

THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE
FIVE

Small changes can make a big difference

Curriculum Links: Life Skills

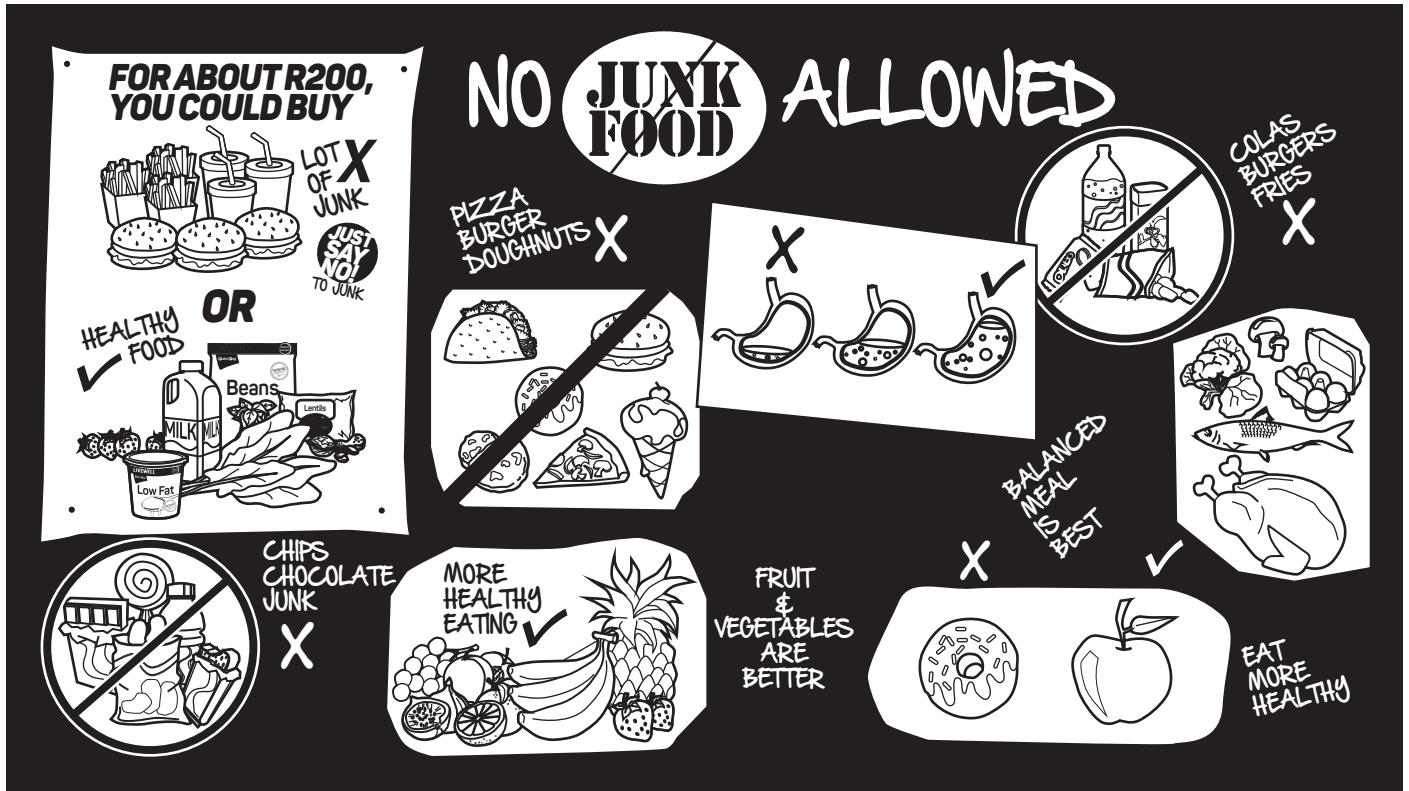
Grade 5	<p>Personal and Social Well-being</p> <p>Term 3</p> <p>Topic 3: Health and environmental responsibility</p> <ul style="list-style-type: none">• Healthy eating for children:<ul style="list-style-type: none">- South African Food-Based Dietary Guidelines- Dietary needs of children- Factors influencing food intake of children
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No junk food!

