

THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE
TWO

Small changes can make a big difference

Curriculum Links: Life Skills

Grade 2	Beginning Knowledge and Personal and Social Well-being Term 1 Topic: What we need to live <ul style="list-style-type: none">• Different types of food - for growth, energy, health
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Odd food out

Name:

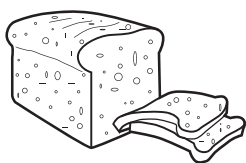
Date:

Read with a teacher/adult

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 these pictures. In each row, one food should not be there.
Can you find the odd food out?
3. When you find the odd food out, write whether it is a Go, Grow or Glow Food underneath the food. The first one has been done for you.

Go Foods



Grow



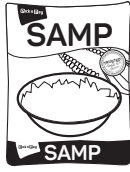
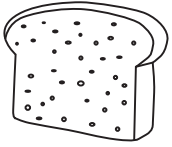







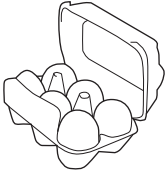


Glow Foods



Grow Foods



Go Foods				
	_____	_____	_____	_____
Glow Foods				
	_____	_____	_____	_____
Grow Foods				
	_____	_____	_____	_____

Go Foods	Wholewheat bread	Packet of pasta	Steak	Packet of brown rice
Glow Foods	Rice	Bananas	Tomato	Butternut
Grow Foods	Chicken	Steak	Tuna	Apple
Go Foods	Maize meal	Milk	Samp	Slice of bread
Glow Foods	Spinach	Orange	Apple	Maize meal
Grow Foods	Pasta	Pilchards	Milk	Eggs

ANSWERS

Health in every bite!

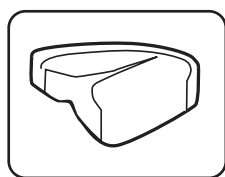
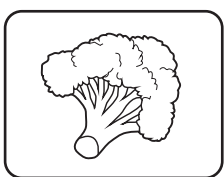
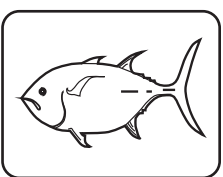
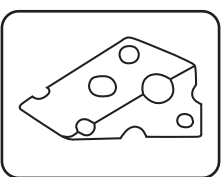

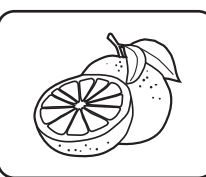
Name:


Date:

Read with a teacher/adult

Cooked or raw, orange and sweet, carrots can be really neat.
Packed with goodness, vitamin A helps your eyesight, so they say.

1. Look at the Vitamins and Minerals poster.
2. These foods are very high in some vitamins and minerals. Match the food with the vitamins and minerals that they are high in. Be careful! Some foods may have more than one vitamin or mineral.
3. Draw the food in the top box and then write the vitamins or minerals underneath your drawing. The first one has been done for you.

					
Vitamin A	Vitamin B	Vitamin C	Vitamin D	Calcium	Iron

My drawing						
What Vitamins or Minerals?	Vitamin B Vitamin D Iron					

Oranges	Nuts	Cheese	Fish	Broccoli	Meat	
Vitamin C	Vitamin B Iron	Vitamin A Calcium	Vitamin B Vitamin A Vitamin D	Vitamin C Iron	Vitamin B Vitamin D Iron	

ANSWERS

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I know my Go Foods!



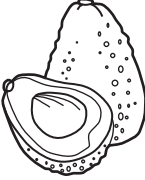
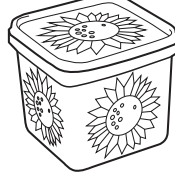
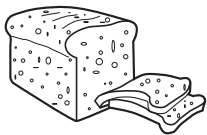



