

THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE
ONE

Small changes can make a big difference

Curriculum Links: Life Skills

Grade 1	<p>Beginning Knowledge and Personal and Social Well-being</p> <p>Term 1</p> <p>Topic: Healthy habits</p> <ul style="list-style-type: none">• Eating Healthy Foods <p>Term 3</p> <p>Topic: Food</p> <ul style="list-style-type: none">• Foods we eat• Where different foods come from: fruit; vegetables; dairy; meat• Healthy eating<ul style="list-style-type: none">- Healthy and unhealthy foods- Healthy choices and the right amount of food
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Say yes to fruit!

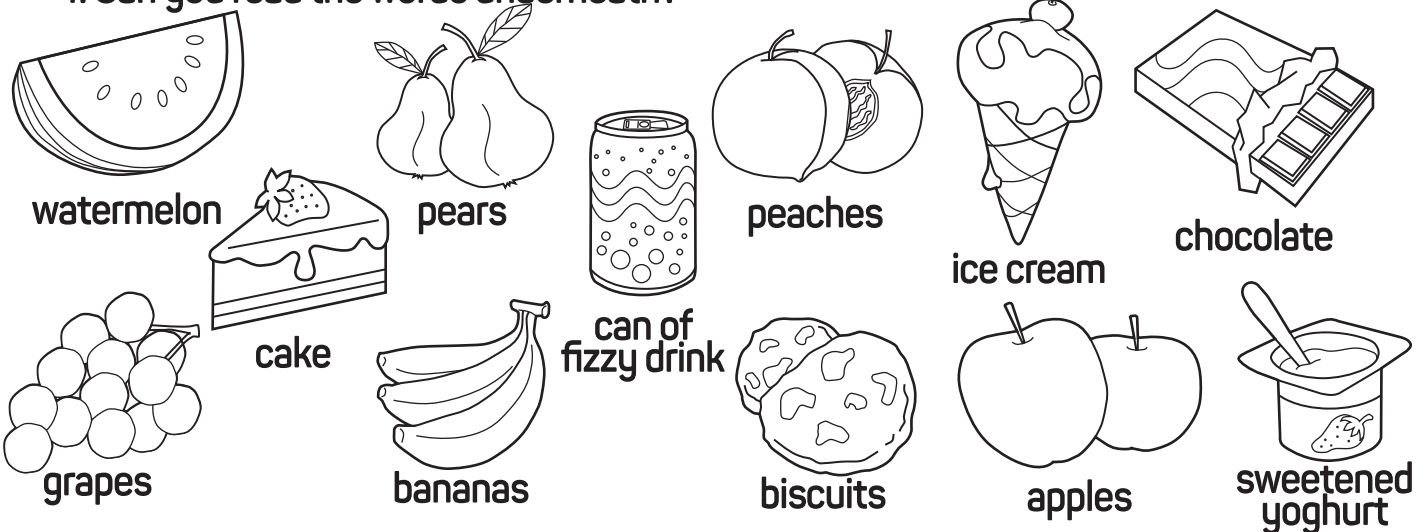
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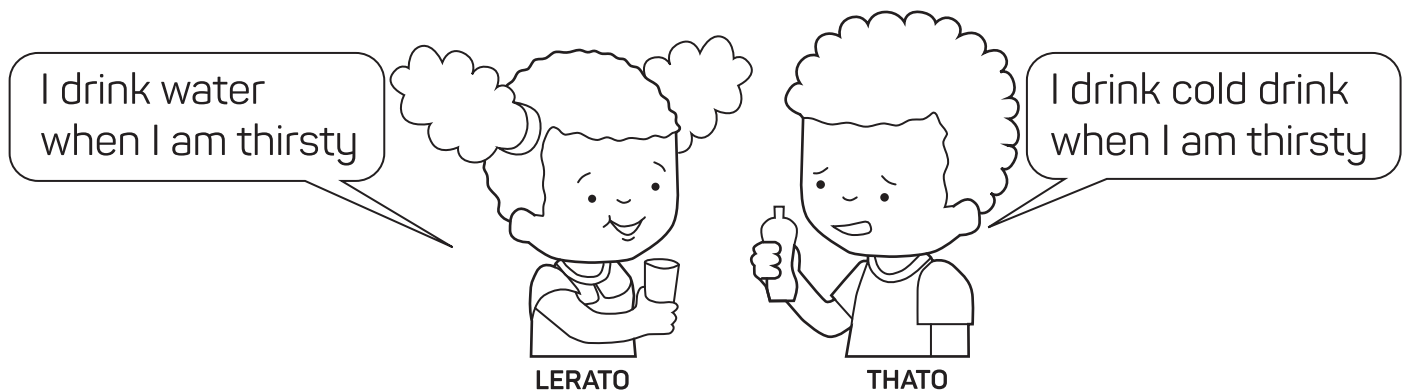
Read with a teacher/adult

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?



