

Educator Workbook

CAPS-aligned

Grade 1–7

Growing tomorrow's
leaders through
fostering good
nutritional habits

Life Skills

English Home
Language



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Section A

Introduction

Foreword

The Pick n Pay Technical Educator Workbook for Grade 1-7 learners has been developed to include the following subjects: Life Skills, English Home Language and Mathematics. The Learner Activities in the workbook are based on the new CAPS curriculum that was introduced in 2012 and are grade specific. The Educator Workbook will direct you with lesson plans based around the Learner Activities. The focus of these Learner Activities is to educate learners about healthy living and making the right food choices.

These Learner Activities can be used in the classroom to supplement what you are already doing as part of the CAPS curriculum. 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 1

English Home Language – sorting

Life Skills – eating healthy food

Grade 2

English Home Language – healthy food story

Life Skills – what we need to live

Grade 3

English Home Language – writing

Life Skills – food groups

Grade 4

Mathematics – data handling

Life Skills – dietary habits of children

Grade 5

English Home Language – writing and presenting

Life Skills – food and environmental responsibility

Grade 6

English Home Language – report writing

Life Skills – food preparation and food storage

Grade 7

English Home Language – creates an advert

Life Skills – personal diet and nutrition

Introduction

Background and Context

Pick n Pay School Club is celebrating its 15th 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

Section B

Foundation Phase

Grade 1

Name of Learner Activities Learner Activity 1: Eating healthy foods Learner Activity 2: Which healthy foods go together?		Time: 1 hour per lesson
Grade 1	Subject: Life Skills Term 3	
Curriculum Standards (CAPS): Life Skills Term 3 <ul style="list-style-type: none">Beginning knowledge and personal and social wellbeing: Food<ul style="list-style-type: none">Healthy eating: Healthy and unhealthy foods Life Skills Term 3 <ul style="list-style-type: none">Beginning knowledge and personal and social wellbeing: Food<ul style="list-style-type: none">Healthy eating		
Objectives		
The learners will be able to: <ul style="list-style-type: none">Talk about healthy foodTell the difference between healthy food and unhealthy foodIdentify different food groups such as fruit, vegetables, dairy products and proteinIdentify the odd one out in a food group		
Content	Skills	Values
Learner Activity 1: Eating healthy foods Healthy food; unhealthy food; apple; piece of cake; chocolate; pear; grapes; banana; cheese; sweets; yoghurt; fish.	Learner Activity 1: Eating healthy foods Discuss healthy food and why it is good for you; talk about own eating at home; distinguish between healthy and unhealthy food; recognise drawings of food; cut out pictures of food.	Learner Activity 1: Eating healthy foods Learners appreciate that they can tell the difference between healthy and unhealthy food.
Learner Activity 2: Which healthy foods go together? Food groups: protein, dairy products, vegetables, fruit.	Learner Activity 2: Which healthy foods go together? Identify the food groups; identify the names of the food items; decide which food item is in the wrong place; colour-in the items that go together; put a cross through the odd one out.	Learner Activity 2: Which healthy foods go together? Healthy food items belong in food groups.
Resources needed		
Learner Activity 1: Eating healthy foods Pencils; crayons; Khoki pens; scissors; glue; 'Eat Healthy Stay Wealthy: Short Moral Stories For Kids': goo.gl/pjQ4Hm (3:09 minutes); 'Healthy Food Song for Children': goo.gl/Dwjbpv (2.35 minutes); images found on the internet or in magazines/books; copies of the Learner Activity worksheet. Learner Activity 2: Which healthy foods go together? Flashcards that say, 'dairy products, fruit, vegetables and protein'; six picture examples of each; Food Groups Song: goo.gl/oF2Pao ; Prestik; pencils; crayons; Khoki pens; copies of the Learner Activity worksheet.		
Teacher preparation before starting		
Look through the worksheet and the lesson plan and collect all the necessary resources. Familiarise yourself with content for the two lessons. Collect the resources before the lesson. If the learners need to bring some of the resources to school, such as scissors, inform their parents in advance. Print sufficient learner activity worksheets.		

