

# Educator Workbook

CAPS-aligned

## Grade 7

Educating future  
leaders through  
fostering good  
nutritional habits

Life Skills



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# Section A

## Introduction

### Foreword

The Pick n Pay Technical Educator Workbook for Grade 1-7 learners has been developed to cover some of the requirements in the Life Skills, Mathematics, Natural Sciences and Technology, Life Orientation and English Home Language curriculum that relate to nutrition. The grade-specific learner activities in the workbook are based on the CAPS curriculum that was introduced in 2012. The educator workbook will direct you with lesson plans based around the learner activities.

The learner activities can be used in the classroom to supplement what you are already doing as part of the CAPS curriculum. The focus of these learner activities is to educate learners about healthy living and making the right food choices. The lesson plans in the educator workbook help you to implement each lesson successfully.

**Here is a quick overview of the CAPS-aligned content that you will find in this workbook:**

#### **Grade 7**

Life Orientation Term 4: Prevent diabetes

Life Orientation Term 4: Prevent obesity

## Background and Context

Pick n Pay School Club is celebrating its 16th year of providing much-needed educational material, which now reaches 105,875 teachers and 2.26 million learners across South Africa.

The Pick n Pay Technical learning programme is aligned to the CAPS curriculum, which adheres to the standards set by the Department of Education.

The material is designed to facilitate the learning process and culminates in the assessment of competency levels according to the standards set for each specific grade. The educator is supported by way of research and learning content that is presented clearly and is easy to implement in the classroom.

### Acronyms

CAPS: Curriculum and Assessment Policy Statement

GET: General Education and Training

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# Section B Senior Phase Grade 7

<b>Name of Learner Activities</b> Learner Activity 1: Prevent diabetes Learner Activity 2: Prevent obesity		<b>Time:</b> 1.5+ hours per lesson
<b>Grade 7</b>		<b>Subject:</b> Life Orientation: Term 4
<b>Curriculum Standards (CAPS):</b> Senior Phase: Life Orientation: Term 4. Health, social and environmental responsibility: Common diseases. • Diabetes, obesity, heart disease		
<b>Objectives</b>		
The learners will: <ul style="list-style-type: none"> <li>• Read information about preventing Type 2 Diabetes</li> <li>• Research, create and present a group poster presentation about preventing Type 2 Diabetes, answering set questions</li> <li>• Read information about obesity and how to prevent it</li> <li>• Explore how to interpret food labels and make healthy choices</li> <li>• Research, create and present a group poster presentation about preventing obesity, answering set questions</li> </ul>		
<b>Content</b>	<b>Skills</b>	<b>Values</b>
<p><b>Learner Activity 1: Prevent diabetes</b> Type 2 Diabetes; insulin resistance; causes of Type 2 Diabetes; statistics and facts of Type 2 Diabetes in South Africa; The South African Food Guide; World Diabetes Day; healthy choices.</p> <p><b>Learner Activity 2: Prevent obesity</b> Obesity; body mass index; causes of obesity; food labels; The South African Food Guide; the role of exercise; Healthy Lifestyle Month in South Africa.</p>	<p><b>Learner Activity 1: Prevent diabetes</b> Define Type 2 Diabetes; explain how insulin resistance occurs; isolate the causes of Type 2 Diabetes; examine the statistics for Type 2 Diabetes; plan a daily diet using The South African Food Guide; discuss World Diabetes Day; create healthy choices for eating and exercise.</p> <p><b>Learner Activity 2: Prevent obesity</b> Discuss obesity and what it is; work out how to calculate your body mass index; consider the causes of obesity; analyse a food label and make healthy choices; plan a day of healthy eating according to The South African Food Guide; find tips on getting enough exercise; find out about Healthy Lifestyle Month in South Africa.</p>	<p><b>Learner Activity 1: Prevent diabetes</b> We need to find out about diseases that can be diet-related such as Type 2 Diabetes and make changes in our own eating and lifestyle habits to prevent getting diabetes.</p> <p><b>Learner Activity 2: Prevent obesity</b> We need to improve our lifestyle and eating habits to avoid obesity.</p>
<b>Resources needed</b>		
<p><b>Learner Activity 1: Prevent diabetes</b> Worksheet resources; Life Orientation workbooks; a ruler; an eraser; pens; khaki pens; The South African Food Guide at <a href="http://bit.ly/2TyUnsW">http://bit.ly/2TyUnsW</a>; a visual of The South African Food Guide food groups; World Diabetes Day: <a href="http://bit.ly/2H5lo5O">http://bit.ly/2H5lo5O</a>; YouTube video 'Understanding Type 2 Diabetes': <a href="http://bit.ly/2H3vCUo">http://bit.ly/2H3vCUo</a>; image of the pancreas found on the website 'Pancreas: Function, Location &amp; Diseases': <a href="http://bit.ly/2HimM5l">http://bit.ly/2HimM5l</a>; teacher laptop with Internet access; resources mentioned under 'Teacher preparation before starting'; A4 blank paper for the poster presentations; copies of the worksheet.</p>		

