

THE PICK N PAY
LIVEWELL
Healthy Living
WORKSHEETS

**GRADE
THREE**

Small changes can make a big difference

Curriculum Links: Life Skills

Grade 3	Beginning Knowledge and Personal and Social Well-being Term 2 Topic: Healthy eating <ul style="list-style-type: none">• Food groups<ul style="list-style-type: none">- Vitamins - fruit and vegetables- Carbohydrates - bread, maize/mielie meal- Proteins - eggs, beans, meat, nuts- Dairy - milk, cheese, yoghurt• A balanced diet Term 4 Topic: Products and processes <ul style="list-style-type: none">• Plants<ul style="list-style-type: none">- What we get from plants- Process – from sugar cane to sugar
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Simply sugar

Name:

Date:

Read with a teacher/adult

Some plant foods, such as fruit give us healthy sugars.
 Our bodies need these sugars for energy.
 When too much extra sugar is added to food, it becomes unhealthy for us.
 Too much sugar is not good for our bodies and can lead to poor health.

1. Use your poster to decide whether these sentences are True or False. Write T or F next to each sentence.

- a. Water has less sugar than fruit juice.
- b. Some breakfast cereals have lots of sugar added.
- c. Plain yoghurt has less sugar than flavoured yoghurt.
- d. Banana is a good way to sweeten your porridge.
- e. You should keep treats for special occasions.

2. Draw and colour in 3 pictures of foods or drinks that do not have too much sugar added to them.



3. Look at your poster to find words which rhyme with each of these words.

Meat	
Drink	
Make	
Suit	
Main	

4. What is your favourite fruit?

5. What is your favourite treat?

6. Make a poster called: "I eat more fruit than treats". Decorate your poster with lots of fruit and a few of your favourite treats.

ANSWERS
 1: True/False - a - F, b - T, c - F, d - T, e - T 2: Rhymes: Beaten - Sweeten; Drink - Rethink; Make - Cake; Suit - Fruit; Main - Plain

Fibre Fun

Name:

Date:

Read with a teacher/adult

Fibre comes from plants only. We can find it in fruits, vegetables, dried beans and grains.
 Fibre is very important for our health.
 Fibre is like a broom which keeps our body clean and healthy.
 We should always try to choose foods high in fibre instead of foods low in fibre.

1. Below are some pictures of food.

- a. Some of the foods are plant foods such as fruit, vegetables, dried beans, peas and grains.
- b. Colour in the ones that are from plants and have fibre in them.



Steak



Baked beans



Egg



Bowl of pasta



Bowl of cereal



Orange



Mielie



Chicken leg

2. These foods are mentioned in your poster.

baked beans	bran flakes	white pasta	samp
white rice	maltabella	lentils	soya

- a. Some are high in fibre and some are low in fibre.
- b. Use your poster to help you decide if they must go in the high fibre basket or the low fibre basket.
- c. Write the names in the correct basket.

High Fibre

Low Fibre

ANSWERS

1b : to colour - bowl of cereal, orange, baked beans, mielie 2c : high fibre - bran flakes, baked beans, samp, lentils and soya low fibre - white rice, white pasta, maltabella

Let's get serious about salt!

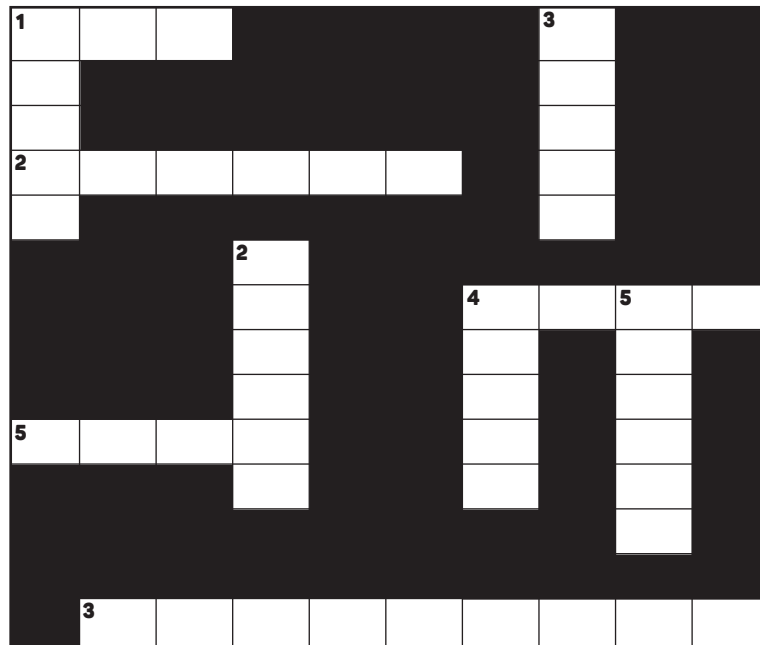
Name:

Date:

Read with a teacher/adult

Salt can be found naturally in many foods.
 When we eat too much food, with added salt, it is unhealthy for us.
 Too much salt can lead to problems such as high blood pressure.
 Take-away foods are usually high in salt.
 Another word sometimes used for **salt** is **sodium**.

