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**Background Information for the teacher.**  
**Read over this information before teaching your class.**

# Introduction

## Foreword

Lucky Star in conjunction with the Pick n Pay School Club is proud to provide educators with free outcomes-based educational material. Lucky Star is passionate about improving the wellness of children in South Africa. With this in mind, this learning programme is designed to support teachers and learners concerning general wellbeing and encourages learners to be smart, safe and strong, building a Lucky Star body. Furthermore, with the bigger picture in mind, enjoyment in learning and a platform for awareness is essential to building a nation of healthy learners in South African.

## Background and context

Currently in its eighth year, the Pick n Pay School Club is enjoying success in schools across the country. Over the years it has provided a platform that delivers much-needed educational support in a meaningful and value-adding way. This year, the material will reach over 1.6 million learners and over 75 000 teachers. Lucky Star has been a part of this educational channel for three years.

This learning programme is aligned to the RNCS and is therefore outcomes-based. This adheres to the standards set by the Department of Education. The material is designed to facilitate a learning process that starts with teaching and learning which culminates in assessment of competency according to the standards set for that grade. The teacher is supported with the provision of researched learning content that is presented clearly, with easy to follow directions.

The learning programme mostly focuses on Life Orientation.



## Acronyms

AS	Assessment Standard
FET	Further Education and Training
GET	General Education and Training
LO	Learning Outcome
R	Reception
RNCS	Revised National Curriculum Statement



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Linda and Lisa are in the same class. Mrs Dumis tries to explain the new sums to the children but Lisa does not understand anything the teacher is saying. Linda on the other hand keeps on answering correctly. All that Lisa can think of was break time and having lunch.

At break time Linda and Lisa sit outside under a tree having their lunch. Lisa's lunch box is packed with chocolates, sweets, biscuits and chips. Linda's lunch box has a healthy Lucky Star tuna sandwich, an apple and yoghurt. Lisa asks Linda if she would like some sweets but Linda says no. Lisa asks her why not.

Linda says, "You know Lisa, I used to eat lots of junk food and I always felt tired and I couldn't do my school work properly. Then my mommy heard about the good things a balanced diet can do to build strong, healthy bodies and minds. Did you know Omega-3 fatty acids actually help to lower your cholesterol? Ever since my mom started packing me a healthy and balanced lunch box, my schoolwork has improved and I even take part in sport."

"What is a healthy, balanced diet?" asks Lisa. "Well, look at my lunch box. You must have fruit or vegetables, protein which is fish, meat or chicken and carbohydrates which is my bread. My mommy uses Lucky Star tuna or sardines on my bread. We also eat fish cakes which she makes from Lucky Star pilchards. They are so delicious and I can even help my mommy. When mommy is too tired to cook I can make a nice tuna salad with pasta, cheese and apple and my whole family enjoys it. I know a Lucky Star song that we can sing. Would you like to learn the song?" asks Linda. "Yes, please!" Lisa says excitedly.

(Sing song to the tune of Mary had a Little lamb)

**Lucky Star is good for you, good for you,  
good for you,  
Lucky Star is good for you  
Nutrition is the key**

**It gives you strength and helps you think,  
helps you think, helps you think,  
It gives you strength and helps you think  
You'll be clever as can be**

"Now that was great fun. I can't wait to tell my mommy! Maybe she should also change to Lucky Star fish and a healthy diet. It will feel so good to have a strong healthy body and to be able to do my schoolwork just like you." says Linda.



### Did you know?

Omega-3 Fatty Acids helps to lower your cholesterol levels and it can lower your chances of getting heart disease by up to 50% if you eat as little as 30g of fish per day.



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## 1. Foundation Phase

### 1.1. Grade R

Learning Area	Learning Outcome	Assessment Standard
Life Orientation	LO 1: Health Promotion	The learner will make informed decisions regarding personal community and environmental health. The learner should be able to explain the importance of a healthy balanced diet.
English	LO1: Listening	Listens with enjoyment to oral text and simple songs. Distinguishes different sounds especially at the beginning and end of words.
Mathematics:	LO2: Patterns Functions and Algebra	Copies and extends simple patterns using physical objects and drawings (e.g. colours and shapes). Creates own patterns.

#### Teaching Activity:

Read the Lucky Star story to the learners and follow the teacher and learner guidelines for the specific activities. Grade specific learning activities, assessment standards and tasks make developmental progression possible after the story.

Have the following pictures and poster ready to show the learners while you read them the story.

- 1) Poster of a balanced meal on a plate (Refer to Resource Section)
- 2) Two girls having lunch with the two different lunch boxes (healthy and not healthy)

#### Resources:

Each child must have an A4 copy to do the activity. Teacher must explain to learners how to do the activity. Learners have to use wax crayons or colour pencils to complete the different activities.



#### Did you know?

Selenium, a mineral found in Lucky Star canned fish helps to boost the immune system.



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# healthy body

## Learning Activity

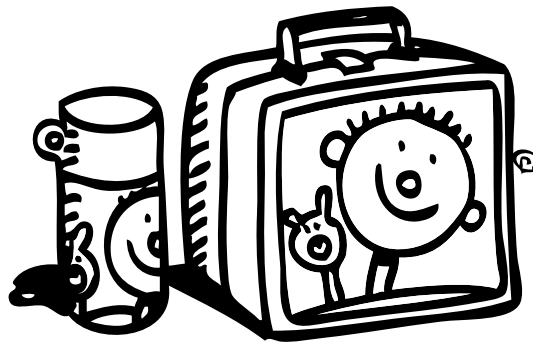
Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Look at the pictures of the food.

Use your wax crayon to circle the healthy food that goes into the lunch box.



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## Assessment Task

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

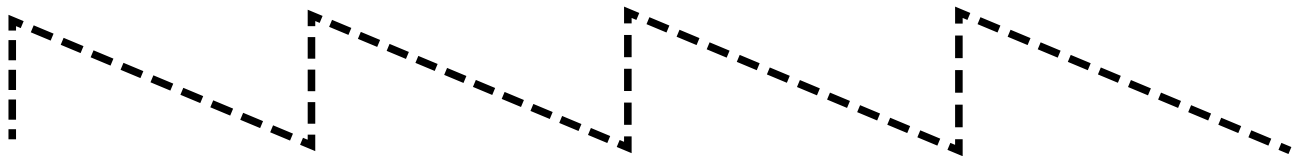
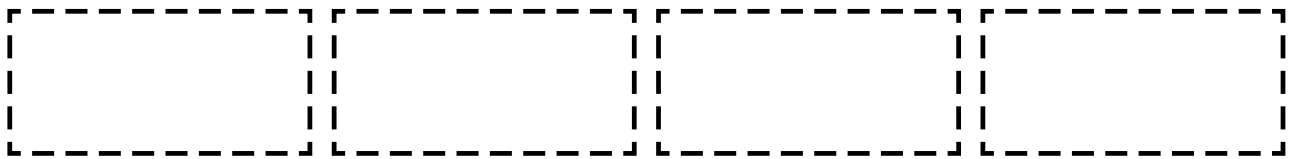
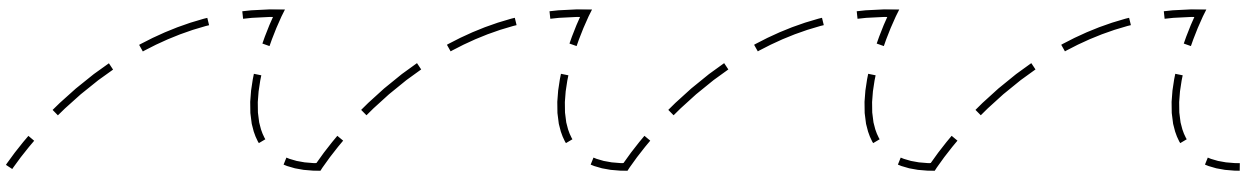
Date: \_\_\_\_\_

Learners must use wax crayons to complete task.