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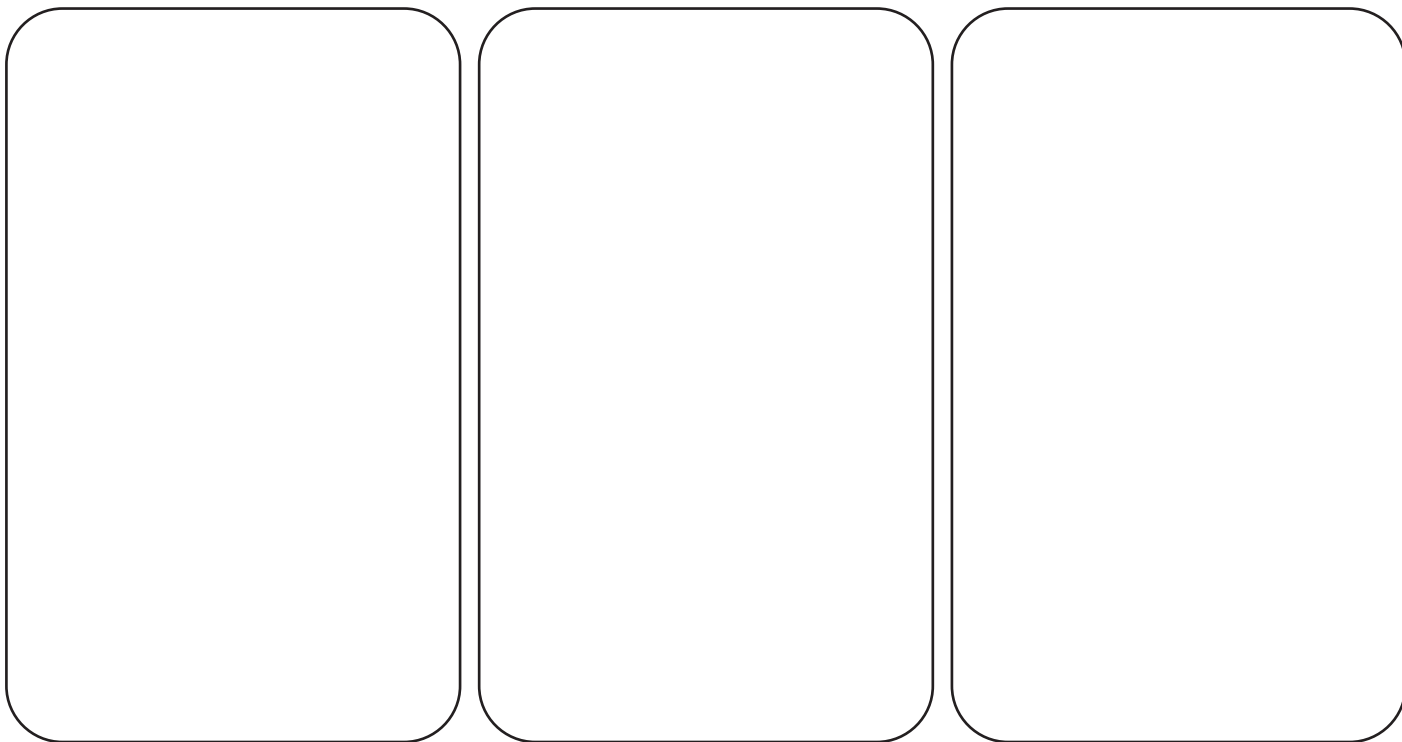
Read with a teacher/adult

Go Foods are good and taste so yummy,
Keep you healthy in your tummy.
For your snack and for your lunch,
Go Foods are great to munch.

1. Look at the Go Foods poster.
2. Look at the pictures of different Go Foods below.
3. Write the name of the food underneath its picture.

Sweet potatoes					Maas
Margarine					Brown bread
Avocado					Maize meal
Brown rice					Oats

4. Go Foods help you to run, swim and jump. Draw 3 pictures of yourself and your friends doing some of these things. Write a sentence underneath your pictures about Go Foods.



Spot the Glow Foods!

Name:

Date:

Read with a teacher/adult

In go the oranges, fruit salad time!
Bananas, apples, fruit salad time!
In go the cherries, strawberries, too.
Fruit salad time for me and you!

1. Look at the Glow Foods poster.
2. Can you find these Glow Foods in this wordsearch?

Orange	Spinach	Butternut	Cabbage
Carrot	Apple	Mango	

3. Colour the blocks when you find the words. The first one has been done for you.

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

3. Draw pictures of 2 fruits and 2 vegetables that you love to eat.
Ask your friend to guess what you have drawn! Do you like different foods or the same foods?

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

ANSWERS

Grow Foods make me strong!

