

THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE
SEVEN

Small changes can make a big difference

Curriculum Links: Life Orientation

Grade 7	<p>Topic: Development of the self in society</p> <p>Term 4</p> <ul style="list-style-type: none">• Concepts: personal diet and nutrition<ul style="list-style-type: none">- Factors that influence choice of personal diet: ecological, social, economic, cultural and political- Ways to improve nutritional value of own personal diet: a plan for healthy eating habits
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6 teaspoons is the limit!

Name:

Date:

When we eat fruit and vegetables, we are eating natural sugars, which our bodies use to give us energy.

Some foods and drinks have sugar added to them. We need to be careful about how much added sugar we have in our diet, as too much sugar can cause tooth decay and other health issues. In addition, growing children who often eat sugary foods and drinks may be missing out on other more nutrient-rich food.



The World Health Organisation recommends that we should have no more than 24 grams of added sugar a day. That is equal to 6 teaspoons of sugar (1 teaspoon = 4g). Did you know that a 330ml can of a sweetened cold drink can contain up to 6 teaspoons of sugar?



Using the menu below, add up how much sugar Thato is having in her day. If it is over 24 grams of sugar, make 3 recommendations as to how she can reduce her sugar intake. Remember, the amount of sugar should be less than 24 grams of sugar.

Breakfast:

1 slice of toast with 2 teaspoons of jam
A poached egg
1 cup of tea with 1 teaspoon of sugar

– 8g added sugar
– no added sugar
– 4g added sugar


Snack:

A naartjie
A chocolate chip cookie

– no added sugar
– 4g added sugar


Lunch:

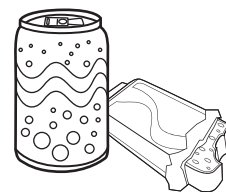
A sandwich with ham and cheese
A tub of sweetened fruit yoghurt
An apple
Tea with 1 teaspoon sugar

– no added sugar
– 8g added sugar
– no added sugar
– 4g added sugar


Snack:

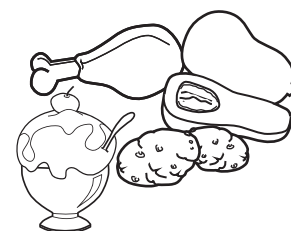
1 chocolate bar (medium size 50g)
1 small can (200ml) of fizzy drink

– 20g added sugar
– 12g added sugar


Dinner:

Roast chicken, boiled potatoes and vegetables
1 cup of ice cream

– no added sugar
– 12g added sugar



Breakfast	<div></div> <div></div> <div></div>
Snack	<div></div> <div></div> <div></div>
Lunch	<div></div> <div></div> <div></div>
Snack	<div></div> <div></div> <div></div>
Dinner	<div></div> <div></div> <div></div>

ANSWER: 76 grams of added sugar!
Recommendations: Drink water instead of sweetened cold drinks. Choose breakfast cereals with less than 20g of sugar per 100g. Sweeten porridge with banana or raisins. Keep treats for special occasions. Eat whole fruits rather than fruit juice. Choose plain yoghurt over sweetened yoghurt and add fruit.

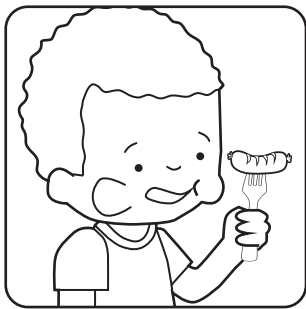
The Health Equation

Name:

Date:

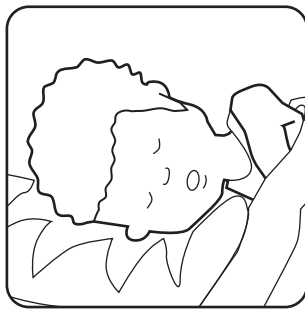
In Maths and Science, you have learned many formulae, for example the area of a rectangle is $A = L \times W$. A formula is a rule that defines how things are to be done. Formulae are written as equations.