Name:

Date:

Look at this poster. It was made by a mother to help her children eat healthier food.



1. Write down three lessons that you can learn from the poster about what not to eat.

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2. Write down three lessons that you can learn from the poster about what you should eat.

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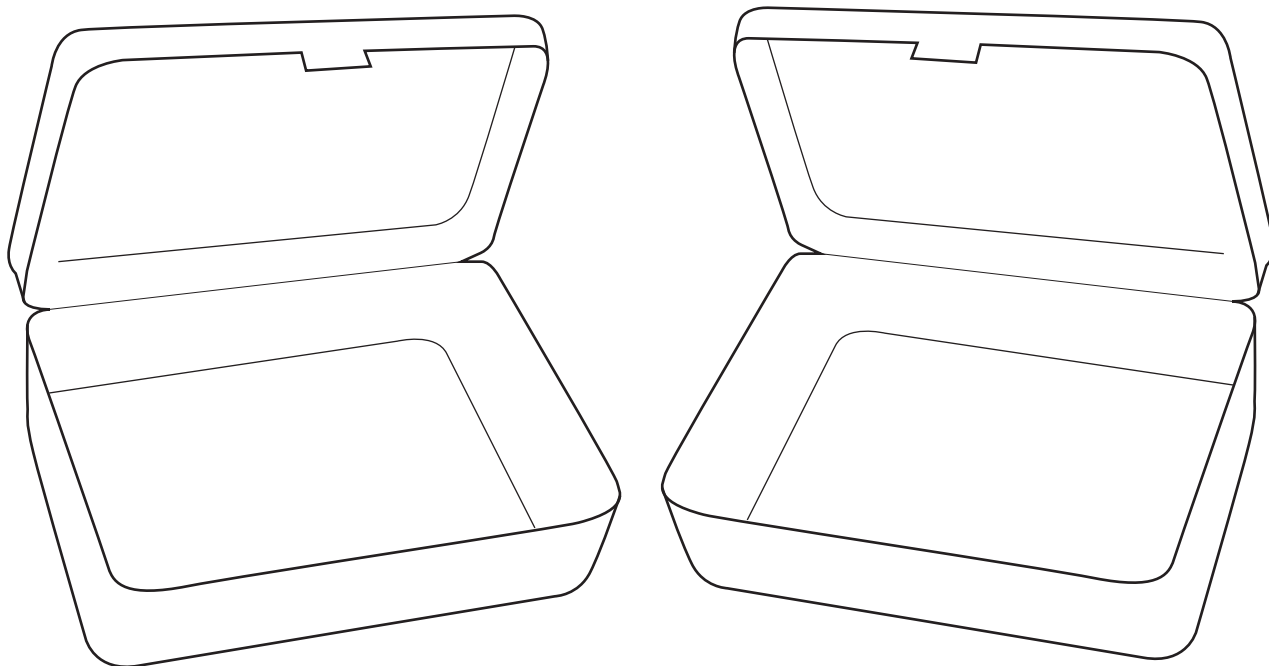
3. What do you think is meant by a 'balanced meal'?

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4. Draw and label two lunchboxes. The first one must be an unhealthy lunchbox and the other one must be healthy. Compare them with a partner/friend.