Teaching the Learner Activities

Learner Activity 1: Eating healthy foods

Introduce the lesson

- a) Find out how much the learners understand about healthy and unhealthy food. Have a discussion and ask leading questions such as, "are sweets healthy?", "why do we need to eat healthy food?"
- b) Collect pictures of healthy and unhealthy food items from the Internet or from magazines/books. Make two columns on the board and label them 'Healthy' and 'Unhealthy' food. Allow the learners to name the pictures and decide where to paste them on the board.
- c) Make up a story about two children such as two neighbours. Mention how healthily the one child ate and what that child ate i.e. for his healthy breakfast, lunch, supper and healthy lunchbox. Mention that the other child didn't eat healthy food and what that child ate for breakfast, lunch, supper and what he brought to school for lunch. Talk about their health and their alertness at school as a result.
- d) Play a story from YouTube called 'Eat Healthy Stay Wealthy: Short Moral Stories for Kids': goo.gl/pjQ4Hm
- e) If you have time, allow the students to learn to sing the 'Healthy eating song' from YouTube: goo.gl/Dwjvbp

Complete the Learner Activity

- a) Let the learners point to the food items on the Learner Activity worksheet and talk about them.
- b) Learners distinguish the difference between healthy food from the unhealthy food.
- c) Learners colour-in the healthy food and draw other healthy food choices on the plate.

Answers:

Healthy foods	Unhealthy foods
Broccoli, corn, banana, fish, yoghurt.	Cupcake, ice cream, sweets.

Learner Activity 2: Which healthy foods go together?

Introduce the lesson

- a) Talk about categories of healthy food (food groups) and ask the learners if they can remember the food groups.
- b) Explain that this lesson is about the four food groups. Write the following four categories on flashcards: dairy products, fruit, vegetables and protein. Paste these on the board. Make sure you have at least six examples of each food item that fit into the four food groups that you have printed from the Internet or cut out from magazines/books.
- c) Let the learners go to the board one by one and paste a picture in the correct category in the right place.
- d) Play the Food Groups Song from YouTube: goo.gl/oF2Pao and let the learners sing along.

Complete the Learner Activity

- a) Hand out the Learner Activity worksheets and let the learners look through them.
- b) Explain the instructions clearly. Each row is a different category, which they must work out. They put a cross through the food item that does not belong, and colour-in the ones that go together.
- c) Let them identify the names of the different food items orally.
- d) Afterwards let the learners discuss their answers with a partner to see if they got the same answers.
- e) Revise the worksheet with the learners. Find out if they can recall the names of the four food groups.

