

# THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE  
THREE

*Small changes can make a big difference*

## Curriculum Links: Life Skills

Grade 3	<p><b>Beginning Knowledge and Personal and Social Well-being</b></p> <p><b>Term 2</b></p> <p><b>Topic: Healthy eating</b></p> <ul style="list-style-type: none"><li>• Food groups<ul style="list-style-type: none"><li>- Vitamins - fruit and vegetables</li><li>- Carbohydrates - bread, maize/mielie meal</li><li>- Proteins - eggs, beans, meat, nuts</li><li>- Dairy - milk, cheese, yoghurt</li></ul></li><li>• A balanced diet</li></ul> <p><b>Term 4</b></p> <p><b>Topic: Products and processes</b></p> <ul style="list-style-type: none"><li>• Plants<ul style="list-style-type: none"><li>- What we get from plants</li><li>- Process – from sugar cane to sugar</li></ul></li></ul>
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# I know Go, Grow, Glow!

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 and this picture.



2. Each of these foods is a Go Food or a Grow Food or a Glow Food. Write the name of the food in its right place in the table below.

- Apple
- Brown rice
- Fish
- Milk
- Chicken
- Cauliflower
- Oil
- Pineapple
- Brown bread
- Eggs
- Maize Meal
- Spinach

Go Foods	Glow Foods	Grow Foods
<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>

3. Draw a picture of your favourite Go Food, Grow Food and Glow Food. Try to choose different foods from those above. Can you spell your foods? Use a dictionary or ask your teacher to help you.

	My favourite Go Food	My favourite Glow Food	My favourite Grow Food
My picture	<div></div>	<div></div>	<div></div>
My food	<div></div>	<div></div>	<div></div>

Go Foods	Glow Foods	Grow Foods
Brown rice	Apple	Eggs
Maize Meal	Pineapple	Milk
Oil	Spinach	Fish
Brown bread	Cauliflower	Chicken

ANSWERS

# I know my facts!

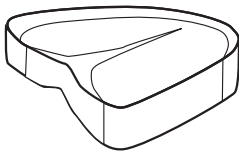


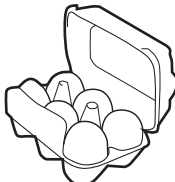
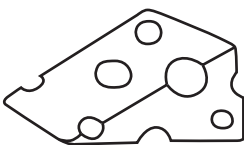
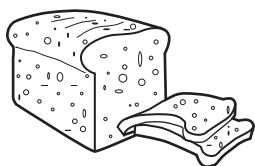
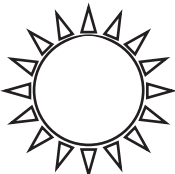

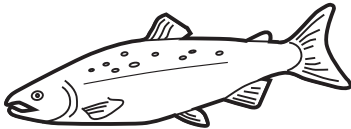
Name: .....

Date: .....

## Read with a teacher/adult

Keep a cold well away,  
Eat an orange every day.  
Full of juice and vitamin C,  
We're as healthy as can be!

1. Look at the Vitamins and Minerals poster.
2. Now, look at this table. It has foods that are high in some vitamins and minerals. Can you find the name of the food below the table? Write the number of the food underneath each picture. The first one has been done for you. Be careful! One of the things is not a food but it gives us a very important vitamin.

 _____ <b>4</b>	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____

1. Eggs

2. Cheese

3. Brown bread

4. Meat

5. Broccoli

6. Nuts

7. Sunlight

8. Oranges

9. Fish

3. Read each of these sentences. Each sentence has one wrong word in it.  
Can you spot the word? Cross out the wrong word and then write the right word  
at the end of the sentence.

a. Iron helps your bones and teeth to be strong.

\_\_\_\_\_

b. B minerals help food to release energy.

\_\_\_\_\_

c. Oranges are full of vitamin A.

\_\_\_\_\_

d. Vitamin C is needed for unhealthy skin and gums.

\_\_\_\_\_

e. We get most of our calcium from the sun.