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<p><b>Learner Activity 2: Prevent obesity</b></p> <p>Worksheet resources; Life Orientation workbooks; a ruler; an eraser; pens; crayons; teacher laptop with Internet access; The South African Food Guide: <a href="http://bit.ly/2TyUnsW">http://bit.ly/2TyUnsW</a>; a visual of The South African Food Guide food groups; A4 blank paper for the poster presentations; resources mentioned under 'Teacher preparation before starting'; Healthy Lifestyle Month in South Africa: <a href="http://bit.ly/2H2cTbC">http://bit.ly/2H2cTbC</a>; YouTube video 'How to prevent childhood obesity': <a href="http://bit.ly/2RHu2LQ">http://bit.ly/2RHu2LQ</a>; copies of the worksheet.</p>
<p><b>Teacher preparation before starting</b></p>
<ol style="list-style-type: none"> <li>1. Look through the worksheets and the lesson plan and familiarise yourself with content for the two lessons.</li> <li>2. Collect the resources needed before the lesson.</li> <li>3. Print sufficient worksheet activities.</li> <li>4. Look through the following articles on Type 2 Diabetes for the learners' poster presentation activity, and if the learners don't have Internet access, print them for the poster presentation task.             <ol style="list-style-type: none"> <li>a) What exactly is Type 2 Diabetes and how does it damage the body? Type 2 Diabetes: What is it?: <a href="http://bit.ly/2H7Vz4Y">http://bit.ly/2H7Vz4Y</a> How Type 2 Diabetes can damage your body: <a href="http://bit.ly/2H6TBID">http://bit.ly/2H6TBID</a></li> <li>b) How can you personally start eating healthily to avoid Type 2 Diabetes? South African Food Guide: <a href="http://bit.ly/2TyUnsW">http://bit.ly/2TyUnsW</a></li> <li>c) What are the statistics for Type 2 Diabetes in South Africa? Prevalence of diabetes in South Africa: <a href="http://bit.ly/2RMTkbG">http://bit.ly/2RMTkbG</a></li> <li>d) Find out about World Diabetes Day. World Diabetes Day: <a href="http://bit.ly/2H5lo50">http://bit.ly/2H5lo50</a></li> </ol> </li> <li>5. Prepare to review important vocabulary for the obesity prevention lesson with the learners such as: insulin, pancreas, lifestyle, food groups, nutrition labels.</li> <li>6. Look through the following articles on obesity prevention for the learners' poster presentation activity, and if the learners don't have Internet access, print them for the task.             <ol style="list-style-type: none"> <li>a) What is obesity and what causes it: <a href="http://bit.ly/2RGe98x">http://bit.ly/2RGe98x</a></li> <li>b) BMI calculator: <a href="http://bit.ly/2Hfph8u">http://bit.ly/2Hfph8u</a></li> <li>c) South African Food Guide: <a href="http://bit.ly/2TyUnsW">http://bit.ly/2TyUnsW</a></li> <li>d) How to understand food labels in South Africa: <a href="http://bit.ly/2RIAkef">http://bit.ly/2RIAkef</a></li> <li>e) Healthy Lifestyle Month: <a href="http://bit.ly/2H2cTbC">http://bit.ly/2H2cTbC</a></li> </ol> </li> </ol>
<p><b>Teaching the Learner Activities</b></p>
<p><b>Learner Activity 1: Prevent diabetes</b></p> <p>The goal of this lesson is for the learners to find out about diseases that can be diet-related such as Type 2 Diabetes and make changes in their own eating and lifestyle habits to prevent getting diabetes.</p> <ol style="list-style-type: none"> <li>a) Introduce the lesson to the whole class. Start by talking about Type 2 Diabetes and what it is. Show the class the YouTube video: 'Understanding Type 2 Diabetes': <a href="http://bit.ly/2H3vCUo">http://bit.ly/2H3vCUo</a> so that they get an understanding of the process. You could display an image of the pancreas found on the website 'Pancreas: Function, Location &amp; Diseases': <a href="http://bit.ly/2HimM5l">http://bit.ly/2HimM5l</a> to consolidate the information about how Type 2 Diabetes occurs.</li> <li>b) Also mention World Diabetes Day. This takes place on 14 November. The theme for 2018 and 2019 is 'The Family and Diabetes'. Diabetes is a chronic condition, which can be managed with the right treatment plan. It results in the body failing to properly use and store glucose. Glucose is the fuel that feeds your body's cells. Type 2 Diabetes contributing factors are being overweight and not getting enough exercise. Our more inactive lifestyles, and unhealthy diets, including high sugar intake, are problematic to our health. We need to make sure that we get enough exercise and keep the sugar intake in our diet low. The World Health Organisation estimates that by 2035, almost 600 million people in the world will have diabetes. Type 2 Diabetes is becoming a big problem in South Africa. Find out more about World Diabetes Day: <a href="http://bit.ly/2H5lo50">http://bit.ly/2H5lo50</a></li> <li>c) Introduce the terminology relating to this lesson: insulin, pancreas, lifestyle, food groups, and explain the meanings of the words.</li> <li>d) Mention The South African Food Guide which is a healthy eating plan for South Africans found at: <a href="http://bit.ly/2TyUnsW">http://bit.ly/2TyUnsW</a>. Try to have a copy of their food group visual guide to the food groups on your laptop to show the class.</li> </ol>

