

Choose well to live well!

WORKSHEETS



GRADE SIX

Curriculum Links: Life Skills

Grade 6	Term 2 Topic: Development of the self <ul style="list-style-type: none">· Self-management skills<ul style="list-style-type: none">- Developing an activity plan Term 3 Topic: Social responsibility <ul style="list-style-type: none">· Caring for people:<ul style="list-style-type: none">- Considering others' needs and views- Communicating own views and needs without hurting others
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Curriculum Links: Natural Sciences

Grade 6	Term 1 Topic: Nutrients in food: <ul style="list-style-type: none">· Food Groups Topic: Nutrition: <ul style="list-style-type: none">· Balanced diets
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My favourite rainbow foods

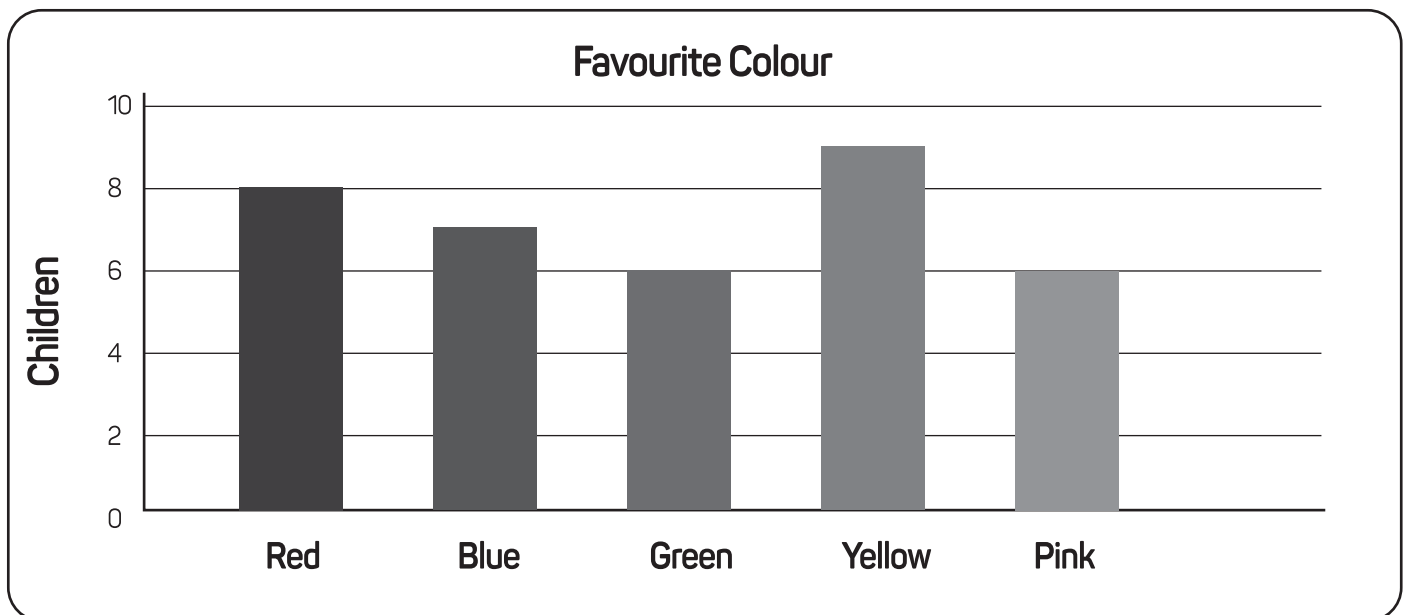
