

THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE
FIVE

Small changes can make a big difference

Curriculum Links: Life Skills

Grade 5	<p>Personal and Social Well-being</p> <p>Term 3</p> <p>Topic 3: Health and environmental responsibility</p> <ul style="list-style-type: none">• Healthy eating for children:<ul style="list-style-type: none">- South African Food-Based Dietary Guidelines- Dietary needs of children- Factors influencing food intake of children
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My favourite foods

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 the pictures of Glow Foods for 30 seconds. Try to memorise as many foods from this group as you can.
4. There are 8 Glow Foods pictured on the poster. Write down the names of as many of the Glow Foods that you can remember:

_____	_____	_____
_____	_____	_____
_____	_____	_____

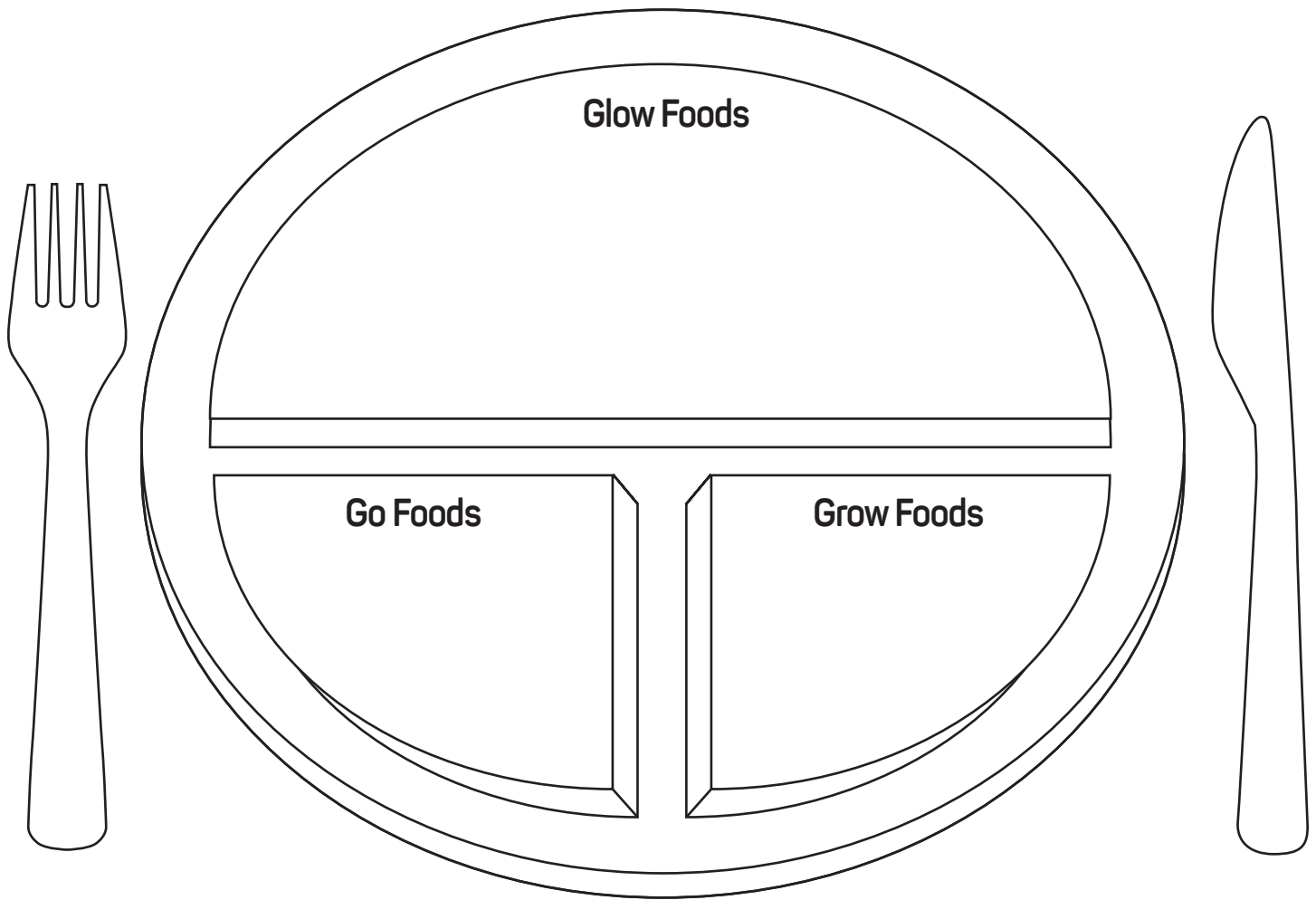
5. Look at the pictures of Go Foods for 30 seconds. Try to memorise as many foods from this group as you can.
6. There are 7 Go Foods pictured on the poster. Write down the names of as many of the Go Foods that you can remember:

_____	_____	_____
_____	_____	_____

7. Look at the pictures of Grow Foods for 30 seconds. Try to memorise as many foods from this group as you can.
8. There are 6 Grow Foods pictured on the poster. Write down the names of as many of the Grow Foods that you can remember:

_____	_____	_____
_____	_____	_____

9. Choose your favourite Glow, Go and Grow food from the poster.
10. Create your own meal containing your favourite Glow, Go and Grow foods and draw your meal on the plate below.
11. Share your plate with the other learners in your class.
12. Vote for the learner with the most delicious plate.
13. Vote for the learner with the healthiest plate.



ANSWERS		
Glow Foods:	Pineapple	Carrot
Glow Foods:	Apple	Cauliflower
Glow Foods:	Cabbage	
Go Foods:	Maize meal	Wholewheat bread
Go Foods:	Sunflower oil	Margarine
Go Foods:	Avocado	
Glow Foods:	Chicken	Eggs
Glow Foods:	Milk	Nuts/beans/chickpeas
	Banana	
	Tomato	
	Peas	
	Macaroni/pasta	
	Brown rice	
	Fish	
	Meat	

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Pick n Pay

Pick n Pay 
School Club

Vitamins and minerals for life

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. Today, we are going to design full-page adverts that highlight the benefits of eating foods that contain the vitamins and minerals from the poster.
4. Divide into 6 groups.
5. Your teacher will assign each group a different vitamin or mineral from the poster.
6. In your groups, answer the following questions about how you are going to design your advert:

a. What are you trying to tell people in your advert about your vitamin or mineral?

b. What group of people are you trying to inform about your vitamin or mineral (parents, teenagers, younger children, etc.)?

c. What are some of the good things about your vitamin or mineral?

d. What do you think stops some people from eating foods that contain your vitamin or mineral?

e. What might change their minds about eating foods that contain your vitamin or mineral?

7. Use the answers to these questions to help your group to design an advert that highlights the benefits of eating foods that contain your vitamin or mineral.

Healthy and less healthy fats

Name:

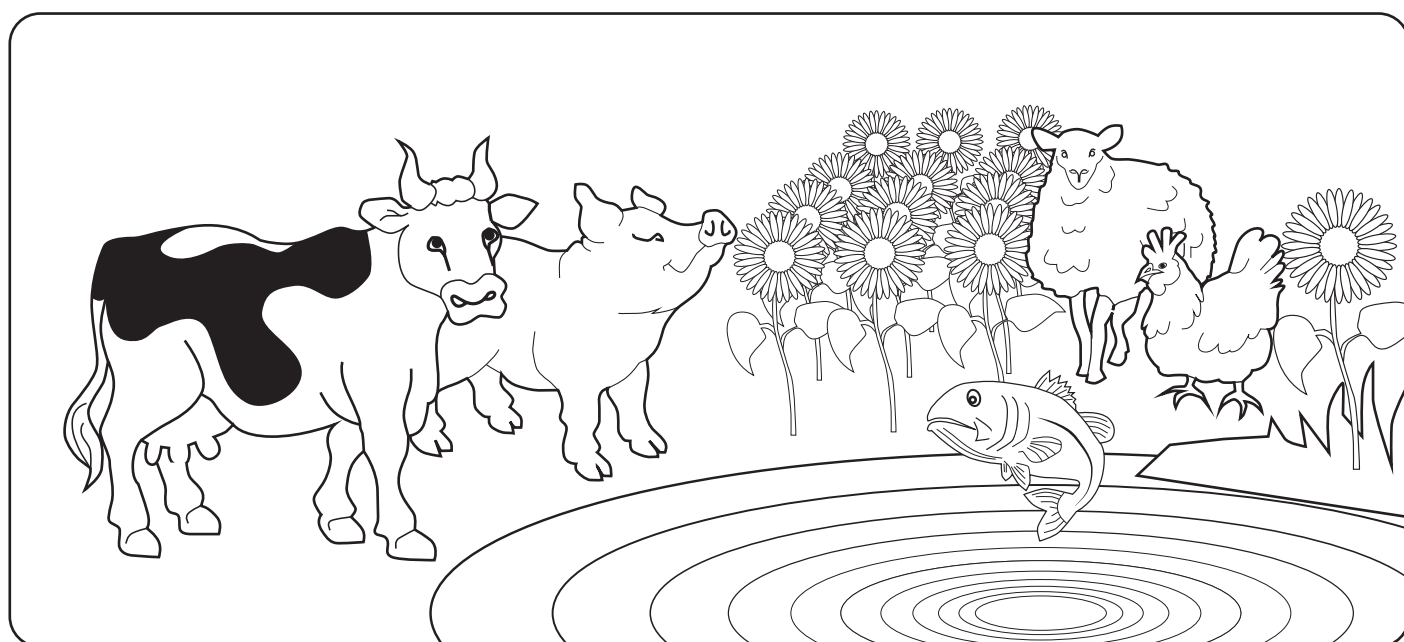
Date:

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. Read about animal- and plant-based fats, and the effect that they have on our bodies and health.


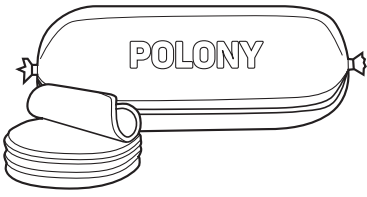
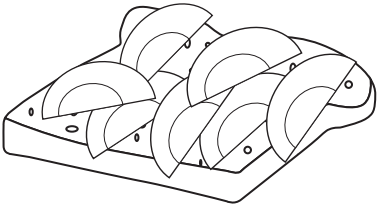
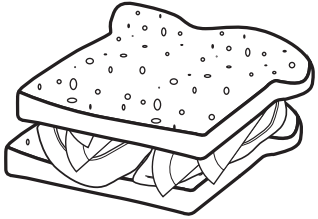
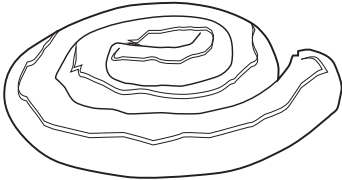
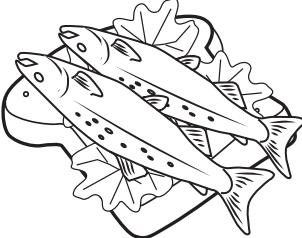

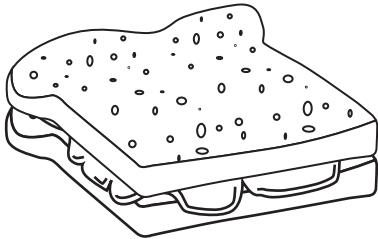
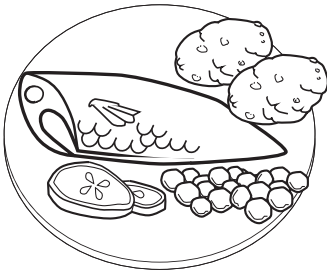
A balanced diet should include a small amount of fat. We can get fat in our diets from plants or animals. Fats are important for our health because they provide energy as well as vitamins that can dissolve in fats, such as vitamin A and D. Fats provide lots of flavour to foods, and also help us to feel fuller after a meal.

Plant-based fats are mostly healthier for us than animal-based fats. We get plant-based fats from vegetable oils, such as olive oil, canola oil and sunflower oil. Mayonnaise is usually made using vegetable oils. Other foods that have plant-based fats are nuts, seeds and avocados. Peanut butter is made from peanuts, not butter.

Some fats also come from animals, such as butter, cream, fat on meat and chicken skin. These fats are not as healthy as plant-based fats. The one exception to this rule is fish. Oils from fish such as salmon, tuna, sardines and pilchards have healthy fats and we should try to eat them 2-3 times a week.



4. Look at these meals and decide whether you think that they contain healthy or less healthy fats. Tick the box that you think is correct.

Tuna salad with olive oil		Polony		Avocado on toast	
					
Healthy fats	Less healthy fats	Healthy fats	Less healthy fats	Healthy fats	Less healthy fats
Skinless chicken and avocado sandwich		Boerewors		Sardines on toast	
					
Healthy fats	Less healthy fats	Healthy fats	Less healthy fats	Healthy fats	Less healthy fats
Milkshake		Peanut butter sandwich		Hake and vegetables	
					
Healthy fats	Less healthy fats	Healthy fats	Less healthy fats	Healthy fats	Less healthy fats

5. What are your 3 favourite meals?

6. Re-read the information about animal- and plant-based fats and think about your favourite meals. Do any of your meals contain less healthy fats? Think of ways that you could include healthy fats, rather than less healthy fats, in your favourite meals. Write down your ideas.

