

Choose well to live well!

WORKSHEETS



GRADE FIVE

Curriculum Links: Life Skills

| | |
|----------------|--|
| Grade 5 | Term 3 Topic 3: Health and environmental responsibility <ul style="list-style-type: none">· Healthy eating for children:<ul style="list-style-type: none">- South African Food-Based Dietary Guidelines- Dietary needs of children- Factors influencing food intake of children |
|----------------|--|

Vitamins in the rainbow

Name:

Date:

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

- What are vitamins?
- Why do you think they are important for us?

2. Read about some vitamins that are found in fruit and vegetables.

Our body needs many different vitamins from a variety of foods to help us grow and to help protect us from getting sick. Many foods that we eat give us different vitamins. Most fruits and vegetables have vitamins A, B and C in them. You can give your body the vitamins it needs by eating these fruits and vegetables:

| | Why it is good for you | Fruits | Vegetables |
|------------------|--|---|--|
| Vitamin A | Vitamin A is needed for good eyesight, healthy skin and it helps to protect us from getting sick. | <ul style="list-style-type: none"> • Mango • Papaya | <ul style="list-style-type: none"> • Sweet potato • Carrot • Spinach |
| Vitamin B | B vitamins help with the release of energy from food, and some are also important for our growth. | <ul style="list-style-type: none"> • Avocado • Orange | <ul style="list-style-type: none"> • Spinach • Broccoli |
| Vitamin C | Vitamin C is needed for healthy skin and gums, and it helps the body to heal wounds and helps to protect us from getting sick. | <ul style="list-style-type: none"> • Orange • Grapefruit • Papaya • Pineapple | <ul style="list-style-type: none"> • Broccoli • Brussels sprouts • Spinach • Cabbage |



3. Who am I?

Use the table on the previous page and look at the poster to answer the following questions:

a. I am an orange vegetable that helps with good eyesight, healthy skin and it helps to protect us from getting sick. Who am I?

b. We are green vegetables that help with healthy skin and gums, and we help the body to heal wounds and can protect you from getting sick. Who are we?

c. I am a yellow fruit that contains vitamins A and C. Who am I?

d. I am a green vegetable that contains vitamins A, B and C. Who am I?

e. I am an orange fruit that contains vitamins B and C. Who am I?

4. Read about the activities that these children are doing to eat more fruits and vegetables. Use the table to answer the questions for each activity.

a. Jane makes a smoothie for lunch, using cubes of pineapple and an orange. What 2 important vitamins are in Jane's smoothie?

b. Tshepo loves to eat spinach. What vitamins does Tshepo get by eating spinach?

c. Thandi mixed cubes of papaya and slices of orange together for breakfast. What 3 important vitamins are in Thandi's breakfast?

d. John makes a coleslaw salad for lunch with cabbage, carrots and pineapple. What 2 important vitamins are in John's lunch?

ANSWERS: 3a. Carrot, 3b. Broccoli, spinach, cabbage, brussels sprouts, 3c. Papaya, 3d. Spinach, 3e. Orange 4a. Vitamin B, vitamin C, 4b. Vitamin A, vitamin B, vitamin C, 4c. Vitamin A, vitamin B, vitamin C, 4d. Vitamin A, vitamin C

