

Educator Workbook

CAPS-aligned

Grade 5

**Educating future
leaders through
fostering good
nutritional habits**

Life Skills



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Introduction

Foreword

The Pick n Pay Technical Educator Workbook for Grade 1–7 learners has been developed to cover some of the requirements in the Life Skills, Mathematics, Natural Sciences and Technology, Life Orientation and English Home Language curriculum that relate to nutrition. The grade-specific learner activities in the workbook are based on the CAPS curriculum that was introduced in 2012. The educator workbook will direct you with lesson plans based around the learner activities.

The learner activities can be used in the classroom to supplement what you are already doing as part of the CAPS curriculum. The focus of these learner activities is to educate learners about healthy living and making the right food choices. The lesson plans in the educator workbook help you to implement each lesson successfully.

Here is a quick overview of the CAPS-aligned content that you will find in this workbook:

Grade 5

Life Skills Term 3: Healthy eating role plays

Life Skills Term 3: Dietary needs of children game

Background and Context

Pick n Pay School Club is celebrating its 16th year of providing much-needed educational material, which now reaches 105,875 teachers and 2.26 million learners across South Africa.

The Pick n Pay Technical learning programme is aligned to the CAPS curriculum, which adheres to the standards set by the Department of Education.

The material is designed to facilitate the learning process and culminates in the assessment of competency levels according to the standards set for each specific grade. The educator is supported by way of research and learning content that is presented clearly and is easy to implement in the classroom.

Acronyms

CAPS: Curriculum and Assessment Policy Statement

GET: General Education and Training

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Section B

Intermediate Phase

Grade 5

Name of Learner Activities: Learner Activity 1: Healthy eating role plays Learner Activity 2: Dietary needs of children game		Time: 1 hour per lesson
Grade 5		Subject: Life Skills: Term 3
Curriculum Standards (CAPS): Intermediate Phase: Life Skills: Term 3 Health and environmental responsibility: Healthy eating for children. <ul style="list-style-type: none"> South African Food-Based Dietary Guidelines 		
Objectives		
The learners will: <ul style="list-style-type: none"> Discuss The South African Food Guide and why it is important Visualise the image of The South African Food Guide and understand it as a guide to daily healthy eating Become familiar with the image and contents of The South African Food Guide, and recognise its food group categories Enjoy playing a nutrition-based board game 		
Content	Skills	Values
Learner Activity 1: Healthy eating role plays The South African Food Guide; food groups; role of different food groups; healthy and unhealthy eating.	Learner Activity 1: Healthy eating role plays Discuss questions relating to healthy eating; discuss the role of the food groups in our body's development. Plan and present role plays in groups; rewrite unhealthy stories and turn them into healthy stories.	Learner Activity 1: Healthy eating role plays Eating food that is healthy has a positive effect on our bodies.
Learner Activity 2: Dietary needs of children game The South African Food Guide; food groups: water, dairy products, carbohydrates, protein, legumes, vegetables and fruit, fats; board game rules.	Learner Activity 2: Dietary needs of children game Discuss The South African Food Guide; talk about the categories or food groups; recognise items from a food group; be familiar with the names of the food groups; play a nutrition-based board game.	Learner Activity 2: Dietary needs of children game The South African Food Guide is a healthy guide to follow.
Resources needed		
Learner Activity 1: Healthy eating role plays YouTube video: 'Why is junk food unhealthy? – Ask Coley – Health Tips for Kids': http://bit.ly/2H7nv96 (2:16 minutes); 'Great New SA Food Guide': http://bit.ly/2TyUnsW ; stationery; teacher laptop with access to the Internet; pencils and other stationery; copies of the worksheet; Heart Awareness Month: http://bit.ly/2He3kGS		
Learner Activity 2: Dietary needs of children game Dice and counters for the board game; large visual aid of The South African Food Guide image or a computer-based image which can be found at http://bit.ly/2TyUnsW ; copies of the worksheet.		
Teacher preparation before starting		
1. Look through the worksheets and the lesson plan and familiarise yourself with content for the two lessons. 2. Collect the resources needed before the lesson. Look up the Health 24 website and locate The South African Food Guide image. Make a large visual aid from this diagram to display in your classroom; alternatively use it as an image on your computer that can be reflected onto the board for discussion. 3. Print sufficient worksheet activities.		

