

THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE
TWO

Small changes can make a big difference

Curriculum Links: Life Skills

Grade 2	Beginning Knowledge and Personal and Social Well-being Term 1 Topic: What we need to live <ul style="list-style-type: none">• Different types of food - for growth, energy, health
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Sugar highs and lows

Name:

Date:

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. We should have no more than 6-8 teaspoons of sugar added to our diet every day.

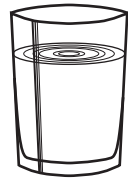
1. Look at these pictures of food and how much sugar is added to each food.



10 jelly babies
- 6 teaspoons



1 large choc chip cookie
- 3 teaspoons



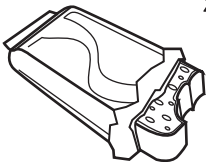
1 small glass of Water
- 0 teaspoons



1/2 a cup of plain yoghurt
- 0 teaspoons



1 small glass of Fizzy or sports drink
- 4 teaspoons



1 mini chocolate bar
- 2 1/2 teaspoons



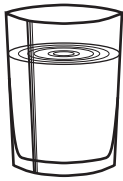
1/2 a cup of fruit yoghurt
- 1 teaspoon



1/2 a cup of ice cream
- 3 teaspoons

2. Put the foods in order based on how much sugar they contain.

- Draw the foods in the boxes below.
- Start with the lowest amount of sugar and move up to the highest.
- The first one has been done for you.

							
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2b: water, plain yoghurt, fruit yoghurt, mini chocolate bar, ice cream, choc chip cookie, fizzy/sports drink, jelly babies

ANSWERS

Fibre Facts

Name:

Date:

Read with a teacher/adult

Fibre comes from plant foods.

Fibre is like a broom – it helps to keep our bodies clean and healthy.

Fibre also helps to keep us fuller for longer after eating.

We should always try to choose foods that are high in fibre.

1. Look at the lists below.

On the left are high fibre foods and on the right are low fibre foods.

HIGH FIBRE

Bran flakes

Oats

Beans

Seed bread

Brown rice

Apples

LOW FIBRE

White rice

Sucker

Biscuits

Cake

Croissant

2. Can you find the words in the word search below?

a. Colour the blocks when you find the words. Colour the high fibre foods in blue and the low fibre foods in red. The first one has been done for you.

b. Colour in the pictures when you have found all the foods.



O	A	D	S	U	C	K	E	R	F	T	G
E	R	Q	L	S	D	M	O	N	H	U	F
X	B	R	A	N	F	L	A	K	E	S	P
C	A	G	J	M	P	E	T	C	H	E	Y
R	G	L	R	V	M	Z	S	Q	I	E	X
O	P	Q	S	A	B	L	H	E	A	D	E
I	S	F	T	R	E	E	G	C	S	B	C
S	S	E	L	P	P	A	F	I	T	R	I
S	J	D	J	A	S	R	U	R	I	E	R
A	L	B	E	A	N	S	B	N	U	A	E
N	E	C	M	S	I	A	I	W	C	D	T
T	K	B	E	O	W	N	L	O	S	I	I
V	A	R	A	N	F	R	I	R	I	R	H
W	C	Y	L	A	L	W	V	B	B	Y	W



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School Club

Fibre Facts

ANSWERS

O	A	D	S	U	C	K	E	R	F	T	G
E	R	Q	L	S	D	M	O	N	H	U	F
X	B	R	A	N	F	L	A	K	E	S	P
C	A	G	J	M	P	E	T	C	H	E	Y
R	G	L	R	V	M	Z	S	Q	I	E	X
O	P	Q	S	A	B	L	H	E	A	D	E
I	S	F	T	R	E	E	G	C	S	B	C
S	S	E	L	P	P	A	F	I	T	R	I
S	J	D	J	A	S	R	U	R	I	E	R
A	L	B	E	A	N	S	B	N	U	A	E
N	E	C	M	S	I	A	I	W	C	D	T
T	K	B	E	O	W	N	L	O	S	I	I
V	A	R	A	N	F	R	I	R	I	R	H
W	C	Y	L	A	L	W	V	B	B	Y	W

HIGH FIBRE

LOW FIBRE

Salt in foods!