Look at this equation:



Healthy Eating

+



Enough Sleep

+



Being Active Every Day

=



Good Health

Good nutrition, getting enough sleep, and being active are all ingredients for good health.

1. Which part of the health equation do you find most difficult? Rank the parts of the health equation 1, 2 and 3, with 1 being the most difficult, and 3 being the easiest:

..... Healthy eating

..... Getting enough sleep

..... Being active every day

2. List two things that keep you from eating healthily.

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3. List two things that keep you from getting enough sleep.

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4. List two things keeping you from exercising daily.

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5. Each of these barriers refers to one part of the Health Equation. Write 'food', 'sleep' or 'exercise' next to the barrier.

1. I can't resist sweet treats
2. I like to go on my phone at bedtime
3. I like to watch TV instead of exercising

6. Now separate into groups and in your groups, discuss: How will you ensure that you get enough healthy food, sleep and exercise?

Being mindful about food

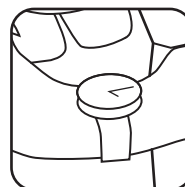
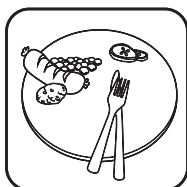
Name:

Date:

When we decide to eat healthy food, we say that we are becoming conscious about the food that we are eating. Conscious means that we are 'awake'. We notice what we are eating, and we care about what we are eating. We understand that fresh food keeps us healthy. We can then say that we are being mindful about what we are eating. Mindful is another way of saying 'conscious', 'awake' and 'notice'. When we are mindful about what we eat, we send a message to our body that we are caring for it.

Here are some ways to become more mindful about food:

- Take a deep breath or take a second to be thankful for your meal before eating
- Only eat as much as your body needs!
- Eat without distractions such as the television, phone, or computer
- Put down your fork in between bites
- Wait 15 minutes after eating to decide if you are still hungry for seconds (it takes about 15 minutes for your brain to register if you are full or not)
- Allow enough time to eat
- Grow your own vegetables and herbs and eat more of them



In Grade 7, your body is changing in all sorts of ways. These three habits are a safe way to stay healthy, and keep your body in a shape that is comfortable for you:

- Make healthier food choices e.g. less sugary drinks and more fresh fruits
- Eat smaller portions of unhealthy foods e.g. choose a bite size chocolate bar or share a small serving of slap chips
- Build exercise into your daily life e.g. make a commitment to get fit