Teaching the Learner Activities

Learner Activity 1: Healthy eating role plays

The goal of this lesson is to get the learners visualising the image of The South African Food Guide and understanding it as a guide to healthy eating. One of the reasons for this is to develop a healthy heart.

- Tell the learners about National Heart Awareness Week which takes place in September. Heart disease in South Africa is increasing. National Heart Awareness Week emphasises the importance of living a healthy lifestyle to prevent the onset of heart disease. More than 120 people in South Africa suffer from a heart attack every day. Tobacco smoking and the use of excessive salt in our diets are dangerous to the heart. The best way to look after your heart is to ensure well-balanced eating and exercising. Read more about Heart Awareness Month: <http://bit.ly/2He3kGS>.

Explain to the learners that in this lesson we will be focusing on healthy eating as a way to look after our hearts.

- Introduce the lesson to the whole class by asking the question: 'Do you eat in a healthy way?' Discuss this and talk about different kinds of food items, and what they do for your body. Let the learners watch a YouTube video: 'Why is junk food unhealthy? - Ask Coley - Health Tips for Kids': <http://bit.ly/2H7nv96>
- Ask another question: 'How do we know which food items are healthy to eat?' You might get suggestions such as 'The Food Pyramid' or 'The Food Plate' but the answer is The South African Food Guide. Try to have a visual image on your computer that you can show the class. This can be found on the website: 'Great New SA Food Guide': <http://bit.ly/2TyUnsW>. Explain the Food Guide in detail – what the size of the circles symbolizes (bigger circles – eat more) and what the circles themselves symbolize (food groups). Write the names of the food groups on the board and find out who eats from those groups every day.
- Discuss the role of different food groups in the wellbeing of the body. We look after our hearts when we eat in a healthy way as suggested by The South African Food Guide.

Complete the worksheet

- Hand out the worksheets. Go through the worksheet once with the learners. Read the section on The South African Food Guide to the class, stopping at crucial points for discussion. Then place the learners in groups and let them read through the information on The South African Food Guide.
- Now we get to the unhealthy stories. The groups will do a role play to consolidate what they have learned. Let the groups read BOTH stories. Then the groups will need to elect one that they will act out in front of the rest of the class as a role play. In the role play the learners must give the story a happy, healthy ending!
- After the role plays have been presented, the learners work individually. They choose a story and must rewrite it in their own way turning the story into a healthy one.

Learner Activity 2: Dietary needs of children game

The goal of this lesson is that the learners will recall the image and contents of The South African Food Guide and will recognise its food group categories.

- Introduce the lesson to the whole class.
- Explain that we are going to consolidate what we have learned about The South African Food Guide by playing a board game. Before going any further, show the image of The South African Food Guide on your computer or as a visual aid, and let the learners recall the names of the food groups.

Play the game

- Place the learners in groups and then hand out the worksheets.
- Explain how the game works. The healthy categories are at the bottom of the game, but they do not have their names written there. A learner needs a six to start.
- Every time the learners land on an image they must state which food group category it comes from and how that category benefits the body. If their answer is deemed correct by the group, they stay where they are. If it is incorrect, they move back two places.
- The winner is the person who gets to the end first.

