

THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE
FOUR

Small changes can make a big difference

Curriculum Links: Life Skills

Grade 4	<p>Personal and Social Well-being</p> <p>Term 1</p> <p>Topic 1: Development of the self</p> <ul style="list-style-type: none">• Respect for own and others' bodies: privacy, bodily integrity and not subjecting one's body to substance abuse<ul style="list-style-type: none">- How to respect and care for own body- How to respect others' bodies- Reasons for respecting own and others' bodies <p>Term 4</p> <p>Topic 3: Health and environmental responsibility</p> <ul style="list-style-type: none">• Dietary habits of children:<ul style="list-style-type: none">- Impact on dental and oral hygiene
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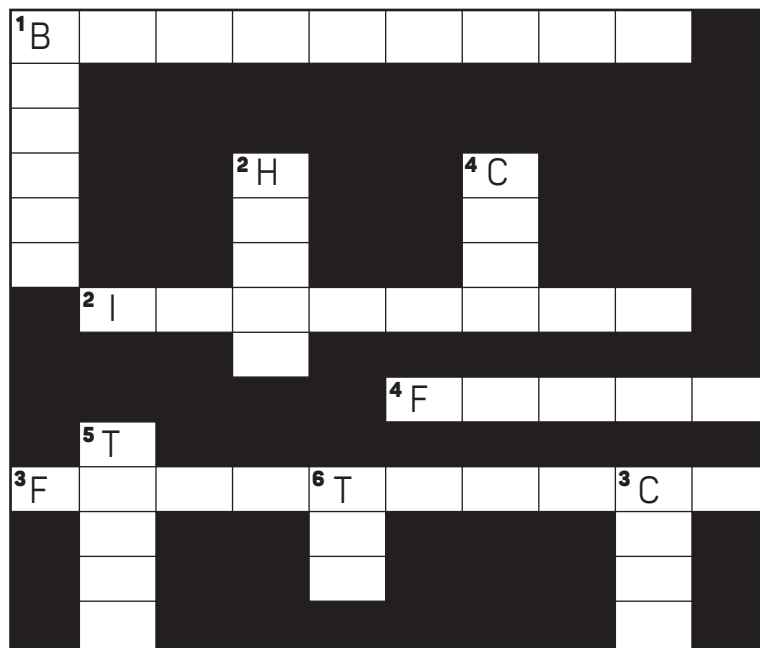
Sweet tooth

Name:

Date:

1. Let's test your sugar knowledge.

Complete the crossword below with the clues provided.



DOWN

1. A fruit that can be used to sweeten porridge instead of sugar. (6)
2. Another kind of sugar made by bees. (5)
3. Where sugar in South Africa comes from. (4)
4. Eaten on a birthday and contains lots of sugar. (4)
5. Sugary foods should be kept as a (5)
6. A hot drink that tastes good without sugar. (3)

ACROSS

1. The most important meal of the day. (9)
2. A frozen dessert that has sugar. (8)
3. A better choice than fizzy drinks but be careful not to drink too much. (10)
4. A source of natural sugar. (5)

Eating too much sugar can cause **cavities** in our teeth. These are holes which need to be fixed by a dentist. We need to eat less sugary foods, such as fizzy drinks, sweets, suckers and chocolates so that we can look after our teeth.

2. Do you know which foods have added sugar and are not so healthy for your teeth?
Write 'friendly' under the foods that are teeth-friendly and 'unfriendly' under the foods that are not good for your teeth.