### LUCKY STAR FUN FACT:

Lucky Star canned pilchards, sardines and mackerel contain calcium which assists in healthy bone development.

- 1) Trace the patterns
- 2) Draw your own pattern in the line at the bottom



Make your own pattern

Parent / Guardian Signature: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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## 1.2. Grade 1

Learning Area	Learning Outcome	Assessment Standard
English	LO1: Listening	Listens with enjoyment to short stories, rhymes, poems and songs from a variety of cultures and shows understanding; listens for the main idea and important details in the story.
Mathematics:	LO 1: Numbers, Operations and Relationships	Orders, describes and compares whole numbers to at least 2-digit numbers. Knows and writes number symbols from 1 to at least 100 and writes number names from 1 to at least 34.

### Teaching Activity:

Read the story to the learners. Show the learners the picture of the girls with their lunch boxes as well as the poster of a balanced meal.

Remember the story? Teacher asks oral questions;

- 1) Which subjects was Mrs Dumi busy with?
- 2) What are the names of the two girls?
- 3) What did Lisa have for lunch?
- 4) What did Linda have for lunch?
- 5) Can you name four different types of Lucky Star fish?

Sing the Lucky Star song from the story.

### Note to the teacher:

- First explain the worksheet to learners
- Worksheet can be done with pencil or colour pencils

### Resources:

- Word cards/writing board and chalk
- Wall chart to measure height
- Scale to take learner's weight
- Dolls, puppets or pictures of different children (these can be cut out of newspapers and magazines)
- Stationery: pencils, colour pencils/wax crayons
- Copies of the assessment task

### Why fish rather than meat?

The prime protein in fish is much more easily digested than that in meat and it is much cheaper.



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# healthy body

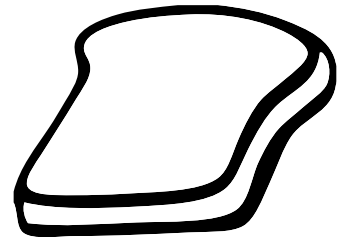
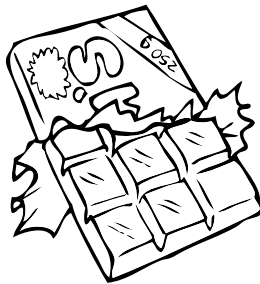
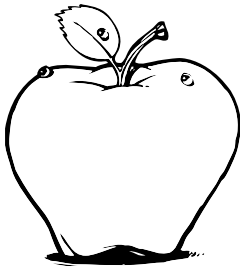
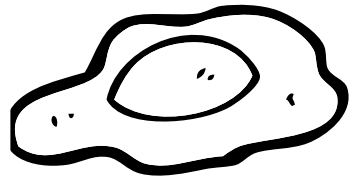
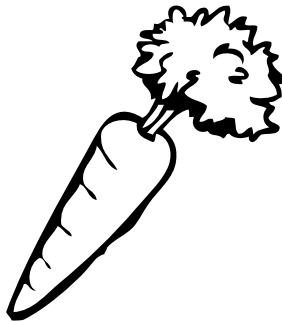
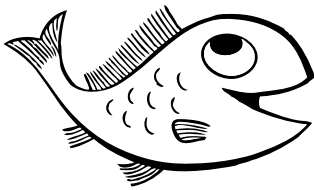
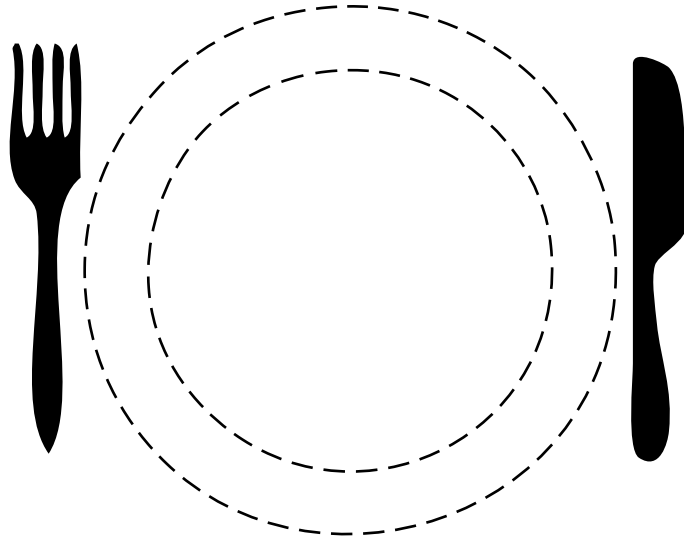
## Learning Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Look at the picture of the different types of food. Connect the correct food at the bottom of the page with the outline of the plate.



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# healthy body

## Section B Foundation Phase Grade 1

### Assessment Task

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

#### NOTE TO MOM:

Daily diet: Food containing proteins should be included in the daily diet because the body cannot store proteins for later use. The body, in fact, converts excess proteins into fats and carbohydrates, two other essential foods. Lucky Star canned fish is an easy and inexpensive source of protein

How many fish are in each line? Write the number and number name.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_



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## 1.3. Grade 2

Learning Area	Learning Outcome	Assessment Standard
English	LO1: Listening	Listens with enjoyment to stories, poems and either oral texts and shows understanding. Listens for the topic or main idea.
Mathematics:	LO 1: Numbers, Operations and Relationships	Counts forwards and backwards in: <ul style="list-style-type: none"> <li>• One's, from any number 0 to 200</li> <li>• Ten's, from any multiples of 10 between 10 to 200</li> <li>• Five's, from any multiple of 5 between 0 to 200</li> <li>• Two's, from any multiple of 2 between 0 and 200</li> </ul>

### Teaching Activity:

Read the story to the learners. Show them the picture on page 3 as well as the word cards while you are reading the story.

- 1) Ask learners what the main idea of the story is.
- 2) Ask learners what they brought for lunch and whether it is healthy food or not.
- 3) Let the children do counting activities.
- 4) Let learners say words on word cards, they must build an oral sentence with words.

### Counting activity:

Count aloud in 1's from 20 to 85

Count aloud in 2's from 40 to 90

Count in tens from 31 to 101

Count in five from 45 to 150

Read the instructions and help the learners complete the different exercises.