Section B
Intermediate Phase
Grade 5

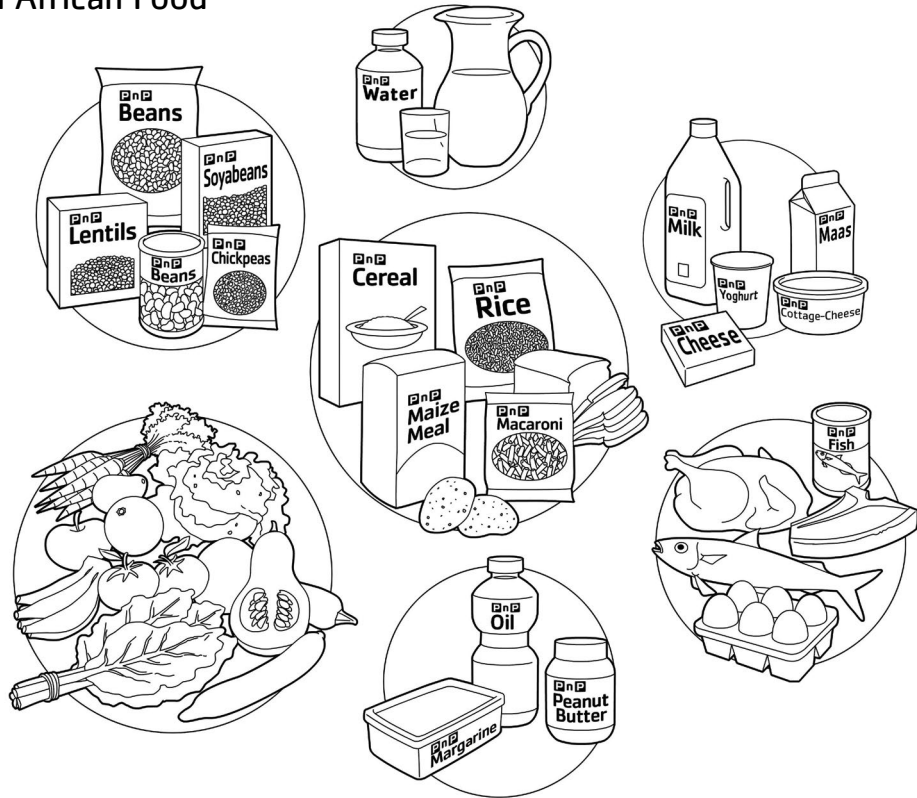
Assessment
Refer to the Resource Section for the Assessment Rubric.
Teacher reflection
Is there anything you would do differently if you taught this unit again?

Healthy eating role plays

Name:..... Date:.....

1. Read about The South African Food Guide

If we want our bodies to be healthy and strong, we need to think about the food we eat. Healthy food gives our body nutrients so that it can grow properly. The South African Food Guide provides us with a great way to plan our day. It divides a wide variety of food into seven food groups and the size of the circles helps us see the amounts we need.



We should eat these throughout the day:

- Dairy products, such as milk, yoghurt and cheese give us calcium which helps our bones and teeth grow properly
 - Carbohydrates, such as cereal, porridge, bread, pasta, rice and maize meal, provide our bodies with energy every day
 - Protein-rich foods such as chicken, meat, eggs, fish, baked beans and dried beans and peas help our body to build muscle and stay strong
 - Vegetables and fruit contain vitamins and minerals that protect us from disease
 - Having a small amount of healthy fats such as oil, soft margarine, avocado, olives, low oil mayonnaise and peanut butter give us important vitamins for good health
 - Drinking water helps maintain our body fluids as we lose water throughout the day
2. Work in groups. Choose one of the unhealthy stories on the following page and act it out. Give it a happy, healthy ending! Present your role plays to the rest of the class.

Learner Activity 1

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Story 1:

John calls himself a junk food kid! He is only 11 years old. He lives with his mum and she seems to let him do what he wants. He comes to school with a very unhealthy lunchbox consisting of cake, a chocolate bar, biscuits, sweets and a fizzy cooldrink. He also has money for the tuckshop. When the class goes for physical education lessons or sport, John sits out and sometimes he even falls asleep. Miss Vosloo, the teacher, gave the class a talk about bringing a healthy lunchbox to school and making healthy eating choices according to The South African Food Guide. She mentioned that 'junk food' has no nutrients in it so it doesn't give you energy and isn't healthy for you. Everyone looked at John! He laughed and said: 'I love junk food'. She also mentioned that you can put on too much weight and even get diabetes or heart disease from eating an unhealthy diet and being inactive. What happened next?

