

# THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE  
FOUR

*Small changes can make a big difference*

## Curriculum Links: Life Skills


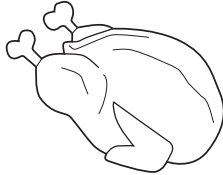





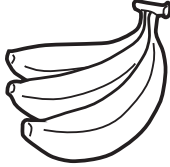
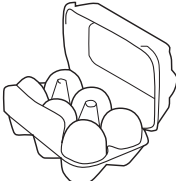
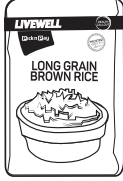


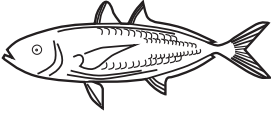




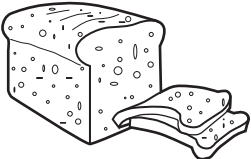
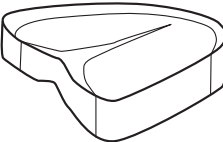
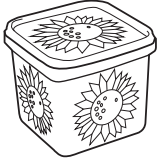
Grade 4	<p><b>Personal and Social Well-being</b></p> <p><b>Term 1</b></p> <p><b>Topic 1: Development of the self</b></p> <ul style="list-style-type: none"><li>• Respect for own and others' bodies: privacy, bodily integrity and not subjecting one's body to substance abuse<ul style="list-style-type: none"><li>- How to respect and care for own body</li><li>- How to respect others' bodies</li><li>- Reasons for respecting own and others' bodies</li></ul></li></ul> <p><b>Term 4</b></p> <p><b>Topic 3: Health and environmental responsibility</b></p> <ul style="list-style-type: none"><li>• Dietary habits of children:<ul style="list-style-type: none"><li>- Impact on dental and oral hygiene</li></ul></li></ul>
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# What am I eating?

Name: .....

Date: .....

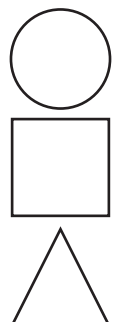
1. Look at the Eat Well to Live Well poster.
2. Read about how Go Foods, Glow Foods and Grow Foods help your body to stay healthy and what you should eat every day.
3. Look at this table of different Go, Glow and Grow Foods.

4. Identify the Go Foods by drawing a circle around each example.

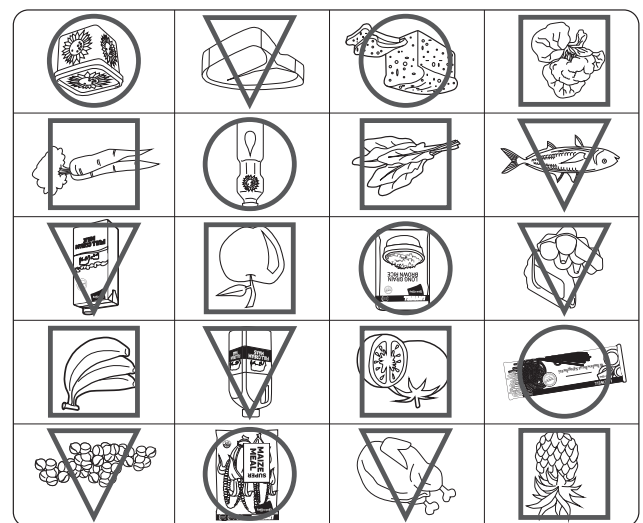
5. Identify the Glow Foods by drawing a square around each example.

6. Identify the Grow Foods by drawing a triangle around each example.



7. Use this table to write down all the Go, Glow and Grow Foods that you eat every day for a week.

	Today, I ate these GO FOODS:	Today, I ate these GLOW FOODS:	Today, I ate these GROW FOODS:
MONDAY	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
TUESDAY	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
WEDNESDAY	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
THURSDAY	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
FRIDAY	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
SATURDAY	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
SUNDAY	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>



ANSWERS  
Question 3:

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**Pick n Pay**

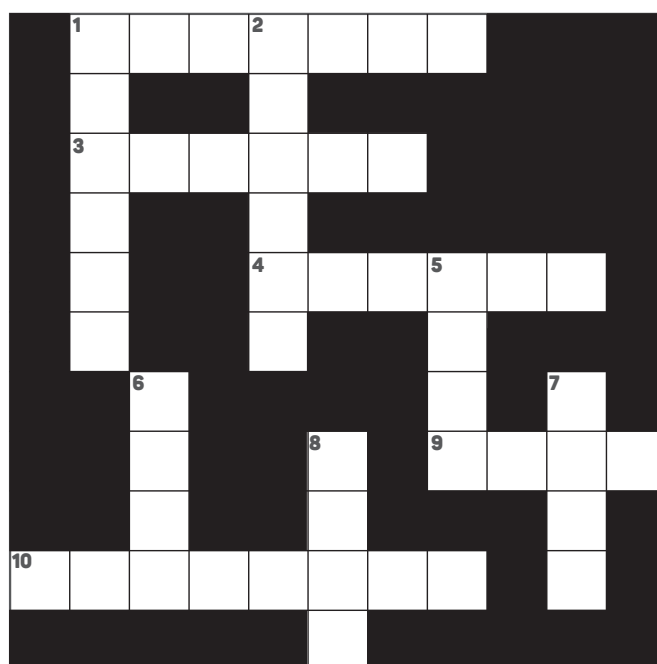
**Pick n Pay**   
School Club

# I know my vitamins and minerals!

Name: .....