5. Create your own poster called "No Junk Food Allowed".

Food Group Fun

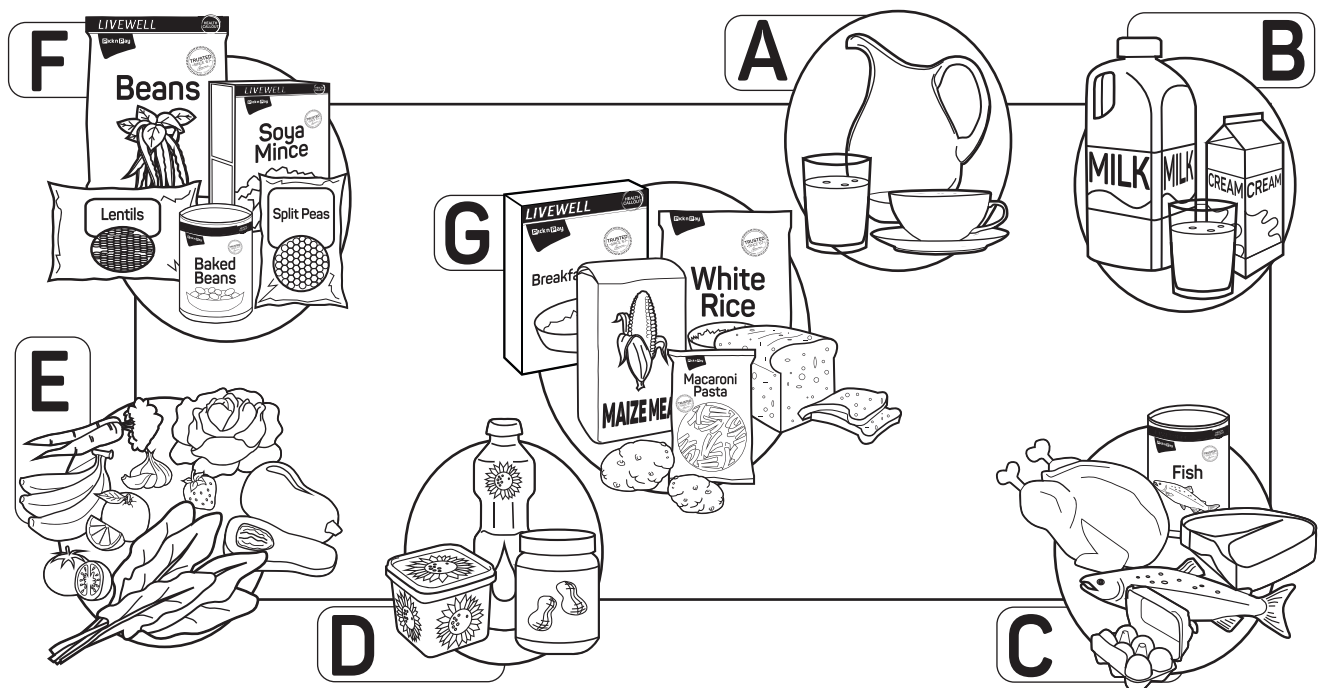
Name:

Date:

Food guides are created to show us what proportions food should be eaten in. That means it shows us how much of one food group should be eaten compared to another.

This is because some foods make up a larger part of our daily food intake, such as grains and cereals. We eat other food in far smaller amounts, such as fats and oils. However, they all contain nutrients and, with correct planning, we can eat a balanced and varied diet.

Look at the picture below. It is a South African Food Guide.



1. Match the food group with the letter. The first one has been done for you.

Water = **A**

Oils and Fats =

Protein-rich (body-building foods) =

Carbohydrates (energy-giving foods) =

Legumes (dry beans, lentils and soya) =

Dairy (bone building foods) =

Fruit and Vegetables (protective foods) =

2. Use the table below to keep track of what you eat on one day of the week.

At the end of the day, write down the food group of each thing you ate.

For example:

Meal	I ate...	The food group is...
Breakfast	Cereal Milk Banana	Carbohydrates Dairy Fruit

Now fill out your own Food Record:

Meal	I ate...	The food group is...
Breakfast		
School Lunch		
Lunch		
Snack		
Dinner		
Snack		
Drinks		

3. Add up how many of each food group you ate in one day:

Food Group	I drank / ate...
Water	
Oils and Fats	
Protein	
Carbohydrates and Sugars	
Legumes	
Dairy	
Fruit and Vegetables	

4. Based on what you ate, and using the Food Guide as a guide, what three changes do you think you could make to your diet to make it healthier?