\_\_\_\_\_

f. Carrots are rich in vitamin D.

\_\_\_\_\_

g. The body uses iron to make our white blood cells.

\_\_\_\_\_

h. Drinking juice is important for strong bones and teeth.

\_\_\_\_\_

ANSWERS  
Question 3:

a. Iron helps your bones and teeth to be strong.  
b. B minerals help food to release energy.  
c. Oranges are full of vitamin A.  
d. Vitamin C is needed for unhealthy skin and gums.  
e. We get most of our calcium from the sun.  
f. Carrots are rich in vitamin D.  
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# Grains mean Go!

Name: .....

Date: .....

1. Look at the Go Foods poster.
2. Read this information about Go Foods called Grains. Then answer the questions.  
Each answer is only one word!

Read with a teacher/adult

## Grains are Go Foods.

Grains are a type of grass that produce seeds that can be eaten. Wheat, rice and maize are grains.

Sorghum is a popular grain in South Africa. We call it amazimba.

Grains are high in fibre. Fibre is healthy for our body. Fibre is like a broom – it helps to keep our bodies clean and healthy. Fibre also helps to keep us fuller for longer after eating.

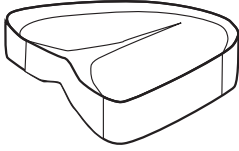


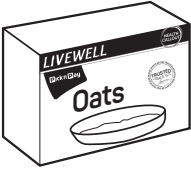
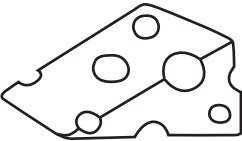
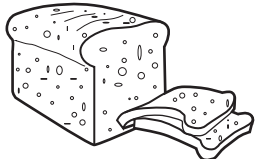
We eat grains in many ways. We eat some grains, like rice and maize on their own. Grains can also be found in other foods, like breakfast cereals. We also eat grains when we eat things made from flour. Flour is made by crushing grains into tiny pieces. Usually, the grain used to make flour is wheat. We use flour to make bread, biscuits, crackers, cakes, and pastas.


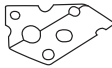




We should try to eat food made from wholewheat flour, not white flour. Wholewheat flour is high in fibre. White flour is low in fibre.

We should always try to eat grains so that our body can get fibre.

- a. Where do grains come from? \_\_\_\_\_
- b. What is amazimba called in English? \_\_\_\_\_
- c. What do grains have in them that cleans our body? \_\_\_\_\_
- d. What is made when we crush grains? \_\_\_\_\_
- e. What do we feel after eating food that has fibre in it? \_\_\_\_\_

3. Look at these pictures. Draw a circle around the Go Foods that are grains or made of grains. Write the names of the foods you have circled underneath the picture. If the food is not a grain, don't write the name!

 _____	 _____	 _____
 _____	 _____	 _____

 Brown bread	 _____	 Oats
 SAMP	 Pasta or spaghetti	 _____

ANSWERS  
Question 2:  
a. Grass  
b. Sorghum  
c. Fibre  
d. Flour  
e. Fuller  
Question 3:



# Healthy or unhealthy?

Name: .....

Date: .....

1. Look at the Glow Foods poster.
2. Read this information.



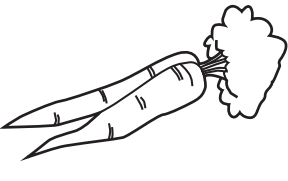
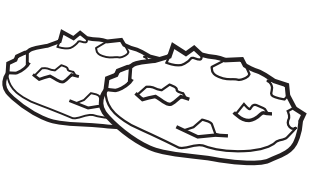
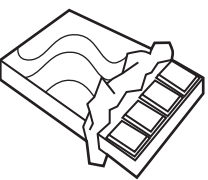
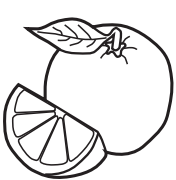
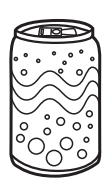

## Read with a teacher/adult

Fruit and vegetables are Glow Foods that come straight from nature! They are very healthy for you. Try to eat at least 5 fruits and vegetables every day. There are so many fruits and vegetables to choose!