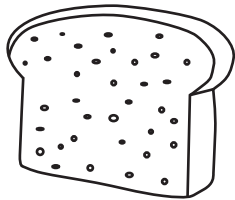
Name:

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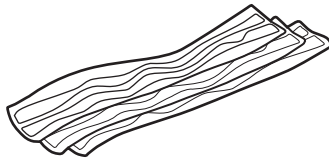
Read with a teacher/adult

Salt adds taste to food.
Too much salt is not good for your body.
Take-away foods are very high in salt.
Do not eat too much of these foods!

1. Circle the foods that have a lot of salt added to them.
Colour in the foods that have no salt.



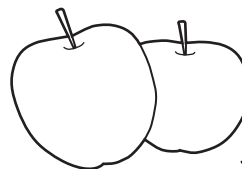
bread



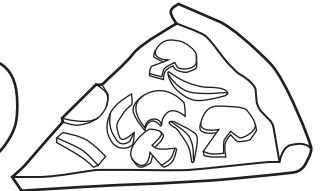
bacon



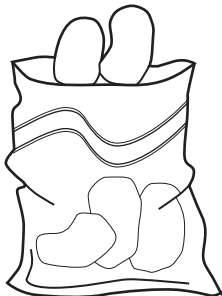
eggs



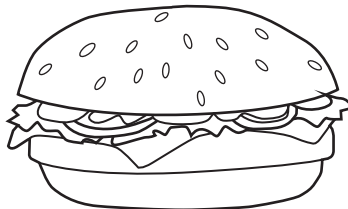
apples



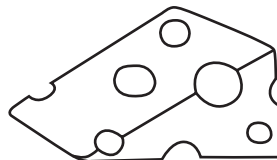
pizza



potato chips



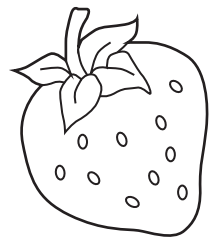
burger



cheese



broccoli



strawberry

2. Write down all the foods
that begin with a 'b'.

- a.
b.
c.
d.

3. Challenge yourself!
Write the 4 'b' words in alphabetical order.

- a.
b.
c.
d.

ANSWERS
1: Circle – pizza, bacon, cheese, bread, potato chips, burger, apples, broccoli, eggs.
2: a. bacon, bread, burger, broccoli b. bacon, bread, broccoli, burger
3: a. bacon, b. burger, c. broccoli, d. strawberry

So many fruits and vegetables to choose!

Name:

Date:

Read with a teacher/adult

Fruit and vegetables are foods that come straight from nature!

We should try have 5 servings of these foods every day.

Fruit and vegetables give us so many vitamins and minerals which help our bodies fight illness.

There are so many fruits and vegetables to choose!

1. What are your two favourite fruits?
2. What are your two favourite vegetables?
3. Look at the picture below and name 3 fruits and 3 vegetables.



FRUIT	
1	
2	
3	

VEGETABLE	
1	
2	
3	

4. Draw your own fruit and vegetable heart.

ANSWERS
Fruits – pear, banana, orange, apple, grapes, figs, grapefruit, lemon, pears, avocado Vegetables – lettuce, peppers, butternut, pumpkin, artichokes, corn, cabbage

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Healthy and unhealthy fats!

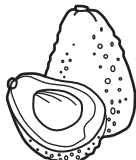
Name:

Date:

Read with a teacher/adult

It is important that we eat a little bit of fats and oils every day.
Healthy fats from plants and fish are good for us. They give us energy and help us to grow.
Fats from animals are not as healthy and we should eat less of these fats.
Always try to choose the healthy ones if you can.

1. Look at the pictures below.
2. Some contain healthy plant fats and some unhealthy animal fats.
3. Use your poster to help you decide which they are.
4. Put a tick next to the foods that have healthy fats. Put a cross through the foods that have unhealthy fats.



Avocado

☐

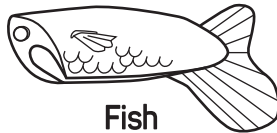

Sausages

☐

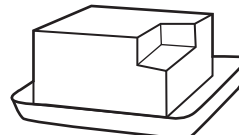

Ice cream

☐


Peanut butter

☐


Fish

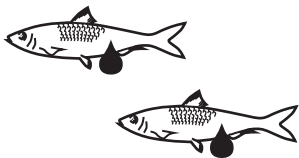
☐


Butter

☐

5. These four fish give you healthy oils.

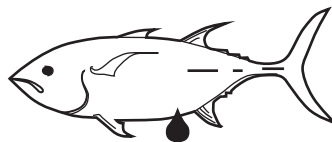
The letters of their names have been jumbled up. Use the poster to help you write their names properly.



