

# Guidelines for healthy eating



Accompanied by a poster and handouts

For Grade 5 and 6  
in the  
**Intermediate  
Phase**

## Teacher's Guide

● Easy to use ● Colour coded ● Complements the CAPS curriculum



An Initiative by the  
Consumer Education Project of Milk SA





# Staying healthy with the Food-Based Dietary Guidelines for South Africa: A quick guide

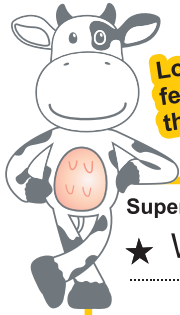
## FBDGs For South Africa

What they are



## Why each is important

Read more about the what and why of the FBDGs on pages 1–4.



Look out for these features throughout the guide:

Supermoo reminds you of:

★ What the FBDGs are .....Page 1–4

☑ Why they are important .....Page 1–4

❓ How to use the FBDGs .....Page 6–8

🧩 Engaging activities .....Page 5  
.....Page 9–10

## WORD BOX

These are important words about nutrition, explained in the glossary on page 11.

## TAKE NOTE:

We give useful hints about healthy eating on every page.

	<b>Enjoy a variety of foods.</b>	<ul style="list-style-type: none"> <li>☑ To get all the nutrients needed for a healthy body in the right amounts</li> <li>☑ To protect us against lifestyle diseases</li> </ul>
	<b>Be active!</b>	<ul style="list-style-type: none"> <li>☑ To maintain a healthy weight</li> <li>☑ For a healthy heart and strong bones and muscles</li> <li>☑ To combat stress</li> </ul>
	<b>Make starchy foods part of most meals.</b>	<ul style="list-style-type: none"> <li>☑ For sustained energy</li> <li>☑ To get important micronutrients and fibre</li> </ul>
	<b>Eat plenty of vegetables and fruit every day.</b>	<ul style="list-style-type: none"> <li>☑ To fight off disease and stay healthy</li> <li>☑ For fibre and to help with digestion</li> </ul>
	<b>Eat dry beans, split peas, lentils and soya regularly.</b>	<ul style="list-style-type: none"> <li>☑ To provide important fibre and feel fuller for longer</li> <li>☑ To protect against many lifestyle diseases</li> </ul>
	<b>Have milk, maas or yoghurt every day.</b>	<ul style="list-style-type: none"> <li>☑ To build strong bones and to keep teeth healthy</li> <li>☑ To protect against many lifestyle diseases</li> <li>☑ To keep body weight and blood pressure in check</li> </ul>
	<b>Fish, chicken, lean meat or eggs can be eaten daily.</b>	<ul style="list-style-type: none"> <li>☑ To grow well</li> <li>☑ To build and repair muscle tissue</li> </ul>
	<b>Drink lots of clean, safe water.</b>	<ul style="list-style-type: none"> <li>☑ To stay hydrated so that the body can work well</li> </ul>
	<b>Use fats sparingly; choose vegetable oils rather than hard fats.</b>	<ul style="list-style-type: none"> <li>☑ For a healthy heart</li> <li>☑ For good brain development</li> <li>☑ To maintain a healthy weight</li> </ul>
	<b>Use sugar and foods and drinks high in sugar sparingly.</b>	<ul style="list-style-type: none"> <li>⊗ To prevent diabetes</li> <li>⊗ To prevent overweight</li> <li>⊗ To prevent tooth decay</li> </ul>
	<b>Use salt and food high in salt sparingly.</b>	<ul style="list-style-type: none"> <li>⊗ To protect against high blood pressure</li> <li>⊗ For a lower risk of stroke</li> </ul>

Knowing **what** the South African FBDGs are, **why** each one is important and **how** to make them part of our daily diet means we can all have a healthy lifestyle.

Developed by the Consumer Education Project of Milk SA



### How to use them

Read more about how to make the FBDGs part of your lifestyle on pages 8–10.