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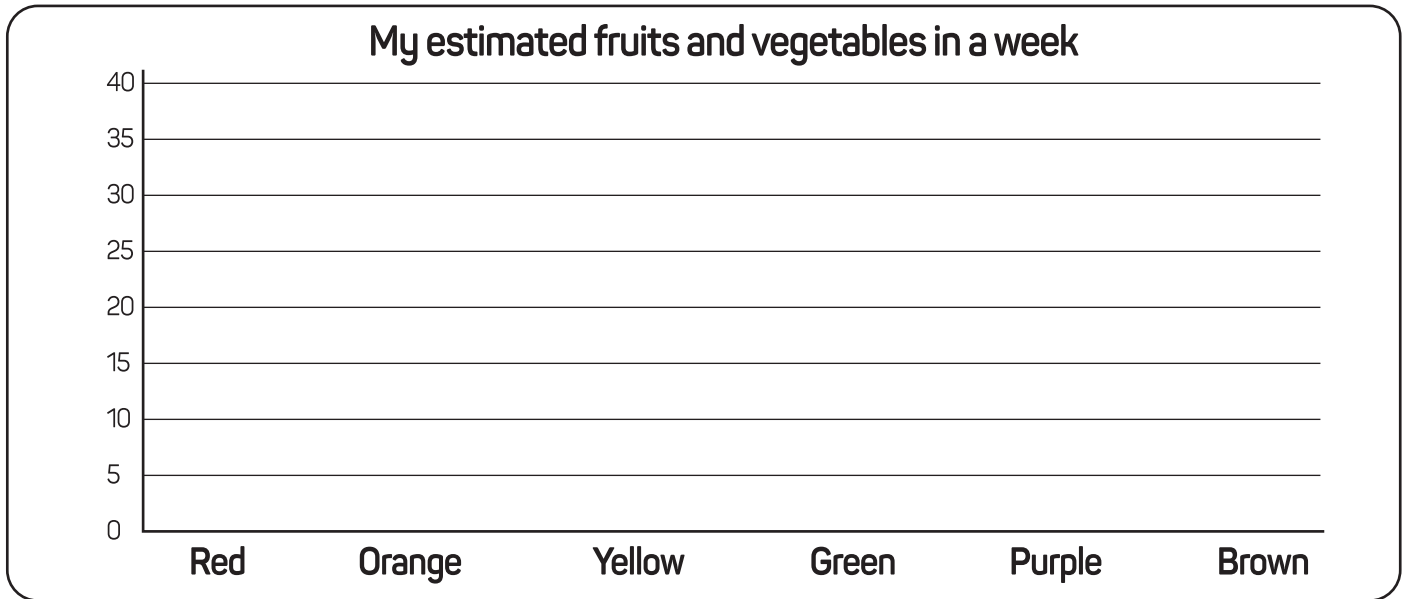
1. Look at the 'Eat a rainbow every day!' poster. Talk about it:
 - a. What would make you eat more fruit and vegetables?
2. Answer the following questions about the fruits and vegetables that you eat. (You don't have to limit your answers to fruits and vegetables that are on the poster):
 - a. What is your favourite red fruit or vegetable? _____
 - b. What is your favourite orange fruit or vegetable? _____
 - c. What is your favourite yellow fruit or vegetable? _____
 - d. What is your favourite green fruit or vegetable? _____
 - e. What is your favourite purple fruit or vegetable? _____
 - f. What is your favourite brown fruit or vegetable? _____
3. How many fruits and vegetables of each colour do you think you eat in a week? (This is called an 'estimate')