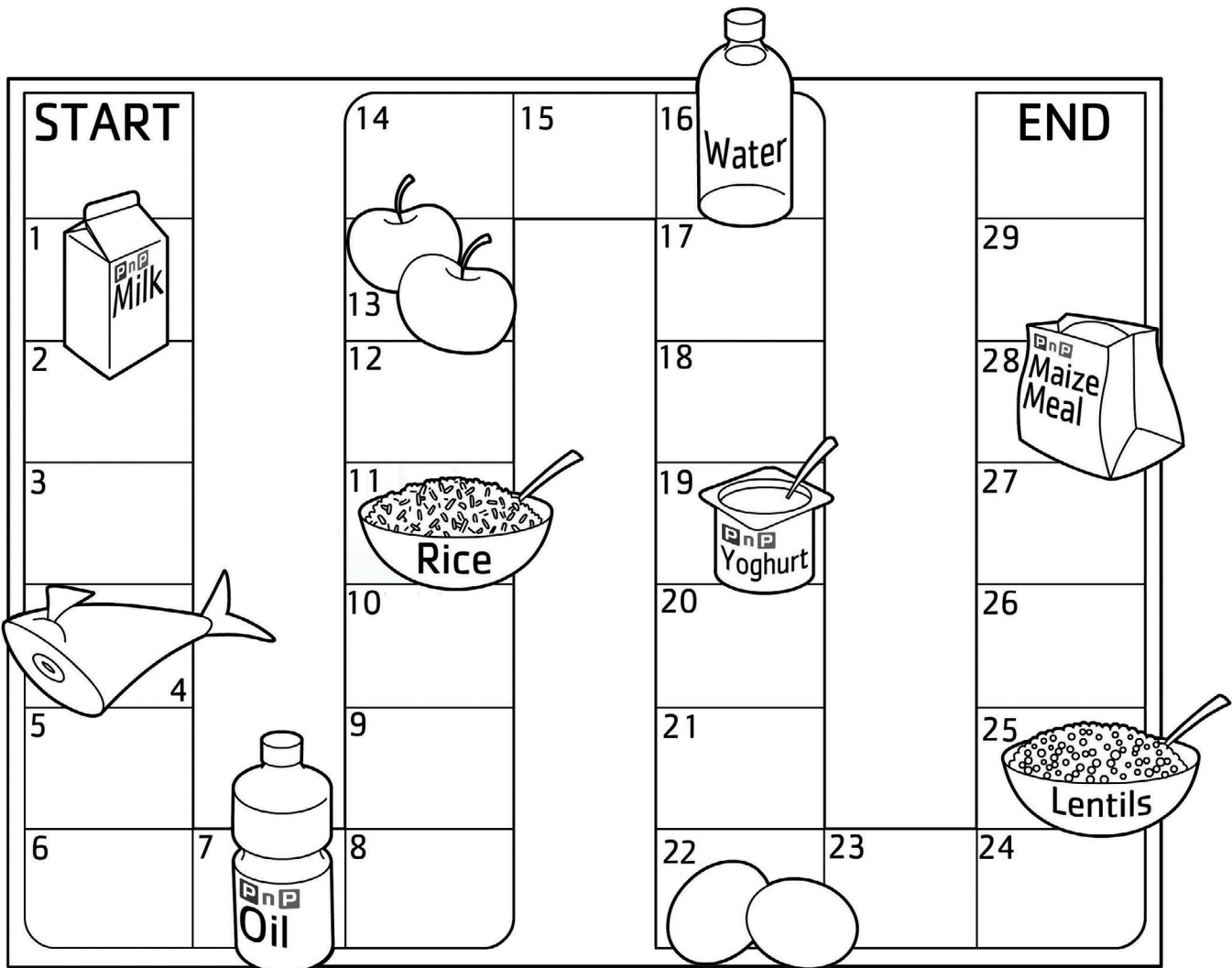
Story 2:

Lindy was often tired at school. She usually fell asleep at her desk. She also didn't bring any food with her for lunch. At break she sat watching the other children eating. When it came to playing sport she was always too tired. One day, when Lindy wasn't at school, Miss Vosloo called the children together, she told the class that Lindy didn't eat breakfast and lunch every day. Lindy lived with a very ill grandmother and the only meal they ate was dinner. This meant that Lindy wasn't eating balanced meals. She asked the other children if they remembered what they learned about The South African Food Guide and if they would be willing to share some of their lunches with Lindy every day. She mentioned that she would bring Lindy a healthy breakfast every morning. What happened next?

3. After the roleplays, rewrite these stories in your class workbook turning them into healthy stories.

Dietary needs of children game

Name:..... Date:.....



Learner Activity 2

How to play

Play in a group. Use a dice and counters.

- When you land on a square with a picture, say which food group it comes from and how that food group benefits our body
- If you are correct stay where you are. If you are wrong go back two spaces
- The winner gets to the end first

Section C

Resource Section

Assessment Rubric:

Assessment	
Rating code	Description of competence
7	Outstanding achievement
6	Meritorious achievement
5	Substantial achievement
4	Adequate achievement
3	Moderate achievement
2	Elementary achievement
1	Not achieved

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