Date: .....

1. Look at the Vitamins and Minerals poster.
2. Read about all the benefits that come from eating foods that are rich in vitamins A, B, C and D and calcium and iron.
3. Use the Vitamins and Minerals poster to find the answers to the clues to complete this crossword puzzle.

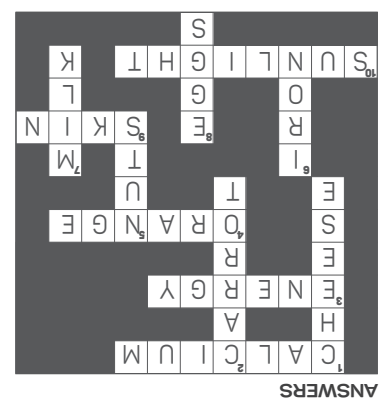


## ACROSS:

1. \_\_\_\_\_ is important for the growth of strong bones and teeth. (7 letters)
3. B vitamins helps with the release of \_\_\_\_\_ from food. (6 letters)
4. This fruit is full of vitamin C and is the same colour as its name. (6 letters)
9. Vitamin C is needed for healthy \_\_\_\_\_ and gums. (4 letters)
10. We get most of our vitamin D from \_\_\_\_\_ (8 letters)

## DOWN:

1. This food is made from milk and is rich in vitamin A and calcium. (6 letters)
2. This vegetable is rich in vitamin A. (6 letters)
5. These crunchy foods contain vitamin B and calcium. (4 letters)
6. The body uses \_\_\_\_\_ to make our red blood cells. (4 letters)
7. Drinking \_\_\_\_\_ is important for strong bones and teeth. (4 letters)
8. Fried, poached and scrambled \_\_\_\_\_ give us vitamin D. (4 letters)



ANSWERS

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# Finding out; Trying out

Name: .....

Date: .....

1. Look at the Go Foods poster.
2. Read about how Go Foods give you the energy that you need to go, grow, exercise and learn.
3. Can you identify all the Go Foods on the poster? Write down as many as you can:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

4. Are there any Go Foods on the poster that you don't usually eat? Write the names of these Go Foods here.

_____	_____	_____
_____	_____	_____
_____	_____	_____

5. Choose one of the Go Foods that you have written down (in Question 4).
6. Ask your parent/caregiver to buy this food for you.\* Try to eat the Go Food that you have chosen and answer these questions:
  - a. How did the Go Food taste?

\_\_\_\_\_

\_\_\_\_\_

- b. Did you enjoy eating it? Why? Why not?

\_\_\_\_\_

\_\_\_\_\_

- c. Why is eating this Go Food good for you?

\_\_\_\_\_

\_\_\_\_\_

- d. Can you think of some ways that you can include this Go Food in your diet?

\_\_\_\_\_

\_\_\_\_\_

\*Alternative: Teachers/Learners bring a selection of Go Foods for all learners to taste.



# Sweet or spicy?

Name: .....

Date: .....

1. Look at the Glow Foods poster.
2. Read about how Glow Foods are full of vitamins and minerals that keep our skin, hair and eyes glowing.
3. Look at this table of fruits and vegetables. Colour in the foods that you have eaten.

Cabbage  _____	Banana  _____	Sweet potato  _____	Beans  _____
Nuts  _____	Tomato  _____	Butternut  _____	Broccoli  _____
Pineapple  _____	Chilli  _____	Grapefruit  _____	Guava  _____
Mango  _____	Spinach  _____	Pumpkin  _____	Carrot  _____
Cauliflower  _____	Avocado  _____	Naartjie  _____	Celery  _____

4. Read this list of words that can be used to describe the taste of foods, and what each word means:

<b>Acidic</b>	Food that tastes sharp or contains a lot of acids.
<b>Bitter</b>	Bitter food has a strong, sharp taste that is not sweet.
<b>Bitter-sweet</b>	Food that tastes bitter and sweet at the same time.
<b>Creamy</b>	Soft, smooth food that contains cream, or tastes like it does.
<b>Crunchy</b>	Food that is crisp and easily breakable.
<b>Fiery</b>	Food that makes your mouth feel very hot when you eat it.
<b>Juicy</b>	Food that contains a lot of juice.
<b>Mild</b>	Food that does not have a strong taste.
<b>Mushy</b>	Food that is very soft.
<b>Sharp</b>	Food that has a strong and bitter flavour.
<b>Sour</b>	Food with a taste like a lemon.
<b>Spicy</b>	Food that has a strong, hot flavour.
<b>Watery</b>	Food that tastes like water.

