

Gr 3 Storybook



How do we live a healthy

Published by: The UCL Centre for Educational Leadership, University College London & The Centre for the Study of Resilience, University of Pretoria.

This publication can be copied, translated or adapted when necessary steps have been taken to acknowledge all relevant sources.

Authors: Mokaila Intermediate School, Grade 3A, 2022:

Lulu Pabalelo Bereng, Mosimanegape Boalemang, Reamoleboga Dichabe, Kesaoleboga Diseko, Oratile Diseko, Reamogetswe Diseko, Rethabile Diseko, Tlotlang Diseko, Reabaka Kelaotswe, Olesego Leshomo, Reneilwe Lobisa, Matlhogonolo Maiketso, Baitshepi Mhlongo, Tlotlo Mmiga, Tshepang Moeng, Kgosi Mogamisi, Mphoentle Mokgethi, Bogolo Precious Mkwene, Ogona Mkwene, Tlotlo Mkwene, Tshenolo Resegofetse Molatlhegi, Gosiamé Molatlhwa, Remolebogile Molatlhwa, Reneilwe Molatlhwa, Gontse Molefe, Molemo Molefe, Tlhalefo Moloi, Tshepiso Molokele, Reatlegile Moloko, Lethabo Moreosele, Tlhalefang Moreosele, Reneetswe Mosiedi, Moemedi Joel Mothusi, Olebogeng Motsamai, Rorisang Motsamai, Reaaleboga Motshabi, Olerato Motsoeneng, Sonnyboy Peacock, Oleseng Phikoko, Bontle Segopolo, Remotshepile Segopolo, Reneilwe Segopolo, Reamogetswe Sethibelo.

School: Mokaila Intermediate School
Principal: Ellen Leping
Teacher: David Mokgadi
CRC: Boitshoko Maseng
Fieldworker: Nomhle Mboneni

Illustrators:

Cover: Maiketso Matlhogonolo
Page 1: Molatlhegi Tshenolo
Page 2: Segopolo Remotshepile
Page 3: Moloko Reatlegile
Page 4: Mkwene Tlotlo
Page 5: Moreosele Tlhalefang
Page 6: Diseko Tlotlang
Page 7: Kelaotswe Reabaka

Font within booklet: Grade 1 font by Edu-Aid

Websites and links were correct at the time of publication.

For further information about the project, please visit

<http://www.ucl.ac.uk/ioe/enabling-schools>

Acknowledgements

The following partners have played a valuable role in the co-creation of this storybook:

The North West Province Department of Education, Ngaka Modiri Molema District, South Africa.

The Department of Basic Education, Directorate: Rural Education, South Africa.

London South Bank University, United Kingdom.

The Economic & Social Research Council (ESRC) (ES/T005149/1), United Kingdom (funder).



Monitor and watch
your weight.



3

Stop eating unhealthy
food and eat fruits
and vegetables.

4



5

Drink a lot of water so that the body does not get dehydrated and limit soft drinks.

