

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

Intermediate Phase

Grade 5

Educator Guide

| | | |
|---|--|--|
| Name of Learner Activities Learner Activity 1: Write a rhyming poem about sugar Learner Activity 2: Healthy eating for children | | Time: 1 hour per lesson |
| Grade 5 | | Subject: English Home Language Term 1 Life Skills Term 3 |
| Curriculum Standards (CAPS): English Home Language Term 1 Week 1–2 <ul style="list-style-type: none"> Writing and presenting: Writes a poem Life Skills Term 3 <ul style="list-style-type: none"> 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 dangers of eating excess sugar Write a rhyming poem based on a story about the dangers of eating excess sugar Read about and discuss the South African Food Guide Turn stories about unhealthy eating into healthy stories and act them out in groups | | |
| Content | Skills | Values |
| Learner Activity 1: Write a rhyming poem about sugar Sugar; dangers of excessive sugar – cavities, hyperactivity, obesity, runny noses, excessive mucous, coughing and symptoms of sinus infections; healthy alternatives; a poem based on a story; rhyme; rhythm. | Learner Activity 1: Write a rhyming poem about sugar Discuss healthy eating; talk about and research the dangers of sugar; brainstorm healthy alternatives to sugar; write a rhyming poem based on a story; how to create rhyme and rhythm in a poem. | Learner Activity 1: Write a rhyming poem about sugar Sugar might be tasty, but it is not a healthy substance to consume. |
| Learner Activity 2: Healthy eating for children The South African Food Guide; food groups: water, dairy products, starchy foods, protein, legumes, fruit, vegetables, fats. | Learner Activity 2: Healthy eating for children Read about and discuss the South African Food Guide; talk about the effects of healthy food on different parts of the body; read stories about poor diet and suggest how to make them into healthy stories; act out the stories in groups. | Learner Activity 2: Healthy eating for children Eating food that is not healthy can affect our bodies in a negative way. |
| Resources needed | | |
| Learner Activity 1: Write a rhyming poem about sugar Copies of the Learner Activity worksheet; YouTube video 'Sugar is killing us': goo.gl/z8DyiW (3.5 mins); YouTube video 'How to Rhyme – A Poetry Lesson for Primary Grades by Ken Nesbitt': goo.gl/F7jk7x (8.42 mins); A4 paper for writing the poem; pencils and other stationery. | | |
| Learner Activity 2: Healthy eating for children Copies of the Learner Activity worksheet; props for the roleplays; large visual aid of the South African Food Guide image. | | |
| Teacher preparation before starting | | |
| Look through the worksheet and the lesson plan, and collect any required resources. Familiarise yourself with content for the two lessons before the lesson starts. Look up the Health24 website and locate the South African Food Guide image. Make a large visual aid from this diagram to display in your classroom. Print sufficient learner activity worksheets. | | |

Section B

Intermediate Phase

Grade 5

| Learner Activities and how to teach them | |
|---|--|
| Learner Activity 1: Write a rhyming poem about sugar | |
| <p>Introduce the lesson</p> <ol style="list-style-type: none"> Introduce the lesson by asking the question: 'Did you know that sugar is not a healthy food?' Discuss this and point out the dangers of eating excess sugar. Let the class view the YouTube video called 'Sugar is killing us': goo.gl/z8DyiW Discuss healthy alternatives to sugar. <p>Complete the Learner Activity</p> <ol style="list-style-type: none"> Hand out the Learner Activity worksheets. Go through the worksheet once with the learners. Read the starting section on sugar. Place the learners in pairs and let them read the poem about poor Johnny. They need to each read it once using good expression. They can then discuss the questions posed about the poem. Ask learners about what the message of the poem is. Go through the questions with the learners. Point out the rhyming pattern and the rhythm in the poem. Discuss the story and the message. Tell the learners they are going to write a rhyming poem in pairs. They start off by brainstorming ideas together about the dangers of sugar. What will be their point of focus? After that, learners should try to weave a story about the effects of too much sugar around the message they want to convey. They start to think of rhyming couplets or verses, like the example poem, where two of the lines rhyme. Emphasis that the rhyming pattern must be the same in each verse if they decide on the four-line verse. They decide how many verses they will need to write their poem. They try to have a catchy rhythm to their poem. Let the pairs read their poems to the rest of the class. | |
| Learner Activity 2: Healthy eating for children | |
| <p>Introduce the lesson</p> <ol style="list-style-type: none"> Use the visual aid you have created from an image of the South African Food Guide to start the lesson. Discuss the South African Food Guide. Discuss the different food groups and the reason why the circles are different sizes – to emphasis which food groups you should have more of. Talk about the effects of healthy food on different parts of the body. Let the learners explain to you and one another about how their eating habits compare with the South African Food Guide. <p>Complete the Learner Activity</p> <ol style="list-style-type: none"> Hand out the Learner Activity worksheets. Read through the worksheet with the learners. Talk about the effect of healthy food on the body. Read through the two stories at the bottom and talk about them. Place the learners in groups and let them choose a story. They need to introduce a healthy change to the story to create a happy ending. Let the groups act out their stories to the rest of the class. One person narrates while the rest act. | |
| 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? | |