1. Break into groups and discuss:

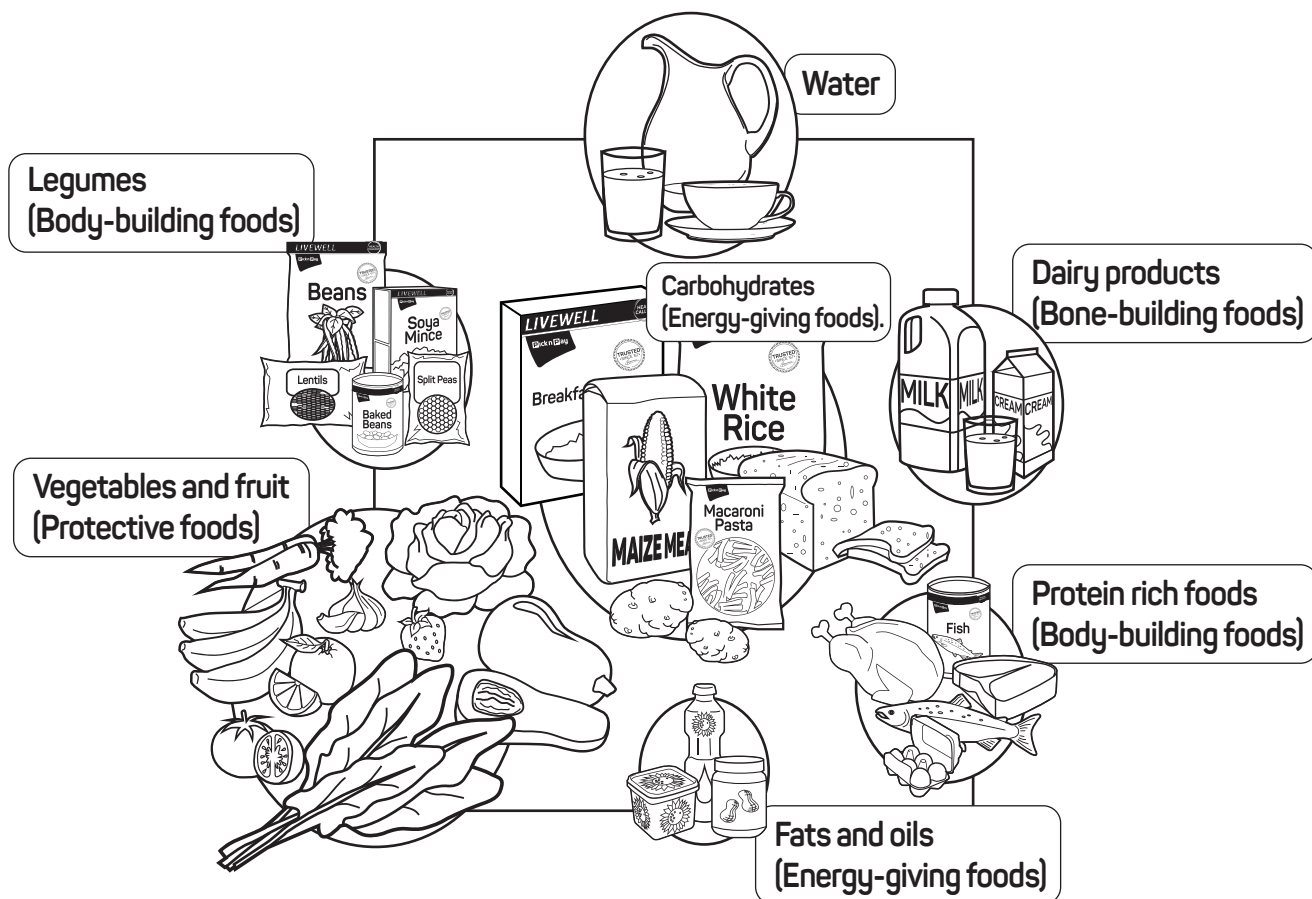
- a. What does mindfulness mean to you?
- b. What do you think you can do to become a more mindful person generally? Think of food, schoolwork, friendships and family relationships.

2. In groups, using all the information you have read about, compose a RAP or TikTok Video called 'Mindful Eating for Teens'.**3. Present your RAP or video to your classmates. Ask for feedback on your work.**

One small change

Name:

Date:



1. Read the following information about the South African Food Based Dietary Guidelines and then answer the questions that follow.

Healthy eating is important to achieve a healthy lifestyle. The Food Guide illustrated above, and the following Guidelines for Healthy Eating, will help you learn more about the best food choices for your healthy eating plan.

- Enjoy a variety of foods to make sure you get all the nutrients your body needs.
- Make starchy foods as part of most meals. Choose the ones that are less processed and have more fibre such as samp, brown rice, whole wheat bread, oats and bran cereals.
- Eat plenty of vegetables and fruit every day – they should be the largest part of your diet. Vegetables and fruit have many important nutrients, essential for your health, such as vitamins A and C, potassium and fibre.