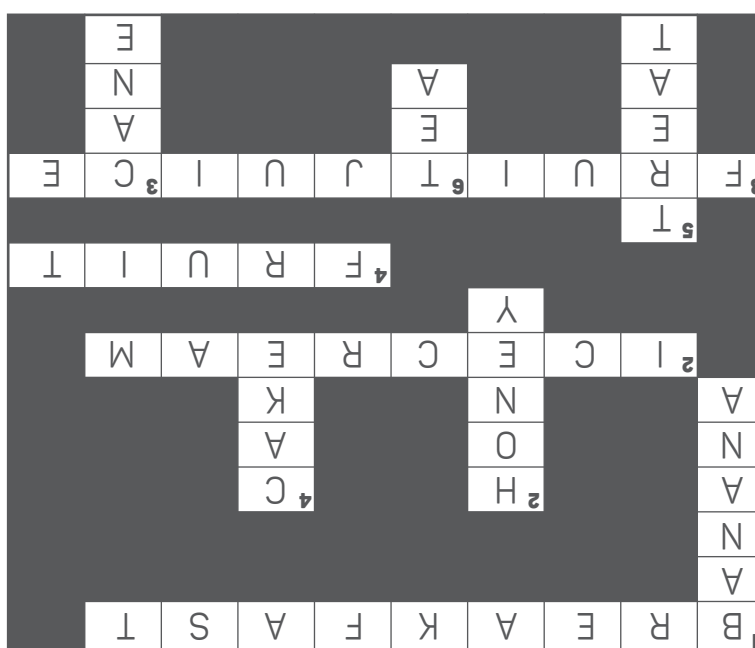


Some foods, such as fruits and vegetables, contain natural sugars and these are healthier for us than foods that have lots of added sugar, such as fizzy drinks and some cereals which are sweetened with sugar.

3. Can you write down 3 foods that contain natural sugars and 3 that contain added sugars? Use your poster to help you.

	Natural sugar	Added sugar
1		
2		
3		

2: Friendly – apple, orange, milk. Unfriendly – fizzy drink, chocolate, sucker.



ANSWERS

Fibre full

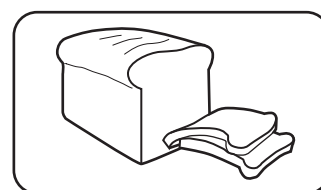
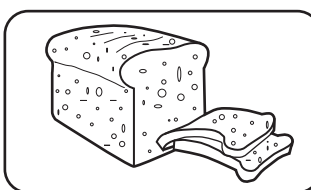
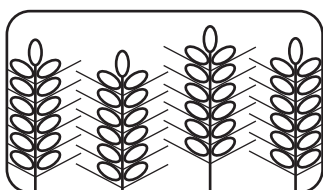
Name:

Date:

1. In the table below is a list of foods low in fibre. What similar food, that is high in fibre, could you choose instead? Use your poster to help you.

Low fibre food <i>Instead of...</i>	High fibre substitute <i>I could eat...</i>
Coco pops	
Pasta	
White rice	
Maltabella	

2. Food processing means the ways in which raw ingredients are changed into food that can be eaten by humans. When we process grains, such as wheat and oats, a lot of fibre is lost. It is important to eat less processed foods so that we can get enough healthy fibre into our diet.



- a. Look at the foods in this table. Decide whether you think these foods have had all their fibre removed during processing. Tick the relevant box.

Low fibre food	Fibre not removed (Not processed)	Fibre removed (Processed)
Apples		
Apple juice		
Baby carrots		
Maize meal		
Oats		
White bread		
Sweetcorn/Mealie		

- b. Using the poster, write down ideas for breakfast, lunch and supper meals with foods that contain lots of fibre.

	Breakfast	Lunch	Supper
1			
2			
3			
4			
5			
6			
7			

ANSWERS		
1:		
Low fibre food		
Instead of ...		
High fibre substitute		
I could eat...		
Coco pops		
Bran flakes		
Wholewheat pasta		
Brown rice		
Maltabella		
Oats/Sorghum		
2a:		
Low fibre food		
Fibre not removed		
(Not processed)		
Fibre removed		
(Processed)		
Apples		
Apple juice		
Baby carrots		
Maize meal		
Oats		
White bread		
Sweetcorn/Maalie		

Salt in foods!

Name:

Date:

1. Have a look at the poster to help you decide which words in the sentences below are correct. Cross out the wrong word.

- If your mom cooks supper with salt, you **must/must** not add more salt.
- You should eat more **home-cooked food/take-aways**.
- When you look at a food label you must look for **fat/sodium** to see how much salt is in your snack.
- You should always choose snacks with **more/less** salt.

2. What is your favourite snack?

3. Do you think it has a lot of salt in it?

4. Can you think of a snack with less salt?

5. Dinner with a friend

- Your parent/caregiver has invited a guest from work over for dinner.
- Your parent/caregiver has decided to make a dinner that includes a dish from your heritage or tradition.
- The guest cannot have too much salt in their diet.
- You have offered to help design the menu because you are learning about salt in food at school.

In the tables on the next page write:

- The name of your dish.
- The ingredients you will be using.
- Are there any salty foods in the ingredients?
- How will you keep the amount of salt in the meal as low as possible?

Name of dish:

What heritage/tradition is it from?

Ingredients:

Ingredients that are salty:

How can I make this dish less salty?

