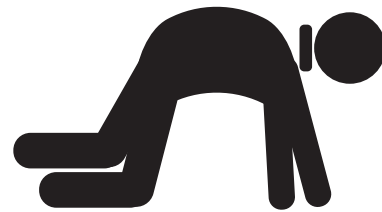
Plan to do them!

Yoga is a fun way to stretch, get strong, and relax. Imagining yourself as an animal makes yoga even more fun. Animal yoga can be done alone or with a group.

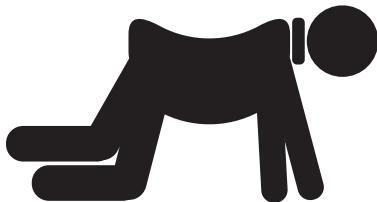
2. Hold each of the following poses for 15-30 seconds, and remember to keep taking deep breaths – in through your nose for 7 counts and out your mouth for 5 counts.



dog



cat



cow



eagle

Thousands of years ago, people who lived in the forests, mountains and caves, of Ancient India, watched how the animals in nature moved. They copied these movements, and created a wonderful exercise called Yoga. Yoga is a way to exercise our bodies, our breath, and our minds all at the same time. **Yoga makes us feel great!**

Exercise is good for you! All the words hidden in this word search are about exercise and why it is good for you.

3. Find these words and then write sentences with the words, in your workbook, to show that you understand the importance of being active.

HEALTHY; RUN; YOGA; STRETCH; JUMP; HEART; MUSCLES; ACTIVE; WALK; PLAY

Z	Z	R	L	H	S	K	Y	B	F	J	M	N	S
C	K	Z	W	A	L	K	U	Q	P	H	P	S	I
O	A	Q	D	P	Y	F	Z	G	E	I	X	U	X
R	E	O	F	V	G	X	H	I	H	W	W	R	L
N	O	M	U	S	C	L	E	S	H	V	D	O	X
D	L	P	E	G	T	Y	A	U	J	V	K	Q	U
M	O	N	W	I	O	D	L	G	P	N	G	O	K
A	J	U	M	P	U	H	T	W	O	M	X	V	E
V	A	R	V	E	C	W	H	Q	H	X	I	F	V
N	L	Z	P	T	Q	C	Y	L	R	J	Y	Z	I
C	G	R	E	W	N	R	J	T	H	E	A	R	T
S	D	R	C	K	P	G	L	Z	O	W	H	R	C
B	T	A	X	H	M	N	B	C	P	Y	O	G	A
S	A	H	O	B	L	X	K	A	D	N	I	E	K

K	E	I	N	D	V	K	X	T	B	O	H	V	S
V	G	O	L	P	C	B	N	M	H	X	V	T	B
C	H	M	O	Z	L	G	P	K	C	S	D	R	S
R	H	A	R	T	H	E	J	R	N	R	W	E	C
I	Z	Y	J	R	T	Y	C	D	P	Z	L	N	
V	F	X	H	D	H	W	C	E	C	A	R	V	
E	X	M	O	W	T	W	H	P	W	U	J	V	
K	O	G	P	G	L	D	D	O	I	M	N	O	M
U	D	K	V	J	V	A	Y	G	T	P	D	L	D
X	O	D	H	S	E	L	S	E	M	U	S	O	N
L	M	W	H	I	H	X	V	L	F	X	O	R	E
X	X	X	E	G	Z	F	F	D	P	D	O	A	O
I	S	H	P	S	I	U	D	K	W	A	L	K	C
S	J	M	N	S	Y	B	F	S	K	Y	L	H	S

ANSWERS:

Proudly brought to you by

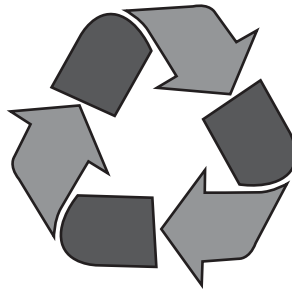
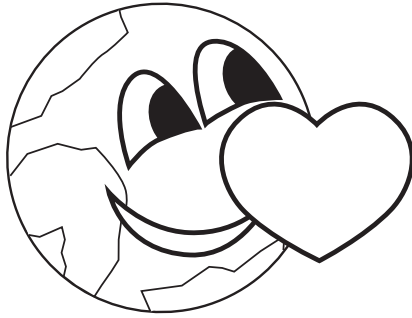


I can go green

Name:

Date:

1. Look at the 'Live Greener!' poster. Talk about it:
 - a. Why do you think we must look after our planet?
2. Read this short poem and information.