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# healthy body

## Learning Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Write the missing number inside the star.

Sardines



38

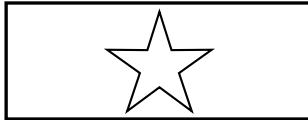
40



Tuna



65

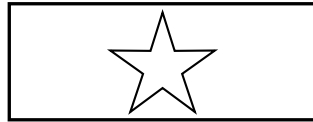


75



85

Pilchards



90

100



Parent / Guardian Signature: \_\_\_\_\_



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## Assessment Task

Name: \_\_\_\_\_

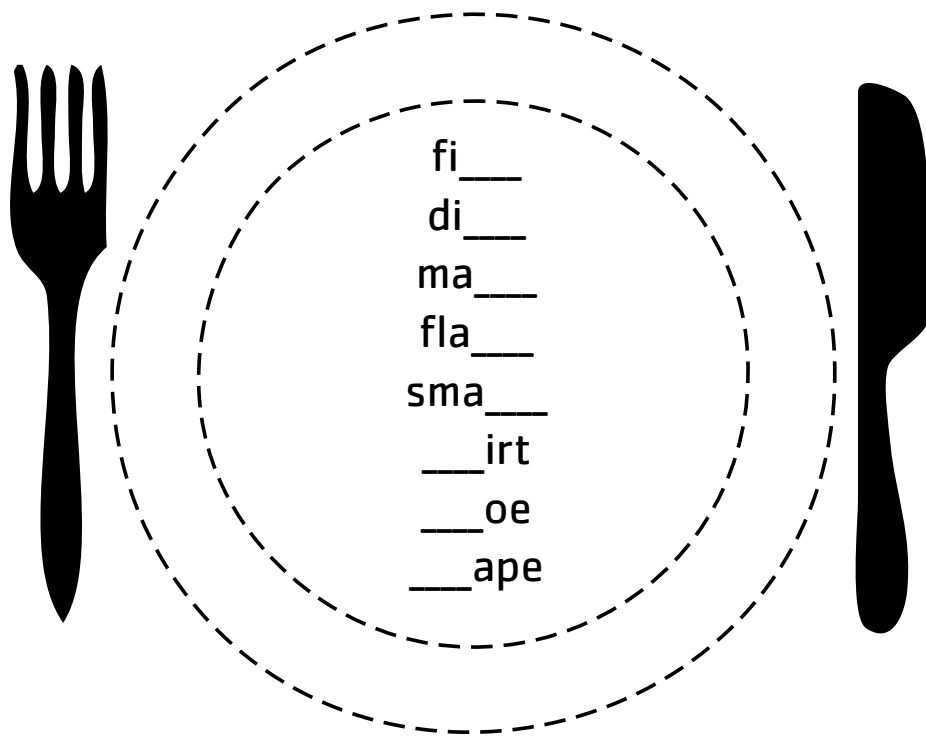
Grade: \_\_\_\_\_

Date: \_\_\_\_\_

### Did you know?

Selenium found in Lucky Star products benefits the cardiovascular system (heart and blood vessels) and protects against cancer

Complete the words by adding the "sh" sound at the back or front to form a word.



Complete the sentences with your own words

I eat Lucky Star tuna

Mommy uses Lucky Star Pilchards to make

Write your own sentence with the word fish:



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### 1.4. Grade 3

Learning Area	Learning Outcome	Assessment Standard
English	LO1: Listening	Listens with enjoyment to stories, poems, songs and other oral texts and shows understanding: listens for the topic or main idea.
	LO4: Writing	Uses appropriate grammatical structures and writing conventions. Uses punctuation appropriately (capital letters, full stops, questions marks and commas).
Mathematics	LO4: Measurement	Estimates, measures, compares and orders three dimensional objects using non-standard and standard measures: Capacity (e.g. spoons, cups).
	LO5: Data Handling	Reads and interprets data presented in simple tables and lists.

#### Teaching Activity:

Read the story to the learners. Show them the pictures on page 2 while you are reading the story. Add word cards for food groups to appropriate parts (protein, carbohydrates, fruit, and vegetables):

- 1) Ask learners to repeat the names of the food groups.
- 2) Ask learners which types of fish Lucky Star has? E.g. Tuna, Mackerel, Sardines, Pilchards.
- 3) Explain how a graph works.
- 4) Use the following empty Lucky Star cans (with label on) 120g, 170g, 155g, 215g, 400g for estimation. Learners must estimate first and then find actual result.

Sing the following song to the tune of Twinkle, twinkle little star:

**Twinkle, twinkle Lucky Star  
How I like just how you are  
In my lunchbox you belong  
Protein makes me big and strong**

**Twinkle, twinkle Lucky Star  
How I like just how you are**



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## Learning Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

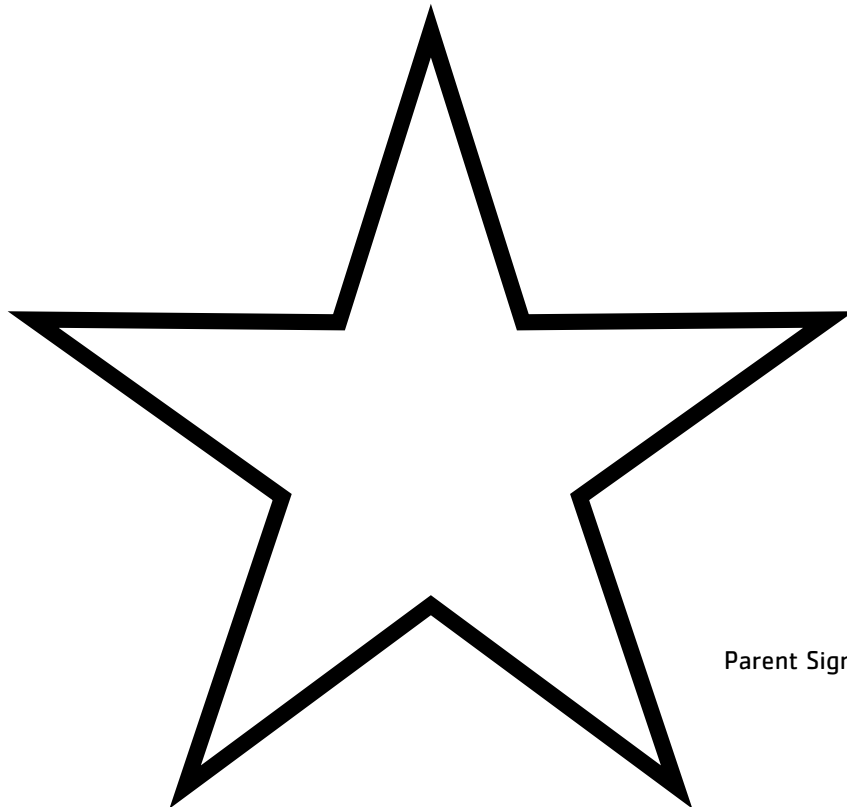
We need to eat a healthy balanced diet every day. Look at the Lucky Star poster (in the resource section) with the different food groups you are supposed to have.

