

THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE
ONE

Small changes can make a big difference

Curriculum Links: Life Skills

Grade 1	<p>Beginning Knowledge and Personal and Social Well-being</p> <p>Term 1</p> <p>Topic: Healthy habits</p> <ul style="list-style-type: none">• Eating Healthy Foods <p>Term 3</p> <p>Topic: Food</p> <ul style="list-style-type: none">• Foods we eat• Where different foods come from: fruit; vegetables; dairy; meat• Healthy eating<ul style="list-style-type: none">- Healthy and unhealthy foods- Healthy choices and the right amount of food
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Baskets of health

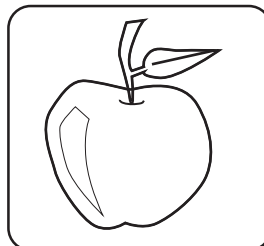
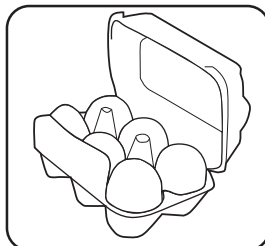
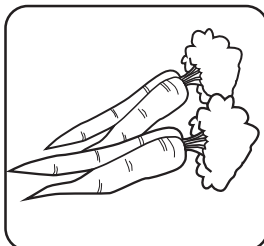
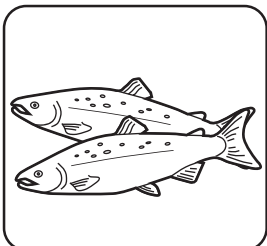
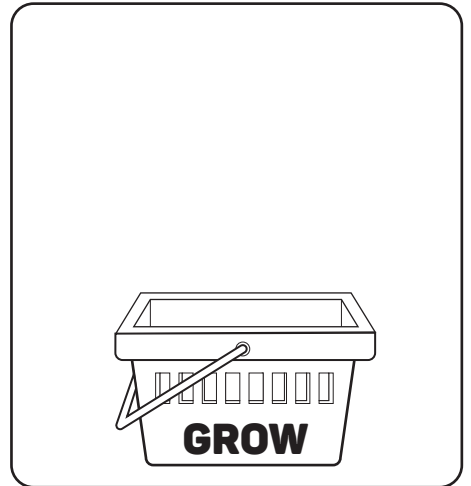
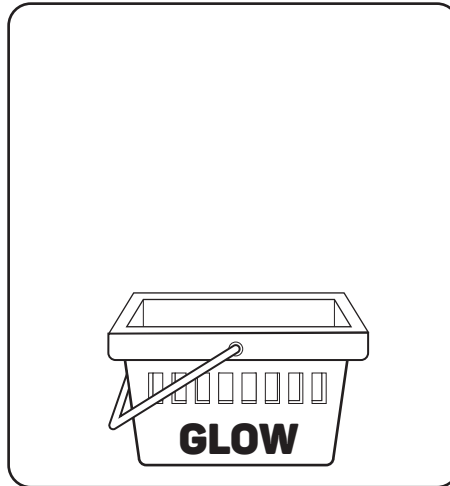
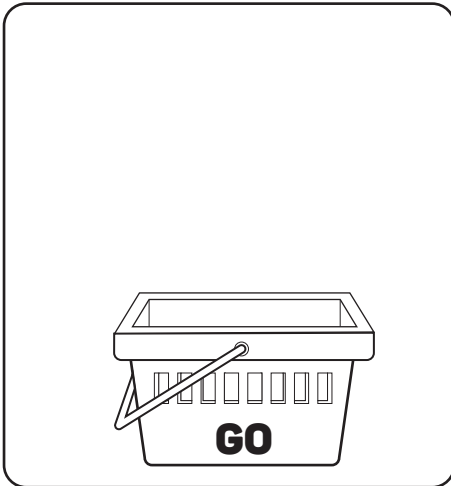
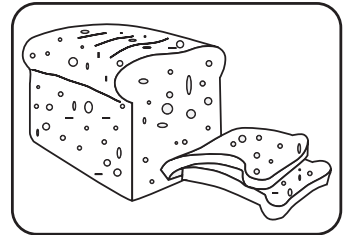
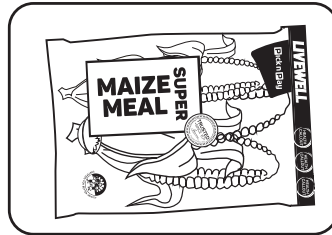
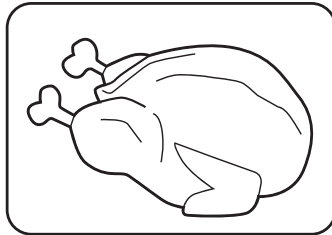
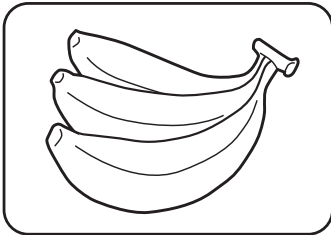
Name:

Date:

Read with a teacher/adult

Food is anything I eat or drink. Healthy foods make me big and strong.
 Healthy foods are Go Foods, Glow Foods and Grow Foods.
 Go Foods help me run, jump and play all day.
 Glow Foods make my hair shine and my eyes sparkle.
 Grow Foods help me grow bigger and stronger.

1. Look at the Eat Well to Live Well poster.
2. Look at each of the pictures below. Use the poster to decide if the food is a Go Food, Glow Food or Grow Food.
3. Draw a picture of the food in the correct basket.



ANSWERS
 Question 2: Go Foods: Bread; rice; maize meal; glow Foods: Carrots; bananas; apple; Grow Foods: Chicken; fish; eggs

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 School Club

Ready, steady, A, B, C or D

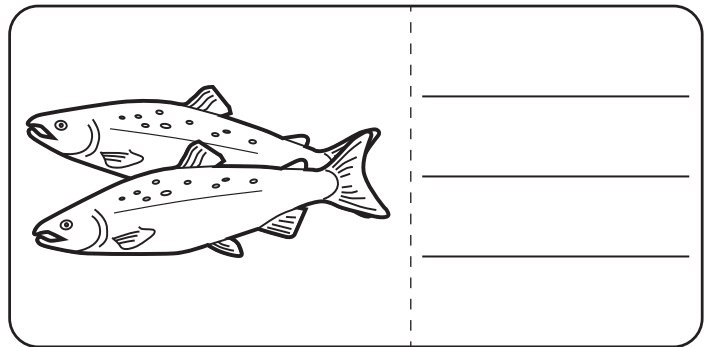
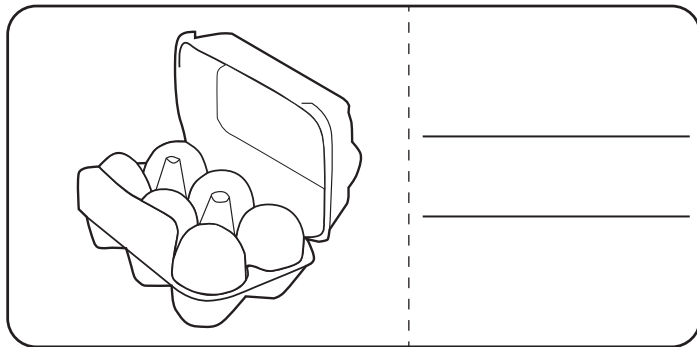
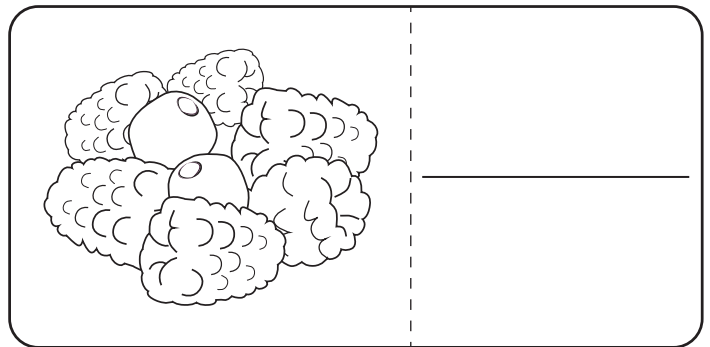
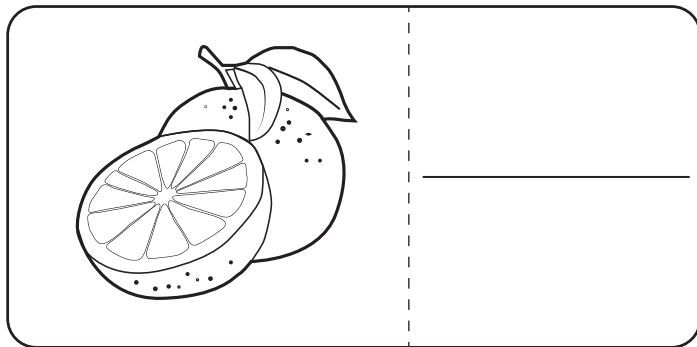
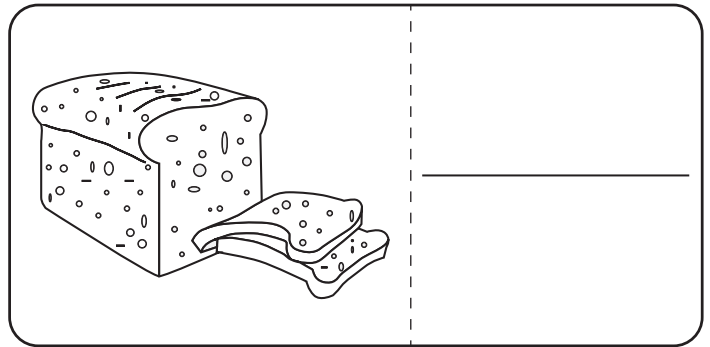
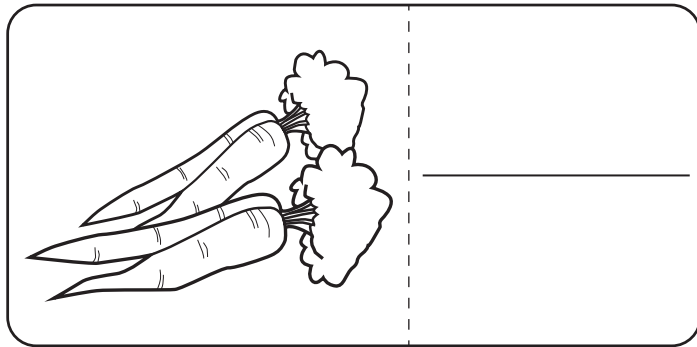
Name:

Date:

Read with a teacher/adult

Amazing oranges grow on orange trees.
The more I eat, the less I sneeze!
Amazing oranges give me vitamin C.
They help to make a healthy me!

1. Look at the Vitamins and Minerals poster.
2. Look at these pictures. Each food is very high in vitamin A, B, C or D.
3. Write A, B, C or D next to each picture to show that you know what vitamin is very high in that food. Be careful! Some foods are high in more than one vitamin.



Go or No!

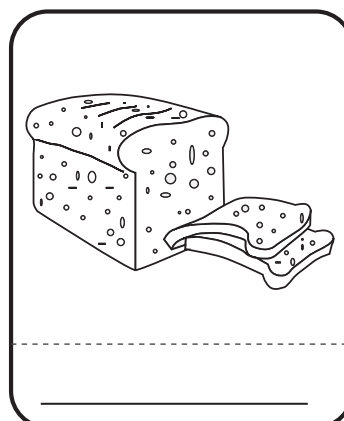
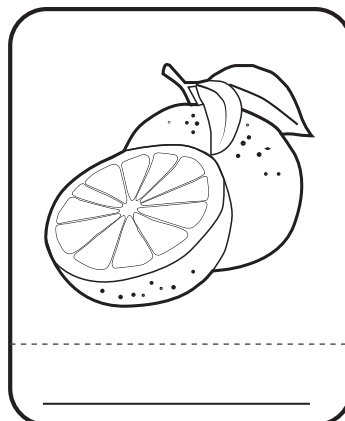
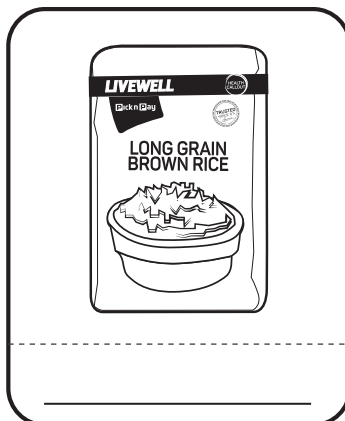
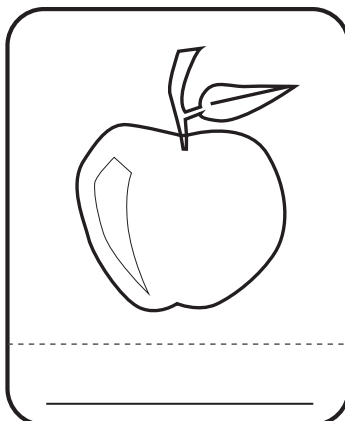
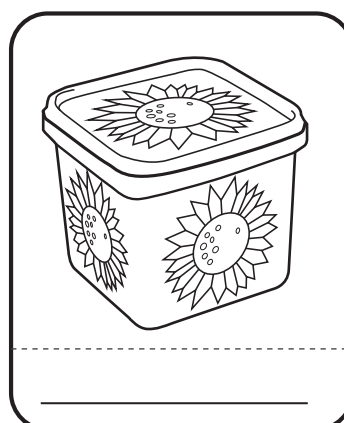
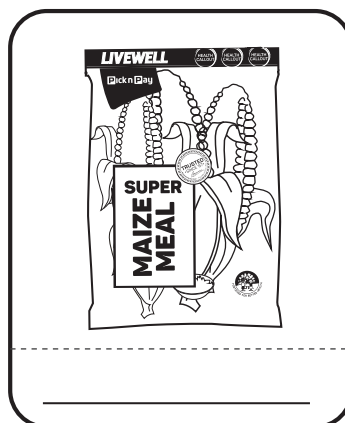