Answers

1. Broccoli is not a fruit.
2. Corn is not a dairy product.
3. Apple is not a protein.
4. Pear is not a vegetable.

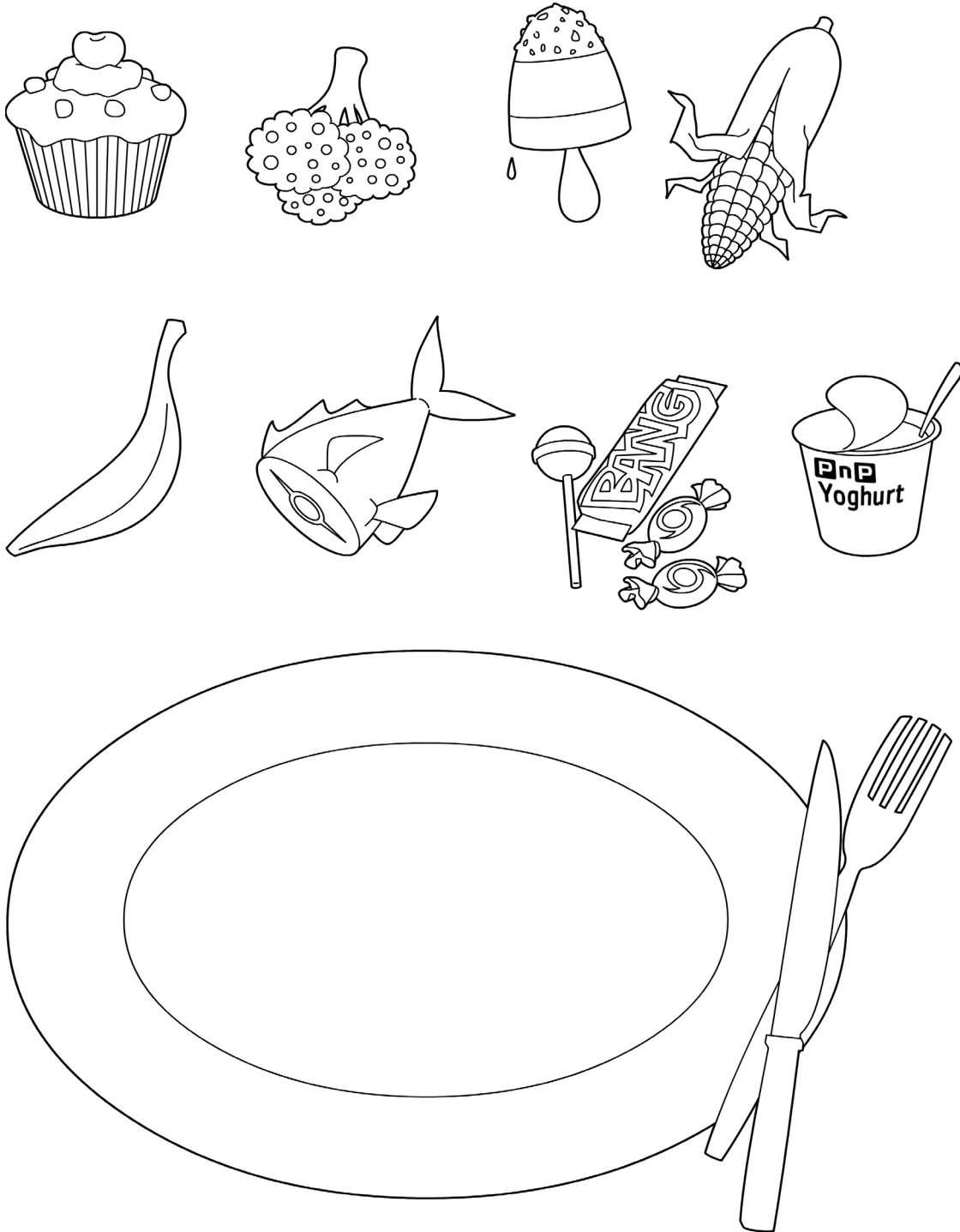
Section B Foundation Phase Grade 1

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?

Eating healthy foods

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

1. Colour-in the healthy foods and draw other healthy food choices on the plate.



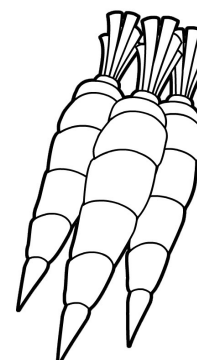
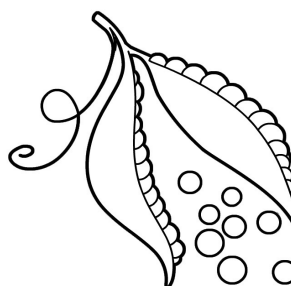
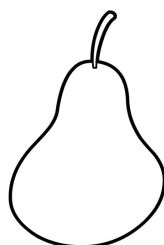
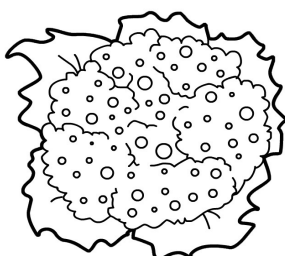
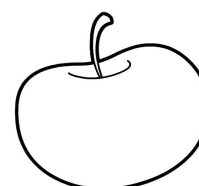
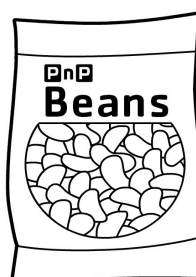
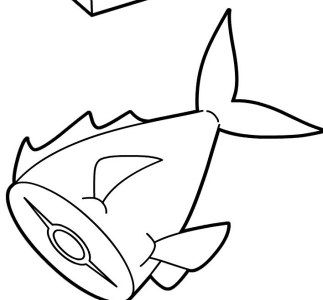
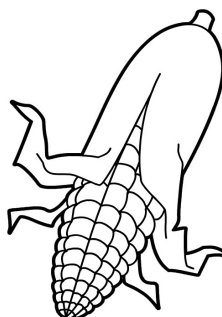
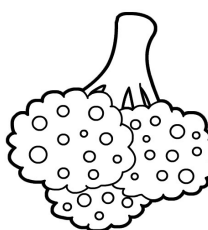
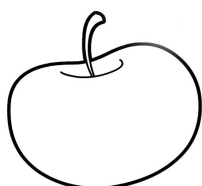
Learner Activity 1

Section B Foundation Phase Grade 1

Which healthy foods go together?

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

1. Colour-in the pictures in each row that go together.
2. Put a cross through the picture that does not belong.



3. Compare your choices with your friend's choices.

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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