- Eat dry beans, split peas, lentils and soya regularly. They are rich in protein which helps with muscle growth and strength.
- Have milk, maas or yoghurt every day. Calcium, the mineral found in dairy products, builds strong bones and teeth.
- Fish, chicken, lean meat or eggs can be eaten daily. These are protein-rich foods.
- Drink lots of clean, safe water.
- Use fats sparingly. Choose vegetable oils, such as sunflower, olive and canola oil, rather than hard fats, such as hard margarine, butter and fat found on meat.
- Use sugar, and foods and drinks that are high in sugar, sparingly.
- Use salt, and food that is high in salt, sparingly.
- Be active!

a. List the six food groups shown in the picture.

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b. Give an example of two foods from each of these food groups.

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c. Why should we include dairy products such as milk and yoghurt in our daily diet?

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d. Why must we include plenty of vegetables and fruits in our diet?

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.....

e. List 3 different green vegetables? Which one is your favourite?

.....

.....

f. Which type of fat should we eat less of in our diets?

.....

.....

g. Name 3 high sugar foods and drinks that we should be careful not to have too often.

.....

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2. Based on everything you have learned, commit to making one small change in your diet. Follow the steps below:

One small change

One small change...	
Choose one small change to your eating habits. Write it as a specific goal.	
Two more changes I would like to make to my eating habits are:	
Over the next week, what might get in the way of these healthy changes?	
What will you do to stay on track?	

ANSWERS (where the learner does not have to choose own examples)
 a. Proteins, Carbohydrates, Dairy products, Fats & Oils, Fruit and Vegetables, Legumes, Water.
 c. Calcium, the mineral found in dairy products, builds strong bones and teeth.
 d. Vegetables and fruit have many important nutrients such as vitamins A and C, potassium, and fibre.
 f. Saturated fats / animal fats / hard fats.

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Comparing meats

Name:

Date:

1. Read the following and then answer the questions that follow.

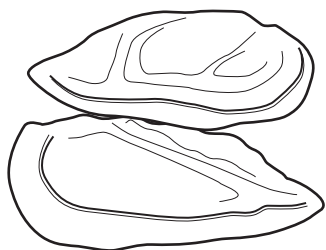
A balanced diet should include a small amount of fat, especially vegetable oils, such as olive, canola oil and sunflower oil. They are important for our health as they provide energy as well as fat soluble vitamins, such as vitamin A, D, E and K. They also help us to feel fuller after a meal and provide lots of flavour.

Some fats also come from animals, such as butter, cream and fat on meat. However, these fats are not healthy, and we should rather choose plant fats and oils, including sunflower oil, canola oil, olive oil, nuts, seeds and avocados.

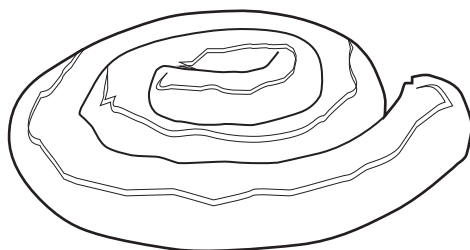
The only exception to this rule is oils from fish. Fish such as salmon, tuna, sardines and pilchards have healthy fats and they should be included into our diets 2-3 times a week.

This kind of fat from animal sources is called saturated fat. We should limit our intake of saturated fats as they can lead to heart disease. When meat gets processed into burgers, boerewors or cold meat, salt (sodium) is added to it. Having too much salt in your diet is also not healthy and it can lead to high blood pressure. Look out for the saturated fat and sodium content on food labels to help you make healthier choices.

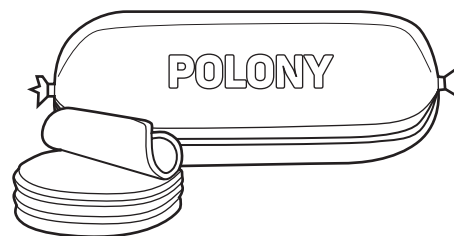
Look at the nutritional information of three kinds of meat (chicken breast, boerewors, polony) and answer the questions that follow.