Red	Orange	Yellow	Green	Purple	Brown
_____	_____	_____	_____	_____	_____

4. Here is an example of a bar graph:



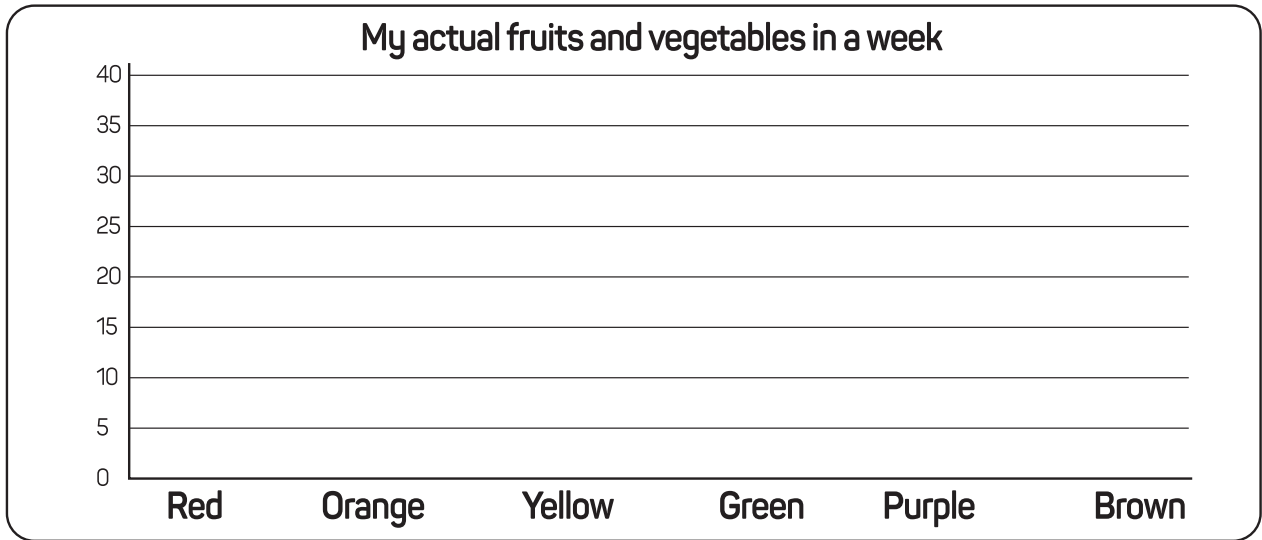
5. Use the data in the table to complete this bar graph of how many coloured fruits and vegetables you estimate that you eat in a week:



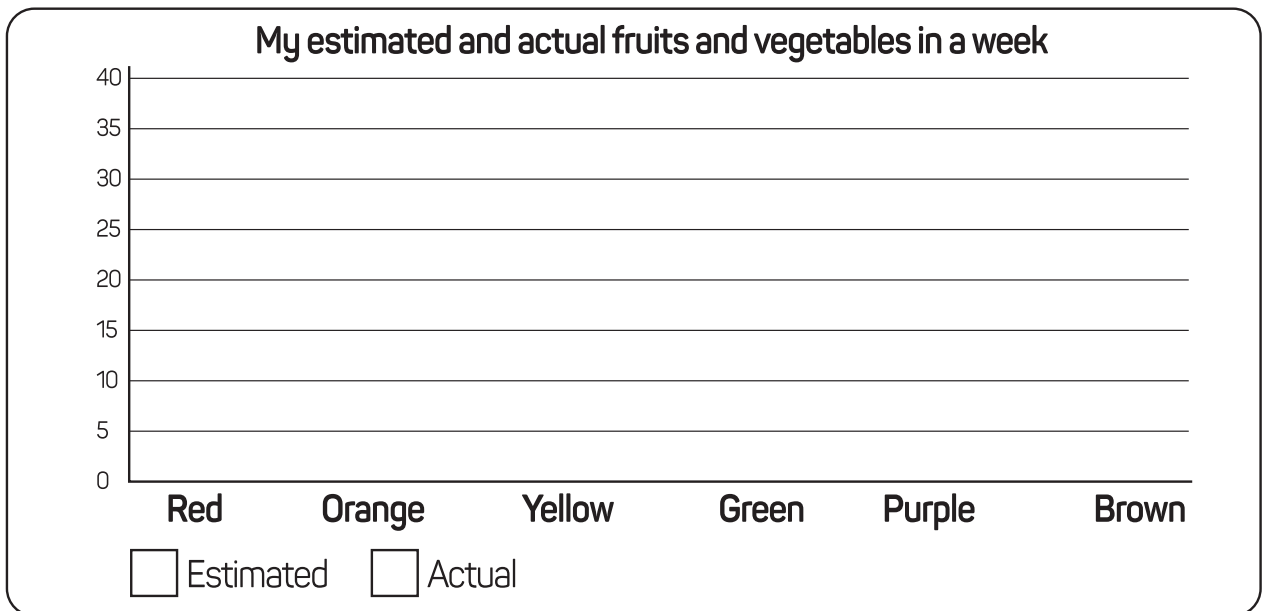
6. Over the next week, complete this 'Rainbow Chart' to see how many colours of fruits and vegetables you eat in a week.