Food groups for health

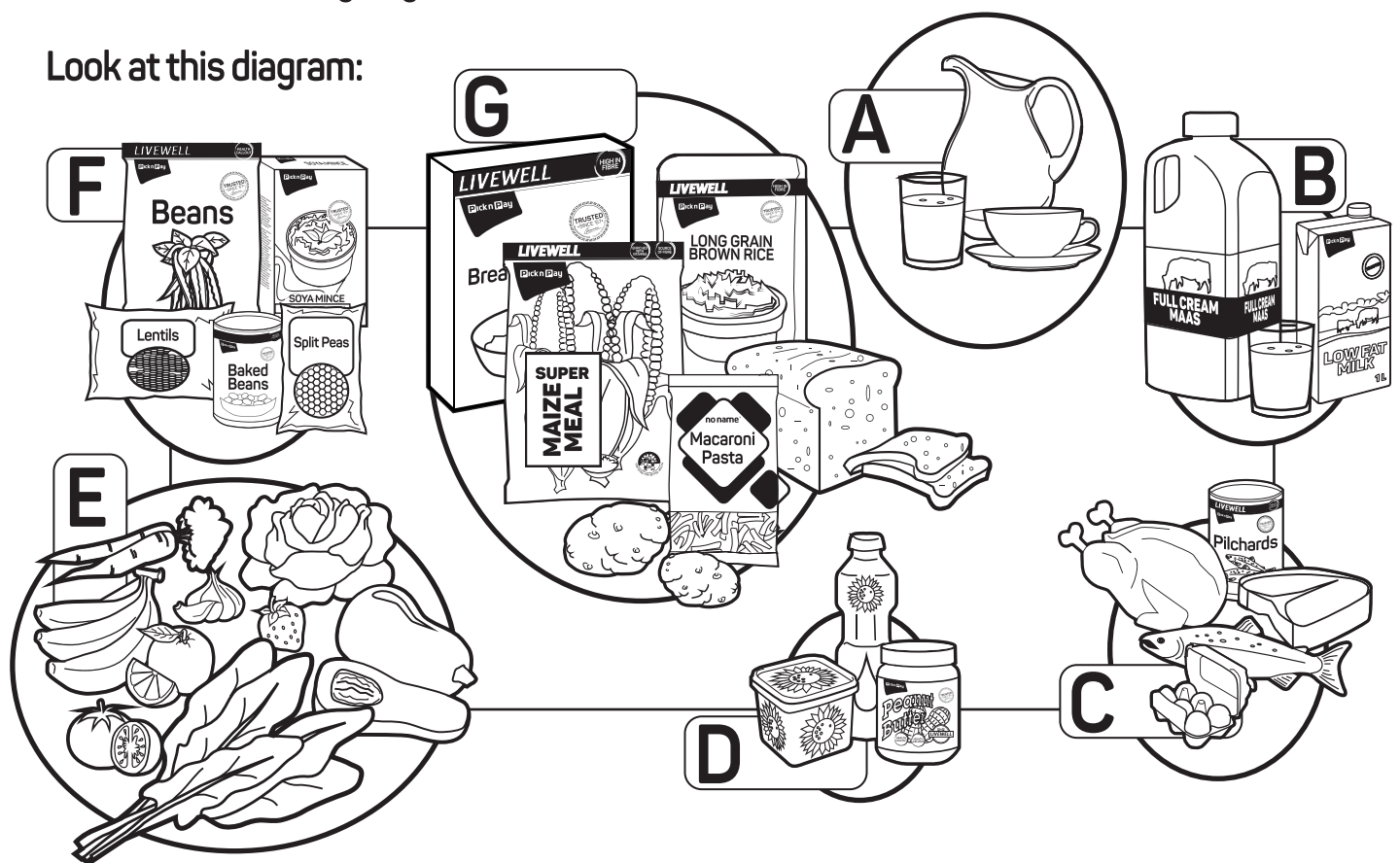
Name:

Date:

1. Look at the 'Plan a healthy snack!' poster. Talk about it.
 - a. How many times do you eat in a day including meals and snacks?
2. Read about the South African food guidelines that recommend the types and amounts of foods that we should eat every day.

Eating a balanced diet is an important part of growing up healthy and strong. The South African food guidelines show the proportions of each food group that you should eat every day. That means it shows us how much of one food group should be eaten compared to another. Starchy foods such as rice, maize meal and bread are represented in the largest proportion as these foods make up the base of most meals. The Fruit and Vegetables group is second largest - we should eat more of these foods every day.

Look at this diagram:



KEY:

- | | | |
|------------|--------------------------|------------------|
| A: Water | D: Fats and oils | F: Legumes |
| B: Dairy | E: Fruits and vegetables | G: Carbohydrates |
| C: Protein | | |

Proudly brought to you by



The foods that make up the guidelines are also referred to as **Go Foods, Glow Foods and Grow Foods**.

Go Foods are starchy foods (carbohydrates) like bread, rice, pasta, potatoes and maizemeal, and fats and oils like margarine and sunflower oil. Go Foods 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 are fruits like bananas, pears and peaches, and vegetables like carrots, cabbage and cauliflower. Glow Foods help protect your body from diseases. They can also keep your hair, skin and eyes glowing and healthy.

