Small changes can make a big difference
Curriculum Links: Life Skills

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Say yes to fruit!

Read with a teacher/adult

Sugar is made by plants. Most of the sugar in South Africa comes from sugarcane. When we eat fruits, we are eating natural sugar. It is healthy to eat more fruit in our diet. We need to eat less foods which have too much sugar added to them as they are not healthy.

1. Look at these pictures.
2. Colour in the 6 foods from plants that have natural sugar.
3. Cross out the 6 foods that have lots of sugar added to them.
4. Can you read the words underneath?

watermelon  pears  peaches  ice cream  chocolate  grapes  cake  can of fizzy drink  biscuits  apples  sweetened yoghurt

5. Who is healthier? Lerato or Thato? .................................................................
6. Colour in the picture of the learner who is making a healthy choice.

I drink water when I am thirsty

I drink cold drink when I am thirsty

One small change I can make today is: .................................................................................

ANSWERS

Picked with love from Pick n Pay

School Club

Proudly brought to you by

Pick n Pay

School Club
**Eat more fibre!**

Name: ___________________________________________  Date: ___________________________________________

**Read with a teacher/adult**

Fibre is healthy for our body. It comes from plant foods. Some foods are high in fibre (+). We should choose to eat these foods. Some foods have less fibre (−). We should eat less of these foods.

1. Read these words. (Ask a teacher/adult to help you if you get stuck.)
2. If the food is high in fibre, write the word in the box with a +.
3. If the food is low in fibre, write the word in the box with a −.

![Food icons: Fried chicken, Beans, Seed bread, Fried eggs, Oats, Bran flakes, Sweets, Cold drink, Brown rice, Apples]

**HIGH FIBRE**

- 
- 
- 
- 
- 

**LOW FIBRE**

- 
- 
- 
- 
- 

4. Draw pictures of the foods that are high in fibre in the small boxes.

![Draw boxes for high fibre foods]
Taste it!

When you put food in your mouth, you use your sense of taste. Did you know your tongue has four tastes? Can you guess what the four tastes are?

1. Look at this picture of a tongue and read the taste words.

Bitter
Sour
Salty
Sweet

2. Look at these foods. How do they taste?

3. Circle the right answer.

Jelly tastes...
A - sweet
B - sour
C - bitter

Dark chocolate tastes...
A - sweet
B - salty
C - bitter

Lemons taste...
A - sweet
B - sour
C - salty

Coffee tastes...
A - salty
B - sour
C - bitter

Honey tastes...
A - sweet
B - sour
C - bitter

Peanuts taste...
A - sweet
B - sour
C - salty

Vinegar tastes...
A - sweet
B - sour
C - salty

Pretzels taste...
A - sweet
B - sour
C - salty

4. Finish these sentences with a taste word:

My favourite taste is ..........................................................

The taste I do not like is ......................................................

ANSWERS:
Jelly - A, B - sour, C - bitter
Dark chocolate - A, B - salty, C - bitter
Lemons - A - sweet, B - sour, C - salty
Coffee - A - salty, B - sour, C - bitter
Honey - A - sweet, B - sour, C - bitter
Peanuts - A - sweet, B - sour, C - salty
Vinegar - A - sweet, B - sour, C - salty
Pretzels - A - sweet, B - sour, C - salty

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School Club
Proudly brought to you by
**Five a day!**

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

**Read with a teacher/adult**

Fruit and vegetables are foods that come straight from nature! They are very healthy for you. Try to eat at least 5 fruits or vegetables every day. There are so many fruits and vegetables to choose!

1. Look at these mixed up words.
2. Each word is a fruit or vegetable.
3. Unjumble the word and write it correctly.
4. Draw a picture of the fruit or vegetable next to each word.
   The first one has been done for you.

<table>
<thead>
<tr>
<th>ppleA</th>
<th>Apple</th>
<th>Ptoaot</th>
</tr>
</thead>
<tbody>
<tr>
<td>aBanna</td>
<td>...............</td>
<td>mtooTa</td>
</tr>
<tr>
<td>Onrgae</td>
<td>...............</td>
<td>bbCagae</td>
</tr>
<tr>
<td>rGasep</td>
<td>...............</td>
<td>umiPpnk</td>
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<tr>
<td>earPs</td>
<td>...............</td>
<td>Schpina</td>
</tr>
</tbody>
</table>

ANSWERS:

Proudly brought to you by Pick n Pay School Club
Fats — good or bad?

Read with a teacher/adult

Fats and oils are important for a healthy diet.
Fats and oils give you energy and vitamins and they help your body to grow.
Most plant oils are good for us, but fats from animals are not as healthy.

1. These foods give us fat.
2. Some fats come from plants and some from animals.
3. Write the name of the food underneath the picture. We have given you clues to help you.
4. Colour in the pictures of the foods that have plant fats.

One small change I can make today is: ...........................................................................................................

Quiz Answer:

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S _ _ _ _

_ _ l _ m _ _

_ _ r _ _

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Pick n Pay

School Club
Beans are good for me!

I’m a green bean.
All over the world I’m seen.
I’m long, crisp, and thin.
With strings you must bin.
I’m full of seeds,
Arranged like beads.
Have my soups, salads, and stew,
To keep away the flu.

1. Beans are good for you! Do these bean sums.

a. + ................................................. beans
b. − ................................................. beans
c. + ................................................. beans
d. − ................................................. beans
e. − ................................................. beans

2. Draw a line between the rhyming words. The first one has been done for you.

Bean → Beads
Thin → Seen
Seeds → Flu
Stew → Bin

3. Can you write one sentence with two rhyming words?..........................................................
Exercise is important. It keeps you healthy. When you have done your homework, before you watch TV or play on your phone, go outside, and do some exercise.

1. These children are doing exercise. They are healthy.
2. Write the name of the exercise they are doing underneath each picture.
3. Colour in the pictures.

<table>
<thead>
<tr>
<th>Hop</th>
<th>Skip</th>
<th>Jump</th>
<th>Spin</th>
<th>Run</th>
<th>Walk</th>
</tr>
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