

# THE PICK N PAY LIVEWELL *Healthy Living* WORKSHEETS

GRADE  
SEVEN

*Small changes can make a big difference*

## Curriculum Links: Life Orientation

Grade 7	<p><b>Topic: Development of the self in society</b></p> <p><b>Term 4</b></p> <ul style="list-style-type: none"><li>• Concepts: personal diet and nutrition<ul style="list-style-type: none"><li>- Factors that influence choice of personal diet: ecological, social, economic, cultural and political</li><li>- Ways to improve nutritional value of own personal diet: a plan for healthy eating habits</li></ul></li></ul>
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# Fast 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. Read about fast foods and junk foods:

The term junk food describes unhealthy foods which have poor nutritional value and too much of less healthy ingredients such as bad fats, sugar and/or salt. Savoury snacks such as potato crisps, sweets, chocolate and fizzy cold drinks are called junk foods.

Eating small amounts of sugar – up to 6 teaspoons a day – should not be an issue for your health. However, when you think that some 500ml bottles of fizzy cold drink can have up to 7 teaspoons of sugar, that's simply way too much in one go!

Here are some ways to limit the amount of added sugars in your diet:

- Drink water instead of fizzy cold drinks.
- Avoid energy or sports drinks unless you are playing sport.
- Limit sweets, chocolate, muffins and cookies to special occasions.
- Healthier snacks include peanuts and raisins, dried fruit, trail mixes, date balls and baked pretzels.

Fast foods are usually foods made for quick service – otherwise known as take-aways. Many fast foods, including burgers, pizzas, fried chicken and chips, tend to be high in calories, fat, sugar and/or salt. They may be tasty and convenient, but if you eat them frequently it is not good for your health.

Here are some tips for ordering healthier fast food:

- Stick to outlets that serve grilled fish and chicken.
- Choose to have a green salad, coleslaw, corn on the cob or spicy rice instead of chips.
- Sushi is a healthier option.
- At a Chinese take-away, order stir-fries with meats and vegetables.
- Avoid ordering double-size, especially burgers and pizzas.

4. Divide into groups.
5. In your groups, re-read the information about fast foods.
6. Use what you have read to design a menu, containing 4 healthy snacks that you could sell at a 'healthy snack bar'. Each snack should contain a Go Food, a Glow Food and a Grow Food.
7. Think of a clever name to call each snack on your menu.
8. For each menu item, write down what ingredients you would use for your healthy snack.

<b>Healthy Snack 1:</b> <hr/>		<b>Healthy Snack 2:</b> <hr/>	
Ingredients:		Ingredients:	
Go Food		Go Food	
Glow Food		Glow Food	
Grow Food		Grow Food	
<b>Healthy Snack 3:</b> <hr/>		<b>Healthy Snack 4:</b> <hr/>	
Ingredients:		Ingredients:	
Go Food		Go Food	
Glow Food		Glow Food	
Grow Food		Grow Food	

9. Compare your menu ideas with other groups.
10. Vote for the top 5 'healthy snack bar' menu items.



# Vital 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. 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. Answer these questions about vitamins and minerals:**

- a. Sardines are a rich source of which vitamins and minerals?

_____	_____	_____
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- b. Broccoli is a rich source of which vitamins?

_____	_____
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- c. Red meat is a rich source of which vitamin and which mineral?

_____	_____
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- d. Which vitamin helps our bones to stay strong and healthy?

_____
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- e. Which vitamin is important for eyesight, healthy skin and keeping our immune system strong? \_\_\_\_\_.

- f. B vitamins help with the release of \_\_\_\_\_ from food and some are important for our \_\_\_\_\_.

- g. The body uses \_\_\_\_\_ to make our red blood cells which carry \_\_\_\_\_ around our body.

- h. Vitamin C is needed for healthy \_\_\_\_\_ and \_\_\_\_\_ and it helps the body to heal \_\_\_\_\_.

- i. Calcium is important for the growth of strong \_\_\_\_\_ and \_\_\_\_\_.

5. Choose one of the vitamins or minerals from the poster, and do a research project on it. Follow these steps to complete your project.

- Name of the vitamin or mineral
- Function of the vitamin or mineral in the body
- Food sources (3-5)
- Photo(s) of excellent food sources
- What happens to your body if you lack this vitamin or mineral?
- Imagine you are a doctor/dietitian treating a person who lacks this vitamin or mineral. What advice would you give them?