Grow Foods are proteins like meat, chicken, fish and eggs, as well as dairy like milk, yoghurt and maas. Legumes, like dried beans and peas, lentils, and soya, are also Grow Foods. Grow Foods help build your body so it can grow strong. They help your bones, teeth and muscles to grow.

3. This poem will help you to remember the food groups:

*Hey, I'm carbs, in every meal I should be,
I'm in potatoes and rice and give you energy.
We're fruit and veg, eat us five times a day,
Vitamins and minerals is what we pay.
Calcium here, I'm good for your bones,
Milk, cheese and yoghurt is where I'm at home.
Hey, we're meat and fish and peas,
We'll heal your cells with our proteins.
I am fat, don't eat a lot of me,
Or I could block a main artery.
We make the Food Guide, eat us the right way,
And we will help you through the day.*

4. Use the diagram and poem to answer the following questions:

a. Write down the correct letter/s for each of the following:

Go Foods are: _____

Glow Foods are: _____

Grow Foods are: _____

b. According to the size of the circles which food should we eat the least of every day? _____

c. According to the size of the circles, which of these food types should we eat more of every day?

Carbohydrates OR Protein _____

Protein OR Fruits and vegetables _____

Dairy OR Fats and oils _____

5. Design 2 healthy snacks that each contain a Go Food, a Glow Food and a Grow Food.

| | Healthy Snack 1 | Healthy Snack 2 |
|------------------|-----------------|-----------------|
| Go Food | _____ | _____ |
| Glow Food | _____ | _____ |
| Grow Food | _____ | _____ |

ANSWERS:
 4a. Go Foods are D and G
 Glow Foods are E
 Grow Foods are B, C and F
 4b. Fats and oils
 4c. Carbohydrates
 Fruits and vegetables
 Dairy

Sweet tooth

Name:

Date:

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

- a. What foods have natural sugars and what foods have added sugar?

2. Read the information below:

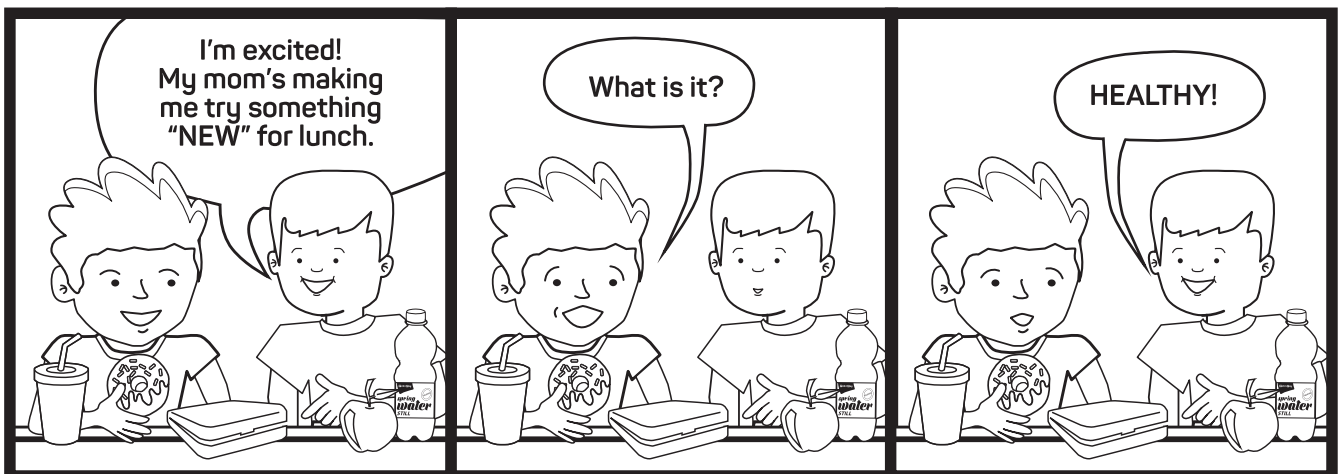
Too many sugary foods and sweet drinks can make you feel full. This leaves less room for you to eat healthy foods! Too much sugar can also lead to rotten teeth if we do not brush our teeth every day.

