

*Choose well to live well!*

# WORKSHEETS



GRADE FOUR

## Curriculum Links: Life Skills

<b>Grade 4</b>	<b>Term 4</b> <b>Topic 3: Health and environmental responsibility</b> <ul style="list-style-type: none"><li>· Dietary habits of children</li><li>- Impact on dental and oral hygiene</li></ul>
----------------	---

# Thabo eats a rainbow

Name: .....

Date: .....

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

a. What do you think it means to 'eat a rainbow'?

**2. Read this story, called *Thabo eats a rainbow*.**

Thabo is a picky eater. He fusses over food every day! One rainy morning, he didn't know what to eat. Once it had stopped raining, Thabo stepped outside. The air was fresh, and he saw a brightly coloured rainbow in the sky. Thabo had an idea. He decided to eat a food with a different colour every day.

On Monday, Thabo said, "I will only eat red food today!"

All day Monday, Thabo feasted on tomatoes, apples, strawberries and watermelon.

On Tuesday, Thabo said, "I will only eat orange food today!"

All day Tuesday, Thabo ate peaches, carrots, pumpkin and, of course, oranges.

On Wednesday, Thabo said, "I will only eat yellow food today!"

All day Wednesday, Thabo munched bananas, mangoes and papayas.

On Thursday, Thabo said, "I will only eat green food today!"

All day Thursday, Thabo chomped on spinach, broccoli, cabbage and peas.

On Friday, Thabo said, "I will only eat purple food today!"

All day Friday, Thabo crunched on grapes, berries, plums and eggplant.

On Saturday, Thabo said, "I will only eat brown food today!"

All day Saturday, Thabo gobbled potatoes, onions, garlic and mushrooms.

On Sunday, Thabo said, "I will eat food from all the fresh colours today!"

All day Sunday, Thabo feasted on his favourite fruits and vegetables from the week before.

"That was fun!", said Thabo with a big smile. "Maybe next month, I will eat the alphabet!"

3. Answer these questions:

a. On what day did Thabo eat only purple foods?

b. What 3 foods did Thabo eat on Wednesday?

c. True or False: Thabo ate onions on Tuesday.

d. When Thabo eats the alphabet, what 3 foods from this week can he eat on the second day?

e. What did Thabo say on Monday?

f. In the story, there are many different words that mean 'eat'. Find them and write them using the letter clues provided. Write them in the present tense (now). Then use the words in your own sentences to describe yourself eating fruits and vegetables.

i. f \_\_\_\_\_

ii. m \_\_\_\_\_

iii. \_h\_\_\_\_\_

iv. c \_\_\_\_\_

v. \_o\_\_\_\_\_

g. On Sunday, Thabo said, "I will eat food from all the fresh colours today!" and he feasted on his favourite fruits and vegetables from the week before. Read all the fresh fruits and vegetables that Thabo ate during the week and write your own delicious 'rainbow meal', using your favourite fruits and vegetables.

ANSWERS: 3a. Friday, 3b. Bananas, mangoes, papayas, 3c. False, 3d. Bananas, broccoli, berries, 3e. I will only eat red food today!  
3f. Words for 'eat': i. feast, ii. munch, iii. chomp, iv. crunch v. gobble

Proudly brought to you by





# Snacks in pairs

Name: .....

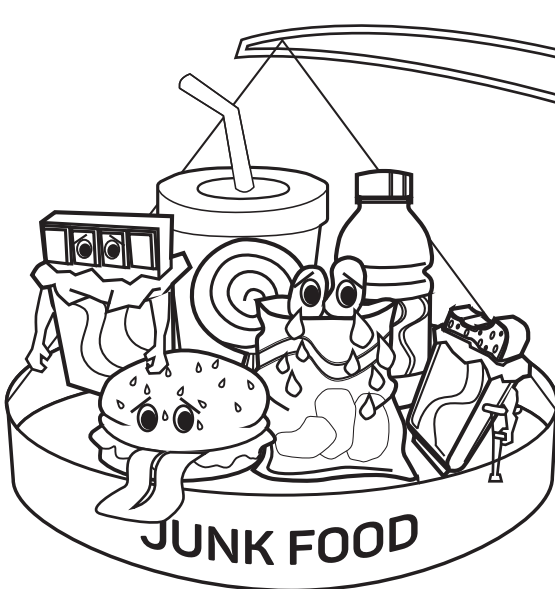
Date: .....

