

# THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE  
SIX

*Small changes can make a big difference*

## Curriculum Links: Life Skills

Grade 6	<p><b>Personal and Social Well-being</b></p> <p><b>Term 4</b></p> <p><b>Topic 3: Health and environmental responsibility</b></p> <ul style="list-style-type: none"><li>• Food hygiene:<ul style="list-style-type: none"><li>- Safe and harmful ingredients</li><li>- Food preparation</li><li>- Food storage</li><li>- Food-borne diseases</li></ul></li></ul>
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# A balancing act

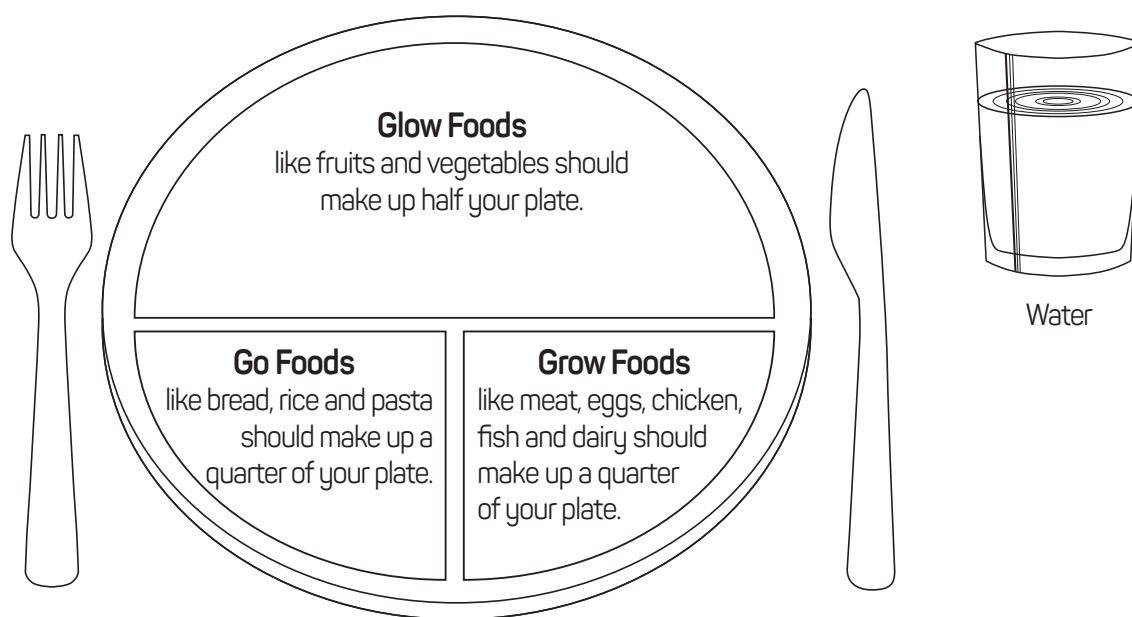
Name: .....

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. Read about what it means to eat a balanced diet:

A balanced diet is when you eat a wide variety of foods in the right proportions. Eating the right amount of food helps us to have a healthy body weight. A balanced diet needs to include Go Foods, Glow Foods and Grow Foods. Your diet is balanced when you eat food from all the food groups, in the right proportion:

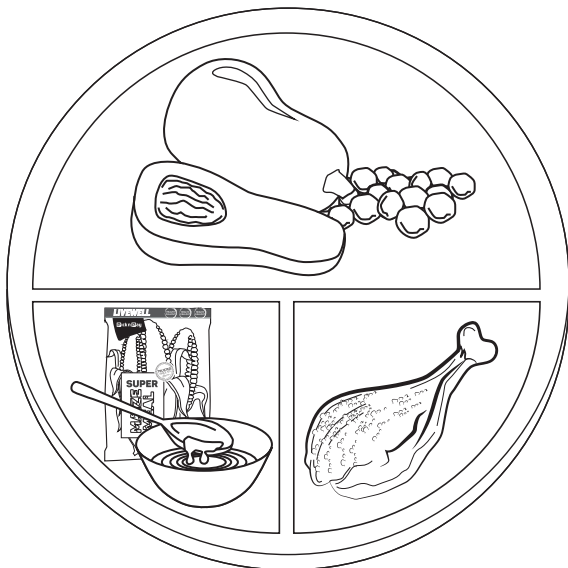
## A healthy plate of food



If we eat too much, or too little, of these food groups, then this is called an unbalanced diet. For example, if we eat too much bread and rice (Go Foods), with too little protein (Grow Foods), then our diet is unbalanced. Most importantly, if we don't eat enough vegetables or fruit then our diet is also out of balance.