**Eat 3 mixed meals a day.**



**Do at least 30 minutes of vigorous exercise every day.**



**Choose unrefined or minimally processed starches like whole grains, whole wheat cereals and sweet potato.**



**Have at least 5 portions of vegetables and fruit every day.**



**Add legumes and pulses to stews, starchy foods and soups.**



**Have at least 3 portions of dairy every day.**

- 1 cup of *amasi* (200 ml)
- 1 cup of milk (250 ml)
- 2 small tubs of yoghurt (2x100 g)



**Have a portion of meat as big as the size of your palm once a day.**



**Have 6–8 glasses of water every day.**



**Eat small amounts of avocado, nuts and seeds and cook with sunflower or canola oil.**



**Do not have more than 6–9 teaspoons of added sugar per day.**



**Limit your salt intake to 1 teaspoon per day.**



**WORD  
BOX**

diet  
food  
healthy diet  
lifestyle-  
diseases  
mixed meal  
nutrients



**About the food-based dietary guidelines for South Africa**

The food-based dietary guidelines (FBDGs) for South Africa are 11 messages about healthy living.

- Enjoy a variety of foods.
- Be active!
- Make starchy foods part of most meals.
- Eat plenty of vegetables and fruit every day.
- Eat dry beans, split peas, lentils and soya regularly.
- Have milk, *maas* or yoghurt every day.
- Fish, chicken, lean meat or eggs can be eaten daily.
- Drink lots of clean, safe water.
- Use fats sparingly; choose vegetable oils rather than hard fats.
- Use sugar and foods and drinks high in sugar sparingly.
- Use salt and food high in salt sparingly.

These guidelines have been developed specifically for our country to take into account the typical South African **diet**, people's food preferences and food availability. Each guideline is phrased as a brief, active message and in plain language to help consumers choose foods that promote overall health and prevent **lifestyle diseases**. The general approach is to give dietary guidance that refers to **foods** rather than **nutrients**. This is because people eat food, not individual nutrients, and it is food as a whole that affects our health.

 **Enjoy a variety of foods**

A **healthy diet** is varied and balanced. We should try to eat three **mixed meals** a day to give the body everything it needs to stay active, grow and repair body tissues, and build up its defence against disease. We also need to eat these foods in the right proportions. The South African FBDGs incorporate sound advice about both the type and the proportions of foods to guide our choices.

- For a healthy body
- To protect us against lifestyle diseases

 **Be active!**

Physical activity is an important part of keeping healthy. It helps to build a strong body, keeps our hearts healthy and our body weight in check, and helps us to manage stress. Combined with a healthy diet, physical activity helps to lower the risk of many lifestyle diseases.

- To maintain a healthy weight
- For a healthy heart and strong bones and muscles
- To combat stress

**TAKE NOTE:**

For a proper mixed meal, try to always have two or three food groups on your plate, to include a variety of vitamins and minerals.



★ What the FBDGs are  
 Why they are important



## **Make starchy foods part of most meals**

Starchy foods are a source of **carbohydrates**, which give us energy. This guideline tells us our diet should include foods such as whole grains, cereals and root vegetables like potatoes and sweet potatoes. These foods are generally affordable and form part of many traditional eating patterns.

The starchy foods in our diet need to be unrefined or minimally processed, as these give us sustained energy. They also contain important **micronutrients** and **fibre**, which are important for adequate nutrition and good digestion. Research shows that a diet rich in unrefined starchy foods like these helps to curb lifestyle diseases such as diabetes, overweight and **obesity**, cardiovascular disease and some types of cancer.

- Sustained energy
- To get micronutrients and fibre

## **Eat plenty of vegetables and fruit every day**

Eating vegetables and fruit gives us vitamins and minerals and adds fibre to our diet. Many South Africans do not eat enough vegetables and fruit, and so do not get enough of these nutrients for good health. The word 'plenty' encourages us not only to eat enough vegetables and fruit but also to choose a variety.

A diet rich in vegetables and fruit builds up the immune system and lowers the risk for many lifestyle diseases. Eating lots of vegetables and fruit is especially important for children to prevent vitamin deficiencies, support a healthy immune system and normal growth, and prevent early onset of lifestyle diseases such as obesity and overweight.