Chicken breast



Boerewors



Polony

	Chicken breast, cooked per 100g	Boerewors, grilled per 100g	Polony, per 100g
Energy (kJ)	638	1624	1294
Protein (g)	29	14	12
Fat (g)	4	36	28
Saturated fat (g)	1	13	11
Sodium (mg)	46	805	1019

- Which choice has the highest and lowest saturated fat content? Which one would be a healthier choice?
- Why should we be careful to limit foods with a high saturated fat content in our diet?
- Which choice has the highest and lowest sodium content? Which one is healthier and why?
- Which meat is the healthiest alternative? Why?
- Which meat should you avoid wherever possible? Why?
- In pairs, create a healthy and delicious chicken burger. Write the recipe for your burger and then create an advert for it. Have a class competition. Which burger is the healthiest? Which advert is the most eye-catching?

ANSWERS
 1. Highest – Boerewors; Lowest – Chicken breast.
 2. They can lead to heart disease.
 3. Highest – polony; Lowest – Chicken breast. Chicken breast is healthiest as too much salt can lead to high blood pressure and should be avoided.
 4. Chicken breast – it has the lowest overall fat and sodium and the highest protein level.
 5. Polony is highly processed and contains very high salt and saturated fat.

Myth or Fact?

Name:

Date:

Eating well and being physically active are important aspects of being healthy and feeling good. When you eat healthily, your body gets the nutrients and energy you need to grow. Eating well will also help you concentrate and perform better in academics and sport, while being physically active can improve your confidence and lower your stress.

Create an environment that supports healthy eating. Your environment includes your home, school and other places where you spend time. For instance, enjoying meals together as a family can help you make better food choices and give you a more positive outlook on life. Be careful about what messages you hear about healthy eating from advertisements and social media, as they are often incorrect and misleading, especially about how to lose weight. An unhealthy approach to weight loss can be very harmful to your mental and physical health.

It is important to:

- Accept and respect yourself and others: healthy bodies come in all shapes and sizes.
- Celebrate and enjoy your uniqueness: focus on all your wonderful qualities.
- Make peace with your genetic blueprint: you can't change your height, the colour of your eyes, or the length of your legs. Why insist on pursuing a body shape that's not you?



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Each of these statements about weight loss are not true. Yet people continue to believe them. They are called 'myths'. The way that we stop believing in myths is to find out the facts.

1. Read each statement and answer the below questions:

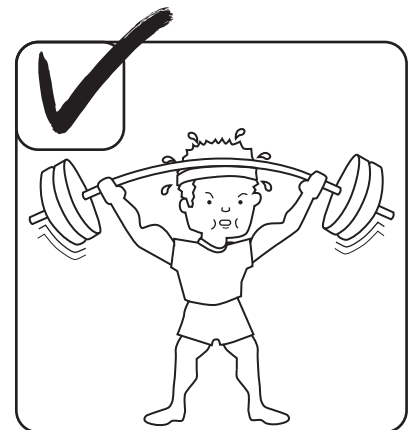
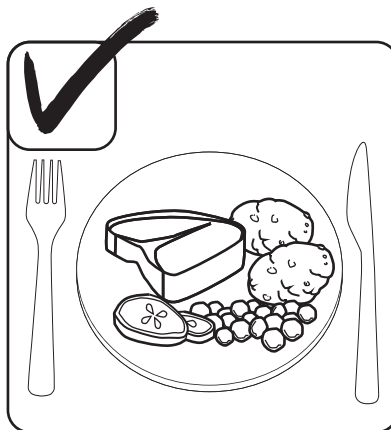
- Have you heard this myth?
- Did you think it was true?
- What do you think the "fact" is?

Statement 1	Starches (bread, rice, pasta) should be avoided completely when trying to lose weight.
Statement 2	Certain foods, like grapefruit, celery, or cabbage soup, can burn fat and make you lose weight.
Statement 3	Eating healthy food costs too much so it is difficult losing weight.
Statement 4	Skipping meals such as breakfast is the easiest way to lose weight.

