



Grade 5 Term 3 Life Skills Summary

Festivals and Customs

Festivals

- A religious festival is a special celebration that marks an important event in a particular religion.

Easter

- Easter is a major Christian festival celebrated in March or April.
- Good Friday is the day Christians remember Jesus dying on the cross. Easter Sunday is a joyful day celebrating Jesus rising from the dead.
- Many children enjoy hunting for chocolate eggs hidden by the 'Easter Bunny.'



Rosh Hashanah

- Rosh Hashanah is the Jewish New Year, celebrated in September or October.
- It is a time for Jews to reflect on the past year and think about how to improve in the coming year.
- The ram's horn, or shofar, is blown during synagogue services.
- Jews eat apples dipped in honey to symbolize a sweet new year and a special round bread representing a well-rounded year.



Diwali

- Diwali, also known as the Festival of Lights, is a Hindu festival celebrated in October or November.
- People decorate their homes with lights and set off fireworks.
- During Diwali, Hindus seek forgiveness for their wrongdoings and think of others.
- They wear new clothes and exchange sweets and gifts with family and friends.



Customs

- A custom is a regular practice that can be part of a religion.

Baptism

- In some Christian churches, babies are baptized or christened.
- The minister sprinkles holy water on the baby's head and makes the sign of the cross, welcoming the baby into the Christian community.
- Other Christian churches baptize adults.



Initiation

- In many African cultures, boys undergo initiation around the age of 16 to become men.
- One important event during this period is circumcision, performed by the ingcibi with a sacred cutting instrument.
- Elders provide advice to the initiates about their new responsibilities as men.

Hajj

- Hajj is a significant custom in Islam, where Muslims make a pilgrimage to Mecca at least once in their lifetime if they are able.
- A pilgrimage is a journey to a holy place.
- In Mecca, pilgrims walk seven times around the Black Stone, which is a focus for prayers.
- Muslims around the world face towards Mecca when they pray.



Ramadan

- Ramadan is a holy month for Muslims during which they fast from sunrise to sunset.
- The end of Ramadan is celebrated with Eid ul-Fitr, which means 'breaking the fast' in Arabic.
- This festival of feasting and joy lasts for three days.



Safety Measurements at Home and the Environment

Harmful Household Products and Medication

- Many products in our homes can be dangerous if not handled properly.
- For example, cleaning products, insect repellents, and snail bait are all poisonous.
- If we eat or drink them, we can become very sick or even die.
- Adults understand that these products are harmful, but children are often curious and may try to taste them if they are within reach.
- When children see tablets or medicine in a bottle, they might mistake them for sweets or cool drinks, especially if they are brightly coloured.
- It's important to keep all household products sealed and locked away or on a high shelf where children cannot reach them.
- If someone accidentally swallows a dangerous household product or medication, you should call the Poisons Hotline immediately at 131 126 or 0800 333 444 for help.



Fire Safety

Paraffin Stoves

- Each year, between 4000 and 5000 South Africans die from accidental burns, with many of these tragedies caused by paraffin stoves.
- Paraffin stoves are commonly used for cooking, but they can be very dangerous if knocked over, starting a fire.
- In areas where houses are close together, these fires can spread quickly, causing even more harm.



Tips to Prevent Burns

- Show young children that the oven door and stove plates are hot and should never be touched.
- When cooking, place pots on the burners at the back of the stove. Make sure the

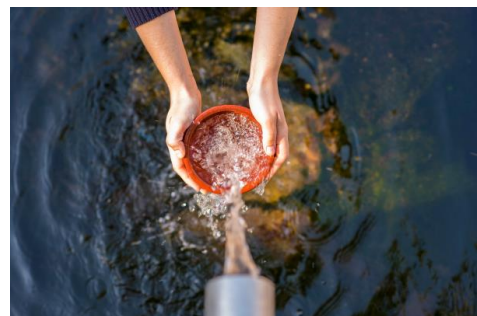


- handles do not stick out where a child could grab them.
- Never leave a child alone in a room with a burning cigarette, fire, a hot iron, a lit candle, or a paraffin or gas lamp burning.
- Do not let children play with matches or firelighters.
- Teach them how to light a match safely and explain why fire is dangerous. Also, tell them what to do in an emergency.
- In case of a fire, call the Fire Brigade immediately at 01001 for assistance.