- To fight off disease and stay healthy
- For fibre and to help with digestion

## **Eat dry beans, split peas, lentils and soya regularly**

These foods are called **legumes** and are a good source of plant-based **protein** and carbohydrates that give us sustained energy. They are also an excellent source of fibre and provide important micronutrients. Making these foods part of our diet helps to protect us against lifestyle diseases and adds nutritional value to our diets. Because these foods are **nutrient rich** yet affordable, eating them often means we can have a healthy diet even when money is tight.

- To get important fibre
- To feel fuller for longer
- To protect against many lifestyle diseases

### WORD BOX

carbohydrates  
fibre  
legumes  
micronutrients  
nutrient rich  
obesity  
protein



### TAKE NOTE:

Choosing vegetables and fruit of different colours is a good idea to make sure we include a variety of important vitamins and minerals in our diet.

- ★ What the FBDGs are
- Why they are important





**WORD  
BOX**

calcium  
dairy  
dairy matrix  
diabetes  
fermented  
lean meat  
maas (*amasi*)  
probiotics



**Have milk, *maas* or yoghurt every day**

Milk and the products made from milk are called **dairy**. Milk contains good-quality protein and **calcium**, as well as minerals such as potassium, phosphorus, magnesium and zinc, and vitamins A, B12 and B2. This means milk and dairy products are nutrient rich. Making dairy part of the daily diet can help provide sufficient calcium, potassium and vitamin A to everyone, which are three of the four nutrients lacking in many South Africans' diet.

What makes milk and dairy so unique is the way the nutrients work together – this teamwork refers to the so-called **dairy matrix** effect. Research shows that having enough dairy daily can help to protect us against lifestyle diseases such as heart disease and high blood pressure, overweight and obesity, **diabetes**, and some cancers. The slightly sour taste of **fermented** dairy products such as **maas (*amasi*)** and yoghurt and their **probiotics** help with good digestion.

Milk and dairy products are the best sources of dietary calcium. Calcium is essential for building strong bones and healthy teeth and helps to keep our hearts and blood vessels healthy and body fat in check. It is especially important for growing children and teenagers to get enough calcium. Without milk and dairy in the diet, it is difficult to meet the calcium needs of the body.

- To build strong bones and healthy teeth
- To protect against many lifestyle diseases
- To keep body weight and blood pressure in check

**dairy™**  
**EVERY**  
**3-A-DAY** **DAY**



**Fish, chicken, lean meat or eggs can be eaten daily**

Making these foods part of our diet gives our bodies protein, which the body needs for growth, repair of tissue and for building strong muscles. These foods also contain micronutrients such as zinc, iron and vitamins A and B12, which are important for overall health and making the energy in food available to our bodies.

It is important to remember that this guideline emphasises having **lean meat**. This means eating meat from which visible fat has been trimmed and chicken without the skin.

- To grow well
- To build and repair muscle tissue

**TAKE NOTE:**

Cheese is a good source of both calcium and protein. Eating a piece of cheese after a meal can also help to prevent tooth decay.



★ What the FBDGs are  
 Why they are important



### Drink lots of clean, safe water

Water is essential for good health. The body uses water to dissolve and transport nutrients and waste products, keep cool and keep cells functioning well.

We get some water from the food we eat, but most should come from fluids. The guideline recommends choosing water as the preferred drink, simply because it keeps us well **hydrated** without us taking in unnecessary additives. Access to clean, safe water is essential at school and especially during sporting activities.

- To stay hydrated so that the body can work well



### Use fats sparingly; choose vegetable oils rather than hard fats

Fats are an important **food group**, because they give our bodies energy, help with brain development and keep our cells healthy. But it is important to consider not only how much but also what type of fat we eat. Fats should make up less than a third of our daily energy intake. Vegetable oils, such as those from nuts, seeds or avocados, contain **unsaturated fat**, which is healthier for our hearts than **saturated fats** from meat and animal products.