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Complete the worksheet

- At this point you will have covered, in the discussion, most of what is on the worksheet reading. Hand out the worksheets and let the class read and discuss the information in groups.
- The learners then prepare, in groups, for their poster presentation on preventing Type 2 Diabetes. If the class has Internet access you can let them research the suggested websites mentioned under 'Teacher preparation before starting' on the previous page. If not, you could print copies of the different website articles for them to use.
- The learners present their poster presentations to the rest of the class.

#### Learner Activity 2: Prevent obesity

The goal of this lesson is to get the learners to work at improving their lifestyle and eating habits to avoid obesity.

- Introduce the lesson as a whole-class lesson. Find out how much the learners know about obesity and what it is. Is it a problem in South Africa? Is it dangerous? Is it a disease? Discuss with your learners the Healthy Lifestyle Month in South Africa: <http://bit.ly/2H2cTbC>, which takes place in February each year. It is a month in the health calendar that highlights the importance of healthy living, through regular physical activity and healthy eating. The body needs a minimum amount of vitamins and minerals each day to remain healthy and function properly and it is important to know how to get the right nutrients from food.
- Revise some of the terminology with the learners: insulin, pancreas, lifestyle, food groups, nutrition labels.
- Discuss how to calculate one's own Body Mass Index. A quick way is by using the BMI calculator: <http://bit.ly/2Hfph8u>
- Mention the importance of The South African Food Guide which is a healthy eating plan for South Africans found at: <http://bit.ly/2TyUnsW>. Try to have a copy of their visual guide to the food groups on your laptop to show the class.
- Find out which learners read food labels when they go shopping. Explain the importance of these and how to analyse a food label.
- Watch the YouTube video together: 'How to prevent childhood obesity': <http://bit.ly/2RHu2LQ>

Complete the worksheet

- Hand out the worksheets.
- At this point you will have covered, in the discussion, most of what is on the worksheet reading. Open the worksheet and let the class read and discuss the information in groups. Once they have finished their reading, go through 'Reading a nutrition label' again to consolidate this important lifestyle habit. Review sodium, sugar, the different fats and carbohydrates – and explain their importance. Discuss healthy substitutes for carb-heavy or fatty foods.
- The learners then prepare, in groups, for their poster presentation on preventing obesity. If the class has Internet access you can let them research the suggested websites mentioned under 'Teacher preparation before starting' on the previous page. If not, you could print copies of the different website articles for them to use.
- The learners present their poster presentations to the rest of the class.

#### Assessment

Refer to the Resource Section for the Assessment Rubric.

#### Teacher reflection

Is there anything you would do differently if you taught this unit again?

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## *Prevent diabetes*

Name:..... Date:.....

1. Read through this information in a group.

How much do you know about diabetes? Some people say South Africa is going through a diabetes tsunami. Diabetes is on the rise. Let's talk about what it is.