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. 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.

These sugary foods contain acids which cause harm to our teeth. If we don't take care of our teeth, by brushing regularly, and rinsing our mouths, these acids cause our teeth to start to decay (go bad). Enamel is the hard outer layer of our teeth. The enamel protects the nerves inside our teeth. When we lose this enamel and develop cavities those nerves can cause terrible toothache.

Many foods contain lower amounts of sugar. We should eat these foods instead of foods with high levels of sugar. Always check how much sugar there is in foods (e.g. biscuits, chips, chocolate) by reading the ingredients list on the side of the packet. If sugar is number 1, 2 or 3 on the list be careful, this is **not** a good sign!

3. Use the information above, and on the poster, to create a comic strip that will help your friends make healthier choices and sugar swaps. Here is an example of a comic strip:



Look at the first comic strip, below, to get some ideas. Here are some questions that you can use to help you create your comic:

- Why shouldn't your friend eat too much sugar?
- How can your friends find out how much sugar is in their food or drink?
- What can they swap to eat less added sugar?
- What can they do to reduce tooth decay from sugar?

Use the boxes below to create your comic strip.

| | |
|---|--|
|  <p>I have a toothache.</p> | |
| | |
| | |

Plant power

Name:

Date:

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

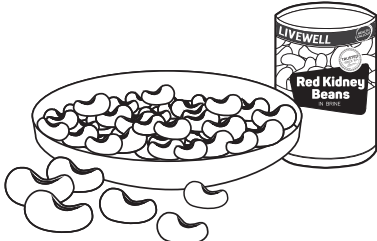
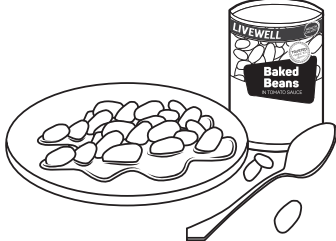

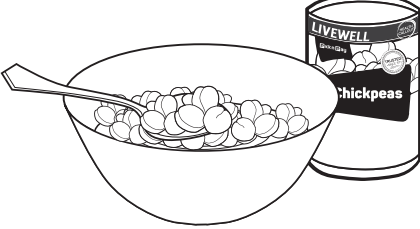
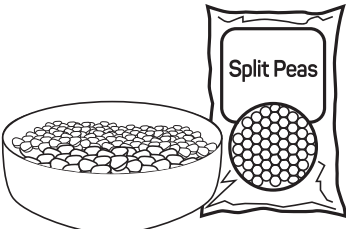
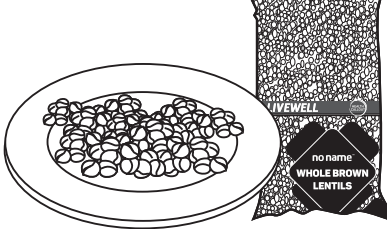
a. What food that is made from legumes do you like to eat?

2. Read about legumes and plant-based proteins:

Most people think that they have to eat animal meat like chicken, beef, fish, eggs or milk to get protein in their diet, but this is not true. There are many plant-based foods that are full of protein and offer an alternative to meat-based proteins in your diet. Plants like legumes, nuts and seeds all have lots of protein. Legumes are types of very nutritious seeds that can be eaten. These include dried peas, soybeans, lentils and various types of beans. Meals with legumes are a healthy alternative to meat-based foods because they include protein, fibre, vitamins and minerals.

There are many benefits to eating plant-based protein, including lowering the risk of disease and increasing the amount of fibre in your diet. Plant-based proteins also help to manage weight. Plant-based proteins do not contain some of the less-healthy things found in meat, like fat and cholesterol.