6. Present your project to your class in a 2-minute speech.

## ANSWERS

Question 4:

a. Vitamin B  
b. Vitamin B  
c. Vitamin B  
d. Vitamin D  
e. Vitamin A

f. Iron

f. B vitamins help with the release of energy from food and some are important for our growth.  
g. The body uses iron to make our red blood cells which carry oxygen around our body.  
h. Vitamin C is needed for healthy skin and gums and it helps the body to heal wounds.  
i. Calcium is important for the growth of strong bones and teeth.

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# Choosing the right energy bar

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 Food Nutrition labels:

Some food labels provide details about the nutrition information for the food.

This nutrition label contains information about the energy content and the amount of fat, protein, carbohydrates and other nutrients.

This information is helpful when we want to know what nutrients the food provides us with. We need to eat more of some nutrients, such as protein, fibre and calcium, while there are other nutrients that we need to eat less of, such as sugar and sodium.

Look at these two examples of food nutrition labels for tubs of peanut butter:

## Example 1:

TYPICAL NUTRITIONAL INFORMATION		
	Per 100 grams	Per 1 Tablespoon serving of 15 grams
Energy	2 400 kJ	360 kJ
Protein	20 g	3 g
Carbohydrate	28 g	4 g
of which total sugar	14 g	2 g
Total fat	46 g	7 g
of which saturated fat	7 g	1 g
Dietary fibre	7 g	1 g
Total Sodium	300 mg	45 mg

This label provides information per 100g as well as per serving which is 1 tablespoon of peanut butter.

The peanut butter (in Example 1) contains 14 grams of sugar and 300 milligrams of sodium in 100g.

Example 2 is the same brand of peanut butter, but this peanut butter has not had any salt and sugar added to it. Look at how much less sugar and sodium is in this healthier peanut butter – sugar is 3.5g and sodium is only 14mg.

### Example 2:

TYPICAL NUTRITIONAL INFORMATION		
	Per 100 grams	Per 1 Tablespoon serving of 15 grams
Energy	2 800 kJ	400 kJ
Protein	28 g	4 g
Carbohydrate	28 g	4 g
of which total sugar	3.5 g	0.5 g
Total fat	63 g	9 g
of which saturated fat	14 g	2 g
Dietary fibre	7 g	1 g
Total Sodium	14 mg	2 mg

The nutrition information helps us to compare products. We do this by comparing the information in the column labelled 'Per 100 grams'.

In this case, it is the sugar and sodium content that need to be compared, so we can make a decision on which product will be healthier for our diet.

### 4. Imagine that you are at the shop to buy an energy bar. The shop has 2 kinds of energy bars:

Energy Bar 1 is a 50-gram energy bar

Energy Bar 2 is a 20-gram energy bar

You want to choose the healthier of the 2 energy bars. Because the 2 energy bars are not the same size, the only way to compare their nutritional value is to look at the 'Per 100 grams' column on both bars.

5. Calculate the nutritional information for both bars Per 100 grams.  
(The first two answers for each of the bars have been completed for you.)

### Energy Bar 1:

TYPICAL NUTRITIONAL INFORMATION		
	Per 100 grams	Per 50 gram serving
Energy	___ 2 000 ___ kJ	1 000 kJ
Protein	___ 10 ___ g	5 g
Carbohydrate	_____ g	30 g
of which total sugar	_____ g	5 g
Total fat	_____ g	10 g
of which saturated fat	_____ g	5 g
Dietary fibre	_____ g	5 g
Total Sodium	_____ mg	15 mg

### Energy Bar 2:

TYPICAL NUTRITIONAL INFORMATION		
	Per 100 grams	Per 20 gram serving
Energy	___ 2 000 ___ kJ	400 kJ
Protein	___ 10 ___ g	2 g
Carbohydrate	_____ g	10 g
of which total sugar	_____ g	3 g
Total fat	_____ g	6 g
of which saturated fat	_____ g	4 g
Dietary fibre	_____ g	2 g
Total Sodium	_____ mg	7 mg

6. Now that you know the nutritional information PER 100 GRAMS for both energy bars, you can easily compare their nutritional values.
7. Re-read the information about sugars, saturated fats and sodium. Which energy bar is the healthier choice? \_\_\_\_\_
8. Give your reasons for selecting this energy bar.