Water as an Important Basic Need

The Importance of Water

- Water is essential for life. We need it for drinking, washing, and cleaning.
- Farmers rely on water for their crops and animals, and factories need it to make products and generate electricity.
- In South Africa, rain is our main source of water, but since our country is mostly dry, many areas go without rain for several months each year.
- Because water is such a precious resource, we must take care of it and use it wisely.



How to Save Water

- Always turn off taps completely. A dripping tap can waste up to 60 liters of water a day. If a tap is dripping, replace the washers to stop the leak.
- Take showers instead of baths. A bath uses about 90 liters of water, but a shower uses only around 11 liters.
- Do not leave the tap running while brushing your teeth or washing your hands.
- If using a hosepipe, ensure it has no holes and use a nozzle to control the flow.
- Water your garden in the early morning or late evening when it's cooler to reduce evaporation.



Different Ways of Protecting Water Quality

- Water can contain germs that cause illnesses like diarrhea and cholera.
- It's important to have a safe water supply, which means the water is clean and safe to drink.

Piped Water

- In towns and cities, most people have taps in their houses.
- This water, called piped water, comes from a dam that stores water for the town.
- The water is cleaned and treated to remove any germs and ensure it is safe to drink.



Making River Water Clean

- Some South Africans living in rural areas or informal settlements do not have access to piped water and must collect water from rivers.
- This water is often dirty, causing many people to get sick.
- You can filter out particles like sand, leaves, and twigs by pouring the water through a cloth, but this does not remove germs.



How to Make Water Safe to Drink

- Boil the water for 15 minutes, then allow it to cool. Cover the water with a clean cloth.
- Mix a spoon of bleach into a 25-liter container of river water. Cover the water with a clean cloth and let it stand for at least 2 hours before using it.

Healthy Eating for Children

South African Food-Based Dietary Guidelines

- The South African government has set guidelines for children over the age of 7 to help them eat healthily.
- These guidelines are important because they ensure children get the nutrients they need to grow strong and stay healthy.

Guidelines

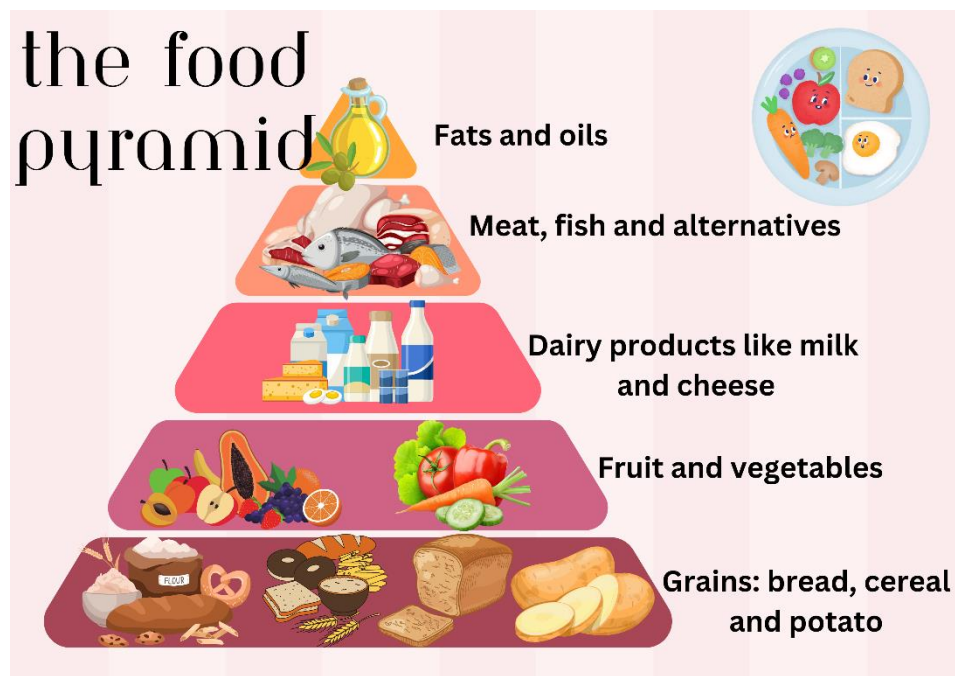
- **Eat a variety of foods:** Different foods give us different nutrients, so it's important to eat a wide range of foods.
- **Make starchy foods the basis of most meals:** Foods like bread, rice, and potatoes provide energy and should be a big part of your meals.
- **Eat dry beans, split peas, lentils, and soya regularly:** These foods are good sources of protein and fiber, which are essential for growth and digestion.