- For a healthy heart
- For good brain development
- To maintain a healthy weight



### Use sugar and foods and drinks high in sugar sparingly

This guideline tells us to try to limit the amount of sugary snacks and sugar-sweetened **beverages** in our diet. This is because sugary foods provide lots of energy, but few other nutrients; they are so-called 'empty-energy' foods. Too much sugar in the diet can lead to weight gain, promote type 2 diabetes and cause **dental caries**.

- To prevent diabetes
- To prevent overweight
- To prevent tooth decay



### Use salt and food high in salt sparingly

The body needs salt, but only in small amounts. Eating too much salty food can raise blood pressure, which leads to a higher risk for heart disease and **stroke**. Potato crisps and processed foods such as soup powder, stock cubes and cold meats generally contain lots of salt. These are best eaten only occasionally.

- To protect against high blood pressure
- For a lower risk of stroke

## WORD BOX

beverage  
dental caries  
food group  
hydrated  
saturated fat  
stroke  
unsaturated fat



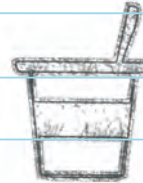
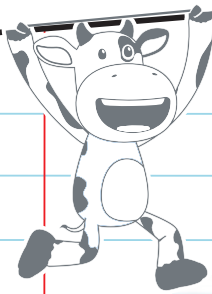
### TAKE NOTE:

Flavoured milk is an excellent sports drink to help you rehydrate and recover after exercise.

- ★ What the FBDGs are
- Why they are important



## Activity sheet



Dear Diary

Yesterday I ate the following:

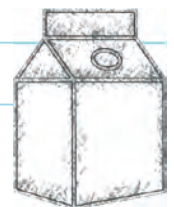
For breakfast I had \_\_\_\_\_ and at first break at school I ate \_\_\_\_\_ . I also had some \_\_\_\_\_ to drink. When the bell rang for second break, I started snacking on some \_\_\_\_\_ .

At lunchtime I ate \_\_\_\_\_ and drank some \_\_\_\_\_ . I got quite hungry before dinner was ready, so I snacked on \_\_\_\_\_ .

When dinner was finally ready, I had \_\_\_\_\_ together with \_\_\_\_\_ and \_\_\_\_\_ . I also drank some \_\_\_\_\_ at dinner.

But today at school we learnt about healthy eating. I am so excited to improve on my diet and I am going to try my best to have a healthy, balanced diet.

I am going to start my healthy diet by eating \_\_\_\_\_ for breakfast. Also, instead of eating lots of \_\_\_\_\_ , I'm rather going to have \_\_\_\_\_ .





### FBDGs every day

Understanding the South African FBDGs makes it easy to choose healthy foods. Remember to read **food labels** to see what nutrients products provide.

### WORD BOX

#### Starchy foods

We should try to have starchy foods with every meal. Porridge made from fortified maize, sorghum or oats is a good idea for breakfast, choose wholewheat bread or sweet potato at lunch, and have rice or a baked potato at dinner.

food label  
legumes  
portion size  
seasonal



**Portion size** depends on a person's energy needs. Teenagers and people who exercise a lot or do physical labour should generally have about 1½–2 cups of starchy foods on a plate. People who want to lose weight should best have only about ½–1 cup of starchy food on their plate.

#### Vegetables and fruit

We should try to eat at least 5 fist-sized portions of vegetables and fruit a day. We can have vegetables raw or cooked, for example cooked vegetables with dinner or a salad as part of lunch. Fresh or dried fruit is a healthy snack in a lunch box or to nibble on between meals.

Choosing vegetables and fruit that are in season is an affordable way to include them in the diet. We can also easily grow some vegetables in the garden or a container. If fruit is not readily available, choosing **seasonal** vegetables instead is a good idea.