2. Each of the following 'facts' disproves one of the above myths. Match the fact to the statement that it disproves.

Fact	This Fact disproves Statement ... (Write the number of the statement)
a. A healthy weight loss diet should be based on everyday foods, including vegetables, fruits, wholegrains, dried beans, lentils, fish, chicken, eggs, lean meat and low fat dairy products. There is no need for special, more expensive foods or weight loss products.	
b. Starchy foods are an important part of the diet as they provide energy and wholegrains give us fibre. Choosing high fibre starchy foods such as sweet potato and bran cereals can make you feel fuller for longer.	

c. Studies show that people who skip breakfast and eat fewer times during the day tend to be heavier than people who eat a healthy breakfast and eat four or five times a day.	
d. Canned and dried beans, lentils, and peas are healthy, inexpensive sources of protein that can also help with weight loss as they make you feel fuller for longer.	
e. Vegetables in season or frozen vegetables are value for money. They are nutrient-rich and recommended for most healthy weight loss diets. Choose raw carrots, cucumber and tomatoes for snacks and fill up your plate with cooked vegetables or salads in the evening.	
f. People who skip meals tend to feel hungrier later on and eat more than they normally would.	
g. No foods can burn fat. To lose weight, you need to burn more energy than you put into your body. Being more active is the only way to burn fat and help you lose weight.	



Your friend has come to tell you that she saw an advert for a “miracle weight loss” pill. She wants to lose weight and has decided to spend her pocket money on buying the pills.

3. Use everything you have learned about here, and in the other worksheets, to write down what you will say to your friend to persuade her not to waste her money. Then role play your dialogue for your class.

ANSWERS
a. Statement 3
b. Statement 1
c. Statement 4
d. Statement 3
e. Statement 3
f. Statement 4
g. Statement 2

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Exercise is fun!

Name:

Date:

Eating a balanced diet is a very important way to stay healthy. But we also need to make sure that we do physical activity to keep healthy. Regular sport and exercise are one of the best ways to make sure that we are keeping our bodies healthy. We do not have to spend hours in the gym to benefit from physical activity. Every time we throw a ball, swim a lap, or climb a flight of stairs, our bodies are adapting. If these activities are regular enough, our overall fitness will improve. The human body responds well to regular physical activity. This means that we need to exercise consistently if we want to get the most benefit to our health.

Regular physical activity:

- Helps you have more energy
- Helps you feel strong and healthy
- Helps develop and maintain physical fitness, including strength, balance, and coordination
- Reduces the risk of developing chronic health conditions, such as high blood pressure, high cholesterol, obesity, heart disease, stroke, diabetes, certain cancers, stress, and depression
- Can serve as a healthy means of self-expression, social development, and building self-confidence

1. Fill in the following table by:

- Writing down the types of physical activity you do
- Estimating how long you spend on each activity
- How often you do it

Type of activity	Time spent	How often

2. Write down any changes you would like to make to get more and better physical activity regularly.

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.....

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3. Write a simple physical activity future plan for yourself based on the changes you listed above:

Type of activity	Time spent	How often

4. Write down any challenges you may have in following your physical activity plan and how you will deal with them:

.....

.....

.....

.....

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.....

.....

5. When you play sport, you need to make sure that you play fairly. What do you think is meant by fair play? Why is it important?

.....

6. Discuss these statements with your class. Are they true or false?

- a. It's ok to swear at the referee if you don't agree with their decision.
- b. Every child has the right to play no matter what they look like or how good they are.
- c. Punching and kicking players in the other team means you're tough.
- d. Every player is important and deserves respect including the other team.
- e. You can be friends with players from the opposite team.
- f. If someone hurts you while you are playing, don't wait for an apology, hurt them back.
- g. Children with disabilities can't play sport.

7. In your group, compose a fair play statement that expresses why it is important to be respectful and follow the rules when you play sport.

ANSWER:
a - F, b - T, c - F, d - T, e - T, f - F, g - F

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