

Educator Workbook

CAPS-aligned

Grade 1–7

Growing tomorrow's
leaders through
fostering good
nutritional habits

Life Skills

English Home
Language



Use and share

Pick n Pay School Club material is developed for the enrichment of all. You are welcome to photocopy or reproduce any of the content contained herein and distribute for any educational purposes at no charge. Visit: www.schoolclub.co.za to download Pick n Pay School Club material.

Contact us

Please note: while we are not subject to copyright, this material is not for resale and the learning content and images remain the property of Pick n Pay School Club. Please contact the Pick n Pay School Club team at HDI Youth Marketeers on (011) 706 6016 or pnpschoolclub@hdiyouth.co.za if you have any queries.

Section A

Introduction

Foreword

Background and Context

Acronyms

Section B

1. Foundation Phase

1.1 Grade 1

1.2 Grade 2

1.3 Grade 3

2. Intermediate Phase

2.1 Grade 4

2.2 Grade 5

2.3 Grade 6

3. Senior Phase

3.1 Grade 7

Section C

Resource Section

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 3

Name of Learner Activities Learner Activity 1: Healthy eating and food groups Learner Activity 2: Add punctuation to these healthy food stories	Time: 1 hour per lesson	
Grade 3	Subject: Life Skills Term 2 English Home Language Term 2	
Curriculum Standards (CAPS): Life Skills Term 2 <ul style="list-style-type: none">Beginning knowledge and personal and social wellbeing: Healthy eating<ul style="list-style-type: none">Food groups English Home Language Term 2 <ul style="list-style-type: none">Writing: Shared, group and independent writing<ul style="list-style-type: none">Uses punctuation correctly: capital letters, full stops, commas, question marks, exclamation marks and inverted commas		
Objectives		
The learners will: <ul style="list-style-type: none">Read the information on the South African Food Guide and add the missing food group labels to the diagramFill in the missing words in the summary sentencesRead some healthy food stories and add punctuationRevise the rules of punctuation such as capital letters, commas, full stops, question marks, exclamation marks and inverted commas		
Content	Skills	Values
Learner Activity 1: Healthy eating and food groups The South African Food Guide; food groups.	Learner Activity 1: Healthy eating and food groups Discuss healthy eating; discuss the South African Food Guide; identify and interpret seven food categories; add missing labels in the South African Food Guide drawing; add missing words in the summary sentences.	Learner Activity 1: Healthy eating and food groups The South African Food Guide guides us on how to eat healthily.
Learner Activity 2: Add punctuation to these healthy food stories Healthy food; punctuation namely capital letters, commas, full stops, question marks, exclamation marks and inverted commas.	Learner Activity 2: Add punctuation to these healthy food stories Discuss healthy food; discuss punctuation rules for capital letters, commas, full stops, question marks, exclamation marks and inverted commas.	Learner Activity 2: Add punctuation to these healthy food stories Punctuation enables us to read and express words meaningfully.
Resources needed		
Learner Activity 1: Healthy eating and food groups Copies of the Learner Activity worksheet; stationery; flashcards with the names of the seven categories; Great New South African Food Guide resource: goo.gl/ie1RxG ; Food Groups Song: goo.gl/ZYR9sJ Learner Activity 2: Add punctuation to these healthy food stories Copies of the Learner Activity worksheet; crayons; pens.		

Section B Foundation Phase Grade 3

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: Healthy eating and food groups

Introduce the lesson

- Ask the learners: 'How do we find out about food groups and eating healthily?' Have a discussion.
- Discuss healthy food groups.
- Listen to the Food Groups Song on YouTube: goo.gl/ZYR9sJ; review the Great New South African Food Guide resource: goo.gl/ie1RxG

Complete the Learner Activity

- Introduce the South African Food Guide image on the worksheet and talk about it. Allow learners to try and name the seven categories according to the images.
- Read the information provided to your class. Then, let the learners read it again in pairs. Ask questions about it to ensure learners have understood the concept.
- Elicit the different categories mentioned in the reading and write them on the board.
- Let the learners fill in the labels according to the categories on their own in pencil. Revise these.
- Have a discussion on what each food group does for the body.
- Let the learners fill in the missing word summary on their own. This is a practical application of what we read about in the South African Food Guide. Go through the answers with them.