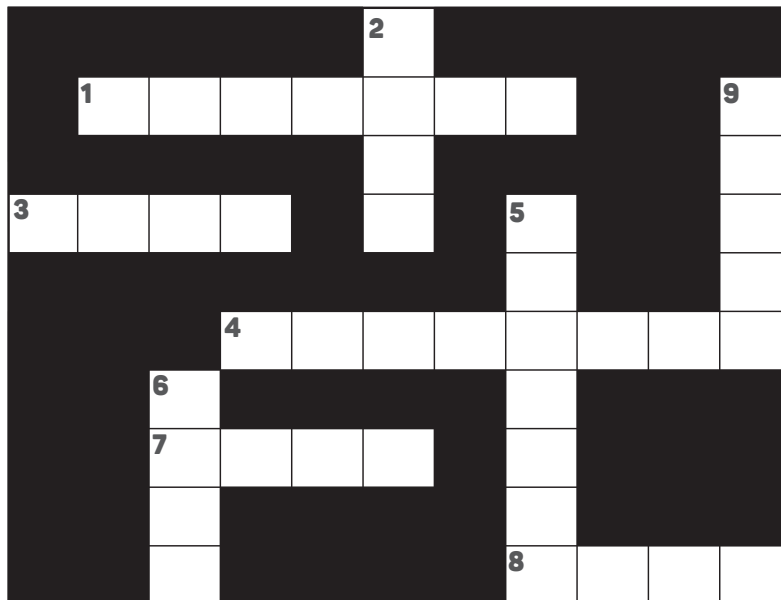
Name:

Date:






Read with a teacher/adult

Meat helps my body grow,
From my hair down to my toes.
Fish, eggs and baked beans too,
They help my body grow.

1. Look at the Grow Foods poster.
2. This puzzle is missing the Grow Food words! Use the picture clues to help you to complete the puzzle. Ask your teacher to help you if you are not sure how to spell the words.



ACROSS:

1.  (7 letters) 3.  (4 letters) 4.  (8 letters)
7.  (4 letters) 8.  (4 letters)

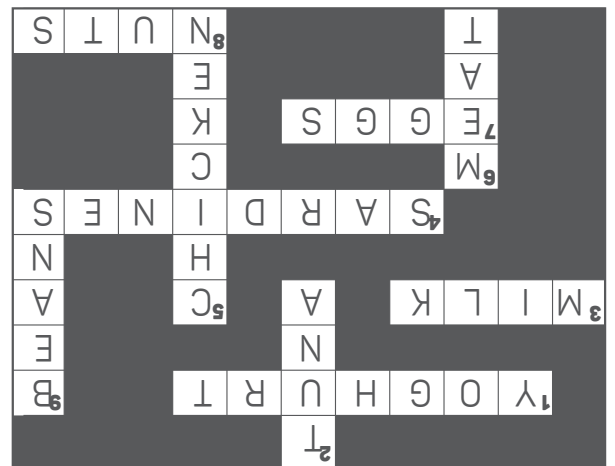
DOWN:

2.  (4 letters) 5.  (7 letters) 6.  (4 letters)
9.  (5 letters)

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Pick n Pay 
School Club



ANSWERS

Proudly brought to you by



Busy, busy, busy

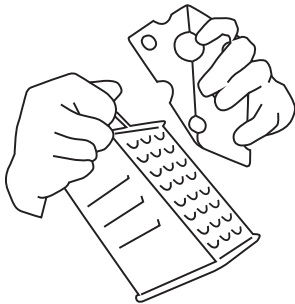
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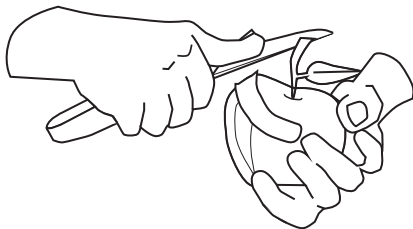
Read with a teacher/adult

Pick them in the summer sun,
Strawberries are my favourite one.
Pile them up, just like a team,
Juicy strawberries, what a dream!

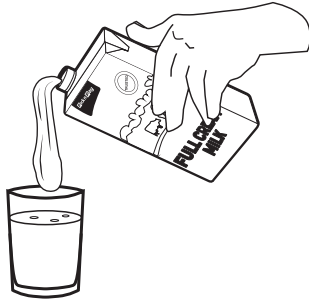
1. Look at the Build a Healthy Breakfast poster.
2. There are so many ways to prepare a healthy breakfast. You can fry, boil or scramble your eggs!
3. Each of these pictures describes something that you can do when you make a healthy breakfast. The words are below the pictures. Find the right word that matches the picture and write it next to the picture.
4. Then write 3 sentences about your favourite breakfast foods using 3 of the words you have learned.