- Complete the crossword below using all the things you have learnt about salt. Use the poster to help you.



- | DOWN |
|--|
| 1. What you should do with canned vegetables before you add them to your food. (5) |
| 2. The opposite of raw. (6) |
| 3. Too much salt can give us high Pressure. (5) |
| 4. High blood pressure is not good for your (5) |
| 5. A very strong-smelling vegetable that we use to give food flavour when we cook. (6) |

- | ACROSS |
|---|
| 1. When food is not cooked, we say it is ... (3) |
| 2. Another word for salt. (6) |
| 3. What is the opposite of unprocessed? (9) |
| 4. Processed food is in salt. (4) |
| 5. We should try to eat more meals cooked at (4) |

Super salads

Name:

Date:

Read with a teacher/adult

Fruit and vegetables are so good for our bodies! They are full of vitamins and minerals. Many fruits and vegetables can be eaten cooked. They can also be used raw to make delicious salads. There are so many to choose from! The main difference between fruits and vegetables is that fruits contain seeds and vegetables don't.

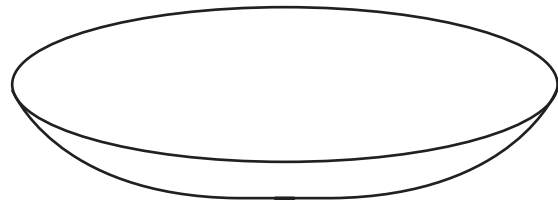
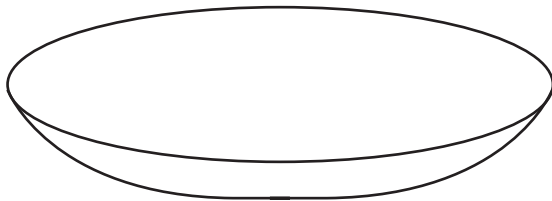
1. Make up your own salad recipes:

- a. Start with a fruit salad and then a vegetable salad.
- b. Choose all your favourites from the pictures below and draw them in the salad bowls.



Fruits for your salad

Vegetables for your salad



2. These long fruit and vegetable words have been mixed up. Unscramble them and write their names in the table below. The first letter in each word is a capital. Use the pictures above to help you.

Ppelpaein.....

Cmucureb.....

nlmetWaero.....

psArausga.....

yrbatSwer.....

Culiowearfl.....

	FRUIT	VEGETABLE
1		
2		
3		

3. Make a healthy vegetable or fruit salad with your teacher, or parent or caregiver. Make sure you are very careful when using a knife. Never use a knife if there is not an adult close by!

ANSWERS
2: Fruit - pineapple, watermelon, strawberry. Vegetables - cucumber, asparagus, cauliflower

Fats and Oils: OR

Name:

Date:

Read with a teacher/adult

Fats and oils don't sound like they are good for us. The good news is that some are! Healthy fats from plants are good for us. They give us energy and help us to grow. The fats from animals are not as healthy and we need to eat less of them. When possible, always try and choose the plant fats.

1. Use your poster to fill in the missing words in these sentences:

- Choose low fat or fat free _____ products.
- Trim all _____ off meat before cooking.
- Remove skin from _____ before cooking.
- Eat more _____; it is a good source of healthy fats.
- Eat less of these fatty meats: _____, sausages and boerewors.

Draw a picture to illustrate each sentence.

a.

b.

c.

d.

e.

2. Write the sentences next to the correct body part to learn more about why eating oily fish is good for you.

- Tuna keeps my heart healthy.
- Sardines help my brain to work better.
- Mackerel keeps my bones strong.



.....

.....

.....

ANSWERS
 1: a. dairy; b. fat; c. chicken; d. fish; e. venison/polony/salami

Learn to love legumes

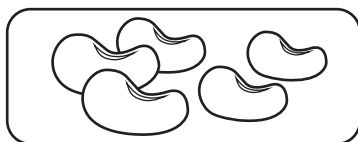
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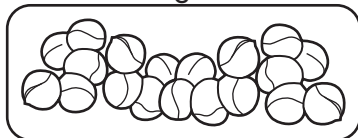
Read with a teacher/adult

Legumes come in all shapes and sizes.
 Legumes are very good for us because they have protein in them.
 Protein is important and it helps our muscles and bodies to grow strong. You can get a lot of the protein you need from legumes.
 Beans, peas, lentils, and chickpeas are some examples of legumes.
 Do you know what they look like?

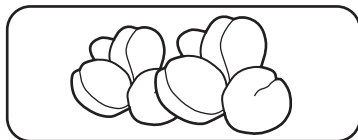
1. Have a look at these pictures of legumes.
2. Match the legume with the shape on the right.
3. Draw a line between them. The first one has been done for you.