It is also important to drink lots of water! School children aged 6-12 should drink around 6-8 glasses per day.

4. Look at these 2 examples of a meal. 1 meal is balanced, and 1 meal is unbalanced.

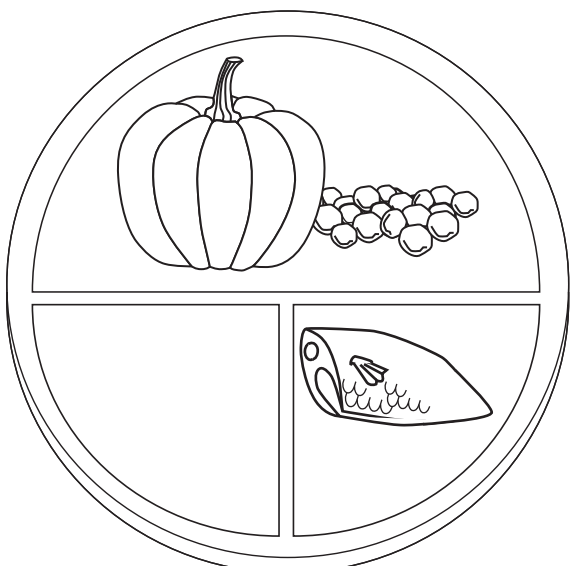


This meal is balanced. It contains:  
25% of Go Foods (maize meal),  
50% of Glow Foods (butternut/peas)  
and 25% of Grow Foods (chicken).



This meal is unbalanced. It contains  
25% of Go Foods (rice),  
25% of Glow Foods (spinach) and  
50% of Grow Foods (steak).

5. Look at these 3 meals. Each meal is unbalanced. Can you spot what is wrong with each meal and suggest a way to make each meal balanced?



### Meal 1

What is wrong with this meal?

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How can you make this meal balanced?

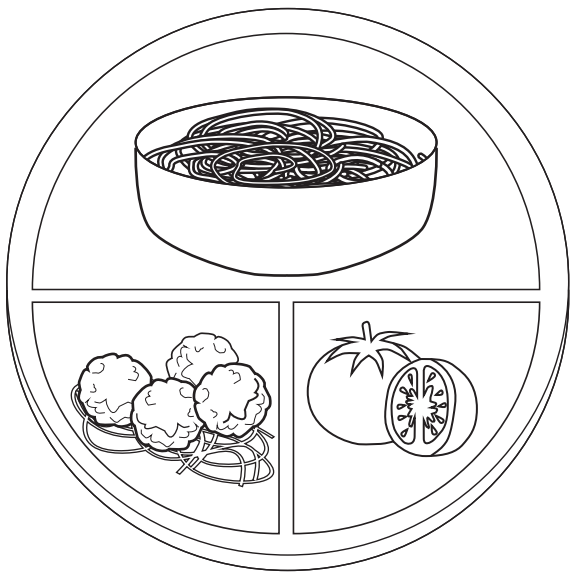
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### Meal 2

What is wrong with this meal?

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How can you make this meal balanced?

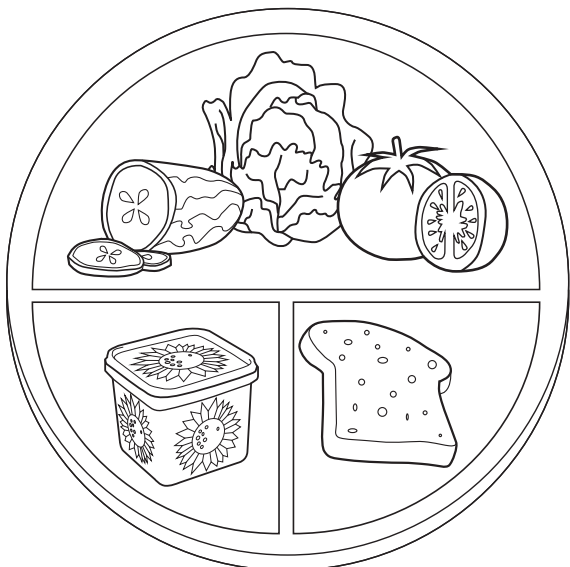
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### Meal 3

What is wrong with this meal?