Many fruits and vegetables can be eaten cooked. They can also be used raw to make delicious salads.

Sugar that we add to food comes from plants, such as sugarcane. The stem is crushed, and the sugary liquid is dried to make the sugar. Sometimes we add too much sugar to our food and drinks. This is not healthy for us. Some foods, such as sweets, chocolates, fizzy cold drinks, and energy drinks, have a lot of sugar. We should eat less of these sugary foods.

3. Look at these pictures. Some foods are better for our bodies than others. Write the name of each food below the picture. Then, if it is good for us write it in the Healthy Foods column. If it is not good for us write it in the Unhealthy Foods column.

			
_____	_____	_____	_____
			
_____	_____	_____	_____

Healthy Foods	Unhealthy Foods

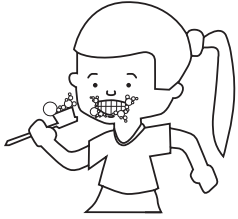







4. If you want to stay healthy, you need to eat lots of Glow Foods.

There are other things you can do to stay healthy. We call these things Healthy Habits.

Look at these pictures. Some of them are healthy habits and some are unhealthy habits.

The habits are written underneath. Match the habit picture to the right words. Write the number underneath the picture.

If it is healthy, write it in the Healthy Habit column, If it is unhealthy, write it in the Unhealthy Habit column.

			
			
1. Drink water	2. Get enough sleep	3. Eat salad	4. Eat fast/junk foods
5. Brush your teeth	6. Exercise	7. Eat a lot of sweets and chocolates	8. Drink fizzy drinks

Healthy Habits	Unhealthy Habits
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

ANSWERS

Question 3:

Healthy Foods	Unhealthy Foods
Apple	Sweets
Carrot	Biscuits
Orange	Chocolate
Tomato	Fizzy cold drink

Question 4:

Healthy Habits	Unhealthy Habits
Drink Water	Eat fast/junk foods
Get enough sleep	Eat a lot of sweets and chocolates
Eat salad	Drink fizzy drinks
Brush your teeth	
Exercise	

# Growing with protein

Name: .....

Date: .....

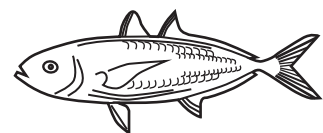
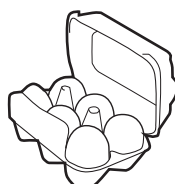
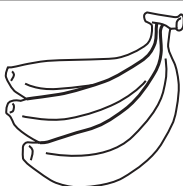
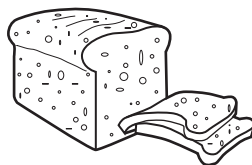
1. Look at the Grow Foods poster.
2. Read this information.

## Read with a teacher/adult

Many Grow Foods have protein in them. Our bodies need protein to grow and also to help us feel better when we are sick. Protein also helps our muscles to grow strong.

We need to eat protein foods such as lean meat, poultry, fish, eggs, tofu, nuts, dairy, seeds and legumes every day. Beans, lentils, and chickpeas are all examples of foods that are called legumes. Legumes are full of protein.

3. Chef Zweli loves to use Grow Foods that are full of protein when he cooks.  
Circle the Grow Foods in this picture.





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4. In groups, talk about all your favourite Grow Foods. Then write the foods in the correct column.


Meat	Poultry	Fish	Dairy























ANSWERS  
Question 3:

5. Chef Zweli wants to cook a meal that is full of Grow Foods for your group! What will you order? Create a Grow Food Menu to give Chef Zweli. Remember to add Glow Foods and Go Foods to your menu to make sure that it is balanced and healthy.