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

a. Why are fruits and vegetables healthy snack foods?

*Fast to cook and good to eat,  
Junk food is a tasty treat.  
But healthy foods keeps us strong,  
With healthy food you can't go wrong!*

## HEALTHY SNACKING



**Ugh! We lost again!**

(Sweets, chocolates,  
fizzy drinks, fast foods)



**Yay, we win!**

(Fruits, vegetables, yoghurt,  
nuts, wholewheat bread,  
fresh juice, water)

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

There are lots of healthier choices for snacks that will help you to Go, Glow and Grow. Most chocolates, sweets, biscuits and fizzy drinks are less healthy snacks. They are called 'empty energy' foods and we should avoid having these foods too often.


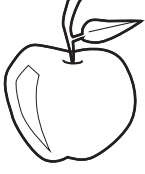
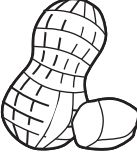
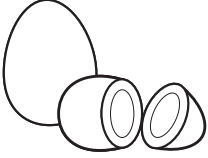





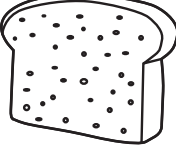
**Go Foods** are foods like bread, rice, pasta and maize meal. Go Foods can give you energy and help make you feel full. Go Foods are also called carbohydrates. They help you to play, exercise and learn. Try to make these Go Foods a part of most meals to give you energy: samp, brown rice, wholewheat bread, oats and bran cereals.

**Glow Foods** are fruits like oranges, apples and mangoes, and vegetables like pumpkin, butternut, spinach and broccoli. Glow Foods help protect you. They can keep your hair, skin and eyes glowing and healthy. Eat plenty of vegetables and fruits every day to help keep you protected and healthy.

**Grow Foods** are foods like meat, chicken, fish, eggs, nuts, milk, beans, 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 protein every day to help you grow bigger and stronger.

## 3. Use the poster as a guide to complete these healthy '2-food' snacks.

Choose a food in the top column and combine it with a food in the bottom column to make a healthy snack. Below the table, write the correct number next to each letter, and then write the name of the healthy '2-food' snack.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
				
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
				

A + \_\_\_\_\_ = \_\_\_\_\_ and \_\_\_\_\_  
 B + \_\_\_\_\_ = \_\_\_\_\_ and \_\_\_\_\_  
 C + \_\_\_\_\_ = \_\_\_\_\_ and \_\_\_\_\_  
 D + \_\_\_\_\_ = \_\_\_\_\_ and \_\_\_\_\_  
 E + \_\_\_\_\_ = \_\_\_\_\_ and \_\_\_\_\_

4. Use the 'Plan a healthy snack!' poster and the information on this worksheet to create 3 '2-food' healthy snacks from the Go, Glow and Grow Foods you have read about.

	Go/Glow/Grow Food 1	Go/Glow/Grow Food 2
Healthy Snack 1	_____	_____
Healthy Snack 2	_____	_____
Healthy Snack 3	_____	_____

ANSWERS:  
 3. A3: YOGHURT and FRUIT  
 B4: APPLE and PEANUT BUTTER  
 C2: PEANUTS and RAISINS  
 D5: HARD BOILED EGG and TOAST  
 E1: COTTAGE CHEESE and VEGGIE STICKS

# Too(th) much added sugar!

Name: .....

Date: .....

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

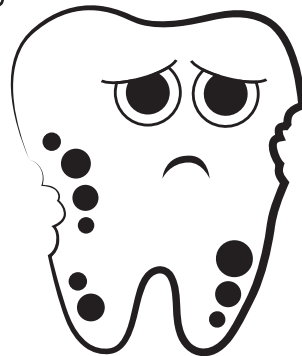
- Is your favourite food high or low in sugar?