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How can you make this meal balanced?

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6. Divide into pairs.
7. Create an interview between a dietitian and a parent who wants to know what a balanced diet is.
8. Choose 1 person to be the parent and the other person to be the dietitian.
9. The parent asks questions about what makes up a balanced diet, and the dietitian answers the parent's questions.
10. Swop roles and do the interview again.

#### ANSWERS

Meal 1 is missing a Go Food.  
Meal 2 has 50% Go Foods instead of 25% and 25% Glow Foods instead of 50%.  
Meal 3 has 50% Go Foods instead of 25% and no Glow Foods instead of 25%.

# Healthy rhymes

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. Look at this table about the different vitamins and minerals. Read why each one is good for you, and what foods are rich in each vitamin and mineral:

Vitamin A	Vitamin B
Vitamin A is needed for good eyesight, healthy skin and it helps protect us from getting sick.	B vitamins help with the release of energy from food and some are important for our growth.
Foods that contain vitamin A include: <ul style="list-style-type: none"> <li>• Yellow and orange vegetables like butternut and sweet potato</li> <li>• Cheese</li> <li>• Eggs</li> <li>• Fish</li> </ul>	Foods that contain vitamin B include: <ul style="list-style-type: none"> <li>• Fish</li> <li>• Meat</li> <li>• Nuts</li> <li>• Wholewheat bread</li> <li>• Green vegetables like spinach and broccoli</li> </ul>
Vitamin C	Vitamin D
Vitamin C is needed for healthy skin and gums and it helps the body to heal wounds and protects us from getting sick.	We get most of our vitamin D from sunlight. Vitamin D works with calcium to help make our bones strong.
Foods that contain vitamin C include: <ul style="list-style-type: none"> <li>• Oranges</li> <li>• Tomatoes</li> <li>• Berries</li> <li>• Broccoli</li> <li>• Peppers</li> </ul>	Foods that contain vitamin D include: <ul style="list-style-type: none"> <li>• Sardines</li> <li>• Salmon</li> <li>• Eggs</li> <li>• Liver</li> </ul>
Calcium	Iron
Calcium is important for the growth of strong bones and teeth.	The body uses iron to make our red blood cells, which carry oxygen around the body.
Foods that contain calcium include: <ul style="list-style-type: none"> <li>• Milk</li> <li>• Cheese</li> <li>• Yoghurt</li> <li>• Sardines</li> <li>• Nuts</li> </ul>	Foods that contain iron include: <ul style="list-style-type: none"> <li>• Red meat</li> <li>• Spinach</li> <li>• Cauliflower</li> <li>• Beans</li> </ul>

**4. Read these poems:**

FRUITS	CARROT
<p><b>F</b>ruits and veggies are healthy. <b>R</b>unning is healthy for your body too. <b>U</b>sually, I try to eat 5 a day. <b>I</b>t gives me energy <b>T</b>o do so many things, <b>S</b>uch as to play and learn in school.</p>	<p><b>C</b>arrots are orange, long and bright. <b>A</b>mazing. <b>R</b>eady to be shredded thin. <b>R</b>abbits also love the green tops on them. <b>O</b>h, carrots are crunchy, cold and sweet. <b>T</b>hese are my favourite snack to eat.</p>

**5. What do you notice about these poems? They are called acrostic poems.**

**An acrostic poem is a poem where the first letter of each line spells out a word.**

**6. In pairs:**

- Choose one of the foods displayed on the poster and write an acrostic poem of your own. There must be at least five letters in each poem.
- Write an acrostic poem using the word VITAMIN.

**7. Decorate your poems with pictures and create a class display wall of healthy poems.**

# Carbo loading

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 carbohydrates and why they are an important Go Food in a healthy diet:

Carbohydrates from foods are your body's main source of energy. There are two groups of foods that give us carbohydrates – complex carbohydrates (such as grains and potatoes) and simple carbohydrates (such as sugary foods, sweetened drinks, sweets, and chocolate).