Read the sentences below and follow the instructions:

- 1) Fill in all the punctuation marks with a colour pencil.
- 2) Learners can draw their healthy bodies and write one word in each point of the star to name five types of food which can help build strong bodies.

I have to eat a healthy balanced diet. I must divide my lunch box into three parts. One part must have fruit and vegetables. One part must have carbohydrates and one part must be protein. My tuna sandwich has all the protein that I need to become strong and healthy, I am a STAR!

Now you can draw your healthy body inside the star and remember to write the five types of healthy food in each point of the star.



### Handy hints for using empty Lucky Star cans

- Decorate the empty cans with coloured paper, paint or any other method and use as a pencil holder.
- Decorate can and place seeds, small stones etc. inside. Cover opening and use as a musical instrument.
- Make a small hole in the middle of 2 empty cans. Join the 2 cans with a short string from one to the other and use as talking tins.
- Trace a picture of a fish, colour and cut out. Wrap and stick around the tin with a loose tail

Parent Signature: \_\_\_\_\_



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## Assessment Task

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

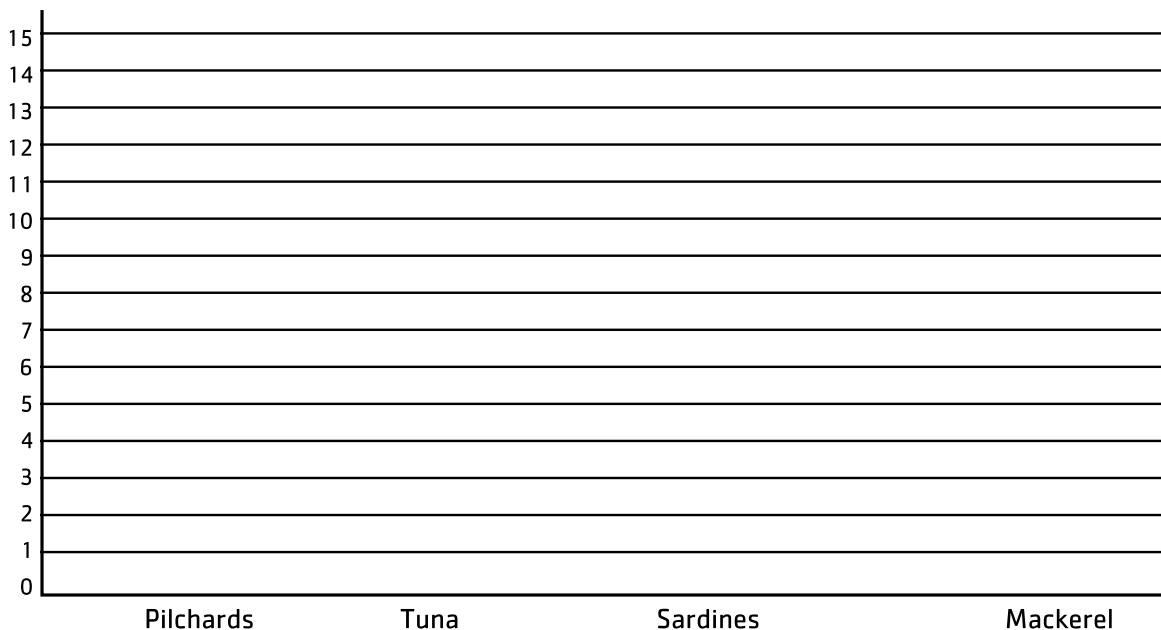
Look at the different empty cans that the teacher has.

Estimate and write down your answer.

	Estimation	True
1) Which can will hold the most water?	_____g	_____
2) Which can will hold the least water?	_____g	_____
3) How many of the 155g cans will fill the 400g can	_____	_____
4) Which can weighs the most?	_____	_____
5) Which can weighs the least?	_____g	_____

Use the information given below to draw a bar graph. Colour in each of the bars in the graph to show the different amounts of Lucky Star fish products. Label each bar in the graph (tuna, sardines, pilchards).

Mommy bought some Lucky Star fish today. She bought 4 tins of pilchards, 6 tins of tuna, 10 tins of sardines and 1 tin of Mackerel.



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## 2. Intermediate Phase 2.1. Grade 4

Learning Area	Learning Outcome	Assessment Standard
Life Orientation	LO 3: Health Promotion	Explores and reports on links between a healthy environment and personal health.
Art and culture	LO 1: Creating, Interpreting and presenting	Will be able to demonstrate planning and skilful use of design elements.

### Teaching Activity:

Educate yourself on the benefits of a healthy diet and a balanced lunch box (Lucky Star poster). Read through the teaching activity and learning activity as well as the assessment task so that you are familiar with the process and content.

After the learning process has been successfully completed and you are satisfied with the knowledge and understanding that the learners demonstrate, then start the assessment process. Facilitate the assessment process and conduct the assessment. Use the assessment tools given after the assessment task. Record achievement against the assessment standard which helps the learner to achieve the learning outcome.



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## Learning Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Follow your teacher's instructions on how to pack a healthy and balanced lunch box. Study the different food groups. Use the various groups to show your understanding of the healthy and balanced lunch box and be a Lucky Star kid.

Study the list below and select one of each for your lunch box per day. Fill in the food selection in lunch columns provided for a week.

**Different food groups:**

**Carbohydrates:** Wholewheat bread, a potato, rice, pap and brown bread.

**Protein:** Tuna, sardines, pilchards, cold meat, chicken, cheese and eggs,  
(must fill one quarter of your plate)

**Dairy:** A tub of yoghurt, a flavoured milk, a drinking yoghurt and milo.

**Fruit:** An apple, pear, an orange, strawberries, peach and banana.

**Vegetables:** A carrot, a tomato, spinach, cucumber and beetroot.

Lunch box option	Carbohydrate	Protein	Dairy	Fruit	Vegetable
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Parent Signature: \_\_\_\_\_



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## Assessment Task

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Look at the Balanced Meal on a Plate poster (Refer to resource section). Plan and design a menu for a day where you use the different food groups for the different meals for one day. You must include at least one of the Lucky Star products.

Decorate your menu with any medium to make it attractive.

### MENU

#### LUCKY STAR FUN FACT:

Lucky Star Canned Pilchards, Sardines and Mackerel contain calcium which assists in healthy bone development. Did you know that your bones stop growing when you are 18 years old?



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## Assessment Task

### NOTE TO MOM:

Experts believe that calcium-rich foods, dietary supplements and exercise can prevent serious calcium loss and that is why you must eat Lucky Star pilchards as their bones are rich in calcium!

### Rubric for assessment

Assessment	1	2	3	4
Able to do lay out of menu				
Able to include food groups correctly				
Shows imagination				
In writing style				
Able to decorate (initiative, imagination)				
Total 16				

Parent Signature: \_\_\_\_\_



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## 2. Intermediate Phase 2.2. Grade 4

Learning Area	Learning Outcome	Assessment Standard
Life Orientation	LO 1: Health Promotion	Explores and reports on links between a healthy environment and personal health.
Language	LO 1: Listening	The learner understands oral instructions, directions and written instructions.