Having too much food and drinks which have added sugar can cause cavities in our teeth. These are holes that can grow bigger and cause us pain. They have to be fixed by a dentist.

We need to eat less of the foods which have sugar added to them, such as sweets, biscuits, cakes, doughnuts, ice cream and sugar sweetened drinks.

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

If you eat foods with sugar, make sure you rinse your mouth with water afterwards and brush your teeth twice a day.



- ## 2. Now we are going to do an experiment to show the different effects that low sugar drinks and high sugar drinks have on our teeth.
- The whole experiment is going to take 2 or 3 days! Eggshells are made of calcium. The outer covering on your teeth is called enamel. Enamel also contains calcium. When eggshells come in contact with sugary drinks, we can see the effect that the sugary drinks have on our teeth, because the eggshell and our tooth enamel are made of the same thing.

## 3. For this experiment you will need:

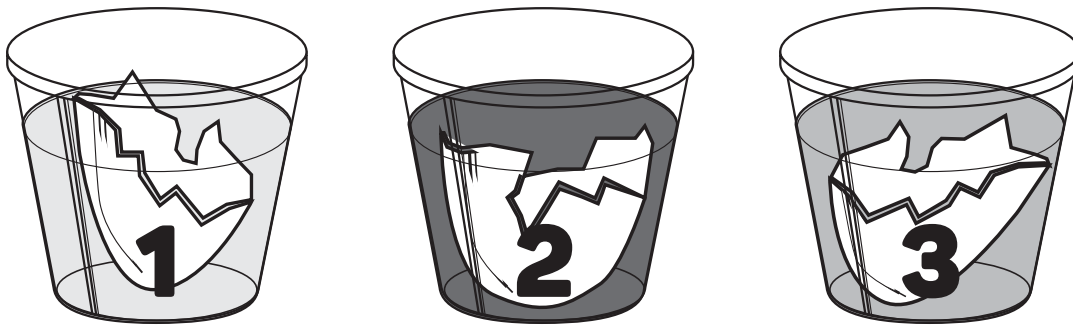
- 3 plastic cups
- 3 cracked eggshells (shells from fresh eggs or hard boiled eggs)
- Water
- High sugar fizzy drink
- High sugar fruit juice
- Labels to number each cup

**4. Let's begin the experiment:**

- a. Place 1 cracked eggshell in each of the 3 cups.
- b. Label each cup with a number - 1, 2 and 3.



- c. Pour water into cup **1**, making sure that the water covers the eggshell.
- d. Pour the fizzy drink into cup **2**, making sure that the drink covers the eggshell.
- e. Pour the juice into cup **3**, making sure that the juice covers the eggshell.



- f. Wait for AT LEAST three days.

**5. While you wait to see what happens, answer these questions:**

- a. What do you think will happen to the white inside the eggshells?

---

---

---

- b. Which liquid do you think will change the eggshell the most?

---

- c. Which liquid will change the eggshell the least?

---

**6. Let's return to our experiment and check the eggshells.**

**7. After checking the eggshells, answer these questions.**

a. What changes can you see?

---

---

---

b. What do you think caused these changes?

---

---

---

c. What did you learn from this experiment? What will you do differently from now on?

---

---

---

---

**ANSWERS:**  
7a. After three days, the eggshell in the high sugar fruit juice should be damaged and stained. The eggshell in the high sugar fizzy drink should also be stained or discoloured. There should be no damage or stain on the eggshell in the water.  
7b. The sugar in the fizzy drink and fruit juice damaged the eggshell.  
7c. Sugar in high sugar fizzy drinks and fruit juice can damage and stain your teeth, just like it damaged and stained the eggshells. Drink less high sugar drinks and more water.