Tuna salad with olive oil	Healthy fats
Polony	Less healthy fats
Avocado on toast	Healthy fats
Skinless chicken and avocado sandwich	Healthy fats
Boerwors	Less healthy fats
Sardines on toast	Healthy fats
Milkshake	Less healthy fats
Peanut butter sandwich	Healthy fats
Take and vegetables	Healthy fats

ANSWERS

The right (pro)portion

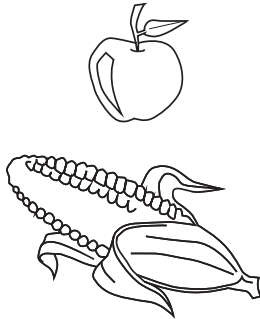
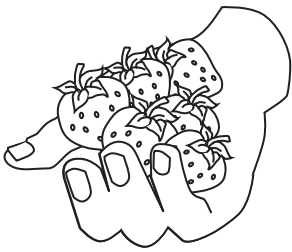
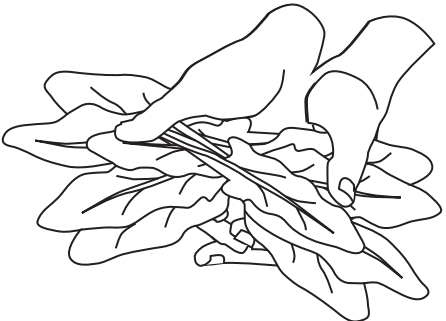
Name:

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. It is very important to eat enough fruits and vegetables every day to stay healthy. Look at this table of the recommended amounts of fruits and vegetables that we should eat every day:



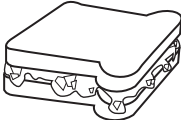

Servings of fruits you need every day	Servings of vegetables you need every day	Servings of fruits and vegetables you need every day
3	2	5

4. You can eat more than 5 servings of fruits and vegetables every day. The more fruits and vegetables that you eat the better.
5. Look at these tips to let you know how many servings of fruits and vegetables you are eating:

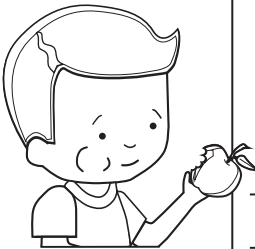



1 tennis ball-sized whole fruit or vegetable = 1 serving	1 handful of small or chopped fruits or vegetables = 1 serving	2 handfuls of leafy vegetables = 1 serving
Examples: Apple, orange, tomato, mielie 	Examples: Berries, baby carrots, chopped butternut 	Examples: lettuce, spinach, cabbage leaves 

6. Look at the meals that Sipho, John and Refilwe ate in 1 day. Use this table and the information on this worksheet as a guide to suggest what fruits and vegetables they each could have added to their meals to make sure that they were eating enough fruits and vegetables in a day. Sipho's example has been done for you.


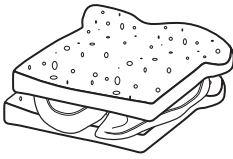
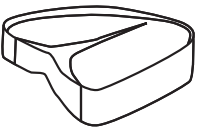
Example:

	Breakfast	Lunch	Supper
Sipho	Fried eggs	Tuna sandwich	Roast chicken
	 _____ _____	 _____ _____	 _____ _____
Possible answer	Banana (Fruit) Onion (Vegetable)	Cucumber (Fruit) Apple (Fruit)	Spinach (Vegetable)






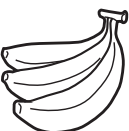




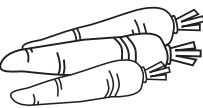

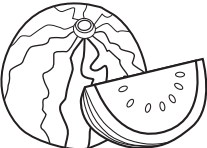




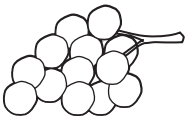


Fruits = 3
Vegetables = 2
Total = 5

	Breakfast	Lunch	Supper
John	Muesli	Meatballs	Grilled fish
	 _____ _____	 _____ _____	 _____ _____

Fruits = _____
Vegetables = _____
Total = _____

	Breakfast	Lunch	Supper
Refilwe	Yoghurt  _____ _____	Chicken sandwich  _____ _____	Steak  _____ _____

Fruits = _____
 Vegetables = _____
 Total = _____

Fruit		Vegetables	
Apple 	Orange 	Sweet potato 	Broccoli 
Strawberry 	Banana 	Pumpkin 	Spinach 
Grapefruit 	Marrows 	Baby carrots 	Cabbage 
Melon 	Tomato 	Butternut 	Lettuce 
Cucumber 	Grapes 	Beetroot 	Onion 

Protein quiz

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 protein in a healthy diet.

Eating enough protein in our diet is very important because proteins are the building blocks for healthy bones, muscles, and blood.