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ANSWERS
Water = A; Dairy = B; Protein = C; Oils and Fats = D; Fruit and Veg = E; Legumes = F; Carbohydrates = G

Decisions, decisions!

Name:

Date:

1. Your family has decided to reduce the amount of salt in their diet. But none of you can decide on which foods to give up.

- You have come up with a solution.
- You are going to write down all the ways that you can reduce salt in your diet. Your poster will help with that information.
- You are then going to create a spinning wheel with all the choices available.
- You then get to spin the wheel twice.
- Whichever choices it lands on will decide what your family must change.

2. Write down 6 ways to reduce salt.

a.	
b.	
c.	
d.	
e.	
f.	

a.	Do not add salt to cooked food that has salt in it
b.	Rinse canned vegetables, beans, peas and lentils before you cook with them
c.	Use less stock cubes and gravy powder
d.	Check food labels for sodium (salt) content and choose fresh, unprocessed food
e.	Eat salty snacks less often
f.	Eat less take-aways

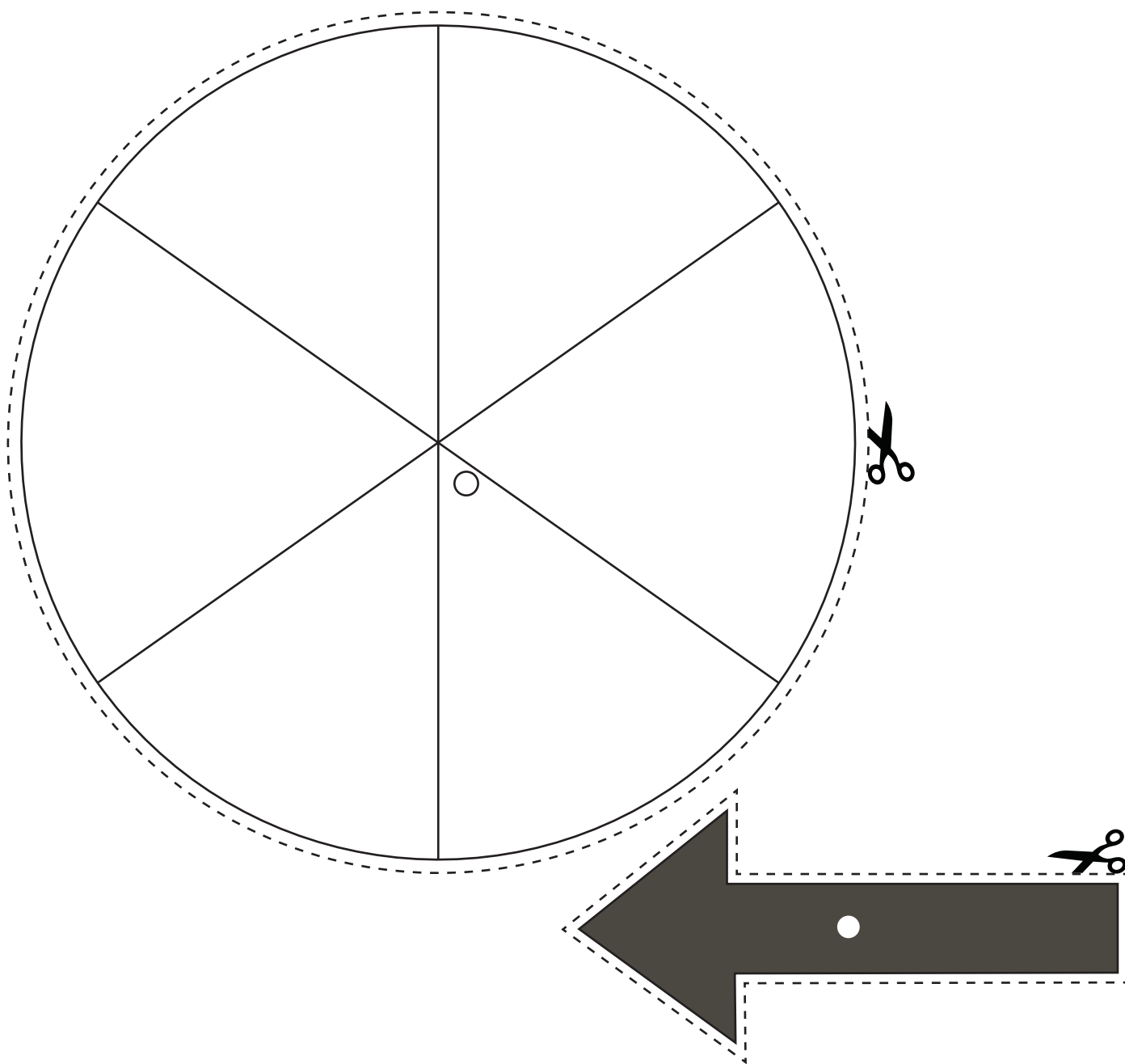
ANSWERS
2:

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3. Design and create a spinning wheel like this. Write down your six ways in each segment of the wheel.



4. Spin the wheel twice. What did you land on?

a.	
b.	



Food for energy

Name:

Date:

1. Your school is taking your grade on an overnight outing.

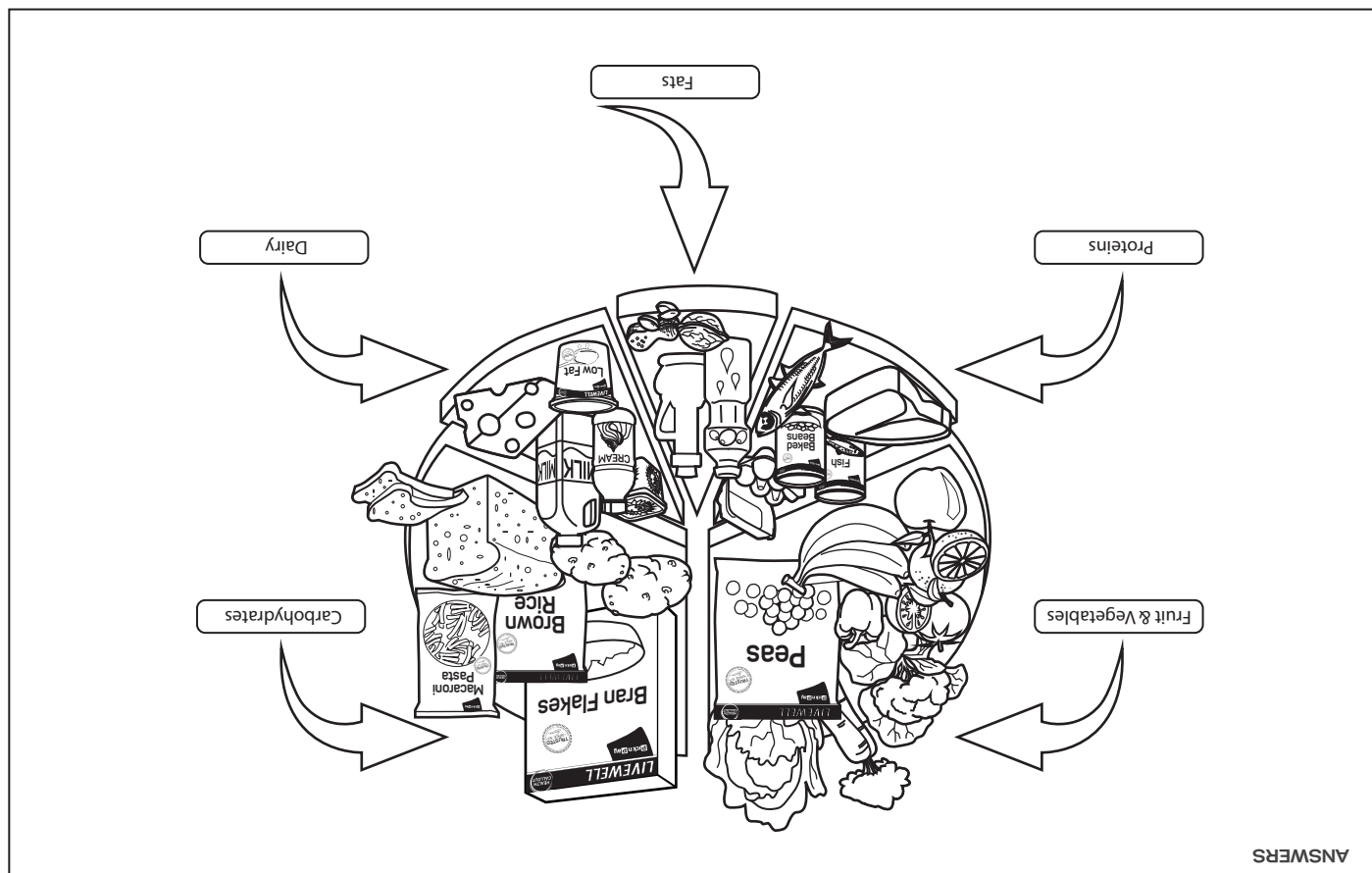
- Your class has been asked to create the menu for the outing.
 - You will need a meal plan for lunch, dinner and breakfast the next morning.
 - All the meals must be healthy and well-balanced. This means you must use food from all the food groups in the correct proportions.
 - Use the plate below to assist you.
 - Before you start planning, can you label each food group from the choices below?
- Fruit and vegetables
 - Proteins
 - Carbohydrates
 - Dairy
 - Fats