	Red	Orange	Yellow	Green	Purple	Brown	Total
Monday	_____	_____	_____	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____	_____	_____	_____
Wednesday	_____	_____	_____	_____	_____	_____	_____
Thursday	_____	_____	_____	_____	_____	_____	_____
Friday	_____	_____	_____	_____	_____	_____	_____
Saturday	_____	_____	_____	_____	_____	_____	_____
Sunday	_____	_____	_____	_____	_____	_____	_____

7. Use your data to complete this bar graph of how many coloured fruits and vegetables you actually ate this week:



8. Combine both sets of data to make a double bar graph to compare how many coloured fruits and vegetables you estimated that you eat and how many you actually eat in a week. Use one colour to show your 'estimated' bar graph and a different colour to show your 'actual' bar graph.



9. Were your guesses about how many fruits and vegetables that you eat accurate, when you compare it to the amount that you actually eat?

10. What can you do to include more fruits and vegetables in your diet?

A balanced diet

Name:

Date:

1. Look at the 'Plan a healthy snack!' poster and talk about it.

- a. How can healthy snacks help you?
- b. What do healthy snacks give you?

2. Read about:

- some of the issues that children often face in their daily lives that can lead to unhealthy eating habits, and
- healthy eating and snacking, using Go Foods, Glow Foods and Grow Foods.

A balanced diet means eating the right amounts of foods every day. A balanced diet gives you energy, can protect you from disease, and helps you to grow healthy and strong. Many South African children eat unhealthy diets as they have too much high-sugar and salty foods and not enough fruits, vegetables and legumes. Many children also eat highly processed foods. This means that food has had ingredients added to it, like salt and sugar to improve the flavour. Here are some of the reasons:

- Most highly processed foods, such as chips, sweets, cakes, biscuits, doughnuts and cold drinks, taste good, but they are 'empty energy' foods which will not keep us healthy.
- Many children come to school, having not eaten breakfast, and they buy unhealthy food and drinks from vendors and tuckshops to give them a quick energy boost.
- Many children do not know the difference between healthy and unhealthy foods and buy cold drinks and chips instead of healthier foods.
- Many children see adults eating unhealthy foods and snacks and follow their example.
- Children often eat fast foods because they are convenient (easy to get) and cheap. Many fast foods are high in sugar, fat and salt.
- Children who are feeling depressed, anxious or bored often snack on unhealthy foods to make themselves feel better.
- Many people think that it is more expensive to eat healthy food but this is not true. Oats or sorghum porridge with milk, peanut butter and banana on brown bread, boiled eggs, oranges, peanuts and raisins and popcorn are examples of snacks that are nutritious and not expensive.

Most foods can be divided into 3 main food groups: Go Foods, Glow Foods and Grow Foods. Plan to eat one of each of these food groups at every meal to make sure you are eating a balanced diet.

- Go Foods help to give you energy. They help you to play, exercise and learn. Go Foods like bread, rice, oats porridge, pasta and maize meal 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 help to protect you. They can keep your hair, skin and eyes glowing and healthy. Glow Foods are fruits like bananas, apples and pineapple, and vegetables like tomatoes, carrots, spinach and cauliflower. Have more fruits and vegetables as snacks rather than relying on junk foods or fast foods.
- Grow Foods help to build your body so it can grow strong. They help your bones, teeth and muscles to grow. Grow Foods are foods like meat, chicken, fish, eggs, nuts, milk, maize, dried beans and peas, lentils, and soya. Grow Foods like milk, peanut butter, yoghurt or nuts are a delicious healthy snack.

3. Answer the following questions in your workbook:

- What are the benefits of a balanced diet?
- What does it mean when we say that food has been highly processed? Name 3 highly processed foods that you like to eat as a snack.
- Why are most fast foods unhealthy for us to eat too often?

4. Use the information on the poster and in this worksheet to write a speech that encourages children to eat healthy food and snacks rather than fast foods and processed foods. Present your speech to your class.

ANSWERS:

3a. A balanced diet gives you energy, protects you from getting sick and helps you to grow healthy and strong.

3b. Highly processed food means that the food has had ingredients added to it like salt, sugar, artificial colours or preservatives to improve the flavour. Eating too much of these highly processed foods is not healthy. Examples are chips, sweets, cakes, biscuits, doughnuts and cold drinks.