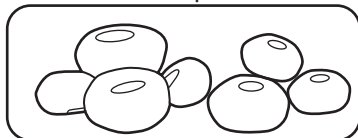
Kidney beans



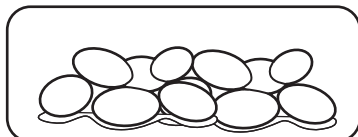
Lentils



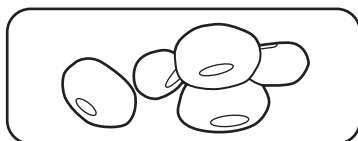
Chickpeas



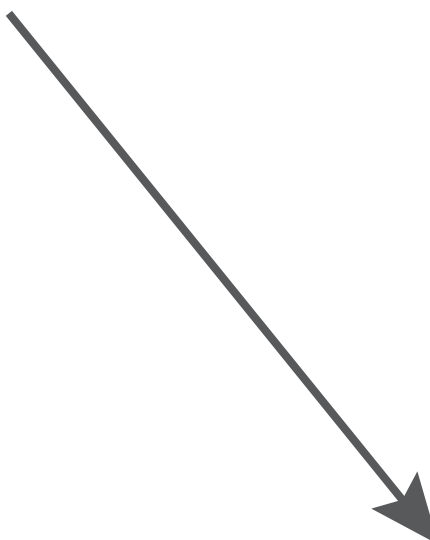
Black beans



Baked beans



Soya beans



4. Find these 'healthy food' words in the word block:

calcium; iron; omega 3; carbohydrates; protein; glucose; sodium; vitamin A; fat; fish

C	B	D	G	F	A	G	Z	P	R	C
A	A	L	D	N	F	Z	T	L	Y	I
R	U	L	T	O	M	E	G	A	3	O
B	T	R	C	R	Q	F	O	R	F	I
O	D	S	N	I	E	T	O	R	P	Y
H	E	F	D	G	U	L	G	Y	R	E
Y	N	S	A	N	I	M	A	T	I	V
D	R	C	L	S	R	I	H	L	R	Y
R	T	S	V	O	Y	Q	E	U	U	D
A	L	W	B	D	H	S	I	F	O	F
T	C	N	S	I	W	I	G	C	A	H
E	S	O	C	U	L	G	P	H	S	T
S	G	B	X	M	W	Q	B	U	P	O

O	P	U	B	Q	W	M	X	B	G	S
T	S	H	P	G	L	U	C	O	S	E
H	A	C	G	I	W	I	S	N	C	T
F	O	F	I	S	H	D	B	W	L	A
D	U	U	E	Q	Y	O	V	S	T	R
Y	R	L	H	I	R	S	L	C	R	D
V	I	T	A	M	I	N	A	S	N	Y
E	R	Y	G	L	U	G	D	F	E	H
Y	P	R	O	T	E	I	N	S	D	O
I	F	R	O	F	Q	R	C	R	T	B
O	3	A	G	E	M	O	T	L	U	R
I	Y	L	T	Z	F	N	D	L	A	A
C	R	P	Z	G	A	F	G	D	B	C

ANSWERS
3: kidney beans – round, lentils – round, chickpeas – round, black beans – round, baked beans – oval; soyja beans – oval

Energy boost!

Name:

Date:

Read with a teacher/adult

Exercise keeps us fit and healthy.
 We need strong, healthy bodies to do all our daily activities.
 You have learnt that some foods give us energy.
 We need this energy for exercise.
 Some exercises use up a lot of energy.

1. Let's see how much energy we use for difference exercises.

- We will use our scale to help us decide if an exercise uses a little or a lot of energy.
- If an exercise uses a little energy, we will give it a low number out of ten (a number below 5).
- If an exercise uses a lot of energy, we will give it a higher number out of ten (A number over 5)



1



2



3



4



5



6



7



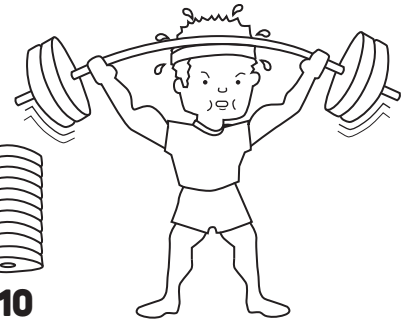
8



9



10



2. Do these exercises and then decide how much energy these activities use. Give each exercise a number out of 10.

- Run around the field.
- Walk from the field to your classroom.
- Hop on one leg 10 times.
- Skip 20 times.
- Play a game of soccer or tennis.

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3. Put the activities in order from most energy to least energy?
(1 = most energy; 5 = least energy)

1)

2)

3)

4)

5)

4. Do you remember which foods are good for giving the body energy? Write down your favourite 3 healthy high energy foods and draw pictures of them.

a.

b.

c.