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



One small change I can make today is:

ANSWERS
2: bananas, apples, peaches, watermelon, pears, grapes 3: cake, chocolate, can of fizzy drink, sweetened yoghurt, biscuits, ice cream 5: Lerato is healthier.

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 -.

Fried chicken

Beans

Seed bread

Fried eggs

Oats



HIGH FIBRE

.....

.....

.....

.....

.....

.....



LOW FIBRE

.....

.....

.....

.....

Cold drink

Bran flakes

Brown rice

Sweets

Apples

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

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ANSWERS
2: High in fibre – bran flakes, oats, beans, seed bread, brown rice, apples
3: Low in fibre – fried chicken, fried eggs, cold drink, sweets

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Taste it!

Name:

Date:

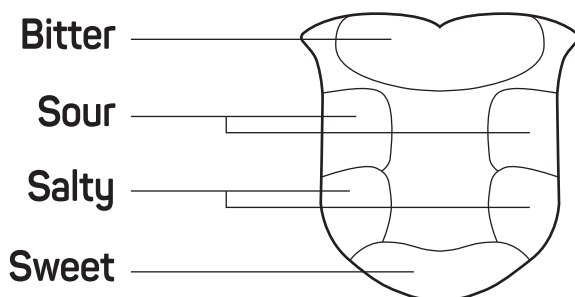
Read with a teacher/adult

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.



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; Dark chocolate - C; Lemons - B; Coffee - C; Honey - A; Peanuts - C; Vinegar - B; Pretzels - C

Five a day!

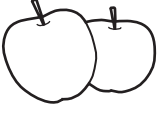
Name:

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.

pplA	Apple		Ptoaot	
aBanna		mtooTa	
Onrgae		bbCagae	
rGasep		umiPpnk	
earPs		Schpina	

ANSWERS
Apple, Banana, Orange, Grapes, Pears, Potatoes, Tomato, Cabbage, Pumpkin, Spinach

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Fats – good or bad?

Name:

Date:

Read with a teacher/adult

Fats and oils are important for a healthy diet.

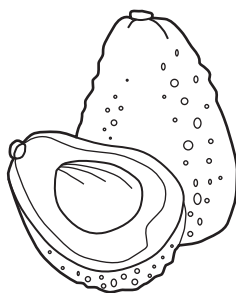
Fats and oils give you energy and vitamins and they help your body to grow.

Most plant oils are good for us, but fats from animals are not as healthy.

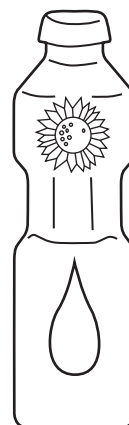
1. These foods give us fat.
2. Some fats come from plants and some from animals.
3. Write the name of the food underneath the picture. We have given you clues to help you.
4. Colour in the pictures of the foods that have plant fats.



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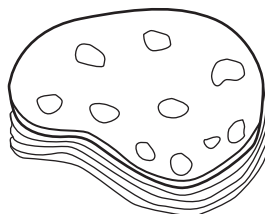
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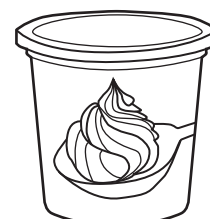
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One small change I can make today is:

ANSWERS
Nuts, Avocado, Oil, Sausage, Cold Meat Cream

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Beans are good for me!

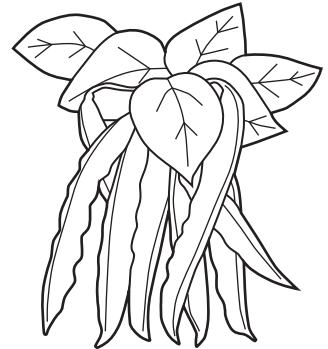
Name:

Date:

Read with a teacher/adult



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?.....

.....

ANSWERS
1: a - 8, b - 5, c - 10, d - 7, e - 6 2: Bean - Seen, Thin - Bin, Seeds - Beads, Stew - Flu

I take healthy breaks!

Name:

Date:

Read with a teacher/adult

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.

Hop

Skip

Jump

Spin

Run

Walk