\_\_\_\_\_

\_\_\_\_\_

**ANSWERS**

**Energy Bar 1:**

Per 100 grams		Per 50 gram serving
Energy	2 000 kJ	1 000 kJ
Protein	10 g	5 g
Carbohydrate	60 g	30 g
of which total sugar	10 g	5 g
Total fat	20 g	10 g
of which saturated fat	10 g	5 g
Dietary fibre	10 g	5 g
Total Sodium	30 mg	15 mg

**Energy Bar 2:**

Per 100 grams		Per 20 gram serving
Energy	2 000 kJ	400 kJ
Protein	10 g	2 g
Carbohydrate	50 g	10 g
of which total sugar	15 g	3 g
Total fat	30 g	6 g
of which saturated fat	20 g	4 g
Dietary fibre	10 g	2 g
Total Sodium	35 mg	7 mg

6. Energy Bar 1  
7. The sugar, saturated fat and sodium contents in Energy Bar 1 are all lower than the same contents in Energy Bar 2.

# Superfoods






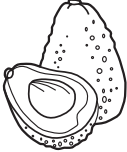
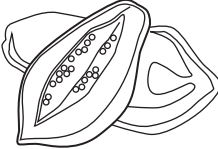


Name: .....

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. Read about superfoods:

There are a few foods that are recognised for the important nutrients they contain. These foods are known as superfoods and they can improve any healthy eating plan. However, remember there is no single food – not even a superfood – that can offer all the nutrition, health benefits, and energy we need to nourish ourselves. Scientists recommend that a healthy diet should combine healthy choices from a variety of food groups.

The following vegetables and fruits are superfoods as they have more disease-fighting nutrients, called anti-oxidants:

Broccoli	Cauliflower	Spinach and Kale
		
Carrots	Sweet potato	Avocado
		
Papaya	Mango	Berries
		

4. Design a Glow Foods breakfast, lunch and supper that each contain 3 superfoods.

My Superfood Breakfast	<hr/> <hr/> <hr/> <hr/> <hr/>
My Superfood Lunch	<hr/> <hr/> <hr/> <hr/> <hr/>
My Superfood Supper	<hr/> <hr/> <hr/> <hr/> <hr/>

5. Combine all your meals to compile a class Superfoods Cookbook.

# Vegans and plant-based proteins

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 vegans and plant-based proteins.

While many people think of animal foods when they think of protein, plants actually provide approximately 65% of the world's supply of edible protein.

For people who are vegetarian and choose not to eat animal products, good sources of plant protein include legumes (e.g. lentils, chickpeas and dried or canned beans), soy foods (such as soya mince, tofu and soya milk), nuts and seeds and even some grains (such as quinoa).

There are many different kinds of vegetarians depending on whether they choose to include fish, milk and eggs. Vegans are stricter vegetarians who don't eat any animal products, eggs or dairy and, in some cases, even exclude honey.

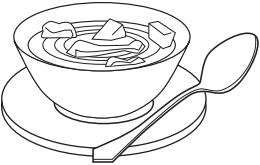
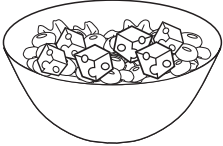

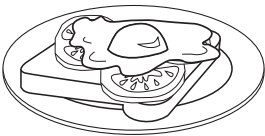
There are many plant-based foods which are suitable for the vegan diet, including foods that even resemble meat. Dairy milk can be substituted with plant-based alternatives such as soya milk, almond milk and even oat milk.



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**Pick n Pay****Pick n Pay**   
School Club

4. Look at this table of 4 meals. Each meal contains at least one ingredient that vegans cannot eat. Identify the ingredient/s that vegans cannot eat in each meal.
5. Suggest appropriate plant-based protein alternative/s that could be added to each meal.

<p>Stew with carrots, potato and chicken</p> 	<p>Non-vegan ingredient/s:</p> <p>_____</p> <p>This could be replaced with:</p> <p>_____</p>
<p>Bean and cheese salad</p> 	<p>Non-vegan ingredient/s:</p> <p>_____</p> <p>This could be replaced with:</p> <p>_____</p>
<p>Smoothie with milk, berries and yoghurt</p> 	<p>Non-vegan ingredient/s:</p> <p>_____</p> <p>This could be replaced with:</p> <p>_____</p>
<p>Fried egg and grilled tomato</p> 	<p>Non-vegan ingredient/s:</p> <p>_____</p> <p>This could be replaced with:</p> <p>_____</p>



6. At home, experiment by replacing a non-vegan ingredient in a meal with a vegan alternative.

7. Write a report on your meal that answers these questions:

- What meat-based protein did you replace? \_\_\_\_\_
- What plant-based protein did you replace it with? \_\_\_\_\_
- How did it taste? \_\_\_\_\_
- Would you try eating more plant-based foods in your diet as alternatives to meat-based proteins? Why/Why not?