Write a rhyming poem about sugar

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

Did you know that sugar is not a healthy food? We all know that sugar can cause cavities in the teeth. But did you know that too much sugar can have other harmful effects on the body? Too much sugar can increase the risk of obesity and eating sugary foods often replaces other more nutritious foods in your diet, meaning you miss out on important nutrients. It is a good idea to swap sugar for other healthy alternatives that are sweet. For example, eat fruit if you want something sweet to eat.

Work with a partner:

1. Read the poem below about poor Johnny

Poor Johnny

Poor Johnny was a happy boy
who liked to sing and dance
He also liked to eat chocolate and sweets
whenever he got the chance
He put lots of sugar in his tea
And in his coffee too
Be careful Johnny, you should stop at two
Because too much sugar is bad for you!
One-day poor Johnny had a pain
His teeth began to ache
His mum took him to the dentist
The dentist began to shake
Johnny, Johnny I have bad news for you
The dentist said solemnly
You've had too much sugar my lad, its true
Your teeth will have to come out!



Learner Activity 1

2. What is the message about sugar in the poem?

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3. How many verses are there?

4. Which words rhyme in each verse?

5. Can you feel the rhythm in each verse?

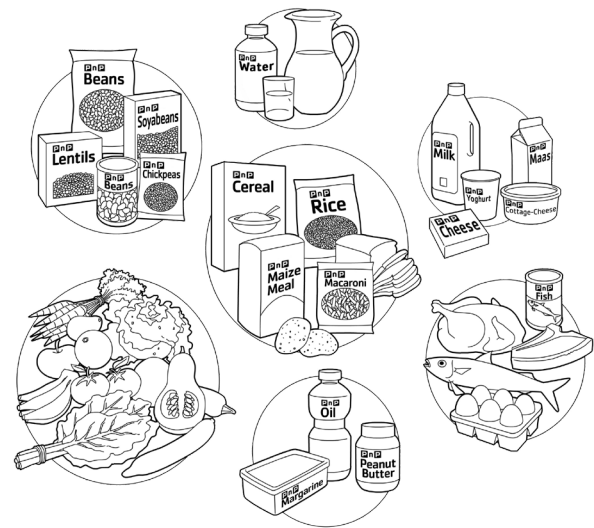
6. In your class workbook, write a poem together about the dangers of eating too much sugar.

- First brainstorm ideas with your classmates about the dangers of sugar.
- Try to think of a story with a message about the effects of too much sugar.
- Decide how many verses your poem will have.
- Make sure you have the same rhyming pattern in each verse.
- Have fun!

Healthy eating for children

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

In South Africa we use the South African Food Guide to guide us about eating healthily. It shows the important food groups that we should all include in our diet every day to be healthy. Water helps to flush the body of its impurities. Dairy products give the body calcium to make bones and teeth strong. Starchy foods give the body energy. Fish, chicken, meat, eggs and legumes provide protein which repairs the body and keeps it strong. Vegetables and fruit are rich in vitamins and minerals and fats carry essential vitamins and help keep the body warm.



Healthy eating stories

1. Work in a group.
2. Choose one of the stories below.
3. Decide how you can help the person in the story make healthy decisions.
4. In your class workbook, complete the story to transform it into a healthy story.
Let one person narrate the new story while the rest of the group acts it out.

Learner Activity 2

Cindy lives with her family high in the mountains. Although they eat some meat and legumes, they never have any fruit or vegetables. They don't often have milk or dairy products. Cindy is starting to find that she is tired during the school day, and is getting colds and flu often! She wonders if it is because of something missing in her diet. What would you advise Cindy to include in her diet?

Lwazi lives in an informal settlement. His teacher noticed that he was often very tired and pale, and he sat in the shade at break time watching his friends play instead of playing with them. The teacher took Lwazi to the clinic and found that he was anaemic because he didn't eat any dark, leafy vegetables and he hardly ever ate meat. He was lacking in iron. She phoned his parents. What should she advise them?

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
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