3. Use this table showing the amount of protein that each legume contains to answer the questions on the next page:

| | | |
|--|--|--|
|  <p>Cooked kidney beans = 9g of protein per 100g</p> |  <p>Baked beans = 6g of protein per 100g</p> |  <p>Cooked soya mince = 8g of protein per 100g</p> |
|  <p>Roasted chickpeas = 9g of protein per 100g</p> |  <p>Cooked split peas = 8g of protein per 100g</p> |  <p>Cooked lentils = 9g of protein per 100g</p> |

a. James uses a 400g tin of baked beans to make a chilli bean sauce. How many grams of protein did James add to the sauce?

b. If James shared his chilli bean sauce with his 2 sisters, how many grams of protein would they each receive?

c. Naledi makes a soup containing 150g of split peas and 200g of lentils. How many grams of protein are in Naledi's soup?

d. If Naledi has half her soup today and half her soup tomorrow, how many grams of protein will she receive each day?

e. Sammy makes a curry using 300g of cooked soya mince and 300g of kidney beans. How many grams of protein is there in Sammy's curry?


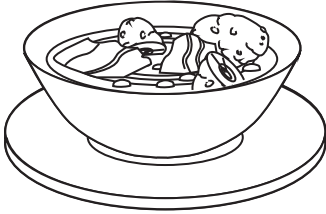
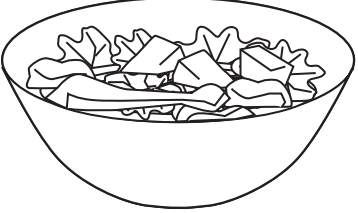
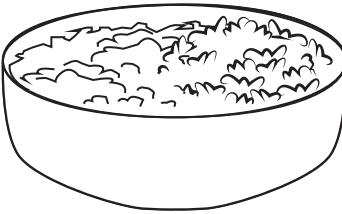
f. If Sammy shares his curry with his mom and dad, how many grams of protein will they each receive?

g. Beauty roasts three quarters of a 400g can of chickpeas and adds it to her salad. How many grams of protein has Beauty added to her salad?

h. If Beauty shares her salad with her friend, how many grams of protein will they each receive?

4. Each of these meals contains an animal protein.

- a. Write down the animal protein in each meal.
- b. Suggest a plant-based protein to replace the animal protein.

| | |
|--|--|
|  <p>Fried eggs on toast</p> | <p>The animal protein in this meal is:</p> <p>_____</p> <p>I can replace this animal protein with a plant-based protein like:</p> <p>_____</p> |
|  <p>Beef stew with potatoes</p> | <p>The animal protein in this meal is:</p> <p>_____</p> <p>I can replace this animal protein with a plant-based protein like:</p> <p>_____</p> |
|  <p>Chicken salad</p> | <p>The animal protein in this meal is:</p> <p>_____</p> <p>I can replace this animal protein with a plant-based protein like:</p> <p>_____</p> |
|  <p>Mincemeat and rice</p> | <p>The animal protein in this meal is:</p> <p>_____</p> <p>I can replace this animal protein with a plant-based protein like:</p> <p>_____</p> |

| | |
|--|--------------------------------|
| <p>Plant-based protein alternative: Baked beans</p> <p>Animal protein: Beef</p> | <p>Beef stew with potatoes</p> |
| <p>Plant-based protein alternative: Chickpeas/Lentils</p> <p>Animal protein: Chicken</p> | <p>Chicken salad</p> |
| <p>Plant-based protein alternative: Soya mince</p> <p>Animal protein: Mincemeat</p> | <p>Mincemeat and rice</p> |

ANSWERS:

3a. 24 grams of protein, 3b. 8 grams of protein each, 3c. 30 grams of protein, 3d. 15 grams of protein each day, 3e. 51 grams of protein, 3f. 17 grams of protein each, 3g. 27 grams, 3h. 13.5 grams of protein each

Health: It's all connected!