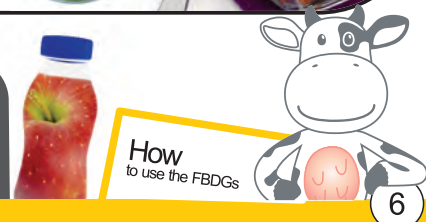
#### Dry beans, split peas, lentils and soya

These foods are generally well priced. Adding them to a meat dish can add nutritional value and so help to make our money go further. Split peas, beans and lentils all make hearty soups, beans are a popular choice with samp and baked beans can be added to a breakfast meal or eaten on toast. Because of their fibre and protein content, adding these **legumes** to a dish helps to keep us feeling fuller for longer.



### TAKE NOTE:

Fruit juice is a concentrated form of fruit, contains lots of energy (fruit sugar) and does not have the fibre content of a whole fruit.





**WORD BOX**

food group  
lactose-  
intolerant  
lean  
recovery drink



**Milk, maas or yoghurt**

Having 3–4 portions of milk or dairy every day gives us almost all the calcium we need. Teenagers especially should get enough dairy every day, because maximum bone development occurs during this time. A portion of this **food group** is:

- 1 cup of milk (250 ml)
- 1 cup of *amasi* (200 ml)
- 2 small tubs of yoghurt (2x 100 g)



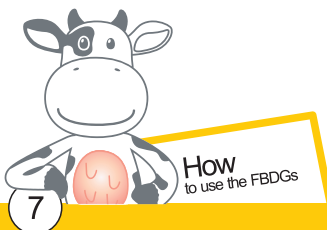
Have some milk or *amasi* with your porridge or eat yoghurt with cereal or fruit at breakfast. A tub of yoghurt is a healthy on-the-go snack. A glass of milk or some chocolate milk after hard exercise is an excellent **recovery drink**. Many people also enjoy *amasi* with stiff porridge or as a tasty drink. Adding it to soup or sauces gives a rich, creamy texture.



People who are **lactose intolerant** do not have to cut milk and dairy out of their diet. They can gradually build up their tolerance by having small amounts of milk at a time and having milk with other foods (e.g. adding milk to porridge). Fermented dairy products such as yoghurt and *amasi*, and full-cream milk rather than low-fat milk, are also generally better tolerated. Cheese contains almost no lactose. Many supermarkets sell lactose-free milk.

**Fish, chicken, lean meat and eggs**

Meat can be eaten daily, but it can become expensive. To help your money go further, you can also choose other sources of protein, such as cheese, nuts, peanut butter or beans, on some days. When having meat, choose **lean** cuts and remember to trim any visible fat from meat and the skin from chicken. Eggs are a popular breakfast choice and a boiled egg is a healthy option for lunch. Tinned fish such as sardines, pilchards or tuna can be added to pasta or used as a tasty filling for sandwiches.



**TAKE NOTE:**

Milk-like drinks made from nuts or grains are not real milk. They do not have the same nutritional value as dairy milk.



## Water

We should have 6–8 glasses (1.2–1.5 ℓ) of water every day. Freezing a bottle of water and adding it to a lunch box is a good way to make sure children stay well **hydrated** while at school. It is also important to make sure that children drink enough water during sport activities and on hot days, especially if they have to walk long distances to and from school.

Tap water is generally clean and safe. Water from a well, borehole or river should best be boiled and left to cool before use. Water can also be treated by adding 1 teaspoon of household bleach to 20 ℓ of water to kill any **germs**. Germs from water can cause **diarrhoea**, which can lead to severe **dehydration**.

## WORD BOX

dehydration  
diarrhoea  
free sugar  
germs  
hydrated



## Fats and oil

We should try to not have more than 4–6 teaspoons of fat per day. This includes oil used for frying or cooking and spreads such as margarine or butter on sandwiches. Remember that there are many hidden fats in biscuits and processed meat.



## Sugar

Current dietary guidelines advise that it is best to limit **free sugar** in our diet to no more than 6–9 teaspoons a day. This includes added sugar that hides in sweets, chocolates, biscuits, many sauces, ready meals and breakfast cereals. Add sugar to your food wisely and enjoy sugary foods and drinks only as occasional treats.