### **What is diabetes?**

There are two main types of diabetes, known as "Type 1 Diabetes" and "Type 2 Diabetes". Type 2 Diabetes is the most common type of diabetes. It is the one we must worry about. Of all the people with diabetes, 90% have Type 2 Diabetes. What happens in Type 2 Diabetes? Your pancreas makes a hormone called insulin. Insulin lets your cells turn glucose from the food you eat into energy. But when you have Type 2 Diabetes, the pancreas either does not make enough insulin or the body cells do not use the insulin properly. This results in sugar levels being too high in the blood, making the person feel tired all the time, thirsty and they urinate a lot, especially at night. Sometimes these symptoms are missed and diabetes can not be found for a long time and this causes damage to organs such as the kidneys and heart.

### **What causes this condition?**

Some people are more likely to get diabetes, just because a close family member also has diabetes. For others, being overweight, eating a poor diet and a lack of daily physical activity are the main reasons for developing diabetes.

### **Diabetes in South Africa**

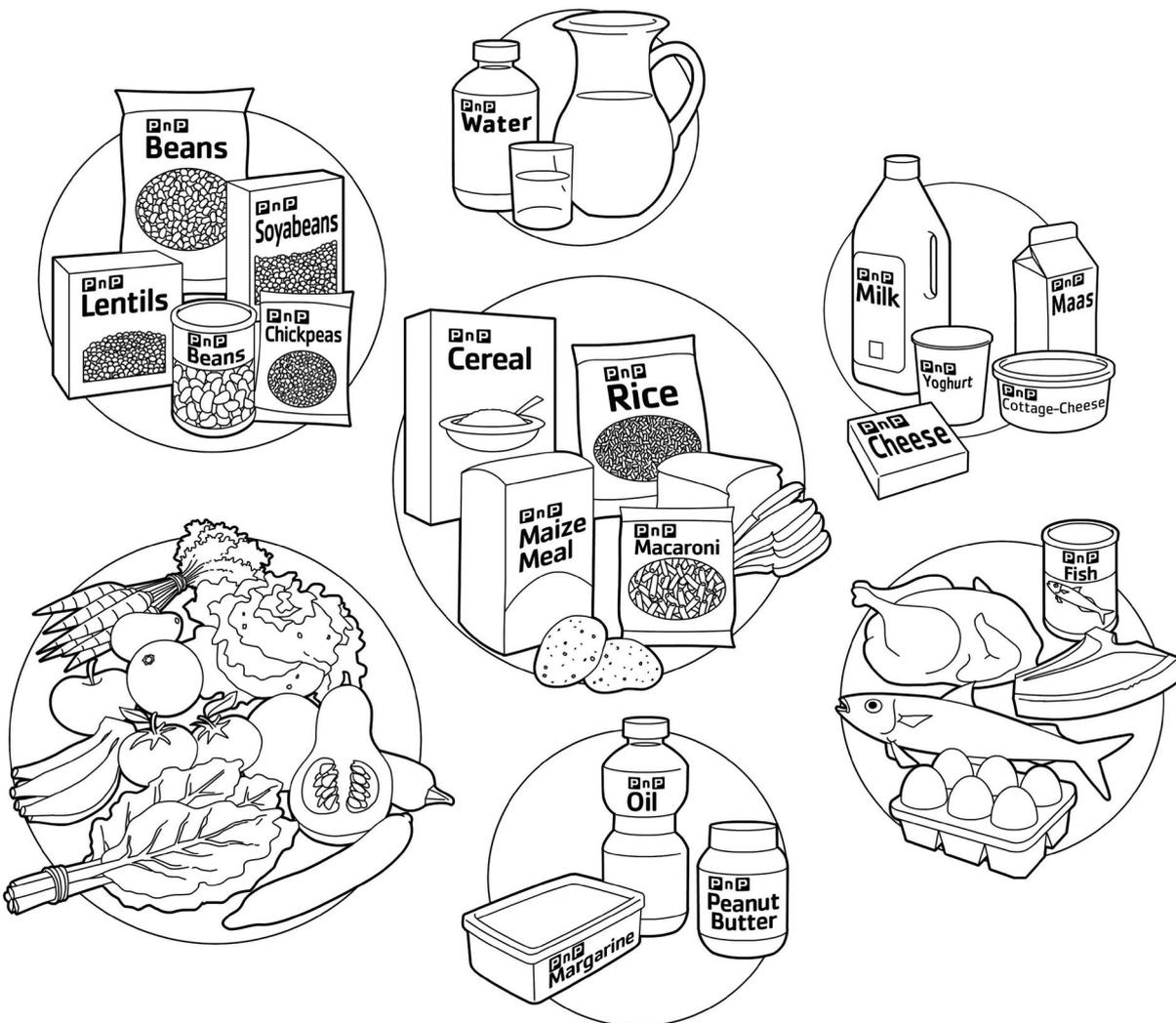
At least three-and-a-half million South Africans (about 6% of the population) suffer from diabetes and there are many more who have diabetes but do not know. The highest prevalence of diabetes is among the Indian population in South Africa (11-13%) as this group has a strong genetic predisposition for diabetes. This is followed by 8-10% in the so-called Coloured community, 5-8% among Blacks and 4% among Whites. The World Health Organisation estimates that by 2035, almost 600 million people in the world will have diabetes.