Answers

The seven categories for the labels are: water, starchy food, vegetables and fruit, protein, legumes, dairy products, fats and oils. **(7 marks)**

Example of missing word answers

Oh no! It doesn't mention cake and I like cake and sweets. For breakfast I will try and have some **breakfast cereal**. It looks like I will have to drink **water** at school. The teacher is always telling us to bring a healthy **lunchbox** to school so tomorrow I will start. I like dairy products so I think I will take **yoghurt** to school. I need to take some fruit to school. I think I will put **grapes** and a **pear** in my lunchbox. I know vegetables are good for me, so I must eat a **variety** of them. I will put **carrots** and **cucumber** in my lunchbox. I am going to put **peanut butter** on my sandwiches. **(10 marks)**

Learner Activity 2: Add punctuation to these healthy food stories

Introduce the lesson

- Introduce the idea of healthy food stories to the learners. Let them work in pairs and try to come up with a healthy food story. Let the learners share some of their stories with the class.
- Revise what is meant by healthy food and remind the learners of the South African Food Guide and its seven food groups.
- Talk about punctuation: Capital letters, commas, full stops, question marks, exclamation marks and inverted commas. Revise when to use them.

Complete the Learner Activity

- Hand out the Learner Activity worksheet and look at the stories. Let the learners read these in pairs.
- These healthy food stories require punctuation. The learners should add capital letters, commas, full stops, question marks, exclamation marks and inverted commas to the stories.

Section B

Foundation Phase

Grade 3

Answers

1. Wendy's story answers

My favourite dairy product is yoghurt. Do you also like it? I like the strawberry flavour. I buy it with my pocket money. My mum always says to me, "Wendy it's good that you are choosing a healthy food item to eat." **(16 marks)**

2. Siphos story answers

I like eating my mum's samp and beans. She makes it by boiling samp and a dried beans mixture in a pot. She lets it cook until the mixture becomes nice and soft. Would you like to try some? **(8 marks)**

3. Cindy's story answers

My baby brother, Ted, is so funny. He likes fruit. He points at an apple and says, "Give me apple." Then he points at a banana and says, "I want banana." I do not know what to do. Should I give them to him? **(23 marks)**

4. Dad and son's story answers

My dad loves fishing. On Saturdays he calls to us, "Are you coming fishing with me?" My brother always shouts back, "Yes." They bring back delicious fish and we eat it for supper. **(16 marks)**

Let the learners colour-in the pictures on the worksheet.

Assessment

Refer to the Resource Section for the Assessment Rubric.