Complex carbohydrates are better for us as they contain fibre and more vitamins. Fibre is healthy for us as it sweeps our tummies clean and keeps us regular. Some Go Foods which have lots of healthy fibre are wholegrain breakfast cereals, oats, wholewheat bread, samp, brown rice and wholewheat pasta.

We need to eat less simple carbohydrates as these are empty Go foods – foods that give us energy but no goodness from fibre or vitamins. Use less sugar in tea and coffee, drink less fizzy drinks and cut down on sweets, biscuits, doughnuts and cake.

## 4. Answer these questions about carbohydrates:

- a. Carbohydrates from foods are your body's main source of

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- b. What are the 2 groups of foods that give us carbohydrates?

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- c. Grains and potatoes are \_\_\_\_\_ carbohydrates.

- d. Name 3 simple carbohydrates.

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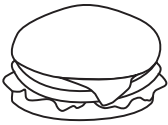
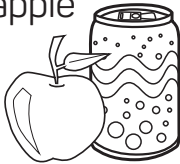

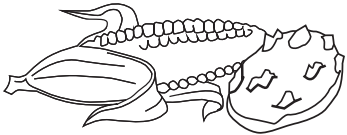


e. We need to eat less simple carbohydrates as these are \_\_\_\_\_ Go Foods.

f. Name 3 Go Foods that contain lots of healthy fibre.

g. Simple carbohydrates give us energy but no goodness from \_\_\_\_\_ or \_\_\_\_\_.

**5. Look at this table of meals. Each meal contains an unhealthy carbohydrate. For each meal, identify the unhealthy carbohydrate and suggest a healthy alternative carbohydrate to replace it with.**

Hamburger on a white bread roll 	The unhealthy carbohydrate is: _____ This could be replaced with: _____
Fizzy drink and an apple 	The unhealthy carbohydrate is: _____ This could be replaced with: _____
Lunchbox with wholewheat roll and sweets 	The unhealthy carbohydrate is: _____ This could be replaced with: _____
Mielie and a cookie 	The unhealthy carbohydrate is: _____ This could be replaced with: _____

## ANSWERS

Question 4:

a. Energy

b. Complex and simple

c. Complex

d. Sugary foods, fizzy drinks, sweets, and chocolate

e. Empty

f. Wholegrain breakfast cereals, oats, wholewheat

bread, sump, brown rice and wholewheat pasta

g. Fibre or vitamins

Question 5:

Hamburger on a white roll

Unhealthy carbohydrate = white bread roll

Fizzy drink and an apple

Unhealthy carbohydrate = fizzy drink

Lunchbox with wholewheat roll and sweets

Unhealthy carbohydrate = sweets

Mielie and a cookie

Unhealthy carbohydrate = cookie

# Food in numbers

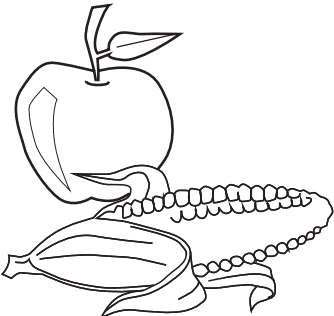
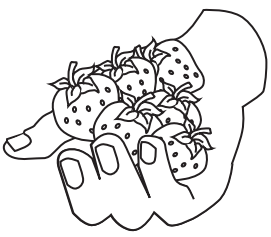
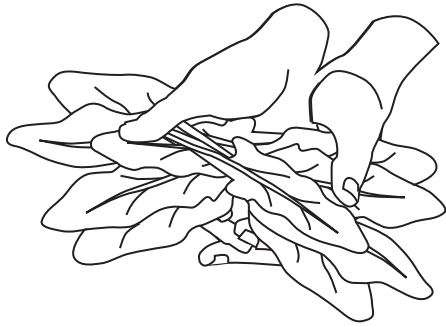
Name: .....