We should eat foods rich in protein every day, such as meat, chicken, fish, eggs, milk, yoghurt, maas, cheese, dry beans, lentils, soya and nuts, as they are important for us as we grow. Plant proteins from dry beans, lentils and soya are a healthy protein substitute as they are low in fat and high in fibre too.

Protein foods are also a source of important vitamins and minerals, such as vitamin B, iron and zinc. B vitamins help our bodies to release energy, iron is used to make red blood cells which carry oxygen around the body and zinc protects us from getting sick. Fish also have healthy fats that are important for our growth and health.

Some protein foods have unhealthy fats. Too many of these unhealthy fats in our diet can cause heart disease, so we need to eat less of them. Unhealthy fats are found in full cream milk products, the fat on meat, skin of chicken, and processed meat such as sausages, polony and boerewors. It is wise for our health to choose lean meats and skinless chicken to avoid too much unhealthy fat in our diet. Here are some suggestions about how to include enough healthy protein in your diet:

- Eating fish, eggs, low fat milk, lean meat, dry beans, lentils, soya, nuts and seeds is a healthy way to get protein.
- Add dry beans and lentils to meat dishes like stews and curries.
- Eat lean meat and cut off all visible fat before cooking.
- Add nuts or seeds to salads or eat them as a snack.
- Eat more plant-based meals and try to eat less meat.

4. Divide into 4 teams.
5. Reread the information about proteins, in your teams, and think of 10 quiz questions.
6. Your teacher will assign 2 groups to ask each other their 10 questions. Keep score to see which team answers the most questions correctly.
7. The 2 winning teams then ask each other their 20 quiz questions to see which group is the champion.

Here are some examples of quiz questions:

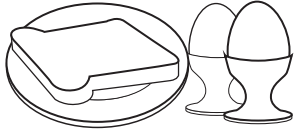

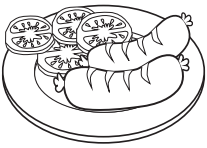



- Why do we need to remove fat from meat before we eat it?
- Which mineral found in some protein foods helps to make red blood cells?

What's wrong?

Name:

Date:

1. Look at the Build a Healthy Breakfast poster, as well as the Go Foods, Glow Foods and Grow Foods posters.
2. Read about ideas for building a healthy breakfast by combining food choices from the Go, Glow and Grow food groups.
3. Look at these 6 breakfasts:

Breakfast 1	Breakfast 2	Breakfast 3
 <p>Boiled eggs and toast</p>	 <p>Oats and berries</p>	 <p>Grilled tomato and sausages</p>
Breakfast 4	Breakfast 5	Breakfast 6
 <p>Maize meal with milk</p>	 <p>Papaya in yoghurt</p>	 <p>Banana on toast</p>

4. Each of these breakfasts is missing either a Go Food, a Glow Food or a Grow Food. Complete this table by identifying what food group is missing from each breakfast and suggesting what you could add to each breakfast to make sure that all 3 food groups are represented.

	What food group is missing?	What could be added?
Breakfast 1	_____	_____
Breakfast 2	_____	_____
Breakfast 3	_____	_____
Breakfast 4	_____	_____
Breakfast 5	_____	_____
Breakfast 6	_____	_____

ANSWERS

Breakfast 1 is missing a: Glow Food

Breakfast 2 is missing a: Grow Food

Breakfast 3 is missing a: Go Food

Breakfast 4 is missing a: Glow Food

Breakfast 5 is missing a: Go Food

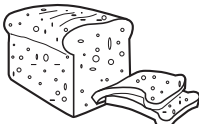

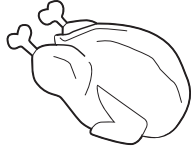




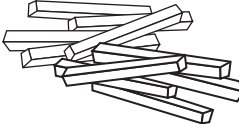










Breakfast 6 is missing a: Grow Food

I'm never too busy for health!

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. You have a busy week of after-school activities coming up. You need to make sure that you will have enough energy for all your activities.
4. Look at this table of Go Food, Glow Food and Grow Food ideas.

Go Foods	Glow Foods	Grow Foods
Wholewheat bread 	Apple 	Chicken 
Maize meal 	Tomato 	Cottage cheese 
Pasta 	Carrot sticks 	Tuna 
Crackers 	Cucumber slices 	Cold meat 
Potato 	Grapes 	Milk 
Rice 	Oranges 	Yoghurt 

5. Use the table to design 5 after-school meals or snacks, that include a Go Food, a Glow Food and a Grow Food, for each day of the school week.

	MY GO FOOD:	MY GLOW FOOD:	MY GROW FOOD:
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			