6



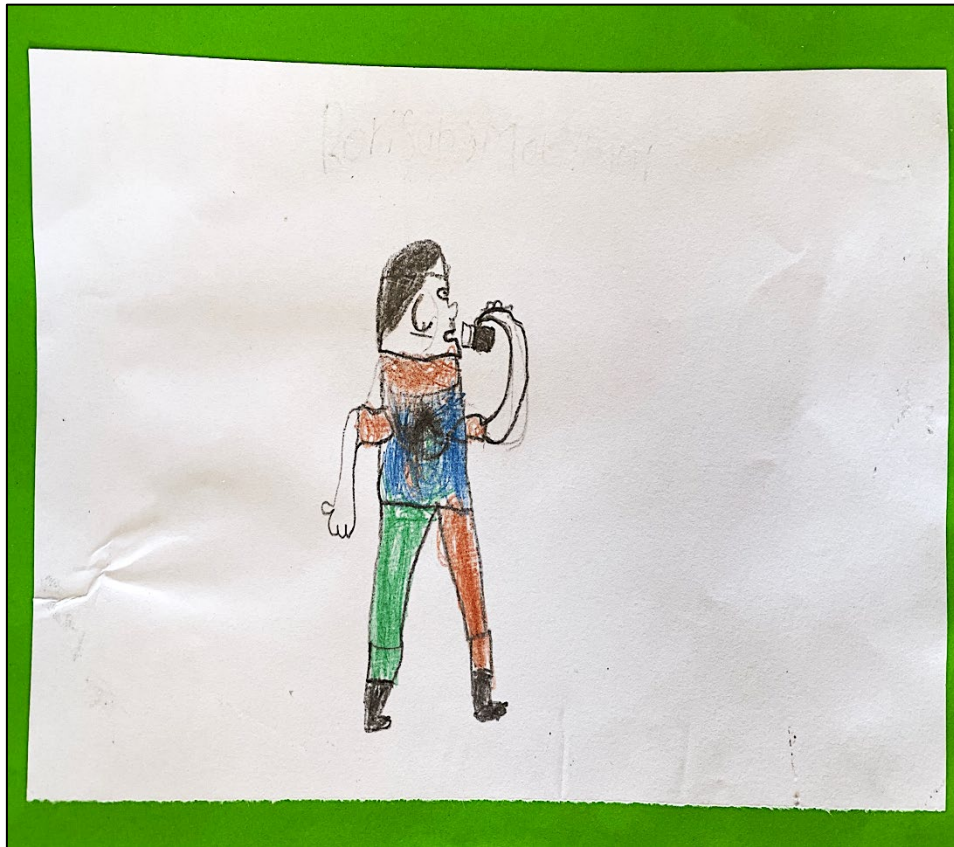
7

Exercise daily.

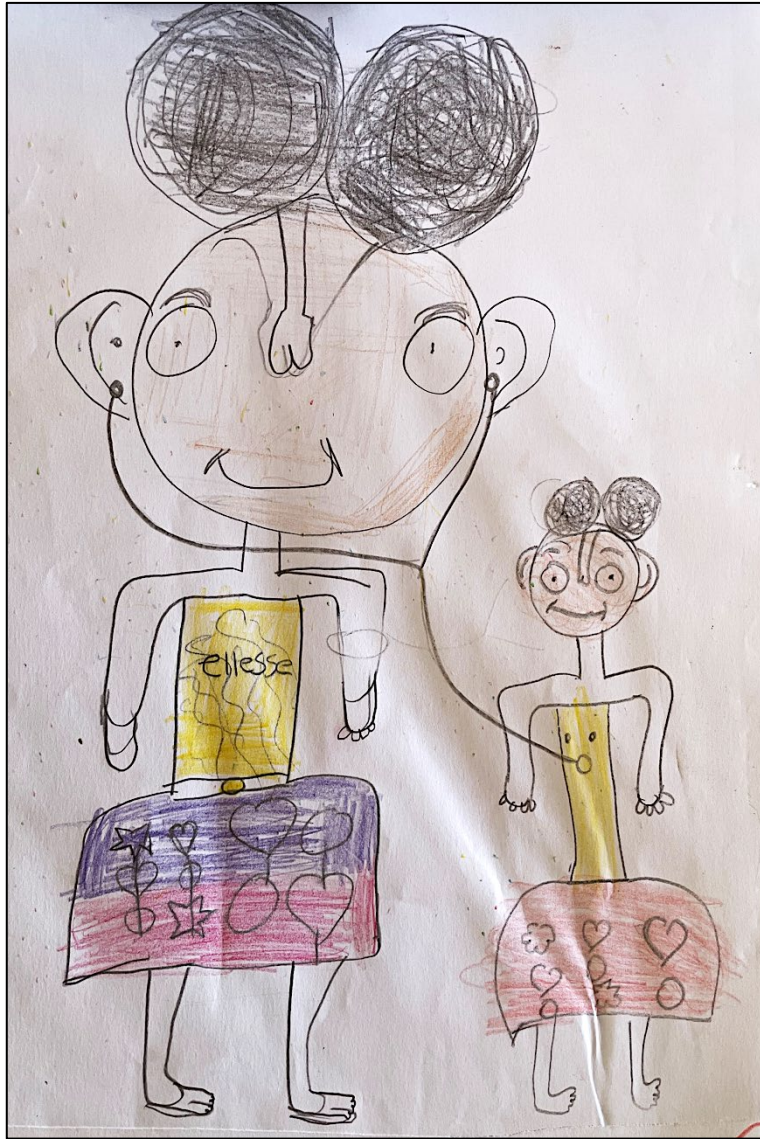
8



Always get enough
sleep every day.



Wash your body every
day.



13

Check your blood pressure regularly.

14

The contents of this booklet can be copied, translated or adapted as long as the relevant sources have been acknowledged properly.

How do we live a healthy life?

Authors:

Mokaila Intermediate School, Gr 3A, 2022, North-West Province, South Africa

<http://www.ucl.ac.uk/ioe/enabling-schools>