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. This table shows the recommended amounts of fruits and vegetables that we should eat every day:

Servings of fruits you need each day	Servings of vegetables you need each day	Total servings of fruits and vegetables you need each day
3	2	5

4. These tips show you 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
<p>Examples: Fruits: Apple, tomato Vegetables: Mielie, potato</p>	<p>Examples: Fruits: Berries, chopped cucumber Vegetables: Chopped butternut, baby carrots</p>	<p>Examples: Lettuce, spinach, cabbage leaves</p>
		

### 5. Use the above tables to solve these maths problems:

- 2 handfuls of lettuce = \_\_\_\_\_ serving(s)
- 1 handful of strawberries = \_\_\_\_\_ serving(s)
- 2 whole apples = \_\_\_\_\_ serving(s)
- 1 mielie and a handful of baby carrots = \_\_\_\_\_ serving(s)
- At lunchtime, Nomsa eats 1 baked potato with a salad that has 2 handfuls of lettuce, 1 handful of sliced cucumber and 1 tomato.  
How many servings of fruit and vegetables does Nomsa get from her lunch?  
\_\_\_\_\_

How many more servings of fruits or vegetables does Nomsa need to eat every day? \_\_\_\_\_

- Petros eats 1 peach and 1 handful of berries for breakfast.  
How many servings of fruits should Petros still eat today? \_\_\_\_\_  
How many servings of vegetables should Petros still eat today? \_\_\_\_\_
- Thandi makes 2 smoothies for her and her sister. She uses 2 large bananas, 2 apples and 2 handfuls of strawberries to make both smoothies. How many servings of fruit are there in each smoothie? \_\_\_\_\_
- Xolani ate 1 banana and 1 handful of grapes for breakfast. He ate 1 handful of chopped butternut and 1 mielie for lunch.  
How many servings of fruits has Xolani eaten today? \_\_\_\_\_  
Does he need to eat more fruit today? \_\_\_\_\_  
How many servings of fruit should Xolani still eat today? \_\_\_\_\_  
Suggest another fruit serving for Xolani to eat today. \_\_\_\_\_  
How many servings of vegetables has Xolani eaten today? \_\_\_\_\_  
Does he need to eat more vegetables today? \_\_\_\_\_

#### ANSWERS

- 1 serving
- 1 serving
- 2 servings
- 2 servings
- 4 servings
- 1 serving
- 1 serving
- 2 servings
- 3 servings per smoothie
- 2 servings of fruit
- Yes
- 1 serving of fruit
- 2 servings of vegetables
- No

# Protein please!

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 and how a lack of protein in your diet can cause you to get sick.

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. Any food that comes from animals is a good source of protein. The 5 main sources of animal protein are:

- Meat (beef/pork/lamb)
- Poultry (chicken/turkey)
- Fish (canned tuna/pilchards/sardines) and fresh or frozen fish
- Dairy products (milk/cheese/yoghurt/maas)
- Eggs

Nuts, peanut butter and legumes (which include lentils, chickpeas, baked beans and kidney beans) are also rich in protein. These are useful, cheaper alternatives to meat and chicken and are rich in fibre and other vitamins too. You can eat baked beans on toast, add lentils to vegetable curry, add beans to mince, soups and stews and add nuts to cereal and porridge.

Children in very poor communities may suffer from protein malnutrition. If they don't get enough protein in their diet, they can experience health problems. Their bodies may not grow properly, they can break their bones more easily and they don't heal quickly when they get hurt.

**4. Answer these questions:**

a. Name the 5 main sources of animal proteins:

_____	_____	_____
_____	_____	

b. Give 3 examples of legumes:

_____	_____	_____
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c. Name 3 ways that you can eat more legumes in your diet:

_____
_____
_____

**5. Look at these cartoons. Each cartoon describes a situation where a person is not getting enough protein in their diet. In the last block of each cartoon, draw yourself talking to the person, giving them advice on how to make sure that they get enough protein in their diet.**

<p>What's wrong, Thabo?</p>	<p>I know that we must eat protein, but we haven't got enough money for meat for supper!</p>	<p>What advice would you give Thabo?</p>
<p>Hi Lesedi. I heard that you are now a vegetarian.</p>	<p>Yes I am, but I'm not sure what to eat instead of meat!</p>	<p>What advice would you give Lesedi?</p>
<p>Nandi, please use these lentils to make supper.</p>	<p>I don't know what to make with lentils!</p>	<p>What advice would you give Nandi?</p>