3c. Most fast foods are unhealthy because they are empty-energy foods, providing us with too much energy and not enough good nutrition and contain too much salt, sugar and fat.

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Persuade a friend

Name:

Date:

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

- a. Why should we eat foods with natural sugar rather than foods with added sugar?

2. Read the information section below.

Sugar is found naturally in fruits, vegetables and milk. These foods are healthy for us as they have important vitamins and minerals which help to protect our bodies from getting sick. Be careful with fruit juice – it contains a lot of natural sugar so have no more than $\frac{1}{2}$ -1 cup a day. Water is the best drink in the world because it comes straight from nature and does not have any sugar in it.

Many highly processed foods, such as biscuits, cakes and some cereals, contain large amounts of added sugar. Some of the other names for the sugar added to these foods are high fructose corn syrup and glucose.

We need to eat less of the foods which have large amounts of sugar added to them. Too many sugary foods and sweet drinks can make us feel full and leaves less room for healthy foods. These include sweets, biscuits, cakes, doughnuts, ice cream, energy drinks and cold drinks.

Eating too much sugar can lead to health problems, such as increasing the risk of weight gain, diabetes, tooth decay and cavities (holes), and heart disease.


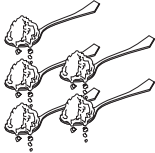



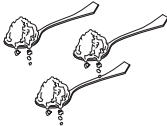


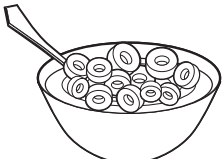
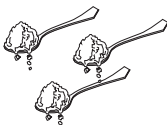


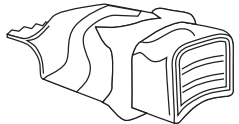
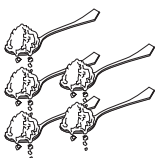
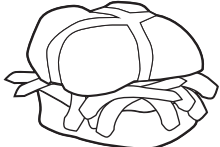

3. Use the poster, and the information on this worksheet, to write a friendly letter to persuade a friend to make healthy sugar swaps.

- a. Here are some more facts about sugar that you may want to use to make your friendly letter stronger:

- A quarter of the sugar that children eat comes from sugary drinks.
- 1 can (330ml) of sugary fizzy drinks can have up to 9 teaspoons of sugar in them.
- The acid in sugar sweetened drinks can destroy tooth enamel and lead to dental cavities (holes in your teeth).
- Children are meant to have no more than 6 teaspoons of added sugar per day. Many children have up to 14 teaspoons of sugar each day, that's around 2 920 teaspoons too many each year. (Can you convert the number of teaspoons of sugar to kilograms? Remember each teaspoon of sugar = 4 grams.)
- Instead of sugar sweetened fizzy drinks and fruit juice drinks, drink milk or water instead.
- Instead of sugary foods, make healthier choices, such as eating fruit. Fruit is naturally sweet, but it also provides fibre and vitamins which help to keep us healthy.

b. Check the ingredients list on products you buy. If sugar, high fructose corn syrup or glucose is one of the first three ingredients, rather look for something else. Here are some helpful sentence starters which you can use. (You can use your own ideas as well):

- First of all...
- Surely...
- Did you know...
- However,...
- The time has come to...
- How can we...
- I strongly believe...
- In conclusion...

 <p>A 500ml fizzy drink</p>	 <p>5 teaspoons of sugar</p>	<p>→</p> <p>SWITCH TO</p>	 <p>A 500ml water</p>	 <p>0 teaspoons of sugar</p>
 <p>A slice of carrot cake</p>	 <p>3 teaspoons of sugar</p>	<p>→</p> <p>SWITCH TO</p>	 <p>4 crackers and cheese</p>	 <p>1 teaspoon of sugar</p>
 <p>One cup of sugary cereal</p>	 <p>3 teaspoons of sugar</p>	<p>→</p> <p>SWITCH TO</p>	 <p>One cup of oats porridge and raisins</p>	 <p>1 teaspoon of sugar</p>
 <p>A 50 gram chocolate bar</p>	 <p>5 teaspoons of sugar</p>	<p>→</p> <p>SWITCH TO</p>	 <p>A hot cross bun with grated cheese</p>	 <p>2 teaspoons of sugar</p>

Legumes for life

Name:

Date:

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

- Do you know what a legume is?
- What food that is made from legumes do you like to eat?