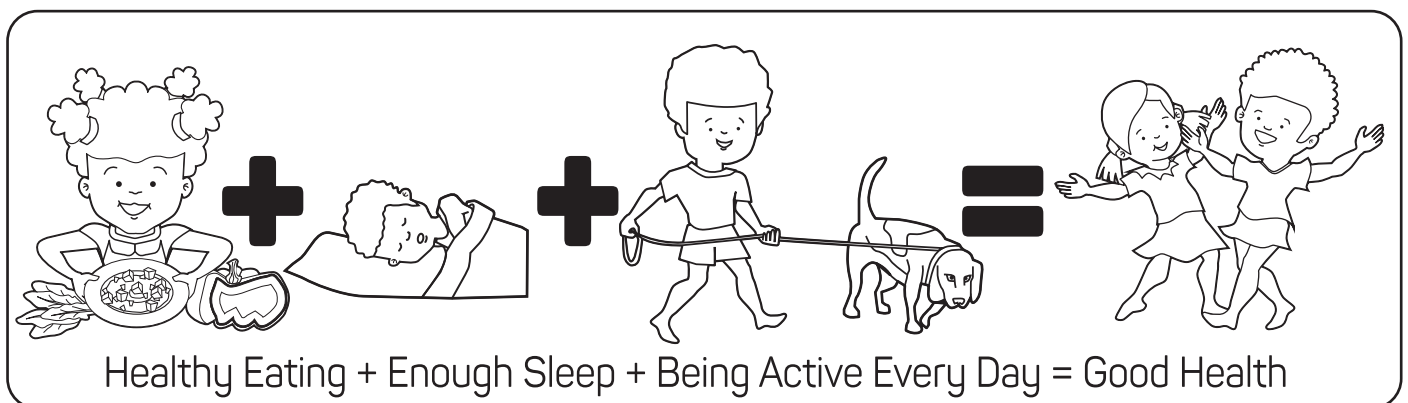
Name:

Date:

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

a. What can you do to be more active?

The poster shows you many ways to be active. Being active is one part of the health equation. In Maths and Science, you have learned many equations, for example the area of a rectangle is $A = L \times W$. An equation is a rule that defines how things are to be done. Look at this equation for good health:



Good nutrition, getting enough sleep, and being active are all ingredients for good health.

This poster shows you how to be active, and you have learned about healthy eating in the other posters. But sleep is the 'magic' part of the equation that helps you with the other two parts.

Children should get between 7 and 9 hours of sleep a day. A good night's sleep improves your mood, memory and learning abilities.

It can strengthen your immune system which may help you to fight illness. It also gives you more energy so you can then exercise more! It is all connected.

NEWS FLASH:

GET A GOOD NIGHT'S SLEEP!

- Take a warm shower to prepare your body for sleep.
- Avoid all drinks, in the evening, that have caffeine. (Rooibos tea is a good night-time drink.)
- Don't go to bed hungry, have a light snack.
- Turn off your phone and TV at least 30 minutes before you sleep. Reading a book is better to help you fall asleep.


2. In groups, brainstorm each part of the health equation.**Use these questions to guide you:**

- What keeps you from eating healthily? What do you need to do to start eating more healthily?
- What keeps you from getting enough sleep? What do you need to do to improve your sleeping habits?
- What keeps you from exercising daily? What do you need to do to start exercising more regularly?

3. The South African government wants South African children to become healthier by following the three parts of the health equation. They have asked your group to create a calendar that promotes the health equation:

- For each month, make a suggestion that learners can follow to eat healthier, get more active, or sleep better.
- Each month's suggestion should have a picture and short piece of advice. Look at January, on the next page, to get started.
- There are 12 months in the year so your calendar should include 4 months for exercise, 4 months for healthy eating and 4 months for sleep.
- Try to think about each month's weather and holidays and see if your suggestion can be connected to that month (e.g. December is a good time to swim, but July is not in most provinces! June is Youth Month. How can the June activity celebrate youth?).
- Recreate this template on a large piece of cardboard so that you have space for all the activities on your calendar.
- Display your calendars around your school so that other learners can also adopt the health equation as part of their lives!

It's all connected – creating healthy South African learners!

| JANUARY | | FEBRUARY | | MARCH | |
|---|--|----------|--|-----------|--|
|  | Start the school year with energy by eating a healthy breakfast! | | | | |
| APRIL | | MAY | | JUNE | |
| | | | | | |
| JULY | | AUGUST | | SEPTEMBER | |
| | | | | | |
| OCTOBER | | NOVEMBER | | DECEMBER | |
| | | | | | |

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Zero waste

Name:

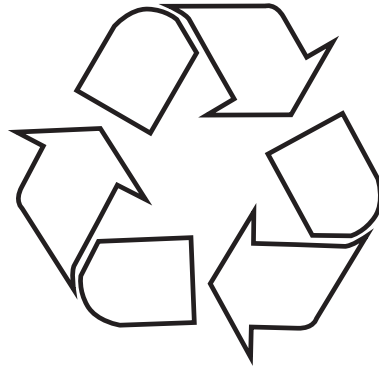
Date:

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

a. Why should we not litter?