# Plant parts I eat

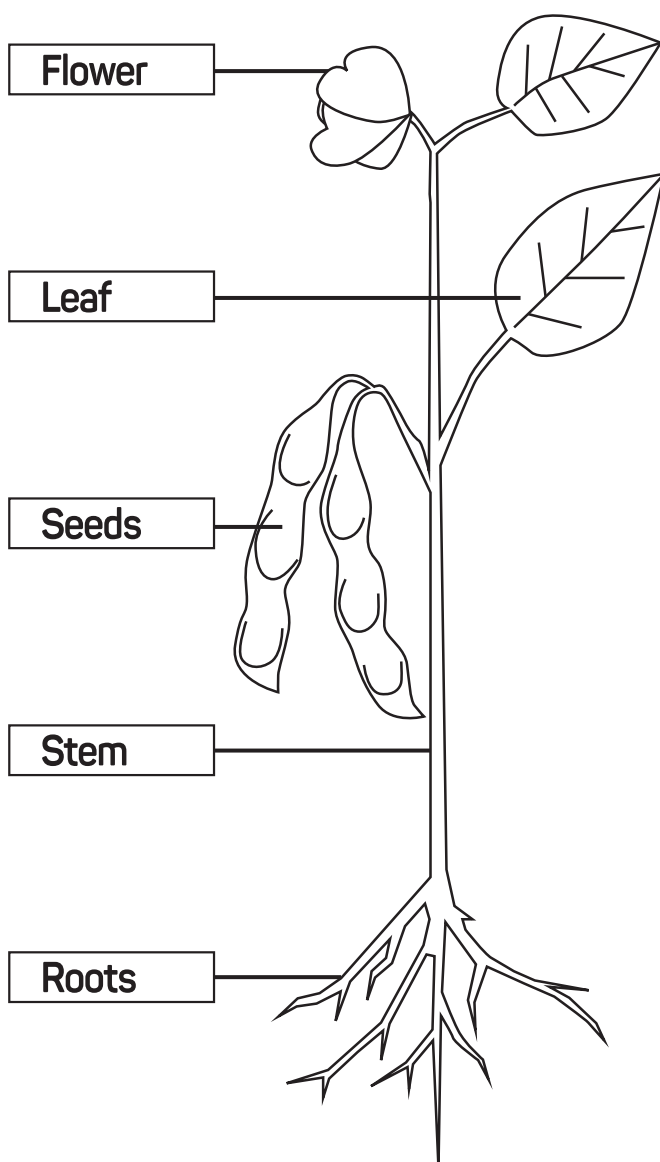
Name: .....

Date: .....

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

a. Which of these legumes have you eaten before?

## 2. Legumes are seeds that grow underground or they grow in pods on the stalks of plants. All plants have different parts. In most plants you can identify the following parts: roots, stems, leaves, flowers and seeds. Write the parts in their correct place below, and then read about how they can be eaten as food.



• **R** \_\_\_\_\_ : Plant roots are usually underground. Roots keep the plant in the ground and absorb water and nutrients from the soil.

• **S** \_\_\_\_\_ : Stems connect the roots to the rest of the plant and carry the water and nutrients from the roots to the other parts of the plant.

• **L** \_\_\_\_\_ : Leaves grow from the stem and use sunlight to make food for the rest of the plant.

• **F** \_\_\_\_\_ : Flowers make pollen that is needed to make seeds and fruit.

• **S** \_\_\_\_\_ : Plants make seeds so that new plants can grow. Plants make seeds in different ways. Orange plants make seeds in fruit. Mielie plants make seeds on cobs. Bean and pea plants make seeds in pods.

**Different parts of plants can all be eaten as food:**

- **Roots:** Beetroots, carrots, turnips and radishes are all 'root' foods.
- **Stems:** Asparagus, celery and onion are all 'stem' foods.
- **Leaves:** Cabbage, lettuce and spinach are all 'leaf' foods.
- **Flowers:** Broccoli and cauliflower are both 'flower' foods.
- **Seeds:** Legumes (like beans, dried peas and lentils), rice and wheat are all 'seed' foods.

Legumes are vegetable seeds. Legumes are the edible seeds from pods you can split in half. Legumes include different kinds of beans, like black beans, soybean, chickpeas and kidney beans. Dried peas and lentils are also legumes.