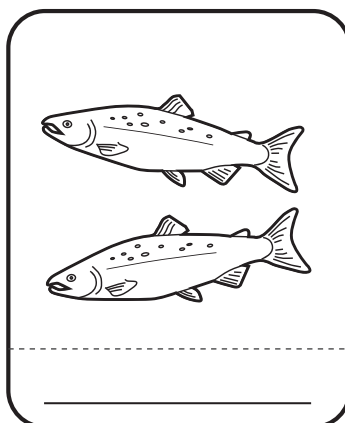
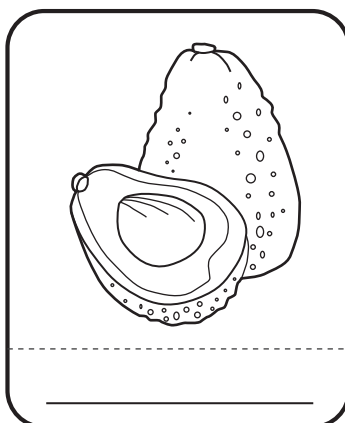
Name:

Date:

Read with a teacher/adult

My body needs food to run and play,
Go foods make my day!
Go Foods give me energy,
All day long, I can be the best me!

1. Look at the Go Foods poster.
2. Look at these pictures.
3. If the food **IS** a Go Food, write Go underneath the picture.
4. If the food **IS NOT** a Go Food, write No underneath the picture.
5. Colour in the Go Foods.



Avocado	Fish	Maize meal	Margarine
Go	Go	Go	Go
Apple	Brown rice	Orange	Bread
No	Go	No	No

ANSWERS

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Glow in the garden

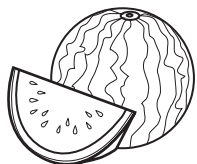
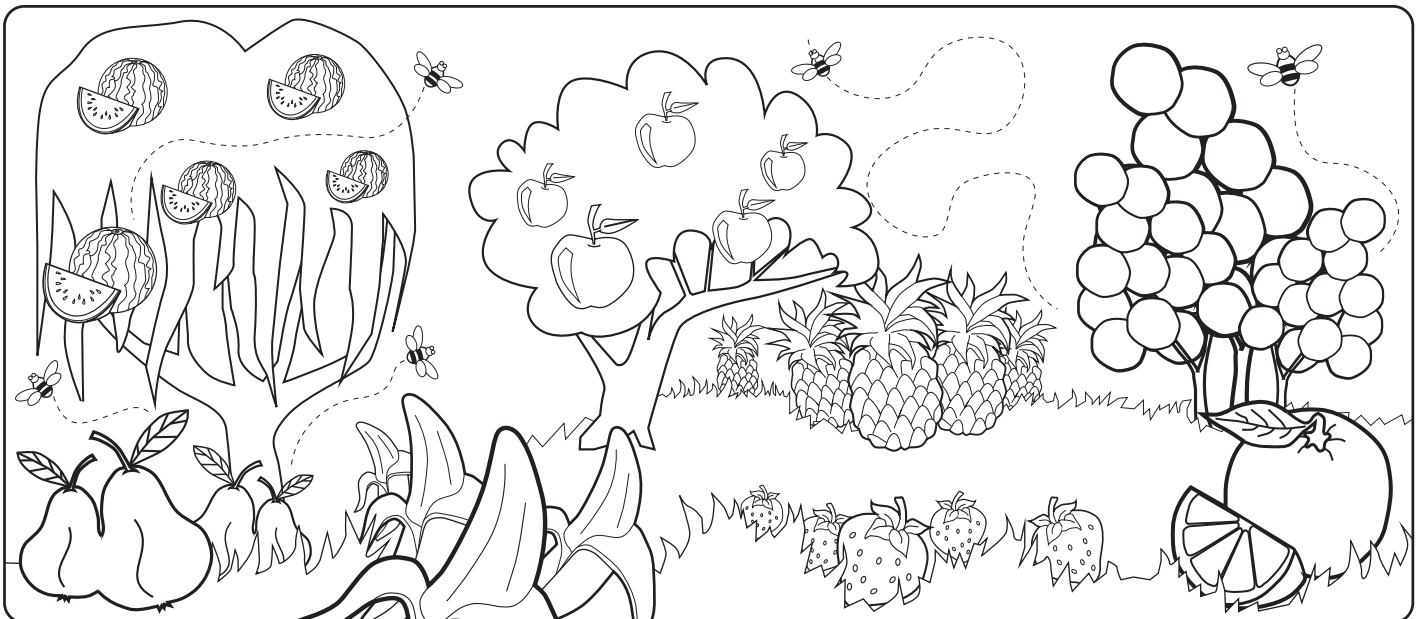
Name:

Date:

Read with a teacher/adult

Five a day, Five a day,
Keep you fit in every way.
Fruit and veg are good to eat.
Healthy food can be a treat!

1. Look at the Glow Foods poster.
2. Now, look at this garden. There are lots of fruits, which are Glow Foods, hidden in the garden! Can you find them? Look at the clues underneath the picture to help you.
3. Colour in the fruits when you find them in the garden.



Melon



Apple



Pineapple



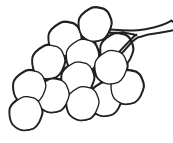
Orange



Pear



Banana



Grapes



Strawberry

Where does food come from?

Name:

Date:

Read with a teacher/adult

Lots of animals come from eggs
Some with fins and some with legs.
Animal eggs can be quite small
Or just as big as a tennis ball.

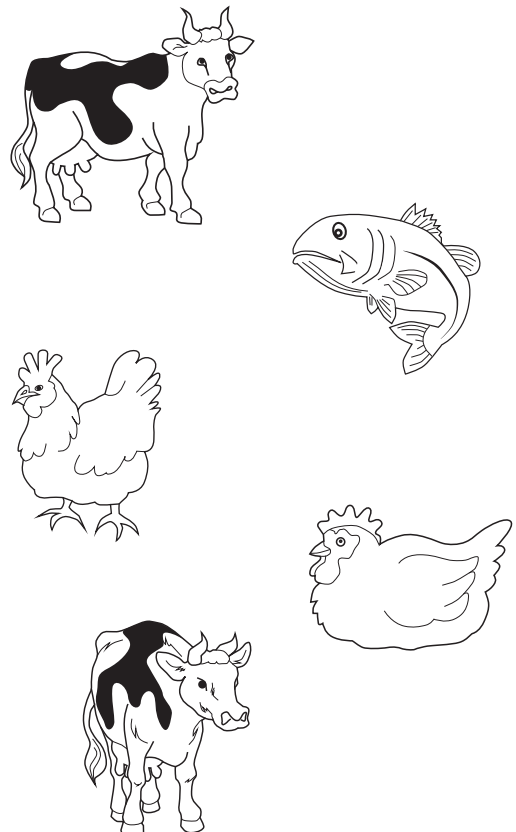
1. Look at the Grow Foods poster.
2. Grow Foods can come from plants (e.g. beans) and animals (e.g. eggs).
Name three other Grow Foods that come from animals.

3. Look at these pictures of Grow Foods and which animals they come from.
4. Draw a line between the food and where it comes from. Remember: Some animals give us more than one kind of Grow Food!

Food



Where does it come from?