### World Diabetes Day

World Diabetes Day takes place on 14 November. The theme for 2018 and 2019 is 'The Family and Diabetes'. If we are all more aware of how diabetes can develop, we can share this information with our family and friends to help them prevent getting this condition. The most important message for prevention of diabetes is that we need to eat a healthier diet and be more physically active. Find out more about World Diabetes Day at <http://bit.ly/2H5lo50>

### Make healthy food choices

The good news is that for most of us, diabetes can be prevented by making healthier food choices and being more active. To make healthier food choices follow the guidelines of the South African Food Guide at <http://bit.ly/2TyUnsW>, which shows us the importance of the different food groups in our daily diets.



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#### Complete this activity

2. Work as a team and develop a poster presentation on preventing Type 2 Diabetes. Each person creates his or her own poster that tells only part of the story of Type 2 Diabetes, but you present it together. Plan how you will research the information. Divide the information between your group members. As a group, present your information to the class. Make sure you cover the following:
  - What is Type 2 Diabetes?
  - Type 2 Diabetes statistics especially in South Africa
  - Make healthy food choices using The South African Food Guide
  - The importance of World Diabetes Day

# Learner Activity 1

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# Prevent obesity

Name:..... Date:.....

Obesity is one of the biggest growing health problems in South Africa.

## What is obesity?

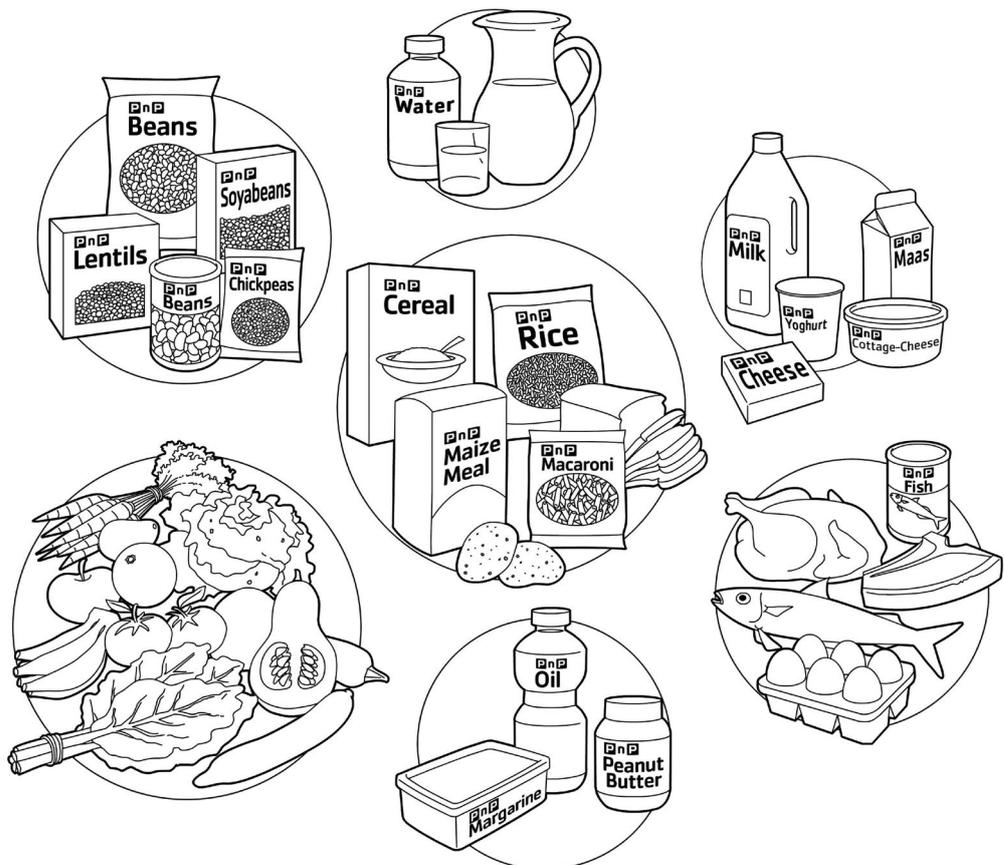
Obesity is more than just being overweight. Obesity is a medical condition that occurs when a person carries excess weight or body fat that might affect their health negatively. A doctor will usually suggest that a person has obesity if they have a body mass index of 30 or greater. Fat gathers around the organs and under the skin.