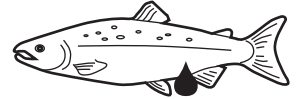
chplirsad



drsanise



autn



aonmsl

ANSWERS
4: Ticks - avocado, fish, peanut butter, sardines, tuna, salmon
5: pichards, sardines, tuna, salmon

Shapes and Sizes

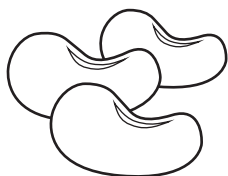
Name:

Date:

Read with a teacher/adult

Beans, peas, lentils, and chickpeas are all examples of foods that are called legumes.
Legumes are full of protein.
Our bodies need protein to grow and also to help us feel better when we are sick.
Legumes come in all shapes and sizes.

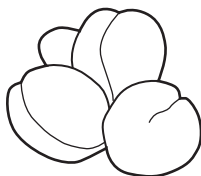
1. Here are some examples of legumes:



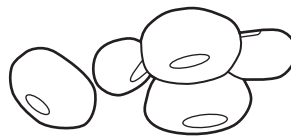
Kidney beans



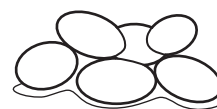
Lentils



Chickpeas



Black beans



Baked beans

2. Do you see how different all their shapes and sizes are?

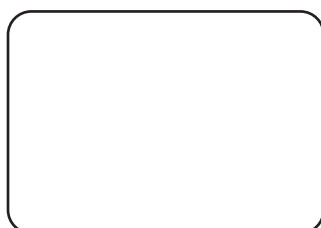
- Which beans are oval?
- Which beans are round (circles)?
- Which beans are kidney shaped?

3. Draw the 3 shapes here.



4. Draw pictures of these foods that have legumes.

- Baked beans on toast
- Bean soup



ANSWERS
a. Oval – black beans, baked beans b. Round – chickpeas, lentils c. Kidney – kidney beans

Exercise is exciting!

Name:

Date:

Read with a teacher/adult

Exercise can be such fun!

Some of your favourite sports and activities are exercise.

Soccer, dancing and playing catch are examples.

Exercise is so important to keep us fit and healthy.

1. Write down two of your favourite sports and physical activities.

a.

b.

2. What other things, besides exercise, can you do to keep healthy?

Have a look at your poster for some ideas.

a.

b.

3. There are even simple exercises we can do every day at home or at school.

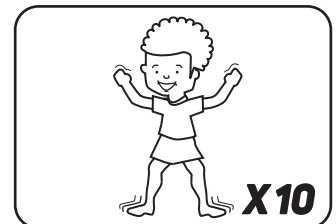
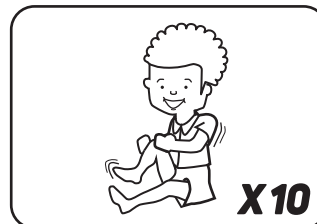
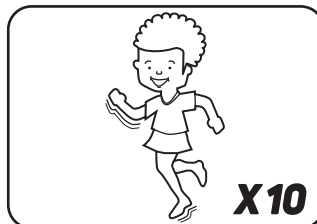
Choose a friend and practise some of these exercises together.

a. Hop on your right foot 10 times.

b. Hop on your left foot 10 times.

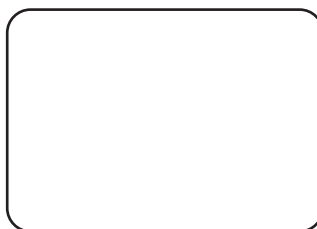
c. Bring your knees to your chest 10 times on each leg.

d. Do 10 jumping jacks.



4. Can you think of 2 simple exercises that you can do at your desk? Draw pictures of them and a short sentence next to your picture of what the exercise is.

Teach your friends how to do the exercises!



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ANSWERS
 2: Eat less foods with added sugar, eat fruit and vegetables every day, drink water every day, use less salt, eat more fibre, eat legumes more often