## Salt

It is best to use only a little bit of salt when preparing food and to not add extra salt to our food at the table. Herbs and spices are good alternatives to bring out the flavour of food. Remember that soup powder, stock and processed meats contain lots of salt. We should try to limit our salt intake to about 1 teaspoon per day.

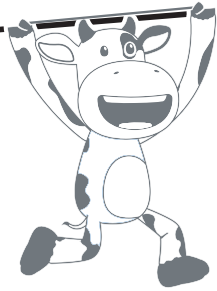


## TAKE NOTE:

A can of sugar-sweetened fizzy drink can contain as much as 7 teaspoons of sugar but provide no nutrients.



## Activity sheet



The law requires that all food products should have a label that gives nutritional information. Some information is compulsory, while other information is optional. Food products are tested to ensure that the information is accurate.

Look at the label of a bottle of drinking yoghurt on the next page. Answer the following questions:

1. What information is given on the label?

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2. To which food group does drinking yoghurt belong?

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3. How should you store drinking yoghurt? Explain your answer.

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4. What is the calcium content of this drinking yoghurt?

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5. Does drinking yoghurt contain sugar? Why do you say so?

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6. Do you think drinking yoghurt can form part of a healthy diet? Give a reason for your answer.

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# DRINKING YOGHURT

## Strawberry

SHAKE WELL

BB 10 SEPT 2020  
06:34

SOURCE OF  
CALCIUM   
KEEP REFRIGERATED  
Produced in South Africa

SERVING SUGGESTION

**TYPICAL NUTRITIONAL INFORMATION**

SERVING = 300 ml	PER 100 ml	PER 300 ml	% NRVs* PER SERVING
Energy	581 kJ	1743 kJ	
Protein	1.8 g	5.4 g	10
Glycaemic carbohydrates of which total sugar	16 g 13.9 g	48 g 41.7 g	
Total fat of which saturated fat	1.4 g 0.8 g	4.2 g 2.4 g	
Dietary fibre	0.0 g	0.0 g	
Total sodium	38 mg	114 mg	
Calcium	68.5 mg	205.5 mg	15.8

\*NRVs = Nutrient reference values for individuals 4 years and older

**ALLERGENS**

Milk.

**INGREDIENTS**

Low-fat milk, reconstituted whey powder, sugar, fruit (6%)  
(strawberry puree and apple concentrate), thickener (maize starch),  
yoghurt culture, flavouring, colourant,  
preservative (potassium sorbate)

Contains 6% real fruit

300 ml



Use this glossary to help build your learners' vocabulary and explain terms easily.

<b>beverage:</b>	a drink other than water
<b>calcium:</b>	a mineral found in milk and dairy and which is essential for building strong bones and teeth
<b>carbohydrates:</b>	energy-giving foods
<b>dairy:</b>	milk and products made from milk; milk from cows and goats are most commonly used
<b>dairy matrix:</b>	the combination and interaction of nutrients in milk
<b>dehydration:</b>	the result of losing more water than what is taken in
<b>dental caries:</b>	cavities that form in teeth
<b>diabetes:</b>	a condition in which the body cannot handle carbohydrates and sugar correctly
<b>diarrhoea:</b>	a condition in which stool is watery; can lead to dehydration
<b>diet:</b>	the different foods we generally eat as part of our lifestyle
<b>fermented:</b>	describes a product in which a biological process has changed sugar into a different chemical substance
<b>fibre:</b>	roughage; helps with good digestion
<b>food:</b>	what we eat
<b>food group:</b>	different foods that all have similar nutritional properties
<b>food label:</b>	nutritional information on packaging of a food product
<b>free sugar:</b>	sugar that is added to food during manufacturing or preparation at home
<b>germs:</b>	micro-organisms that cause disease
<b>healthy diet:</b>	a diet that consists of all the food groups in the right proportions
<b>hydrated:</b>	having enough water for the body to work well
<b>lactose intolerant:</b>	being unable to digest lactose (milk sugar)
<b>lean:</b>	with little or no fat
<b>lean meat:</b>	meat that does not have much fat
<b>legumes:</b>	seeds from plants such as beans, peas and lentils
<b>lifestyle diseases:</b>	diseases that develop as a result of how we live rather than being caused by infections
<b>maas:</b>	a traditional fermented dairy product, with a slightly sour taste and somewhat thickened texture; also known as <i>amasi</i>
<b>micronutrients:</b>	substances in food that the body needs only in small amounts, such as vitamins and minerals
<b>mixed meal:</b>	a meal that contains a variety of nutrients
<b>nutrient rich:</b>	containing many nutrients
<b>nutrients:</b>	substances in food needed by the body to stay healthy
<b>obesity:</b>	a condition in which a person is grossly overweight
<b>portion size:</b>	the amount of food you eat in a single serving
<b>probiotics:</b>	healthy bacteria in food that help with digestion
<b>protein:</b>	a type of nutrient that helps the body to build and repair tissues
<b>recovery drink:</b>	a beverage to help the body recover after strenuous exercise or illness
<b>saturated fat:</b>	the type of fat mostly found in food from animals
<b>seasonal:</b>	of the current season
<b>stroke:</b>	an event during which the blood supply to the brain is interrupted, often because of a blocked artery
<b>unsaturated fat:</b>	the type of fat mostly found in plant foods