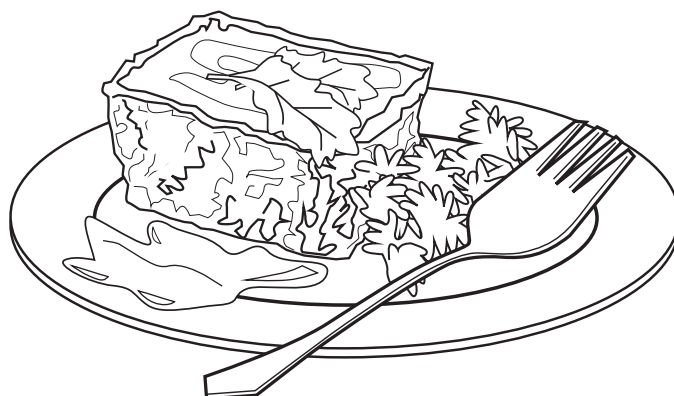
2. Read about legumes and their health benefits:

Legumes are plants that have pods with tiny rows of seeds. They include dried beans and peas, lentils, and soya. Lentils come in many varieties ranging in colour from black and various shades of brown to red, orange, yellow and green. Legumes can be bought dried and canned. There are many health benefits from including a sufficient supply of lentils in your diet:

- 1 cup of cooked lentils has about 20g of protein while 1 cup of cooked beef mince has about 30g of protein. Legumes, such as lentils, soya and dried beans, are a healthy source of protein in the diet.
- Lentils and split peas cook quickly, taking generally 30-45 minutes to soften depending on the variety.
- Lentils are a cheap and healthy source of protein, when compared to animal proteins such as fish, beef and chicken.
- Lentils are a good source of fibre. Fibre keeps the inside of our bodies clean.
- Best of all, lentils are very tasty and can be used in many types of dishes, such as soups, stews, salads, curries and spreads.

Lentils are a staple of many cultures in the world, including Indian, Nepalese and Greek. Most South African cultures eat a lot more meat and chicken than legumes. This is your opportunity to change that!

Have you heard of, or eaten bobotie? Bobotie is a proudly South African Cape Malay dish, traditionally made with minced, curried meat and fruit (usually chutney) with a creamy egg-based topping. But, in recent years, as people look towards eating less animal-based proteins, many people have used legumes to replace these proteins. A famous South African chef replaced mince with lentils and came up with a Lentil Bobotie which people all over the world are now making!



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3. Now it is your turn to transform a traditional animal-based South African meal into a legume-based meal. In your groups:

- Brainstorm the traditional animal-based South African meals that you eat at home.
- Choose one meal that at least one person in your group has an idea how to prepare. (This person will guide the group.)
- Work together, guided by your group leader, to recreate the recipe using legumes of your choice. Use the table below to help you choose the right legumes, as well as to write your recipe.
- Try to prepare your dish at home!

Legumes (1 cup)	Description	Uses	Soaking time	Cooking time	Yields (How much do you get from 1 cup uncooked?)
Black beans	Small, black, oval beans with white dot at one end and cream-coloured flesh.	Used in soups and stews.	8 to 12 hours	1 to 1½ hours	2 ¼ cups
Black-eyed peas	Medium-size oval beans. White with small black "eye" on one side.	Used in curries.	8 to 12 hours	30 minutes to 1 hour	2 cups
Chickpeas	Medium-size, round, roughly shaped, beige beans with nut-like flavour and firm texture. Hold their shape when cooked.	Used in soups, stews, and salads and as snacks.	10 to 12 hours	1 to 1½ hours	2 cups
Kidney beans	Large, deep- or light-red, kidney-shaped beans with cream-coloured flesh.	Used in soups, stews, and salads.	8 to 12 hours	1½ to 2 hours	2 ¼ cups

Split peas	Green or yellow. Whole dry peas, skinned and split.	Cook relatively fast and turn into thick, creamy purée. Used in soups.	Do not require soaking	30 minutes to 1 hour	2 cups
Lentils	Small, lens-shaped legume. Mild flavour; red, brown, and green varieties.	Used in soups, stews, salads, and side dishes.	Do not require soaking	20 minutes to 1 hour	2 cups

4. Create a class recipe book called 'Legumes for Life'. Illustrate it and share it with other learners so that they, too, can benefit from this powerful protein.