**3. Grow your own plant from a bean.**

- a. You will need the following:
  - A few beans (or lentils)
  - A small plate or jar
  - Cotton wool
  - Water
- b. Place some cotton wool on the plate or on the bottom of the jar.
- c. Put a little bit of water on the cotton wool to make it wet.
- d. Place a few beans on top of the cotton wool and press them so that they are stuck into the cotton wool.
- e. Place the plate or jar somewhere with natural light.
- f. Check the plate or jar over the next couple of days to make sure that the cotton wool is still damp. Add a little bit of water if necessary. Make sure that the cotton wool is not too wet, because the beans will rot if there is too much water in the cotton wool.
- g. Within 2 to 3 days the beans will start to sprout a small root, and 2 or 3 days later it will grow little shoots.
- h. After another 4 to 5 days, the beans will develop shoots coming off the main root, and a stem will grow straight upwards and above the top of the cotton wool.
- i. Just a day or so later and you will see 2 big, dark green leaves coming out.



# Start with ten

Name: .....

Date: .....

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

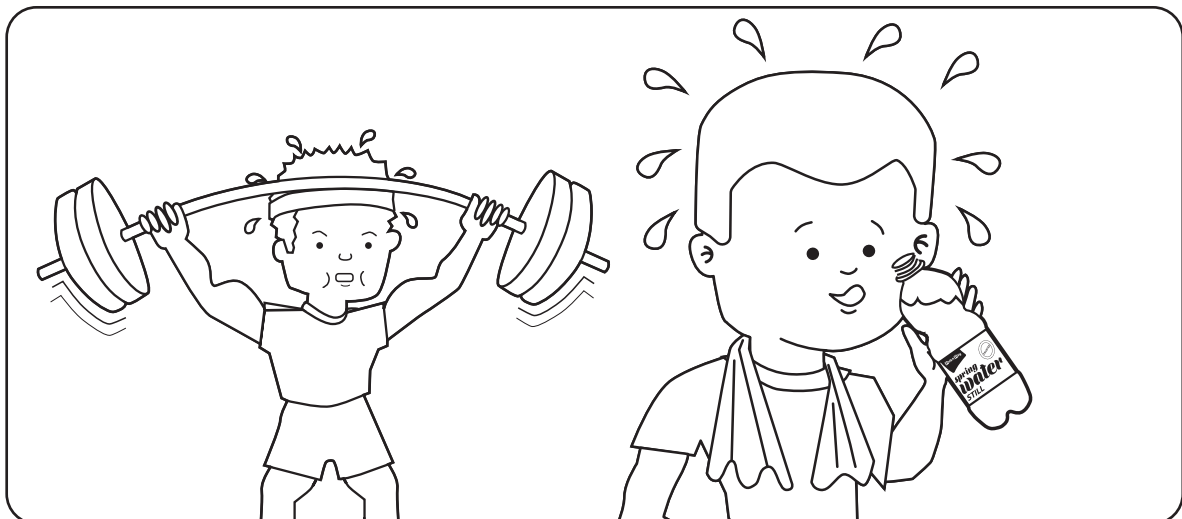
- What should you do less of? Why?

There are so many reasons that exercise is important. Exercise helps your heart pump blood all through your body. Your heart can never take a rest, so it needs to be strong! Healthy food and plenty of exercise help our hearts. Exercise can put you in a good mood. When you exercise, your body makes a chemical – called an endorphin – that helps you to feel good. Exercise also helps your body to use up the energy in the food you eat.

## 2. This exercise board game starts at ten and only has even numbers! You can practise your 2 x table and get fit at the same time. Follow these instructions to play with your friends:














- Roll the dice and complete the exercise that is written on the spot where you land.
- The picture in the block shows you how to do the exercise.
- The number in the box tells you how many **seconds/counts (C)** or **repetitions (R)** of exercises to do. Remember to use both sides of your body where possible (e.g. hop 5 times on one leg and 5 on the other).
- If you land on a box with no instruction, you need to do 10 sit-ups or 10 push-ups.