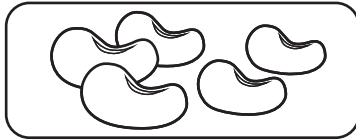


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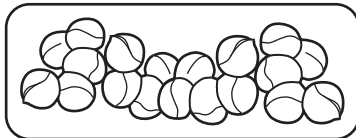
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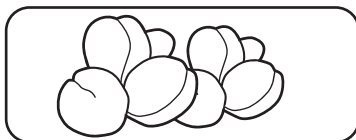
5. Look at these beans and read their names. They are all Grow Foods.
They come in many shapes. Write the name of the bean in the correct shape.



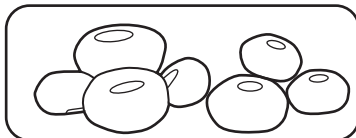
Kidney beans



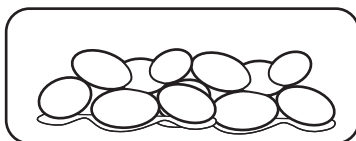
Lentils



Chickpeas

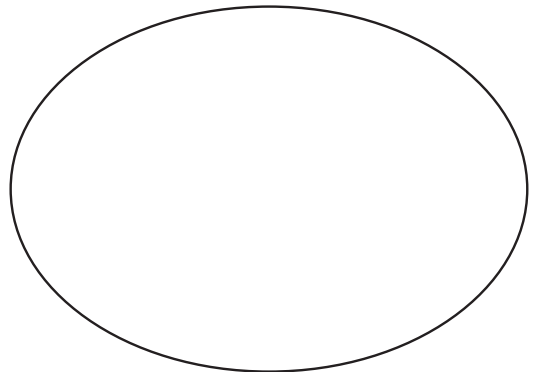


Black beans

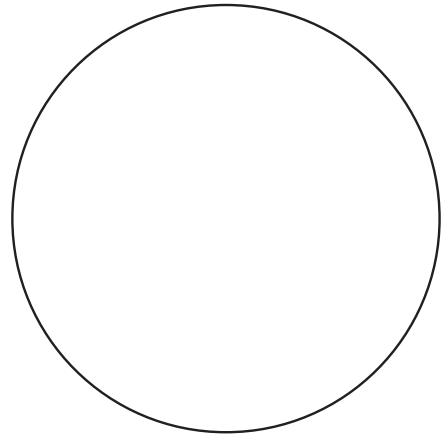


Baked beans

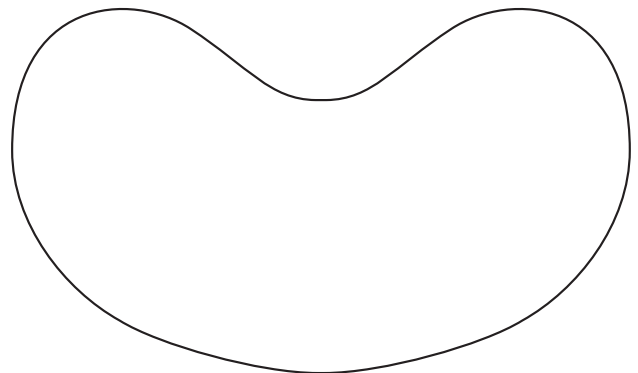
Oval:



Round:



Kidney:



ANSWERS
Question 2. Chicken, Beef, Fish, Mutton, Pork
Question 5. Oval – black beans, baked beans; Round – chickpeas, lentils; kidney – kidney beans

Healthy or Not?

Name:

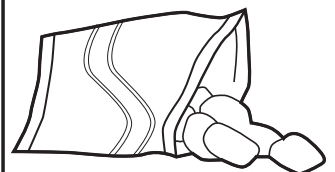
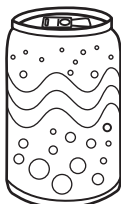
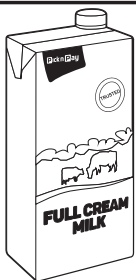
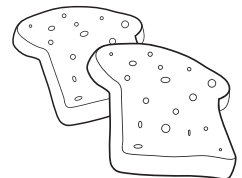
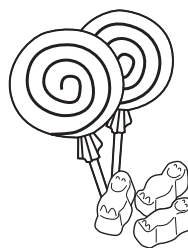
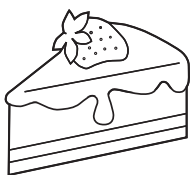
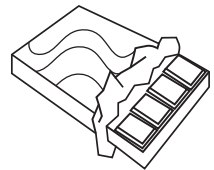
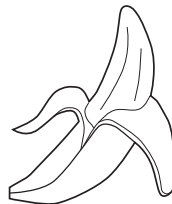
Date:

Read with a teacher/adult

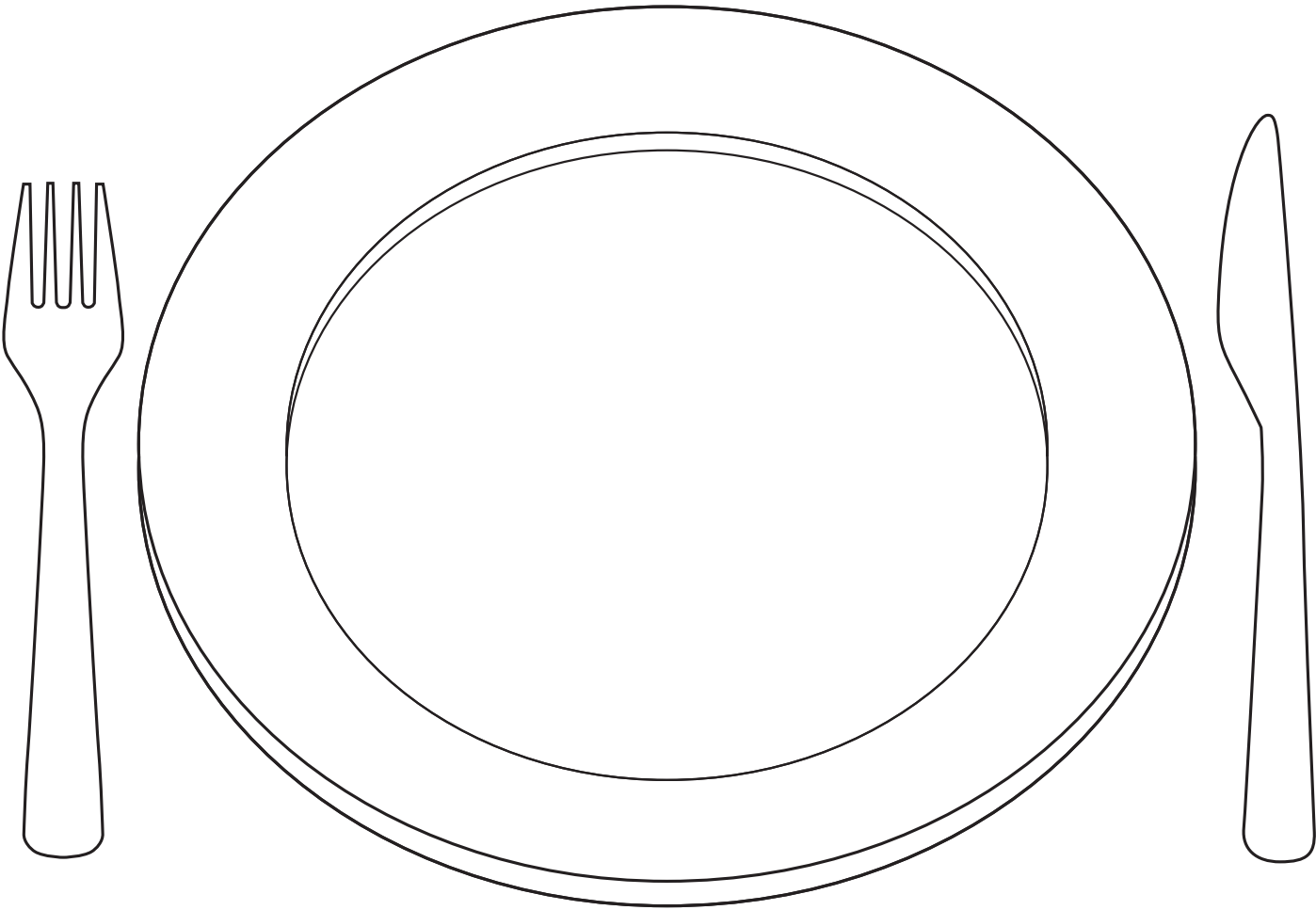
A rumbling tummy
First thing in the morning.
I need some breakfast
I say as I'm yawning.

Some cereal and milk,
Juice and some toast.
Breakfast's the meal
I like the most.

1. Look at the Build a Healthy Breakfast poster.
2. Eating the right foods at breakfast is very important.
3. Look at these pictures. Some of them are Go, Grow and Glow Foods that we can eat together for breakfast. Others are not healthy foods to eat for breakfast!
4. Draw a circle around the healthy foods. Draw a cross through the foods that are not healthy.