## FOOD-BASED DIETARY GUIDELINES FOR SOUTH AFRICA



Enjoy a variety of foods.



Be active!



Make starchy foods part of most meals.



Eat plenty of vegetables and fruit every day.



Eat dry beans, split peas, lentils and soya regularly.



Have milk, *maas* or yoghurt every day.



Fish, chicken, lean meat or eggs can be eaten daily.



Drink lots of clean, safe water.



Use fats sparingly; choose vegetable oils rather than hard fats.



Use sugar and foods and drinks high in sugar sparingly.



Use salt and food high in salt sparingly.

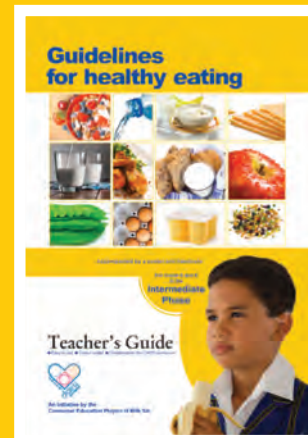
The Consumer Education Project of Milk SA is a voluntary, non-profit organisation set up to promote the development of the dairy industry. Its members are the Milk Producers Organisation and the SA Milk Processors Organisation. The Project communicates the health and nutritional benefits of dairy to consumers and health professionals through various communication channels.

## About this guide

### Teaching about nutrition with this guide

At the Consumer Education Project of Milk SA we are passionate about sharing the goodness of milk and other dairy products with consumers. Milk and dairy form part of a healthy diet, as recommended by the South African food-based dietary guidelines (FBDGs).

Understanding the principles of healthy eating already from a young age shapes healthy diet choices throughout life. Current thinking around nutrition education suggests that how we teach is just as important as what we teach. Using the FBDGs as the basis for teaching about nutrition is therefore regarded as a good way of introducing the concepts of healthy eating to young learners, and so instil a lifelong positive attitude towards healthy eating.



As part of our school programme, the Consumer Education Project of Milk SA developed learning material aimed at learners in the:

- **Foundation Phase – Grade R to Grade 3:**  
From farm to fridge
- **Intermediate Phase – For Grade 5 and Grade 6:**  
Guidelines for healthy eating

- **How to obtain a copy:**  
Hard copies can be obtained from the Consumer Education Project of Milk SA by sending an email to [info@rediscoverdairy.co.za](mailto:info@rediscoverdairy.co.za)
- All material can be downloaded from [www.dairykids.co.za](http://www.dairykids.co.za)



**dairy**<sup>TM</sup> **EVERY**  
**3-A-DAY** **DAY**

An Initiative by the  
Consumer Education Project of Milk SA  
[www.rediscoverdairy.co.za](http://www.rediscoverdairy.co.za)  
[www.dairygivesyogo.co.za](http://www.dairygivesyogo.co.za)