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I can plan for fitness

Name:

Date:

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

- a. What activities should you do less of? Why?

This worksheet will help you to create a plan to become more physically active. When people think of physical activity, they mostly think of sports. Playing sport is a very good way to be physically active, but it is not the only thing that counts as being active. Other examples of physical activity include walking, cycling, taking the stairs, doing household chores, gardening and dancing.

Physical activity involves any body movement that uses energy. It provides many benefits:

- It helps to maintain a healthy body weight
- It helps strengthen our bones and muscles
- It can reduce the risk of developing some diseases
- It can increase our chances of living a longer life

When you exercise, your body makes a chemical, called an endorphin, that helps you to feel good. So physical activity can even improve your mood! General physical activity guidelines recommend 60 minutes of physical activity a day for children.

2. Physical activity is much easier to do when you have someone to do it with.

Work with a partner to create a physical activity plan, for each of you to follow, using the template on the next page. You don't have to do all the same exercises, or even do them together, but you can support and check in with each other. Motivate each other to do your 60 minutes a day! The first row, below the headings, is an example to get you started.



PHYSICAL ACTIVITY PLAN				
Day	Activity No. of minutes	Activity No. of minutes	Activity No. of minutes	Total no. of minutes
Wednesday	Soccer 30 minutes	Walking 15 minutes	Cleaning my bedroom 15 minutes	60 minutes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Goal: 60 minutes a day!		How did I do this week?		(✓)
Name: Week of:		Great		
		Good		
		Not so good - I could have done more.		
		I will definitely need to improve next week.		

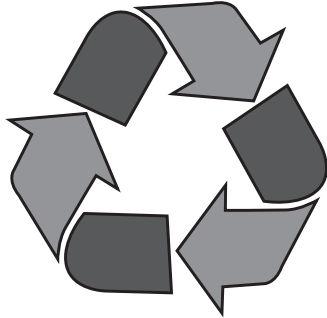
Follow that bottle!

Name:

Date:

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

a. What is recycling? Do you recycle? Why/Why not?

2. Read this information before completing the activity below.

There are many ways to look after our planet. When you look after Earth, by doing the things that are on the poster, we say that you are living 'green'. Recycling is one of the most important ways to live green.

How many recycled plastic bottles does it take to make...?

- 1 T-shirt = 5 bottles
- 1 jacket filler = 5 bottles
- 1 jersey = 27 bottles
- 1 sleeping bag = 35 bottles
- 1 pencil case = 1 bottle

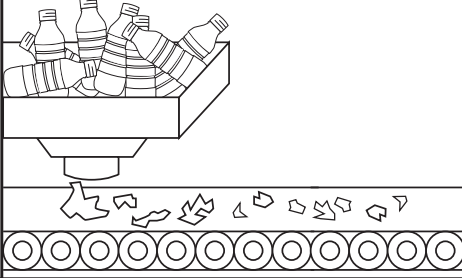
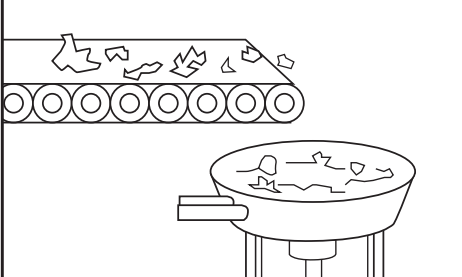
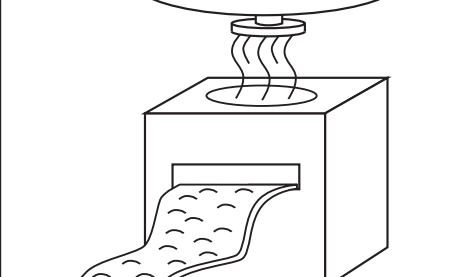
When we recycle, we:

- collect used, reused, or unused items that would otherwise be considered waste;
- sort and process them into raw materials; and
- turn the recycled raw materials into new products.