5. Draw a picture of your favourite healthy breakfast. Remember to include a **Glow Food**, a **Grow Food** and a **Go Food** to make it very healthy.



Crisps	Yoghurt	Fizzy cold drink	Milk
Wholewheat bread	Sweets	Oats	Cake
Chocolate	Banana	Bran Flakes	Eggs

ANSWERS

Healthy at school

Name:

Date:

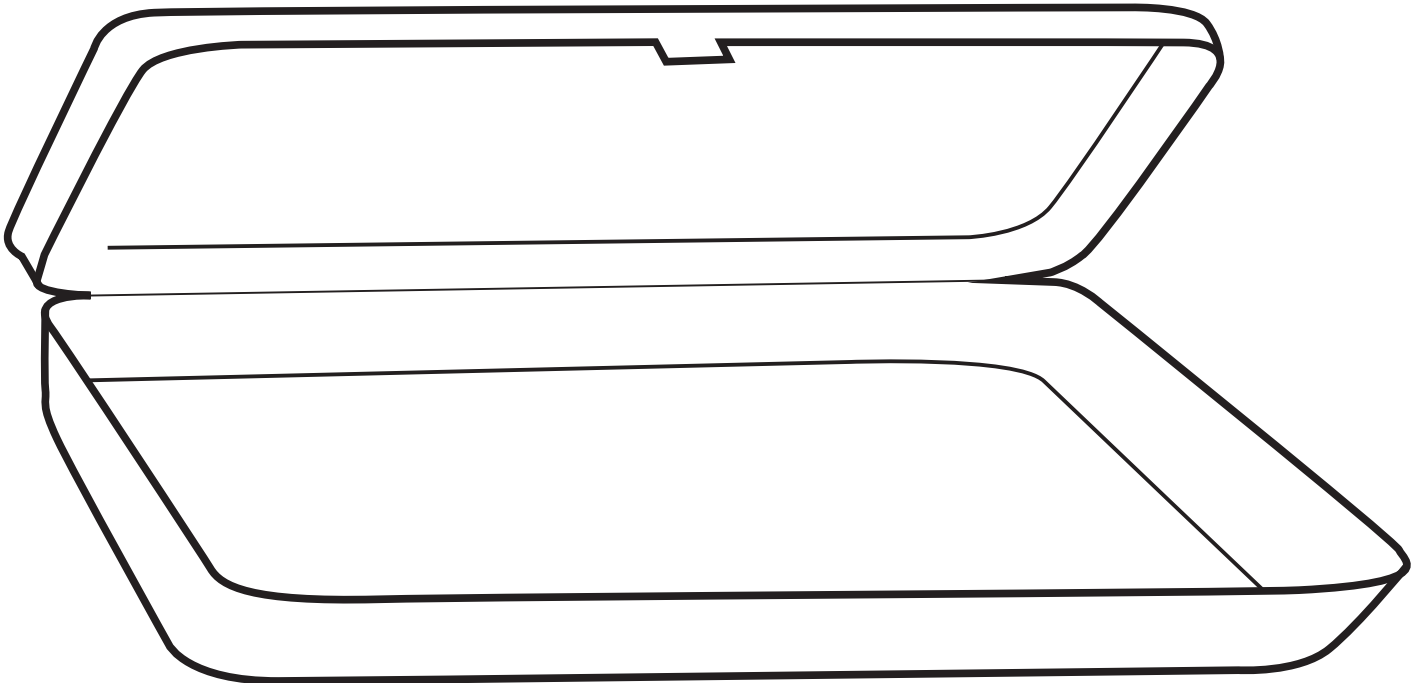
Read with a teacher/adult

I look in my lunchbox
To see sandwiches there,
An apple, an orange,
Or maybe a pear.

Sometimes it's pasta,
A wrap or a roll.
I love healthy lunches.
They make me grow.

1. Look at the Build Your Own Lunchbox poster.
2. Look at the Go, Grow and Glow Foods posters again.
3. Use the posters to draw pictures of healthy foods that you can bring to school in your lunchbox. Make sure that your lunchbox has at least one Go Food, one Grow Food and one Glow Food.
4. Write the names of one Go Food, one Grow Food and one Glow Food underneath the lunchbox. Ask your teacher to help you to spell the words.

MY HEALTHY LUNCHBOX



Go Food

Glow Food

Grow Food

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