Teacher reflection

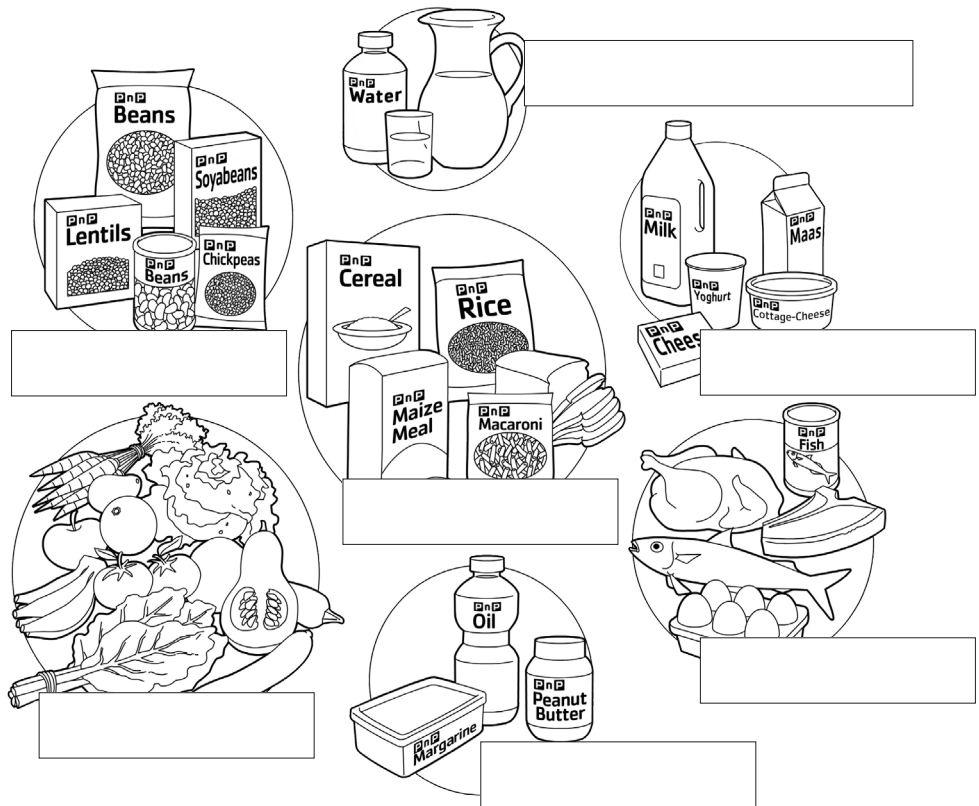
Is there anything you would do differently if you taught this unit again?

Healthy eating and food groups

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

1. Read the information below and add the missing food groups to the boxes in the diagram.

Look at The South African Food Guide. The circle size shows what food should be eaten the most. Drink lots of clean, safe water every day. Make starchy foods part of most meals. Eat plenty of vegetables and fruit every day. Eat legumes such as dry beans, split peas, lentils and soya regularly. Have dairy products like milk, maas or yoghurt every day. Protein such as fish, chicken, lean meat or eggs can be eaten daily. Use fats sparingly, and choose vegetable oils rather than hard fats.



2. Fill in the missing words in the sentences below.


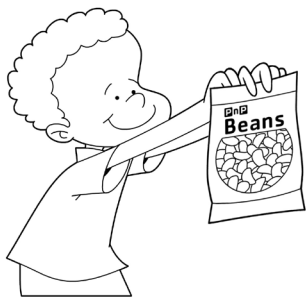


Oh no! It doesn't mention cake and I like cake and sweets! For breakfast I will try and have some _____. It looks like I will have to drink _____ at school. The teacher is always telling us to bring a healthy _____ to school so tomorrow I will start. I like dairy products so I think I will take _____ to school. I need to take some fruit to school. I think I will put _____ and a _____ in my lunchbox. I know vegetables are good for me, so I must eat a _____ of them. I will put _____ and _____ in my lunchbox. I am going to put _____ on my sandwiches.

Section B Foundation Phase Grade 3

Add punctuation to these healthy food stories

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

1. Use punctuation correctly. Add capital letters, commas, full stops, question marks, exclamation marks and inverted commas to the discussion below.

	
<p>my favourite dairy product is yoghurt do you also like it i like the strawberry flavour i buy it with my pocket money my mum always says to me wendy its good that you are choosing a healthy food item to eat</p>	<p>i like eating my mum's samp and beans she makes it by boiling samp and a dried beans mixture in a pot she lets it cook until the mixture becomes nice and soft would you like to try some</p>
	
<p>my baby brother ted is so funny he likes fruit he points at an apple and says give me apple then he points at a banana and says i want banana i do not know what to do should i give them to him</p>	<p>my dad loves fishing on saturdays he calls to us are you coming fishing with me my brother always shouts back yes they bring back delicious fish and we eat it for supper</p>

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

For health queries, contact the Pick n Pay
Health Hotline on 0800 11 22 88
or email healthhotline@pnp.co.za



For more information find us on Facebook or call (011) 706 6016