When you buy things that are made from recycled materials, you are the last link in the recycling process.

Recycling can also include composting of food scraps, garden waste, and other rotting materials.

3. Have you ever wondered how recycling works? On the following page, you will see a comic strip story of a plastic bottle, from Tebogo drinking out of it, to the bottle being turned into something new. But, most of the pictures, in the comic, have been left out. Read each strip and then draw a picture to illustrate it. Have fun learning about recycling!

<p>1. Tebogo drinks a cold drink.</p>	<p>2. When he is finished, he puts the empty bottle in the recycling bin.</p>	<p>3. A truck comes to pick up the reused bottles.</p>
		
<p>4. The truck takes the recycled bottles to a factory.</p>	<p>5. The bottles get separated by colour.</p>	<p>6. The bottles are ground up into little pieces.</p>
		
<p>7. The little pieces are melted...</p>	<p>8. And made into pieces of thread.</p>	<p>9. In another factory, the plastic thread is used to make clothing.</p>
<p>10. Jackets, scarves, gloves and blankets can be made from the recycled plastic bottles...</p>	<p>11. And are sold in shops.</p>	<p>12. Tebogo's favourite jacket is made from the bottles he recycled!</p>

Source: Activity adapted from "The Quest for Less" (www.epa.gov.)

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Life is what we make it

Name:

Date:

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

2. Read this poem. Talk about it:

- What does this poem teach you about life and choices?
- What healthy choices have you made in your life?
- What healthy choices do you want to make for your life?
- What is stopping you? When will you start?

Life is what we make it

Minerva C. David

In life we always make
A choice we have to take.
It may be good or bad,
Be happy or be sad.
Healthy foods we must eat,
Bad habits we must beat.
Smoking and drinking
Are not good for our well-being.
Life is what we make it,
We can be sick or fit.
Follow healthy practices
And say goodbye to diseases.

Another word for choice is decision. In life, we face many choices and decisions. It helps to know how to make responsible choices and decisions. Responsible decision makers think about the consequences of their actions and how it will affect them and the people around them. Here is a 6-step process for making responsible decisions when you are faced with a choice.

Step 1: Identify the problem.

Step 2: Gather relevant information.

Step 3: Brainstorm/Think of some solutions.

Step 4: Identify the possible consequences of each solution.

Step 5: Make a choice and take action.

Step 6: Evaluate the outcome. If it did not work, choose again!

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3. In groups, choose one or two of the following situations and apply the decision-making process to each situation. What would you do?

<p>MAKING DECISIONS</p> <p>Your teacher assigns a group project and your friend, who never helps with group projects, wants to be in your group.</p> <p>What would you do?</p>	<p>MAKING DECISIONS</p> <p>You have been waiting a long time for your parent/caregiver to take you to the mall. At the last minute, they say they can't take you.</p> <p>What would you do?</p>	<p>MAKING DECISIONS</p> <p>You were watching TV and had to go to the bathroom. When you get back, your brother is watching TV and has changed the channel.</p> <p>What would you do?</p>
<p>MAKING DECISIONS</p> <p>You need to study for a test, but your friend wants you to play an online game with him/her.</p> <p>What would you do?</p>	<p>MAKING DECISIONS</p> <p>You want to audition for the school play but find out that you have soccer/netball practice at the same time.</p> <p>What would you do?</p>	<p>MAKING DECISIONS</p> <p>You find a wallet on the ground at break. Your friends tell you to keep it.</p> <p>What would you do?</p>

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.



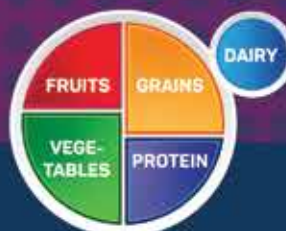
Choose legumes as a delicious plant-based source of protein in your diet.



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

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