2. Read this information before completing the activity below.

The environment is the world that we live in. The environment includes everything living and everything non-living. Living things (people, animals, plants) need the non-living parts of the environment (water, air, sun) to survive. 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:

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

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

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

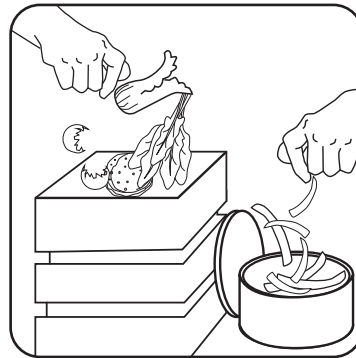
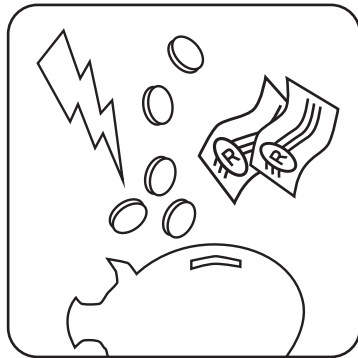
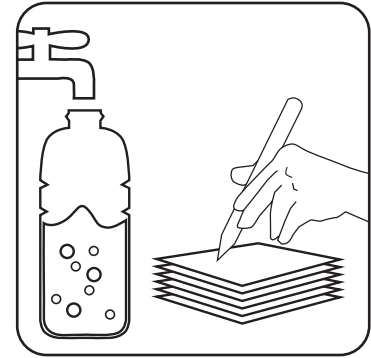
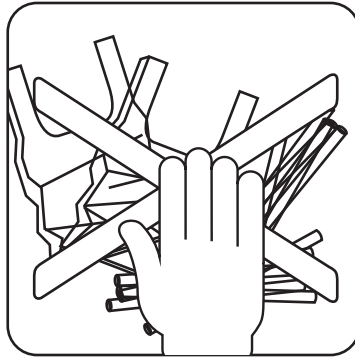
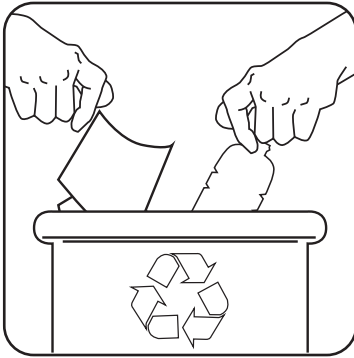
There are another 2R's that we can add to these:

Refuse: To say no to using or buying things that we don't need e.g. plastic straws and packets.

Rot: To use rotting food (usually fruit and vegetables) as a food (called compost) for growing plants.

3. Each of these 'pictographs' represents one of the '5Rs' of waste management. Write the correct R underneath each pictograph.

A pictograph is a picture or symbol showing an idea



4. You have been asked by an advertising agency to create your own 5 pictographs to teach others about waste management.

- In groups, create a pictograph for each of the '5R's'.
- Display your pictographs around your school so that the other learners can learn to protect their environment.

5. There are so many ways you can reuse things.

- How do you think you can reuse a Pick n Pay peanut butter jar?
- Here are some ideas: Pen and pencil holder; storage container for leftovers; drinking glass; vase for flowers; container for non-food items such as paper clips, buttons, marbles, or any other small items.
- Bring a glass jar to school and decorate it according to what you will be using it for. [Bring your decoration items to class, as well, and remember to share them with other learners.]

Who am I? I am habit

Name:

Date:

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

We make choices every day that can help us or hurt us. If you choose to run every day, then we say that you have developed a healthy habit of running. If you bite your nails, then we say that you have developed an unhealthy habit of biting your nails. A habit is something we do automatically, almost without thinking about it.

2. Read this poem. Talk about it:

- What does this poem teach you about habits?
- What healthy habits have you developed in your life?
- What healthy habits do you want to develop for your life?
- What is stopping you? When will you start?