<p>Green is more than just a colour. Plants are green. Without them the earth will be a sad place. You can go green by looking after the water, the land and the air we breathe.</p> <p>Go green by recycling what you use, We separate things, And you should too. Glass and paper, plastic and tin All go in your recycling bin. We must start now. We can't wait. Quick, or it will be too late!</p>	<p>When we <u>reduce</u>, we use less things, especially those that we throw away. We can reduce things like clothes, toys and fast food. We can also <u>reuse</u> old things instead of throwing them away.</p> <p>Try using a peanut butter jar to hold your crayons or turn an old shirt into a pyjama top. If we can't reuse something, try to <u>recycle</u> it. Many things like plastic, metal and paper can be recycled, or broken down and made into a brand-new thing.</p> <p>Composting is a special kind of recycling. When we recycle leaves and food waste, it turns into a special kind of food for plants, that is called compost.</p>
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3. Use the poster to help you write 3 sentences of ways that you can go green.

I can

I can

I can

4. Look at each of the pictures and words. Is it an example of reduce, reuse or recycle?
 5. Cut out, or draw, the picture in the right column.

REDUCE	REUSE	RECYCLE



Ride a bike instead of driving



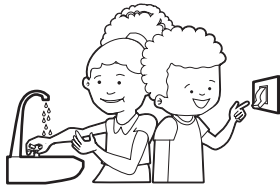
Use a bottle again



Use both sides of the page/paper



Use your shopping bag again



Turn off water and lights



Used paper



Compost food to change it into soil

			Answers:
Used paper	Use your shopping bag again	Ride a bike instead of driving	REDUCE
Compost food to change it into soil	Use a bottle again	Turn off water and lights	REUSE
		Use both sides of the page/paper	RECYCLE

Proudly brought to you by



Doing and choosing

Name:

Date:

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

a. Why do you think we need to make healthy choices?

Being healthy means not being sick. The best way to stay healthy is to make good choices. When you choose to drink water, rather than a fizzy cold drink, you are making a good choice. When you choose to play outside, rather than on your phone, you are making a good choice. Life is full of chances to make good choices.

What choices will you make?

2. Each of these children has made a healthy choice. Look at the pictures and read the sentences. The doing word is missing in each sentence. Can you place each of these words in the right sentence?

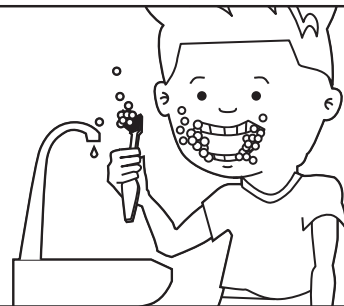
ate
exercised

brushed
played

cared
read

drank
recycled

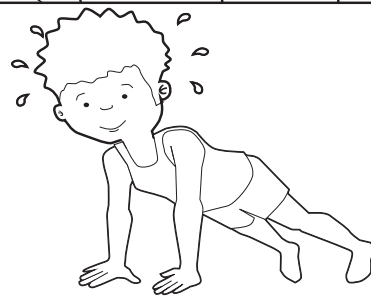
a. I _____ my teeth.

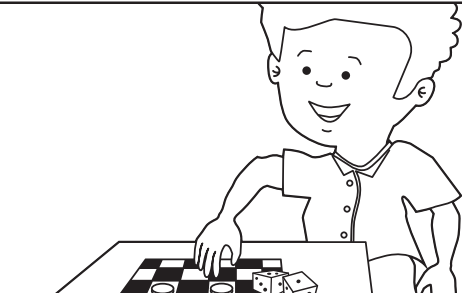
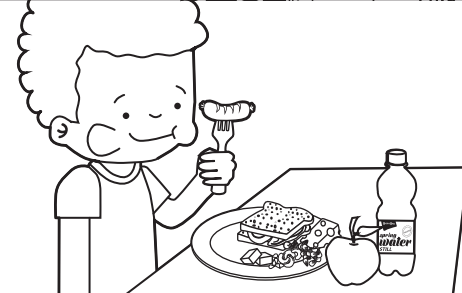
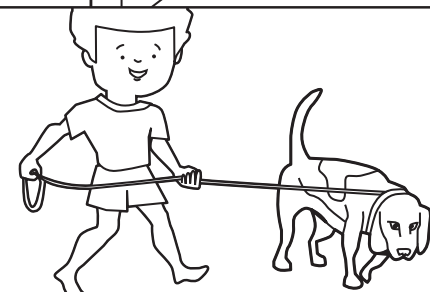




b. I _____ my plastic bottle.



c. I _____ for 30 minutes.



<p>d. I _____ a game.</p>	
<p>e. I _____ a healthy meal.</p>	
<p>f. I _____ for an animal.</p>	
<p>g. I _____ a bottle of water.</p>	
<p>h. I _____ for 30 minutes.</p>	

3. Write 3 sentences of your own about healthy choices that you can make. Write the doing word in your sentence in colour and draw a picture of your healthy choices and call it 'I can make healthy choices'.

ANSWERS: a. brushed; b. recycled; c. exercised; d. played; e. ate; f. cared; g. drank; h. read