## What causes obesity?

Obesity usually happens when one continually takes in more energy from food than are burned by the body through exercise and normal daily activities. The extra calories turn to fat. An unhealthy diet with too much sugar and fat greatly increases the energy intake and this along with too little exercise leads to weight gain.

## How can we keep ourselves healthy?

The best way to overcome obesity and keep ourselves healthy is to consume a balanced eating plan that contains foods in the different food groups. We should also drink a lot of water as our bodies contain a large percentage of water and lose water throughout the day.



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In South Africa we have The South African Food Guide that shows us how to plan a healthy day's diet by choosing foods from seven food groups. The food groups are shown on a diagram of circles. The size of each food group circle reflects the volume the group should contribute to your total daily diet. We should also exercise regularly and try to avoid an inactive lifestyle.

# Learner Activity 2

Compare different foods using the information per 100g.

This tells you how much of the food you should eat at one time

TYPICAL NUTRITIONAL INFORMATION:		
	Per 100g As packed	Per 30g serving As packed
Energy	1386kJ	416kJ
Protein	15.0g	4.5g
Carbohydrates	46g	14g
Of which total sugar	16.5g	5.0g
Total Fat	3.1g	0.9g
Of which saturated fat	0.5g	0.2g
trans fat	<0.1g	0g
monounsaturated fat	0.5g	0.2g
polyunsaturated fat	2.0g	0.6g
Dietary Fibre#	29.2g	8.8g
Total Sodium	385mg	116mg
# Analysed using AOAC 991.43 method.		

Choose foods higher in fibre and aim for at least 6g per 100g.

Aim to choose foods lower in sugar, saturated fat and sodium.

### Read food labels

We need to become skillful at learning how to interpret food labels. These labels are found on most food packaging and they provide us with helpful information such as how much sugar and fat are in a food. Compare labels and choose foods which have a lower fat and sugar content to help keep your energy intake controlled.

1. Let's examine a food label to see if it's a healthy or unhealthy food item.
  - a) Compare different foods by looking at the nutrition information per 100g of the food. You will notice that different foods have different values. The information under serving size represents the values of these nutrients according to how much a person typically eats at one time.
  - b) Where possible, choose foods which have a lower energy, fat, sugar, saturated fat and sodium content.
  - c) Choose foods which are high in fibre and aim for at least 6g per 100g. Fibre helps us maintain regular bowel movements. It keeps the digestive system healthy.
  - d) It is also useful to look at the ingredients list as the ingredients are listed in a descending order of weight, so if sugar is mentioned as one of the first ingredients you will know that the food is likely to be too high in sugar.
  - e) Also look out for logos from the Heart and Stroke Foundation and Diabetes South Africa. These foods must meet strict criteria to carry the logos.

Let's work towards becoming healthy people. Make sure we eat according to the healthy food groups, exercise daily and become aware of the importance of reading food labels.

2. Complete the activity.

Work as a team and develop a poster presentation on keeping ourselves healthy. Each person creates their own poster that tells only part of the story, but you present it together. Plan how you will research the information. Divide the information between your team members. As a group, present your information to the class. Make sure you cover the following:

- Explain obesity and how to find your own body mass index
- Plan a day's worth of healthy eating for breakfast, lunch and dinner using The South African Food Guide
- Find a healthy food label and analyse it, showing why it is a healthy food item
- Find an unhealthy food label and analyse it, showing why one should avoid that food item
- Talk about Healthy Lifestyle Month and give suggested tips on how to make sure you get enough daily exercise

# Section C

## Resource Section

### Assessment Rubric:

Assessment	
Rating code	Description of competence
7	Outstanding achievement
6	Meritorious achievement
5	Substantial achievement
4	Adequate achievement
3	Moderate achievement
2	Elementary achievement
1	Not achieved

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