### Teaching Activity:

Inform yourself on the issue of a healthy diet with, balanced lunch box (Refer to Lucky Star poster in Resource Section). Read through the teaching activity and learning activity as well as the assessment task so that you are familiar with the process and content.

After the learning process has been successfully completed and you are satisfied with the knowledge and understanding that the learners demonstrate, then start the assessment process. Facilitate the assessment process and conduct the assessment. Use the assessment tools given after the assessment task. Record achievement against the assessment standard which helps the learner to achieve the learning outcome.

### Resources:

- Copies of learning activity and assessment sheets. (Word search)
- Lucky Star poster - Refer to the Resource Section.
- Recipe plus instructions for recipe (Refer to the Resource Section for the recipe).



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# healthy body

## Learning Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Teacher to read the recipe and instructions for preparing the recipe. Read the instructions at the bottom and arrange them in the correct order.

Place the following steps in the recipe into the correct order:

- Bake 30–35 minutes on 180°C
- Cut the bread into smaller blocks and heat with milk in a pot
- Mix the rest of the ingredients
- Mix the bread and milk mixture with the beaten egg
- Serve hot or cold with a green salad
- Pour mixture into a baking dish of 160mm X 160mm X 50mm

ENJOY!

Answers:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

Parent Signature: \_\_\_\_\_



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## Assessment Task

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Find ten words in the word search which has to do with a healthy body and mind. Circle the words in colour and write them down on the lines provided.

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

- 1) \_\_\_\_\_ 2) \_\_\_\_\_  
 3) \_\_\_\_\_ 4) \_\_\_\_\_  
 5) \_\_\_\_\_ 6) \_\_\_\_\_  
 7) \_\_\_\_\_ 8) \_\_\_\_\_  
 9) \_\_\_\_\_ 10) \_\_\_\_\_

Refer to resource section for correct answers

Parent Signature: \_\_\_\_\_



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## 2. Intermediate Phase 2.3. Grade 6

Learning Area	Learning Outcome	Assessment Standard
Life Orientation	LO 1: Health Promotion	Interperates food labels and critically discusses health effects of listed ingredients

### Teaching Activity:

Inform yourself on the issue of ingredients on food labels as well as the resource material on different diseases linked to poor eating habits.

After the learning process has been successfully completed and you are satisfied with the knowledge and understanding that the learners demonstrate, then start the assessment process. Facilitate the assessment process and conduct the assessment. Use the assessment tools given after the assessment task. Record achievement against the assessment standard which helps the learner to achieve the learning outcome.

### Resources:

- Food labels
- A look at food labelling (resource section)
- Copies of learning activity sheet
- Pens, pencils



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## Learning Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Study the example of a label of a 170g can of tuna. The ingredients are usually arranged in order of decrease. The following label is mixed up. Arrange it in the correct order in the space provided.

Water 10%                      1) \_\_\_\_\_

Salt 1%                         2) \_\_\_\_\_

Tuna 70%                      3) \_\_\_\_\_

Use the label of a 170g can of Lucky Star tuna and fill in the correct nutritional information per 100g.

Energy                         \_\_\_\_\_

Protein                        \_\_\_\_\_

Carbohydrates                \_\_\_\_\_

Fat:                             Total \_\_\_\_\_

Saturated \_\_\_\_\_

Polyunsaturated \_\_\_\_\_

Monounsaturated \_\_\_\_\_

Parent Signature: \_\_\_\_\_



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## Assessment Task

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Find five food labels of food items eg, chocolate, baked beans, peanut butter, 100% fruit juice etc. and list them from the highest to lowest protein content.

Food item	Protein content	Other ingredients on label
1		
2		
3		
4		
5		

### Healthy Lucky Star Tip

Lucky Star Canned Fish contains Omega 3 fatty acids which are good for your brain, assists in lowering cholesterol and helps to reduce the risk of heart disease.

### Assessment Tool:

The teacher can use the following assessment rubric to score the learner's achievement against the assessment standard.

Assessment standard	Not achieved	Partially achieved	Good achievement	Excellent achievement
Able to interpret food labels and critically discuss health aspects of listed ingredients.				

Parent Signature: \_\_\_\_\_



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## 3. Senior Phase 3.1. Grade 7

Learning Area	Learning Outcome	Assessment Standard
Life Orientation	LO 1: Health Promotion	Describes strategies for living with a disease.
	LO 3: Personal Development	Critically evaluates own study skill strategies.

### Teaching Activity:

Inform yourself on the issue of the nutritional value of your personal diet (pay attention to sugar and fat content of food). Study the contents of the resource section and share this with the learners. Study the study skill strategies to be able to implement it in discussion. Also read through the teaching activity and the assessment task so that you are familiar with the process and the content.

After the learning process is completed successfully and you are satisfied with the knowledge and understanding the learners demonstrate, start the assessment process. Facilitate the assessment process and conduct the assessment. Use the assessment tools given after the assessment task. Record achievement against the assessment standard which helps the learner to achieve the learning outcome.

### Resources:

- Healthy eating (resource material)
- Lucky Star poster
- Study skill strategies (resource section)
- What is Diabetes? How can you live with it!
- Copies of learning activities
- Work books
- Pens and pencils

## Learning Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Learn from your teacher's instruction in order to understand the issue so that it can help you make informed changes to what you choose to eat in order to become healthier. Share the good and bad of your own special diet in the table below.

Tell us about your diet:	Answer
What times during the day do you eat?	1) Meals
	2) Snacks
What do you normally have for :	Breakfast
	Lunch
	Snack

Looking at your diet, how can you improve?

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Supper \_\_\_\_\_

Snacks \_\_\_\_\_

Name two main causes of obesity:

1) \_\_\_\_\_

2) \_\_\_\_\_

Name two types of Diabetes

1) \_\_\_\_\_

2) \_\_\_\_\_

Parent Signature: \_\_\_\_\_



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## Assessment Task

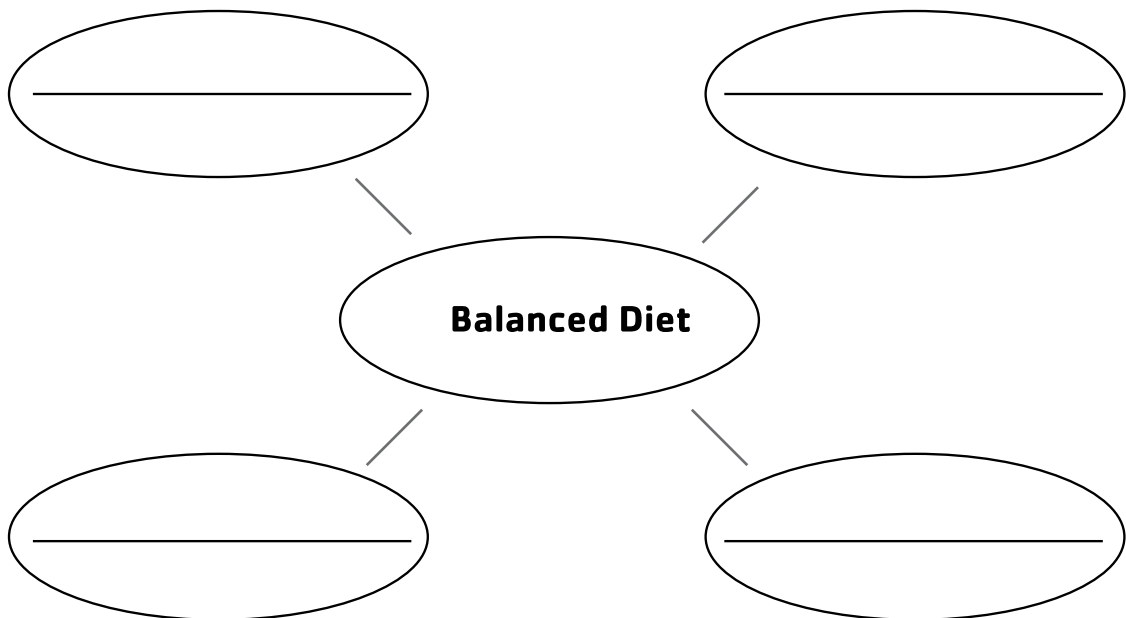
Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

There are 4 components in a healthy and balanced diet. Name them:

Use the flow diagram to complete the Healthy balanced diet and state what percentage each group should take up in your diet.



Correct the following incorrect statements below:

- 1) You need to sit on your bed when studying. \_\_\_\_\_
- 2) The windows must all be closed. \_\_\_\_\_
- 3) Write down word for word. \_\_\_\_\_
- 4) Eat sweets while studying. \_\_\_\_\_
- 5) Don't eat breakfast. \_\_\_\_\_
- 6) Fish is not a good source of protein when. \_\_\_\_\_

Parent Signature: \_\_\_\_\_



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## 3.2. Grade 8

Learning Area	Learning Outcome	Assessment Standard
Life Orientation	LO 1: Health Promotion	Demonstrates informed, responsible decision making about health and safety
	LO 3: Physical Development and movement	Participates in fitness programmes and records progress

### Teaching Activity:

Instruct the learners on the concept of a healthy athletic body. Teach the learners about the effect of malnutrition verses healthy eating.

Support the learners in the learning activity and the assessment task.

### Resources:

- Resource material
- Workbook
- Stationery



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## Learner Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Read the following article thoroughly and answer the question below.

**Kwashiorkor:** Our bodies use protein to grow muscles. Certain foods like fruit, vegetables and maize, have no proteins. People who only eat maize become malnourished and sick. When a person does not provide enough protein for his body, he or she becomes sick with kwashiorkor.

**Think of the facts that you have been taught about protein rich foods. Give a recommendation of which protein rich food you will suggest to rectify this condition and why you suggest it. (What is its nutritional value.)**

I will... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Lucky Star Tip:**  
Lucky Star canned pilchards, sardines and mackerel contain calcium which assists in healthy bone development.

**Did you know:**  
Fish, whether frozen, fresh or canned is an excellent source of protein and contains vitamins, minerals and Omega 3.

Parent / Guardian Signature: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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## Assessment Task

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Being a good athlete starts with a healthy body and mind. Make up your own equipment and try this activity

Instructions:

- Crumple up a newspaper into a ball, strengthen it with sellotape or masking tape
- Hold the ball in the palm of your hand
- Spread your fingers evenly
- Take your hand back to your shoulder with your elbow bent
- Push the ball forward with your arm and body. Don't throw the weight, push it

**THAT WAS FUN!!!**

Now divide into groups of 4 to 5 learners and invent your game with rules. Write it down and try out all the steps before demonstrating the techniques to the rest of the class. Your game should have a name.

Keep in mind that it must be safe, and practical and easy for everybody to achieve.

**BE CREATIVE!**

Rough draft of game

Copy the final draft neatly into your workbook for assessment.  
Remember to write down the names of the learners in you group.

Parent / Guardian Signature: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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### 3.3. Grade 9

Learning Area	Learning Outcome	Assessment Standard
Life Orientation	LO 1: Health Promotion	Illustrates and evaluates the influence of ecological, social, economic, cultural and political factors on own personal choice of diet.

#### Teaching Activity:

Inform yourself on the issue of the nutritional value of your personal diet (pay attention to sugar and fat content of food). Study the contents of the resource section and share this with the learners.

Study the study skill strategies to be able to implement it in discussion. Also read through the teaching activity and the assessment task so you are familiar with the process and the content.

After the learning process is completed successfully and you are satisfied with the knowledge and understanding the learners demonstrate then start the assessment process. Facilitate the assessment process and conduct the assessment.

#### Resources:

- Copies of learning activity sheet
- Pens, pencils
- Workbook



# healthy body

Section B  
Senior Phase  
Grade 9

## Learner Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Copy this into your Workbook:

Protein rich foods – are meat, chicken, fish and soya. They help to build and grow our bodies and minds. They are a source of protein, vitamins and minerals such as iron, selenium, zinc and Vitamin B.

These protein rich foods should be planned with each meal if possible. The healthier choice of protein is the fish, meat with less fat, skinless chicken and soya.

Draw two columns in your workbook. Use information that you have gathered to compare two different culture group diets. Breakfast, lunch, supper.

Parent / Guardian Signature: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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# healthy body

Section B  
Senior Phase  
Grade 9

## Assessment Task

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Your friend is obese. Discuss how you will try to motivate him/her positively to change their eating habits as well as influencing them to get more active physically.

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Write a short rap song to promote good self esteem and healthy living.

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Parent / Guardian Signature: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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### 4. Further Education and Training (FET) 4.1 Grade 10

Learning Area	Learning Outcome	Assessment Standard
Life Orientation	LO 1: Personal well-being	Applies various strategies to enhance self-awareness and self-esteem, while acknowledging and respecting the uniqueness of self and others.

#### Teaching Activity:

Familiarise yourself with the ways in which self-awareness and self-esteem can be enhanced. Instruct learners on the concept of self-awareness and self-esteem.

#### Resources:

- Workbooks
- Stationery: Pens
- Copies of assessment task



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# healthy body

Section C  
Further Education  
and Training (FET)  
Grade 10, 11 & 12

## Learner Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

What is your goal for this year?

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Use the outline of the foot to organise your ideas of how to reach your goal.



Parent / Guardian Signature: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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## Assessment Task

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Divide into groups of 4 to 5 learners to complete the following task.

Your principal wants you to draw up a motivational poster, to motivate learners to become more active in their schoolwork. The posters will be put up around the school in order to motivate all learners. **GIVE IT YOUR BEST TRY!**

Keep your goal in mind and think of realistic ways to motivate the learners. Big, bright, bold lettering and colours will help. Include at least two ways how Lucky Star can assist you with this.