Lunch

Dinner

Breakfast



Healthy comparisons

Name:

Date:

1. We always hear the words 'make healthier choices'. Let's do an exercise to help us understand this. Your mom is making chicken for dinner. Help her to make the healthiest choice in each group.

Preparation

Skin

No Skin

Reason:

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Cooking

Fry

Roast

Steam

Reason:

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Sauce

Lemon juice and herbs

Ready-made sauce

Oil and salt

Reason:

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Sides - Pick as many as you want (give reasons for each)

Roast potatoes

White rice

Brown rice

Bread and butter

Potato salad with mayonnaise

Fresh green salad with avocado

Drinks

- Fizzy drink
- Fruit juice
- Water

Reason:

2. Create a dessert that does not have too much sugar added to it.
It can be hot or cold.
It can contain any ingredients including fruit.

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ANSWERS

No skin: Chicken skin contains fat

Steam: Steam so less nutrients are lost, and no extra fat is added.

Lemon juice and herbs: There is no added salt but lots of flavour.

Best side: Fresh green salad with avocado: Fresh is best and avocado contains natural fat which is healthy for us.

Water: is best! It contains no added sugar and comes straight from nature.

Lots of legumes

Name:

Date:

Legumes are plants that have pods with tiny rows of seeds. They include dried beans, peas, lentils, and soya. Legumes are a good source of body building protein and fibre. Fibre keeps the inside of our bodies clean. Legumes can be bought dried and canned.

1. Look at this table. It contains useful information about different types of legumes. Use the information to draw your own picture of the beans.