ANSWERS
t: a – – must not; b – home-cooked food; c – sodium; d – less

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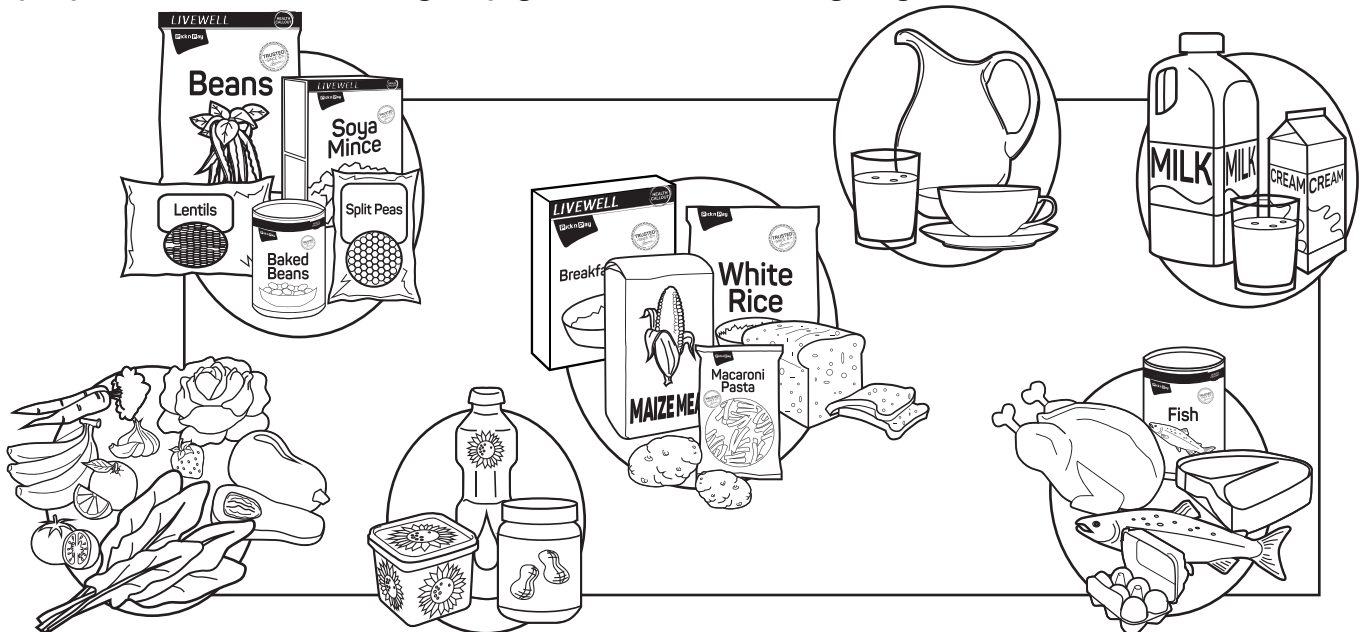
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My food plate

Name:

Date:

Look at this diagram below of the South African food guidelines. It shows the proportions of each food group you should eat every day.



1. Use the table, and your food knowledge, to fill in the missing words in the sentences below.

carbohydrates

proteins

oils

salt

vegetables

dairy

fish

- At the bottom left of the diagram are _____ and fruit. We need to eat a lot of these every day.
- In the centre, we have potatoes, breads, and grains. These foods are called _____. We should eat at least one serving of these at every meal.
- Milk, yoghurt and cheese belong to the _____ group. We need to eat three to five servings of this food every day.
- At the bottom right are _____. We need to eat two servings of these every day. Examples are meat and _____.
- We must eat less fatty foods which are foods which have a lot of fat and _____ in them.
- We especially need to be careful with foods that have lots of added sugar and _____.

2. Refer to the South African food guidelines picture.
- a. Use it to create 3 meals: breakfast, lunch and dinner (supper).
 - b. You will need to use food from at least 3 different food groups to create each meal.

Breakfast
Lunch
Dinner/Supper

ANSWERS
1: a – vegetables; b – carbohydrates; c – dairy; d – proteins, fish/chicken/eggs, e – oils; f – salt

Fats keep your heart happy

Name:

Date:

We need to eat a small amount of fats and oils. These give our bodies energy. Fats and oils that come from plants (olive oil, sunflower oil, avocado) are healthier than fats and oils that come from animals (butter, cream, fat on meat). One exception to this is the fats and oils that come from oily fish, such as pilchards and sardines – these are healthy, especially for our heart.

1. Use your poster to help you decide which foods below contain healthy or unhealthy fats. Place a tick in the correct box.