- **Eat chicken, fish, milk, meat, or eggs every day:** These foods provide protein, vitamins, and minerals that help build strong muscles and bones.
- **Drink lots of clean, safe water:** Water is vital for keeping your body hydrated and helping it function properly.
- **Eat plenty of vegetables and fruits every day:** These foods are packed with vitamins, minerals, and fiber that keep you healthy and help prevent illness.
- **Eat fats sparingly:** While some fat is necessary for energy, too much can be unhealthy. Choose healthy fats like those from nuts and avocados.
- **Use salt sparingly:** Too much salt can cause high blood pressure and can damage your kidneys.

Dietary Needs of Children

- Food provides the energy needed for work and play.
- If your body doesn't get enough food, or if it doesn't get the right kinds of food, you can become tired and sick.
- Different types of food give us different nutrients, and we need various amounts of each type to stay healthy.
- Children need balanced diets to grow properly.
- A good diet helps them stay alert in school and have the energy for activities.
- Eating a variety of foods ensures they get all the nutrients their bodies need, such as carbohydrates for energy, proteins for growth, and vitamins and minerals for overall health.

The Food Pyramid



- **Fats and Oils:** Fats and oils are important because they are stored in your body to give you energy over a long time and to keep you warm. However, you only need a small amount of these each day. Eating too much fat can be unhealthy, so it's best to have just a little bit in your meals.

- **Milk, Eggs, Cheese, Meat, Chicken, Fish, Soya, Lentils, and Beans:** These foods are very important for building strong bones and muscles. They also help your body heal when you have a cut or get sick. Eating a variety of these foods every day helps your body grow and stay healthy. They provide protein, which is essential for repair and growth.
- **Fruits and Vegetables:** Eating fruits and vegetables every day is crucial because they protect you from getting sick. They are packed with vitamins and minerals that keep your immune system strong. Fruits and vegetables also have fiber, which helps your digestion and keeps your stomach healthy. Try to eat a variety of colorful fruits and veggies to get different nutrients.
- **Starches:** Starchy foods like bread, rice, pasta, and potatoes give you quick energy. They are the main source of energy for your body, so you need to eat plenty of these foods every day. They help you stay active and focused throughout the day. Including whole grains in your diet is a good idea because they provide longer-lasting energy and keep you feeling full longer.

Factors Influencing Food Intake of Children

Understanding what influences what children eat is very important. Here are some key factors that affect what and how much children eat:

Family and Home Environment

- The family plays a big role in what children eat.
- If parents and siblings eat healthy foods, children are more likely to do the same.
- Meals prepared at home and the types of snacks available can influence a child's food choices.
- Families that eat together often help children develop good eating habits.

Friends and Peers

- Children are influenced by their friends.
- If their friends eat certain foods, children might want to try them too.
- This can be both positive and negative, depending on what the friends are eating.
- Encouraging healthy eating among friends can help everyone make better food choices.

School and Education

- Schools play an important role in a child's diet.
- School lunches and snacks can either promote healthy eating or lead to unhealthy habits.
- Many schools teach about nutrition and healthy eating, which helps children understand the importance of eating well.

- Participating in school gardening programs or cooking classes can also encourage children to eat more fruits and vegetables.

Media and Advertising

- Television, the internet, and advertisements can greatly influence what children want to eat.
- Ads often promote sugary snacks, fast food, and soft drinks.
- It's important for children to learn to make healthy choices despite these influences.
- Parents and teachers can help by explaining why some foods are better than others.

Availability and Convenience

- Sometimes, what children eat depends on what is easily available.
- If healthy foods like fruits, vegetables, and whole grains are easy to reach, children are more likely to eat them.
- Conversely, if junk food and sugary snacks are more accessible, children might choose those instead.

Cultural and Religious Beliefs

- Cultural and religious practices can influence the types of food children eat.
- Different cultures have different traditional foods and meals, and some religions have dietary rules.
- Learning about and respecting these practices is important for understanding why people eat certain foods.

Personal Preferences

- Every child has their own likes and dislikes when it comes to food.
- Taste, texture, and appearance can all affect whether a child wants to eat a particular food.
- It's good to encourage children to try new foods, even if they don't like them at first.
- Sometimes, it takes several tries to start liking a new food.

Health Conditions

- Some children might have health conditions that affect what they can eat.
- Allergies, intolerances, or other medical issues can limit food choices.
- It's important to follow medical advice to keep these children safe and healthy.