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Non-vegan ingredient/s: Fried egg	 Fried egg and grilled tomato
Non-vegan ingredient/s: Milk, Yoghurt	 Smoothie with milk, berries and yoghurt
Non-vegan ingredient/s: Cheese	 Bean and cheese salad
Non-vegan ingredient/s: Chicken	 Stew with carrots, potato and chicken

ANSWERS

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# Breakfast of champions

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. Children and adolescents who eat a healthy breakfast regularly perform better at school than those who skip breakfast.

4. Look at this simple recipe for a healthy breakfast that contains Go Foods, Glow Foods and Grow Foods:

## Bacon, spinach and tomato omelette on wholewheat toast (4 people)

### Ingredients:

- 6 pieces of bacon, cut into small squares
- 2 servings of chopped spinach
- 2 chopped tomatoes
- 4 whole eggs
- ½ cup milk
- 1 pinch salt
- ½ cup of grated cheddar cheese
- 4 slices of wholewheat bread
- Margarine

**Process**

- Cook the bacon in a frying pan over medium heat until slightly browned.
- Add the spinach and tomatoes to the bacon.
- Continue cooking for 5 minutes on medium heat and then remove.
- Whisk the eggs, milk and salt.
- Cook the egg mix in a frying pan until the bottom side is set.
- Flip the eggs over and repeat until set.
- Toast the wholewheat bread and add a thin layer of margarine.
- Place the bacon, spinach and tomato mix on 1 half of the eggs.
- Sprinkle the grated cheese over the mix.
- Fold the other half of the eggs over the mix.
- Cut the omelette into 4 pieces.
- Place the omelette on the wholewheat toast.
- Serve.

**5. Which foods in this recipe are Go Foods, Glow Foods or Grow Foods?**

Write your answers in this table.

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

6. In pairs, create your own healthy breakfast recipe that contains Go, Glow and Grow Foods. Remember to include all your ingredients and to write a step-by-step process for preparing your breakfast.

Ingredients:

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Process:

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7. Share your recipes with your class and let your classmates check that your breakfast includes Go, Glow and Grow Foods.

Go Foods	Glow Foods	Grow Foods
Wholewheat bread Margarine	Spinach Tomatoes	Bacon Eggs Milk Cheese

ANSWER:

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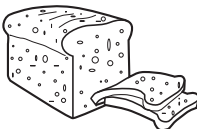

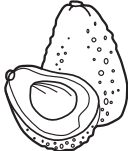


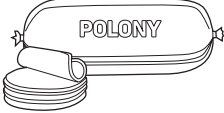
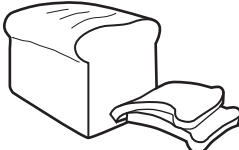



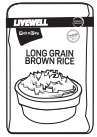

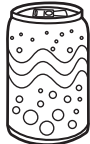
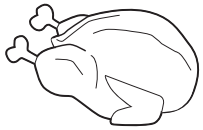


# A healthy food basket

Name: .....

Date: .....

1. Look at the Build Your Own Lunchbox poster, as well as the Go Foods, Glow Foods and Grow Foods posters.
2. See how a healthy meal contains Go Foods, Glow Foods and Grow Foods.
3. You have been asked to go grocery shopping to prepare breakfast, lunch and supper for your family. Look at this table of items available at the grocery store:

Eggs 	Choc chip cookies 	Lettuce 	Tuna 
Low-fat milk 	Lentils 	Wholewheat bread 	Broccoli 
Avocados 	Tomatoes 	Wholewheat pasta 	Polony 
White bread 	Sugar coated cereal 	Spinach 	Apples 
Brown rice 	Sweet potatoes 	Fizzy cold drink 	Chicken 

4. Re-read all the posters.

5. Select healthy Go Food, Glow Food and Grow Food items from the table above that you would buy to feed your family. Write down your menu for breakfast, lunch and supper here:

(Remember to include 3 servings of fruits and 2 servings of vegetables per day.)

	Go Foods	Glow Foods	Grow Foods
Breakfast	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Lunch	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Supper	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

6. Are there any food items on the table that you avoided selecting? Write down these items and explain why you avoided selecting these foods:

I avoided	I avoided this food because...
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>