	Description	Uses + Cooking Time	My Drawing
Black beans	Small, black, oval beans with white dot at one end and cream-coloured flesh.	Used in soups and stews. 1 to 1 ½ hours	
Black-eyed peas	Medium-size oval beans. White with small black "eye" on one side.	Used in curries. 30 minutes to 1 hour	
Chickpeas	Medium-size, round, roughly shaped, beige beans with nut-like flavour and firm texture. Hold their shape when cooked.	Use in soups, stews, and salads and as snacks. 1 to 1 ½ hours	
Kidney beans	Large, deep- or light-red, kidney-shaped beans with cream-coloured flesh.	Use in soups, stews, and salads. 1 ½ to 2 hours	
Split peas	Green or yellow. Whole dry peas, skinned and split.	Cook relatively fast and turn into thick, creamy purée. Used in soups. 30 minutes to 1 hour	
Lentils	Small, lens-shaped legume. Mild flavour; red, brown, and green varieties.	Use in soups, stews, salads, and side dishes. 20 minutes to 1 hour	

2. Use the table to answer the following questions.

Which beans:

- Taste like nuts?
- Are green or yellow?
- Come in three colours?
- Have a small 'eye'?
- Have a white dot?
- Are shaped like a body part?
- Cook fastest?
- Cook longest?
- Get creamy when cooked?

3. Name three beans used in:

- Soups
- Stews
- Salads

4. Many traditional meals use legumes. Describe a dish that your family makes using legumes. Write down why you like or dislike the dish.

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ANSWERS

2: a – chickpeas; b – split peas; c – lentils; d – black-eyed peas; e – black beans; f – kidney; g – lentils; h – kidney; i – split peas
3: a – black, chickpeas, kidney, split peas, lentils; b – black, chickpeas, kidney, lentils; c – chickpeas, kidney, lentils

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Back to basics

Name:

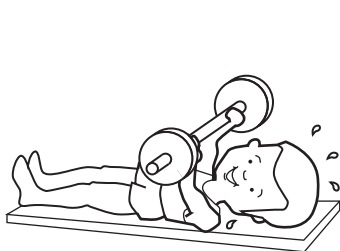
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There are 3 types of exercise that people take part in: Endurance, Strength and Flexibility.

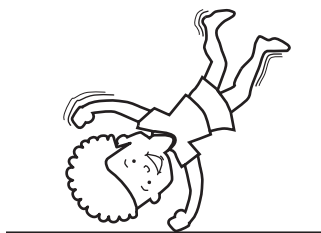
Type	Endurance	Strength	Flexibility
Examples	Running Cycling	Push ups Weights	Bending backwards Touching your toes
Benefits	Makes your heart beat faster and your breathing heavier.	Makes your muscles stronger.	Helps your muscles and joints to bend and move more easily.

1. Use the table to decide which type of exercise each of the following activities is.

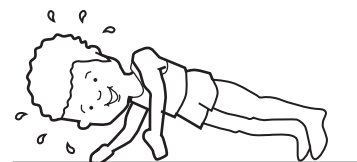
Running a race, Bench pressing, Ballet, Push ups, Yoga, Swimming, Cartwheels



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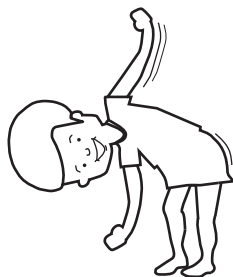
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We need endurance, strength, and flexibility to have a fit, healthy body. We can include different kinds of exercise into our daily activities so that we hardly notice them. But our bodies will still benefit. For example, you can run up the stairs instead of walking or you could help a friend carry a heavy school bag.

2. What type of exercise would you be doing if you run up the stairs?

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3. What type of exercise would you be doing if you helped your friend carry a heavy school bag?

4. Give your own two examples of simple activities that you could do for each type of exercise. Write or draw your answers in the space provided.

	Endurance	Strength	Flexibility
Example 1			
Example 2			

ANSWERS

1 - Running a race – endurance; Bench pressing – strength; Ballet – flexibility; Push ups – strength; Yoga – flexibility; Swimming – endurance;

2 - Running up the stairs – endurance;

3 - Carrying a heavy school bag – strength