	<p><b>ANSWERS</b></p> <p>Question 4:</p> <p>a. Meat Poultry Fish Dairy products Eggs</p> <p>b. Lentils Chickpeas Baked beans Kidney beans</p> <p>c. Baked beans on toast Adding lentils to curry Adding beans to mince</p>
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# Quick and healthy

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. Read about the importance of eating a healthy breakfast:

Breakfast is often called 'the most important meal of the day'. The word 'breakfast' comes from 2 words: break and fast. When you wake up in the morning, you probably haven't eaten for 8 to 10 hours, and eating breakfast breaks the overnight fasting period. Breakfast restores energy and nutrients in your body. There are many health benefits to eating a healthy breakfast. It improves your energy levels for the day ahead, helps you to concentrate and helps you to manage your weight. Learners who eat a healthy breakfast regularly perform better at school than those who skip breakfast.

If you find that you haven't got time to eat breakfast in the morning, try these ideas to give you more time to eat a healthy breakfast:

- Set your alarm for 10 to 15 minutes earlier than usual to give you time to eat breakfast.
- Don't waste time in the morning checking your phone or scrolling social media. Use this time to eat breakfast instead.
- Pack your school bag the night before, and get ready for the next day, to give you time in the morning to eat breakfast.

Here are some foods that are quick and easy to prepare for a quick 'breakfast on the go':

- Fresh fruit and a small tub of yoghurt
- A yoghurt smoothie
- Veggie sticks with cottage cheese
- Oats made with milk and raisins
- Muesli soaked overnight in yoghurt

4. Look at this table of Go Foods, Glow Foods and Grow Foods that you can use to make a quick and healthy breakfast:

Go Foods	Glow Foods	Grow Foods
Wholewheat bread 	Apple 	Milk 
Bran flakes 	Tomato 	Yoghurt 
Crackers 	Carrot sticks 	Soft-boiled egg 
Muesli 	Strawberries 	Cottage cheese 
Avocado 	Banana 	Cheese 
Quick-cooking oats 	Oranges 	Baked beans 



5. Use the table to create 3 quick and healthy breakfasts that include a Go Food, a Glow Food and a Grow Food to prepare when you are late for school and are tempted to skip breakfast.

	Go Food	Glow Food	Grow Food
Quick Breakfast 1	<hr/>	<hr/>	<hr/>
Quick Breakfast 2	<hr/>	<hr/>	<hr/>
Quick Breakfast 3	<hr/>	<hr/>	<hr/>

# Power survey

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. Split into pairs.
4. Take turns to interview each other by asking the following questions.  
Write down your partner's answers in the space provided.

a. What do you usually eat for breakfast?	<hr/> <hr/> <hr/>
b. Do you ever skip breakfast? How often? Why?	<hr/> <hr/> <hr/>
c. What are your 3 favourite fruits?	<hr/> <hr/> <hr/>
d. How many fruits do you usually eat in one day?	<hr/> <hr/> <hr/>
e. What are your 3 favourite vegetables?	<hr/> <hr/> <hr/>
f. How many vegetables do you usually eat in one day?	<hr/> <hr/> <hr/>
g. How much physical activity do you do every day?	<hr/> <hr/> <hr/>

h. How many glasses of water do you drink in one day?	_____ _____ _____
i. How often do you drink fizzy cold drinks?	_____ _____ _____
j. How much butter and cream do you usually eat? Do you use plant fats such as oil and avocado?	_____ _____ _____ _____
k. Do you think that you eat enough healthy Go Foods like wholewheat bread or brown rice?	_____ _____ _____
l. How many times in a day do you eat animal-based Grow Foods like meat, chicken, fish, milk or eggs?	_____ _____ _____
m. How many times a day do you eat plant-based Grow Foods like beans, legumes or peas?	_____ _____ _____

- 5. Carefully re-read the Go Foods, Glow Foods and Grow Foods posters.**
- 6. With your partner, take turns to discuss how you could each improve your eating habits, and your physical activity.**
- 7. Use the information from your discussion, as well as the information that you have learned in the previous worksheets, to write a report on your findings about your eating habits and what you will do to improve your diet.**
- 8. Check in with your partner and help each other to reach your goals!**