Parent / Guardian Signature: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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### 4.2 Grade 11

Learning Area	Learning Outcome	Assessment Standard
Life Orientation	LO 1: Personal well-being	Apply various life skills to provide evidence of an ability to plan or achieve life goals

#### Teaching Activity:

Familiarise yourself around planning and how to set life goals. Instruct learners on planning and on how to set realistic life goals. Discuss aspirations, dreams and achievable goals over set periods of time.

#### Resources:

- Good study tips refer to resource section
- Information on fitness and health
- Goal setting template
- Reporting template

#### LUCKY STAR FUN FACT:

Lucky Star Canned Fish contains Omega 3 fatty acids which are good for your brain and assist in lowering cholesterol and help to reduce the risk of heart disease and help combat depression.



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## Learner Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

When studying you need to keep in mind that this is not the social event of the day. Studying should be done on your own in a quiet place. Be realistic about the time you have to study.

Copy these questions into your workbook and answer them truthfully.

1) Do I know exactly which work to study? \_\_\_\_\_

2) Is all my work up to date? \_\_\_\_\_

3) Have I planned a revision timetable? \_\_\_\_\_

4) Did I plan enough time for each subject? \_\_\_\_\_

5) Have I allowed time for breaks and relaxation? \_\_\_\_\_

6) Am I getting enough sleep? \_\_\_\_\_

7) Am I getting enough Omegas 3 Fatty Acids in through my diet? \_\_\_\_\_

8) Am I doing enough exercises? \_\_\_\_\_

9) Do I have a separate book for drawing mind maps and summarising my work? \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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## 4.3 Grade 12

Learning Area	Learning Outcome	Assessment Standard
Life Orientation	LO 1: Personal well-being	Apply a range of life skills, evaluate own ability to prevent and manage stress and adapt to change as apt of an ongoing healthy lifestyle choice

### Teaching Activity:

Look at the impact of stress on your life and find out how to manage it. Instruct the learners on the prevention and management of stress. Look at causes and healthy ways of handling and coping with stress.

### Resources:

- Good study tips - Refer to Resource Section
- Study and life skills - Refer to Resource Section
- Workbooks
- Stationery

#### LUCKY STAR FUN FACT:

Lucky Star Canned Fish contains Omega 3 fatty acids which are good for your brain and assist in lowering cholesterol and help to reduce the risk of heart disease and help combat depression.



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## Learner Activity

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

- 10) Do you plan your work for every day? \_\_\_\_\_
- 11) Do you make notes, diagrams and summaries when you study? \_\_\_\_\_
- 12) Do you study with the radio on? \_\_\_\_\_
- 13) Do you spend more time with your friends than studying? \_\_\_\_\_
- 14) Do you get bored and distracted when studying? \_\_\_\_\_
- 15) Do you try to learn everything rather than focusing on main ideas? \_\_\_\_\_
- 16) Do you daydream or fall asleep in class? \_\_\_\_\_
- 17) Do you go blank during a test or exam? \_\_\_\_\_

If you answered "often" or "sometimes" to more than 4 questions you need to plan your study strategies.

### Assessment Task:

Use your workbook and describe how you can improve your study time for your exam.

Don't say: "Studying is boring". It is important to think about what you want to achieve. You could study for two hours and still not remember anything. Use a healthy diet to get the Omega 3 Fatty Acids that your body requires.

### SET REALISTIC GOALS!

Parent / Guardian Signature: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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Enter the Lucky Star Competition and stand the chance to win money towards furthering your education.

Learners are encouraged to draw the 'Lucky Star' mural on an A3 sheet of paper. The mural needs to focus on the benefits of Lucky Star as well as a message for the learners.

The prizes are as follows:

**1st prize: R15,000 for school and R1,000 for the learner**

**2nd prize: R7,000 for school and R1,000 for the learner**

**3rd Prize: R5,000 for school and R1,000 for the learner**

Lucky Star will judge the murals and the 1st place winner's mural will be used and painted at a school of their choice.

**Send your entries to:**

2010 Pick n Pay School Club  
Postnet Suite 331  
Private Bag X51  
Bryanston  
2021

**All entries to arrive no later than 01 August 2011.**



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### Self crusting tuna tart

Ingredients:

- 2 slices of brown bread
- 250 ml milk
- 170g tin Lucky Star tuna in water (strained)
- 1 small onion
- 50 ml dried parsley
- 5ml baking powder
- Pinch of salt
- 250 ml grated cheddar cheese
- 2 large eggs

Bake 30 – 35 minutes at 180 C .

Cut the bread in smaller blocks and heat with milk in a pot.

Mix the rest of the ingredients.

Mix the bread and milk mixture with the beaten egg,

Serve hot or cold with a green salad.

Pour mixture into a baking dish of 160mm x 160mm x 50mm.

### Grade 5 Assessment activity answers:

- Carbohydrates
- Sweets
- Tuna
- Protein
- Fat
- Fish
- Yoghurt
- Vitamins
- Fruit
- Bread
- Eggs
- Milk
- Pilchards
- Peas



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### Obesity

When people eat more calories than they can burn off, their bodies store the extra calories in fat. A little extra body fat is not a health risk for most people, but when keeping up the pattern, more fat keeps building up. Eventually the body gets to a point where the amount of fat can have a negative influence on a person's life. Being obese can also be linked to heart disease and diabetes. Unhealthy eating patterns and too little exercise are one of the main causes of obesity. Changing to a healthy eating plan with fruit, vegetables and protein limits the fat and balances energy.

### Diabetes

The food that we eat every day are digested and metabolised by the body to form sugar, which is absorbed into the bloodstream after eating meals. Insulin, a hormone produced by the pancreas, is responsible for transporting this sugar from the blood into the cells, where it is converted into energy for the body. A person with Type 1 Diabetes, has too little insulin and the type 2 Diabetes has available insulin but it cannot be used effectively. Excessive high blood sugar levels result in diabetes. Diabetes result in kidney failure, loss of eye sight and can also lead to amputation of limbs.

### Lets look at food labeling

Some people with diseases such as Diabetes, heart disease or allergies need to know the ingredients or nutritional content in food order to eat the correct food.

A list of ingredients used in making the product- the ingredients are listed from the highest to the lowest order of composition.

The break-down of nutritional information is the guide to the nutritional content of the food per 100g.

Energy- is measured in kJ kilojoules.

Carbohydrates is measured in grams (g)

Protein is also measured in grams

Fat – consists of saturated, polyunsaturated and monounsaturated fat. Protein is also measured in grams.

Sodium (salt) – this is the mineral found naturally in many foods, but can also be added during the making of the food product. 1g of salt is equivalent to 39mg of sodium.

### Healthy ways to use protein-rich food:

- A boiled or poached egg is good for breakfast and can also be packed for a lunch box
- Biltong is a low fat protein
- Remove the fat from meat or the skin from chicken before you cook it
- Salami, sausages, pies and burgers have a high fat content- eat less of this
- Pilchards, sardines and tuna make a healthy filling for sandwiches or on crackers

## Good study tips- How to study for exams.

### Study in short, frequent sessions

It has been proven that short bursts of concentration repeated frequently are more effective than one long session. So, even if you have only 10 minutes, DO IT. Take a break. Then study another 10 minutes. This 'disturbed' learning approach is highly efficient because it honors the way the brain likes to work. The brain needs recovery and recharging time for 'protein synthesis'. The rest periods are when your brain assimilates your effort. They are a powerful tool which many teachers do not acknowledge. You cannot study when you are fatigued, stressed out or distracted.