When you exercise, you may sweat so it is very important to drink water when you have finished the game. Remember to do exercise every day so you can be healthy and strong!



Proudly brought to you by

**Pick n Pay****Pick n Pay**   
School Club

 50 (C) Run on the spot	52	 54 (C) Hop on one foot	56	58	<b>FINISH</b>
 48 (C) High knees	 46 (C) Hop on one foot	44	42	 40 (C) Balance on one foot	
30	 32 (C) High knees	 34 (R) Star jumps	 36 (R) Toe touches	38	
28	 26 (C) Balance on one foot	24	 22 (C) Run on the spot	20	18
<b>START</b>	 10 (R) Squats	12	 14 (R) Toe touches	 16 (R) Frog jumps	

# I can live green

Name: .....

Date: .....

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

a. What are the things that you can do to look after our planet?

## 2. Read this information before completing the activity below.

How much waste (rubbish) do you think you make in one day? You might be surprised to find out that the average South African throws away over 2,5 kilograms of waste per day – that is enough to fill an entire soccer field every day!

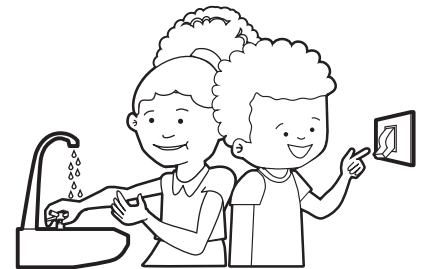
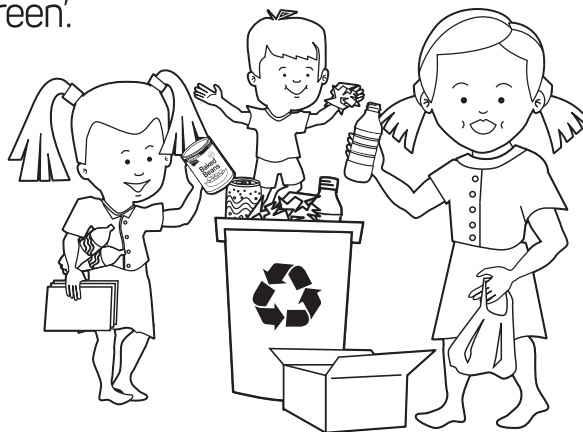
Where does all this waste come from?



Think about what you put in the dustbin today. You probably threw away leftover food, and maybe some paper or a broken toy. In many homes, people throw away clothes that are old, torn, or just don't fit anymore. If there are babies in the home, there are usually many disposable nappies that are thrown away.



Many of these things end up in our dustbins and then in landfills, which are huge dumping areas where waste is buried. The more things we throw away, the more space is needed for all the waste, and we will quickly run out of space! There are many ways that you can make less waste. When you care about the Earth, and do things to make less waste, we say that you are living 'green'.



Over the next week, pay attention to all the ways that you "live green" at home. Read all the activities on the next page and put a tick in the column next to each 'green' activity. If you do any activities, that are not listed, write them in the open spaces below the list.



Proudly brought to you by



TICK	ACTIVITY
	I recycle paper, plastic and glass by putting them in recycling bins.
	I turn off the tap when I am brushing my teeth or washing dishes.
	I reuse someone else's toys or clothes when they are given to me.
	I give my old toys and clothes to others.
	I take my own bags to the shop instead of getting plastic ones.
	I compost food scraps for the garden.
	I bring my lunch to school in a reusable plastic container (never in a plastic packet!).
	I write on both sides of paper and use scraps of paper when possible.
	I make things using recycled materials.
	I turn off the lights when I am not in a room.
	I unplug things when they are not being used (e.g. my cell phone charger).
	I drink out of a reusable water bottle instead of plastic ones.
	I grow and take care of plants inside or outside my home.
	I never litter in the streets and try to get my friends to do the same.
	I pick up litter on the pavement and in parks.
	I play outside instead of playing on my phone or watching TV.
	I take short showers instead of baths.