<input type="checkbox"/>	healthy
<input type="checkbox"/>	unhealthy



<input type="checkbox"/>	healthy
<input type="checkbox"/>	unhealthy



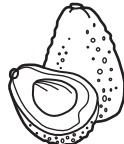
<input type="checkbox"/>	healthy
<input type="checkbox"/>	unhealthy



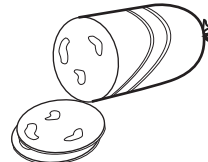
<input type="checkbox"/>	healthy
<input type="checkbox"/>	unhealthy



<input type="checkbox"/>	healthy
<input type="checkbox"/>	unhealthy



<input type="checkbox"/>	healthy
<input type="checkbox"/>	unhealthy



<input type="checkbox"/>	healthy
<input type="checkbox"/>	unhealthy



<input type="checkbox"/>	healthy
<input type="checkbox"/>	unhealthy

2. Read the poem below. It is called an acrostic poem. An acrostic poem is a poem where the first letter of each line spell out a word.

Healthy hearts will last a lot longer.

Eating fish can make your heart stronger.

Avoiding animal fats will help your heart, too.

Running and jumping are useful to do.

These things will take care of your heart.

3. Can you use one of the words from your poster to make up a poem of your own?
There must be at least 5 letters in your word.
Write the first letter in a different colour.

ANSWERS
Healthy – fish, avocado, olive oil, nuts, low fat yoghurt. Unhealthy – meat with fat, cream, polony/salami!

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Which food am I ?

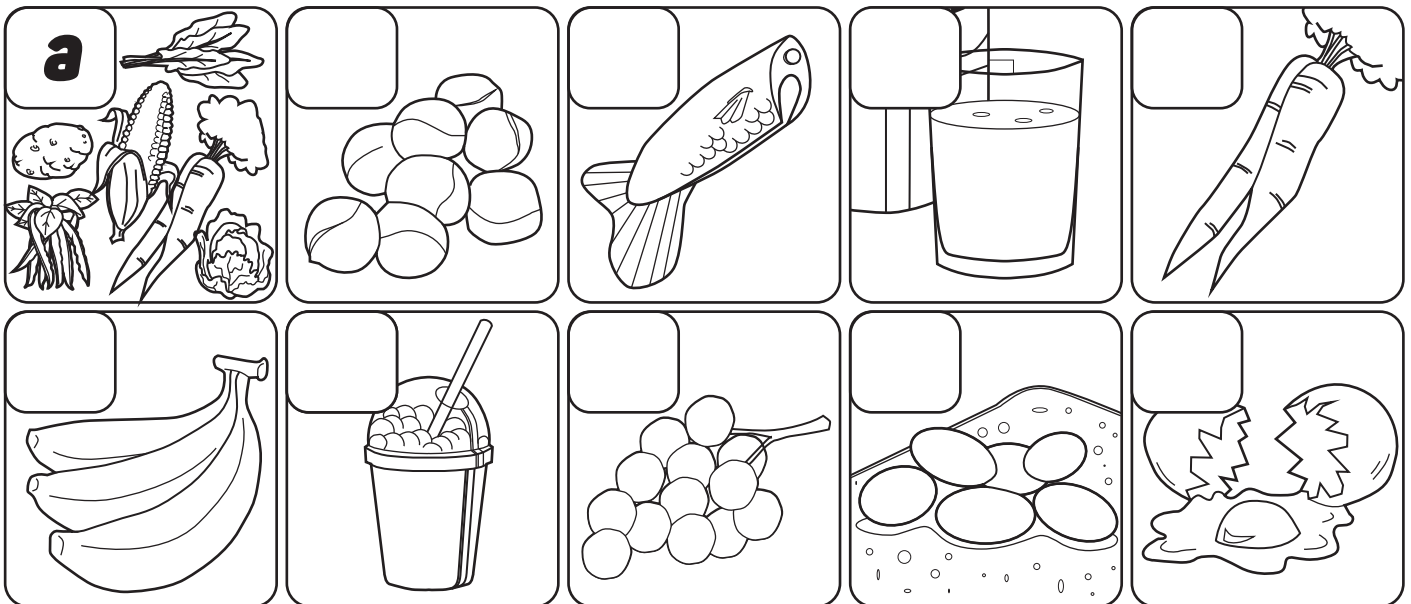
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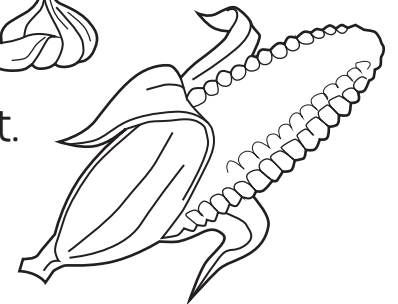
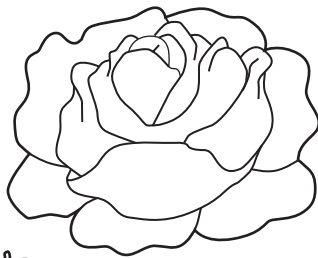
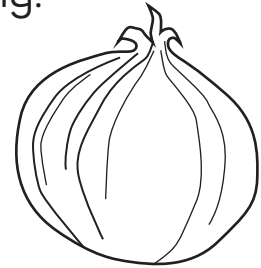
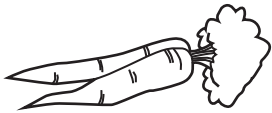
1. The answer to each of these riddles is a food. Read the question and guess which food it is. Write the name of the food and then draw a picture of the food.