### Take guilt-free days of rest

This follows the same principle as above, but on a longer, daily time cycle. The reason for resting is to refresh oneself. However, if you feel guilty, then your precious rest period has been used to create more stress. The brain will not absorb new data if it is stressed.

### Prepare your study environment

If you require certain elements in your environment to help you study, try to always make these a priority. For example, do you need special lighting, music, privacy, available snacks (healthy). Pay attention to what works for you and repeat it each time you study for the best success.

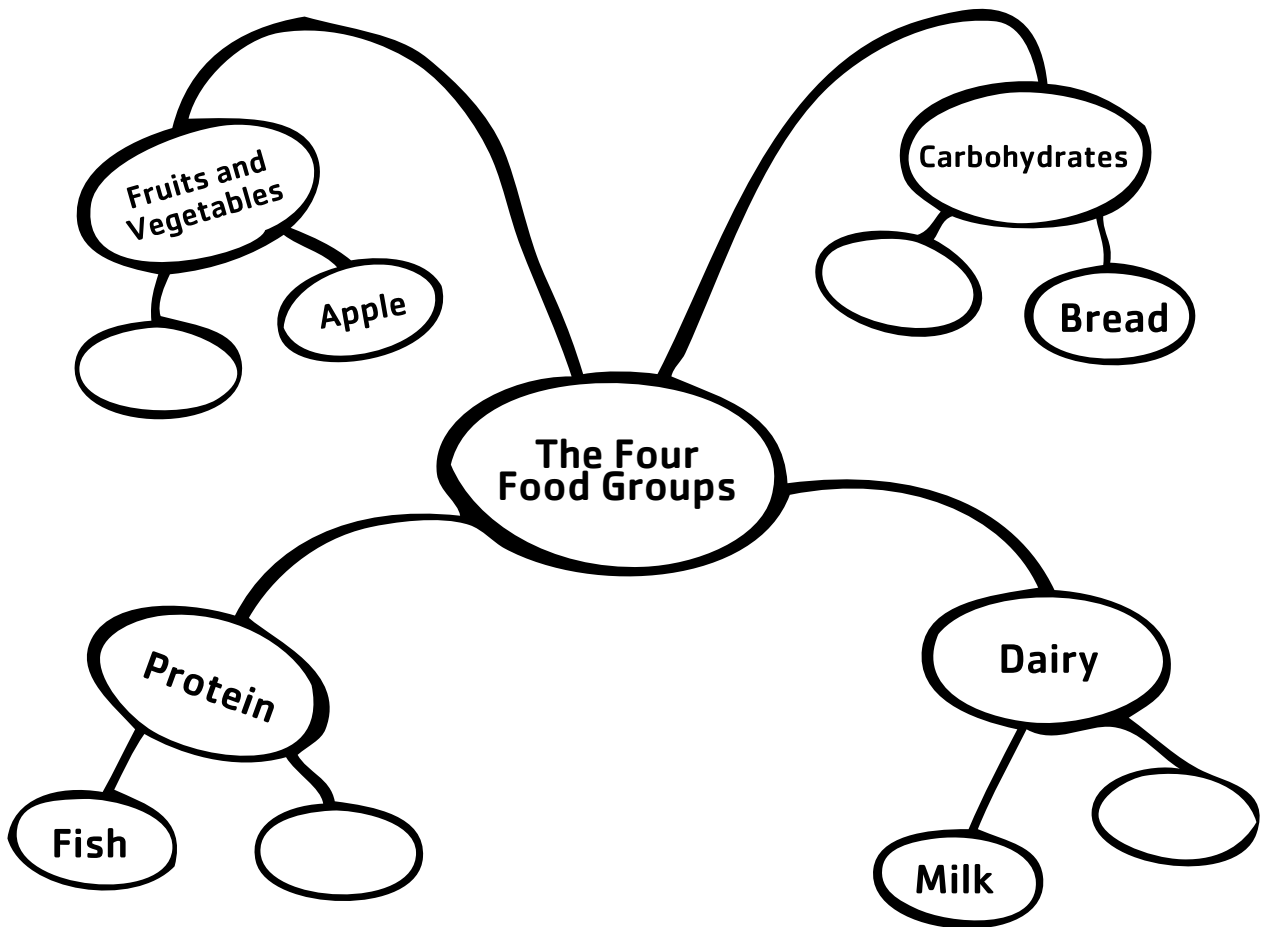
### Avoid the Frustration enemy.

Ironically, the quicker the person's nervous system, the faster they learn. Yet, this fast nervous system also works overtime in being self-critical. So they are the ones who always think they aren't going fast enough. In contrast, the "Type B" less intense person who learns slower yet is more self-accepting, ends up ultimately learning the material in a shorter period of time. This is because he/she doesn't waste energy blocking, getting upset and thinking that they are not good enough – they simply keep moving forward at a slower pace.

### Get organised

- The key to studying well is getting organised
- Organise your study material – make sure that work is up to date
- Make sure you know what kind of assessment task you are going to do
- Have a study timetable in order to break the work up into manageable portions
- It is important to get enough sleep
- Eat well because your brain needs lots of energy. Eat foods such as pasta, fish, fruit, brown bread
- Eat regular meals and do not skip breakfast
- Exercise – a healthy mind needs a healthy body
- Reduce stress – make time to relax by listening to music, talking to your friends etc

Mind Map Example



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# healthy body

## Resource Section

### Balanced meal on a plate



**Protein rich foods**  
These are foods that build muscles such as:  
• Fish such as pilchards, sardines & tuna  
• Baked beans • Milk • Cold meats • Chicken  
• Eggs • Meas • Cheese • Yoghurt  
Plan a serving that fills a quarter of your plate or lunchbox at every meal.

**Fat foods**  
Add a serving of fat to every meal i.e.  
• 1 Tablespoon 'lite' mayonnaise / low oil salad dressing  
• 1 Teaspoon margarine / oil • 2 Teaspoon peanut butter  
• 5 - 8 Olives • 1 Tablespoon unsalted nuts (30g)  
• Quarter avocado  
Lucky Star is high in Omega 3 fatty acids. Fats provide our body with essential vitamins.

**Carbohydrate rich foods**  
These are foods such as:  
• Potato with the skin on and sweet potato • Pasta  
• Brown/Wholewheat bread and crackers • Seed roll  
• Bran breakfast cereal • Oats porridge • Porridge • Popcorn  
Plan a serving that fills a quarter of your plate or lunchbox at every meal.

**Vegetables and Fruit**  
Half of your plate or lunchbox should be made up of a variety of different coloured vegetables and fruit that help protect you against illness.  
Strive for 5 servings a day:  
This means that you should eat at least 5 portions of a variety of different vegetables and fruit every day.



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