3. Compare your list with a friend and talk about ways that you can live greener.

4. Use all the information on the list to make your own poster called "Living Green".

# I take care of my habits

Name: .....

Date: .....

## 1. Look at the 'Make healthy choices!' poster.

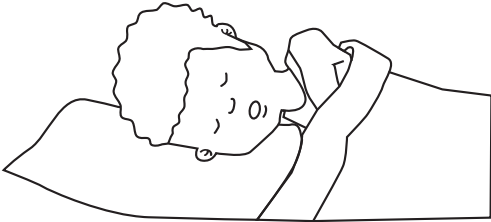
**Discuss some of the changes that you can make to become healthier.**

A habit is something that you do often or regularly. Habits may be healthy or unhealthy. Eating chocolate every day is an unhealthy habit, while exercise is a healthy habit. If you eat healthy food, play sport and sleep for at least 8 hours a night, then we can say that you have healthy habits. Habits are not only about health. If you don't listen, and interrupt people when they are talking to you, we can say that you have a habit of interrupting. Taking care of yourself is one of the best habits you can develop!

## 2. You can take care of yourself in many areas of your life.

- Place each of the following habits in the right area (row) in the table on the following page. Be careful, there are two habits for each row! Cross out the habit below when you have placed it in the correct area.
- Then draw a picture of yourself doing the habit. The first one has been done for you. The last row has been left blank. In what other part of your life can you develop habits? Think hard and find another area!

• I always make good choices that keep me happy.	• I keep my nails short and clean.
• I always wear a helmet when riding my bike and a safety belt when I am in a car.	• I never give strangers my phone number.
• I always do my homework on time.	• I play at least one sport.
• I shower every day.	• I play outside as much as possible.
• I brush my teeth every morning and night.	• I say please and thank you whenever I can.
• I do my homework before I go out to play.	• I sleep for at least 8 hours.
• I eat a healthy, balanced diet.	• I style my hair in a way that makes me feel proud.
• I choose healthy snacks instead of crisps and sweets.	• I trim my nails weekly.
• I go to bed early.	• I visit the dentist regularly.
	• I wash my hair often.
	• I wash my hands before eating and after going to the toilet.

AREA OF MY LIFE	HABIT 1	HABIT 2	PICTURE
SLEEP	I go to bed early.	I sleep for at least 8 hours.	
TEETH			
NAILS			
HAIR			
EXERCISE			
HYGIENE			

<b>HOMEWORK</b>			
<b>DIET</b>			
<b>SAFETY</b>			
<b>ATTITUDE</b>			

LEARNER'S CHOICE	
I go to bed early.	I sleep for at least 8 hours.
I brush my teeth every morning and night.	I visit the dentist regularly.
I trim my nails weekly.	I keep my nails short and clean.
I wash my hair often.	I style my hair in a way that makes me feel proud.
I play outside as much as possible.	I play at least one sport.
I shower every day.	I wash my hands before eating and after going to the toilet.
I always do my homework on time.	I do my homework before I go out to play.
I eat a healthy balanced diet.	I choose healthy snacks instead of crisps and sweets.
I never give strangers my phone number.	I always wear a helmet when riding my bike and a safety belt when I am in a car.
I always make good choices that keep me happy.	I say please and thank you whenever I can.

ANSWERS:

Proudly brought to you by





Choose well to live well!

# MAKE HEALTHY CHOICES!



If you want to live a healthy life you need to make good choices that help to keep you healthy. There are many simple things that you can do to make sure that you, your family, and the people in your community all live a healthier life!



Choose to eat different coloured fruits and vegetables every day.



Choose healthy snacks to give you energy and help to keep your body strong and healthy!

Choose to have less sugar in your diet by making sugar swaps.



Choose legumes as a delicious plant-based source of protein in your diet.



Choose to be fit and active by exercising every day.



Choose to make the environment a healthier place by not littering, saving electricity and water, and recycling.



PLAN YOUR PLATE

EXCLUSIVE TO **Pick n Pay**

**Pick n Pay** School Club