Hint: These answers can be found by looking at your Livewell posters.

- a. I am so healthy and should fill up half your dinner plate.
- b. I am in a tomato sauce and I'm yummy on toast.
- c. I am orange, rabbits love me, and I am as healthy frozen or fresh.
- d. You should eat me instead of meat more often as I am good for your heart.
- e. Eat us fried, scrambled, or boiled – we have lots of body building protein.
- f. I'm a long yellow fruit and can give you vitamins.
- g. We are a round legume and are a great addition to salads or can be made into hummus.
- h. I am a blended combination of fruit, yoghurt and milk.
- i. We are a small fruit used to make wine.
- j. I have lots of body-building protein and calcium and I taste great added to cereal.



2. Read this rhyme about vegetables:



VEGETABLE RHYME

We are pumpkins, big and round.
Seated on the ground.
We are string beans, green and long.
Growing on a vine.
We are onions, round and white.
We make soup taste right.
Help us sing the song.
We are cabbage, green or red.
See our funny head.
We are corn stalks, tall and straight.
Don't we just taste great!

Source: <https://iraparenting.com/rhymes/vegetable-rhymes-for-kids/>

3. Use the rhyme to write your own rhyme about fruit or vegetables:

- Which fruit or vegetable will you choose?
- What words rhyme with the foods you have chosen?
.....
- Can you include two lines about why it is important to eat these foods?
.....
.....
.....

4. Illustrate your rhyme after you have written it. Can you find a tune to sing your rhyme to your classmates?

.....
.....
.....
.....

ANSWERS
a – milk; j – grapes; i – smoothie; h – chickpeas; g – banana; f – eggs; e – fish; d – carrots; c – baked beans; b – vegetables/salad; a –

Kilojoules count !

Name:

Date:

A kilojoule (kJ) is a measure of energy.

In order for our bodies to work we need to give them energy to provide fuel for them.

When we perform daily activities and do exercise, we use up this fuel (energy).

Different exercises use different amounts of energy and we also measure this in kilojoules (kJ):

**Walking**

5 minutes – 45kJ

**Skipping**

8 minutes – 128kJ

**Spinning**

10 minutes – 110kJ

**Jumping**

6 minutes – 90kJ

**Dancing**

15 minutes – 210kJ

**Running**

12 minutes – 228kJ

1. Let's see how many kilojoules we can use if we combine some exercises.

Complete the table below. The first one has been done for you.

	Exercise 1		Exercise 2		Minutes exercise	Number of kJ used
a	5 minutes walking	+	6 minutes jumping	=	11	135kJ
b	6 minutes jumping	+	12 minutes running	=		
c	15 minutes dancing	+	10 minutes spinning	=		
d	10 minutes spinning	+	5 minutes walking	=		
e	8 minutes skipping	+	12 minutes running	=		

2. Which combination would use the least number of kilojoules?

Write the letter

3. Which combination would use the greatest number of kilojoules?

Write the letter

2 - d:
3 - e

Exercise 1		Exercise 2	Minutes exercise	Number of kJ used
a	5 minutes walking	6 minutes jumping	11	135kJ
b	6 minutes jumping	12 minutes running	18	318kJ
c	15 minutes dancing	10 minutes spinning	25	320kJ
d	10 minutes spinning	5 minutes walking	15	155kJ
e	8 minutes skipping	12 minutes running	20	365kJ

1 -
ANSWERS

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