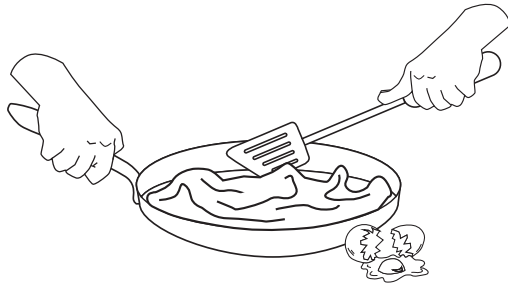
1. _____



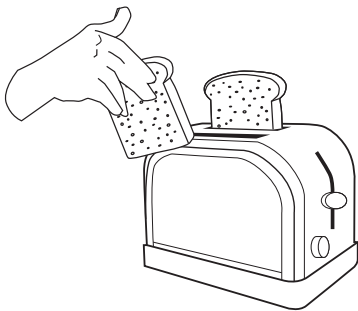
2. _____



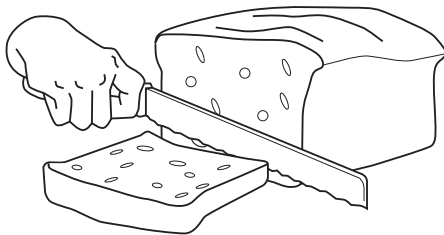
3. _____



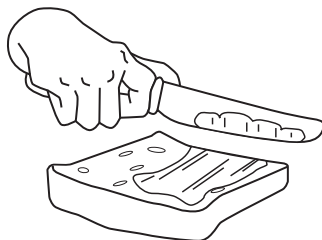
4. _____



5. _____



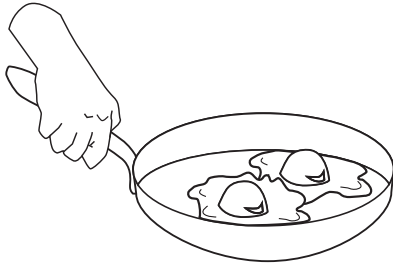
6. _____



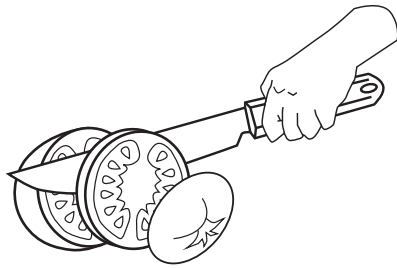
7. _____



8. _____



9. _____



10. _____

Words:

Cut	Slice	Pour	Spread	Scramble
Peel	Fry	Toast	Stir	Grate

My sentences:

6. Slice	7. Spread	8. Stir	9. Fry	10. Cut
1. Grate	2. Peel	3. Pour	4. Scramble	5. Toast

ANSWERS

What's missing?

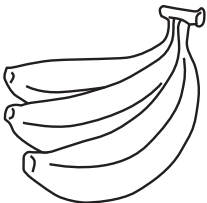
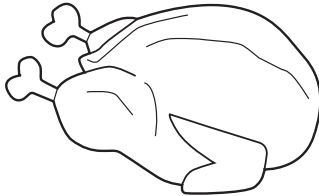


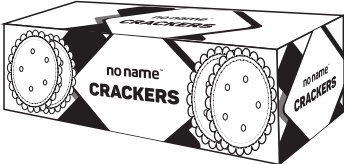

Name:

Date:

Read with a teacher/adult

Red or green, in a bunch.
I eat grapes for my lunch.
We don't need sweets,
Let's have our fill,
Cheer you up when you are ill.

1. Look at the Build Your Own Lunchbox poster.
2. Each of these lunch boxes is missing a food! Can you find it? Draw the missing food in the space. Write its name below your drawing.
3. Fill in the names of all the foods that make a healthy lunchbox.

	Go Foods	Glow Foods	Grow Foods
FOOD	_____	_____	_____
DRAWING			
FOOD	_____	_____	_____
DRAWING			
FOOD	_____	_____	_____
DRAWING			



4. Now make your own lunchbox meal! Draw a picture of a Go Food, Glow Food and Grow Food that will make a healthy school lunch.

My healthy lunchbox	Go Food	Glow Food	Grow Food

5. Don't forget to add water to your meal! Draw yourself and a friend drinking a bottle of water here.