The Habit Poem

I am your constant companion.
I am your greatest helper or heaviest burden.
I will push you upward or drag you down.
I am completely at your command.
If you turn the things, you do, over to me,
I will do them - quickly and correctly.

You must be strict with me.
Show me how you want something done,
and after a few lessons, I will do it automatically.
Take me, train me, be strict with me, and
I will place the world at your feet.
Who am I? I am Habit.

3. Look at this list that Susan made of five healthy habits and five unhealthy habits:

| Healthy habits | Unhealthy habits |
|----------------------------------|------------------------------|
| • <i>Listening.</i> | • <i>Interrupting.</i> |
| • <i>Following instructions.</i> | • <i>Saying mean things.</i> |
| • <i>Eating healthy food.</i> | • <i>Hurting people.</i> |
| • <i>Swimming.</i> | • <i>Eating junk food.</i> |
| • <i>Reading every day.</i> | • <i>Going to bed late.</i> |

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Here is a list of 27 habits. 17 habits are healthy, and 10 habits are unhealthy. Write each habit in the correct column in the table on the next page.

- I exercise for 60 minutes every day.
- I add a lot of salt to my food.
- I never eat breakfast.
- I read something I like every day.
- I brush my teeth every day.
- I play sports.
- I floss my teeth every day.
- I take my dog for a walk.
- I watch five hours of television every day.
- I laugh.
- I wash my hands after I use the bathroom.
- I eat crisps every day.
- I eat vegetables.
- I wash my hands before I eat.
- I do my homework.
- I eat ice cream every night before I go to bed.
- I eat take-away ("fast") food whenever I can.
- I play games on my phone for three hours each day.
- I take a shower regularly.
- I play outside for an hour or more every day.
- I eat food quickly.
- I eat three chocolates each day.
- I wear safety gear when I ride my bike, skateboard, or play sports.
- I practice art, dance, or music at least once a week.
- I wear a seatbelt when I am in the car.
- I eat green, orange, and yellow vegetables.
- I drink fizzy cold drinks with every meal.



| | Healthy habits | Unhealthy habits |
|----|----------------|------------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
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| 13 | | |
| 14 | | |
| 15 | | |
| 16 | | |
| 17 | | |

4. Use everything you have learned about healthy habits, to create your own pledge to be healthy. A pledge is like a promise. What 5 things do you pledge to do so that you can become a person with more healthy than unhealthy habits?

My healthy habits pledge

Name:

Date:

I pledge to work hard at living a life that is full of healthy habits.

I will:

- _____
- _____
- _____
- _____
- _____

| Unhealthy habits | Healthy habits |
|--|--|
| 1 I add a lot of salt to my food. | 1 I exercise for 60 minutes every day. |
| 2 I never eat breakfast. | 2 I read something I like every day. |
| 3 I watch five hours of television every day. | 3 I brush my teeth every day. |
| 4 I eat crisps every day. | 4 I play sports. |
| 5 I eat ice cream every night before I go to bed. | 5 I floss my teeth every day. |
| 6 I eat take-away ('fast') food whenever I can. | 6 I take my dog for a walk. |
| 7 I play games on my phone for three hours each day. | 7 I laugh. |
| 8 I eat food quickly. | 8 I wash my hands after I use the bathroom. |
| 9 I eat three chocolates each day. | 9 I eat vegetables. |
| 10 I drink fizzy cold drinks with every meal. | 10 I wash my hands before I eat. |
| | 11 I do my homework. |
| | 12 I take a shower regularly. |
| | 13 I play outside for an hour or more every day. |
| | 14 I wear safety gear when I ride my bike, skateboard, or play sports. |
| | 15 I practice art, dance, or music at least once a week. |
| | 16 I wear a seatbelt when I am in the car. |
| | 17 I eat green, orange, and yellow vegetables. |

ANSWERS:

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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.



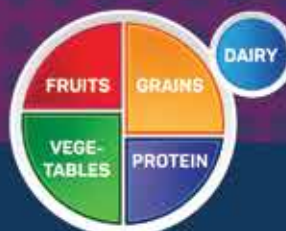
Choose legumes as a delicious plant-based source of protein in your diet.



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