**OUR GROW FOOD MENU**

**STARTERS**

**MAIN COURSE**

**DESSERT**

# I start my day with a healthy breakfast

Name: .....

Date: .....

## Read with a teacher/adult

My health depends on the food I eat,  
Green vegetables and some meat.  
Exercise and food will make me fit,  
Work and play and sleep a bit.  
Eat good food and become very strong,  
Eat junk food and it all goes wrong!

1. Look at the Build a Healthy Breakfast poster.
2. Read these sentences to find out more about eating a healthy breakfast.  
Complete each sentence with one of these words:

skip	three	wholewheat	Eggs
fibre	vegetables	eat	concentrate

- a. You need to have a food from each of the \_\_\_\_\_ food groups for breakfast.
  - b. It's hard for your brain to think when you \_\_\_\_\_ breakfast.
  - c. \_\_\_\_\_, seeds and nuts are a great way to get protein for breakfast.
  - d. Make your toast with \_\_\_\_\_ bread.
  - e. Choose cereals high in \_\_\_\_\_.
  - f. It's better to \_\_\_\_\_ your fruit than drink it.
  - g. Add some \_\_\_\_\_ to your omelette.
  - h. If you eat a healthy breakfast, you will \_\_\_\_\_ better at school.
3. Create your own healthy breakfast by adding a food to each of these words:
    - a. A glass of \_\_\_\_\_
    - b. A bowl of \_\_\_\_\_
    - c. A slice of \_\_\_\_\_
    - d. A piece of \_\_\_\_\_
  4. Compare your answers with a friend. Who has the healthiest breakfast?
  5. Use the tips above to create your own 'Eat a healthy breakfast poster'.  
Use everything you have learned about in the other posters and worksheets to include tips for children on how to make breakfast the most important meal of the day!

# Power lunch



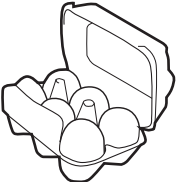



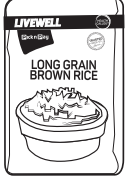
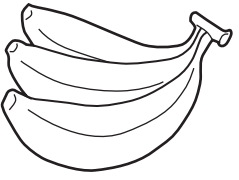

Name: .....

Date: .....

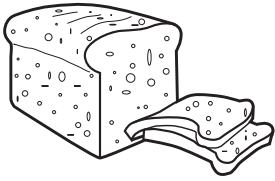
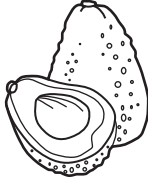
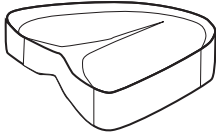



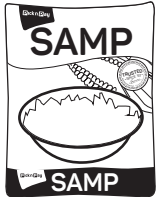
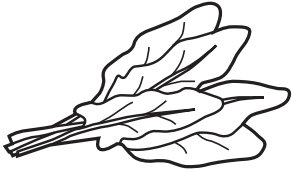
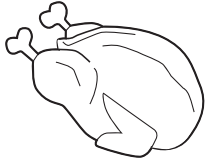
## Read with a teacher/adult

I pledge to stay healthy and clean  
Through exercise and good hygiene.  
I will eat balanced meals every day  
To have the energy to learn and to play.

1. Look at the Build Your Own Lunchbox poster and look at the other posters again.
2. It is important to eat a healthy snack at school. After school, you also need to eat a healthy lunch. A healthy lunch should have at least 1 Go Food, 1 Grow Food and 1 Glow Food.
3. Use this table to make your own 'Power Lunch'. Draw a picture of your Power Lunch and write sentences about it. Explain why you chose those foods and why they are healthy.

Go Foods	Glow Foods	Grow Foods
Maize meal	Butternut	Eggs
		
Pasta	Tomato	Pilchards
		
Brown rice	Banana	Tuna
		



Wholewheat bread	Avocado	Meat
		
Potato	Apple	Milk
		
Samp	Spinach	Chicken
		

### My Power Lunch

I chose these foods because:

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They are healthy because:

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