5. For each of the foods that you coloured in write down, in the space below the picture, a word that describes how it feels to eat that food.
6. For each of the foods that you haven't eaten write down, in the space below the picture, a word that describes how you imagine it tastes when you eat that food.

# Healthy diet = Healthy teeth

Name: .....

Date: .....

1. Look at the Grow Foods poster.
2. Read how Grow Foods help our body to grow bigger and stronger.
3. Read about the importance of eating Grow Foods to make sure that your teeth stay healthy and strong.

Calcium is a mineral that is found in foods, especially dairy, and stored in our bones and teeth. Calcium is very important for children because this is the time when your bones are growing, and calcium makes your bones strong.

The amount of calcium that we have in our bones and teeth depends on the amount of calcium that we eat. It also depends on how much vitamin D we get. Vitamin D helps our bodies to absorb (take in) calcium. We get most of our vitamin D from sunlight. Vitamin D can also be found in Grow Foods such as fish and egg yolks.

There are many Grow Foods that we can eat to make sure that we get enough calcium in our diet, such as milk, cheese, maas and yoghurt. Some fish, where you eat the bones, such as sardines and pilchards, also give you calcium.

Some foods contain acids that are bad for our teeth, so we should try not to eat a lot of these foods. These foods include sugary sweets and chocolate, fizzy cold drinks, energy drinks, or foods with lots of sugar.

**The most important rules to remember to keep your teeth healthy and strong are:**

- Don't go to bed without brushing your teeth.
- Brush your teeth properly.
- Use a fluoride toothpaste.
- Floss between your teeth.
- Drinks lots of water.
- Eat crunchy fruits and vegetables.
- Limit sugary and acidic foods.
- Visit your dentist at least once a year.

4. Now read these sentences and decide whether you think that they are true or false. Circle the answer that you think is correct.

a. Calcium helps to keep our teeth healthy and strong.	True / False
b. Vitamin B helps our bodies to take calcium in.	True / False
c. Dairy products are important to get enough calcium in our diet.	True / False
d. Eating lots of sweets will not damage your teeth.	True / False
e. Drinking energy drinks every day strengthens your teeth.	True / False
f. We get most of our vitamin D from sunlight.	True / False
g. Eating crunchy fruits and vegetables is important for healthy teeth.	True / False
h. It's ok to go to bed without brushing your teeth.	True / False

5. Create your own poster on the different things you can do to keep your teeth healthy and strong. Don't forget about the importance of Grow Foods!

a. Calcium helps to keep our teeth healthy and strong.	True
b. Vitamin B helps our bodies to take calcium in.	False
c. Dairy products are important to get enough calcium in our diet.	True
d. Eating lots of sweets will not damage your teeth.	False
e. Drinking energy drinks every day strengthens your teeth.	False
f. We get most of our vitamin D from sunlight.	True
g. Eating crunchy fruits and vegetables is important for healthy teeth.	True
h. It's ok to go to bed without brushing your teeth.	False

ANSWERS

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Pick n Pay

Pick n Pay  
School Club



# Better breakfast choices

Name: .....

Date: .....

1. Look at the Build a Healthy Breakfast poster.
2. Read about ideas for building a healthy breakfast by combining food choices from the Go, Glow and Grow food groups.
3. Complete each of these questions, and then write a sentence that explains your answer.

**Example:**

One thing that makes it easier for me to eat a healthy breakfast is: having fresh fruit at home.

My mom always buys fresh fruit, washes it, and keeps it in a bowl on the counter.

a. One thing that makes it easier for me to eat a healthy breakfast is:

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b. One thing that makes it harder for me to eat a healthy breakfast is:

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c. How can you make it easier to have a healthier breakfast every day?

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4. Write down your 3 favourite fruits to eat for breakfast.

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5. Look at the Go Foods and Grow Foods posters.

6. Think of a Go and Grow Food that you could add to each of your favourite fruits, to make sure that you are eating a healthy breakfast!

Go Foods	Grow Foods
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

# Health at every meal

Name: .....

Date: .....

1. Look at the Build Your Own Lunchbox poster.
2. See how a healthy meal contains Go Foods, Glow Foods and Grow Foods.
3. Look at the table of examples of foods from each of the food groups:

Go Foods	Glow Foods	Grow Foods
Wholewheat bread 	Banana 	Chicken 
Pasta 	Tomato 	Meat 
Brown rice 	Butternut 	Tuna 
Maize meal 	Spinach 	Pilchards 
Samp 	Apple 	Milk 
Potato 	Orange 	Eggs 

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4. Use the table to design a healthy breakfast, lunch and supper that includes a Go, Glow and Grow Food in each meal.
5. For each meal, write the name of each food in the space provided and draw a picture of that food below the name.

	GO FOOD	GLOW FOOD	GROW FOOD
BREAKFAST	_____	_____	_____
LUNCH	_____	_____	_____
SUPPER	_____	_____	_____