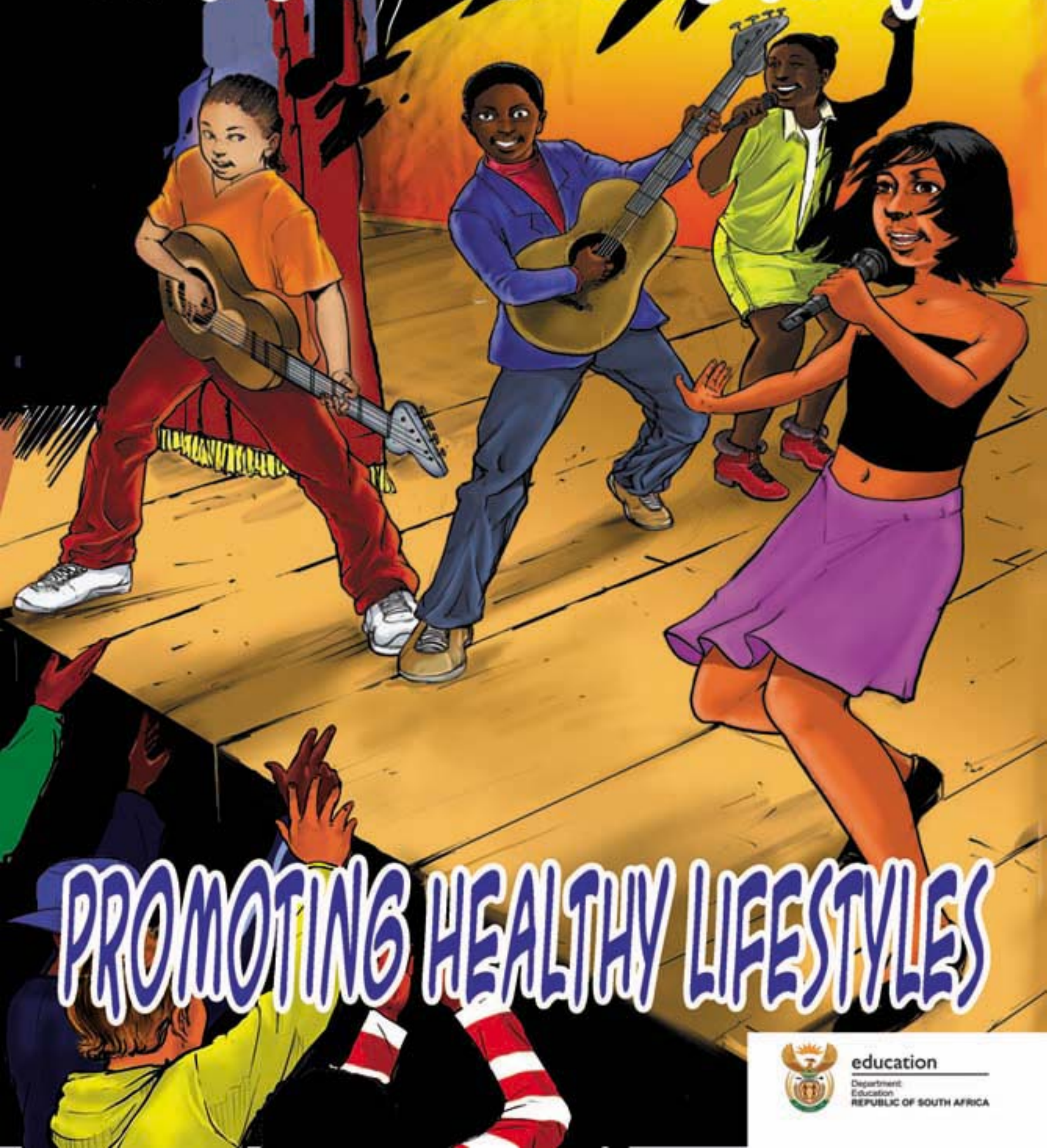


# WANNA BE A STAR?



## PROMOTING HEALTHY LIFESTYLES



education

Department  
Education  
REPUBLIC OF SOUTH AFRICA

# MEET THE CREW FROM SUN VALLEY SCHOOL...



SANELE



THABI



JULIUS



MIKE



THE PRINCIPAL



KABELO

...AND KEEP READING TO  
SEE WHO WILL BE THE STAR?

BACKSTAGE JULIUS INVITED MIKE TO PERFORM WITH HIM AND HIS FRIENDS.

NEXT UP IS JULIUS, SANELE AND THABI WITH A SONG ABOUT HEALTHY LIVING!

THEY ARE INCLUDING THE TALENTED MIKE AS A SPECIAL GUEST!

THANKS JULIUS. YOU ROCK MAN!

NO PROBLEM BRO! NEXT TIME YOU MIGHT HELP ME.

WE CAN LIVE THE GOOD LIFE... HEALTH, LOVE AND ENERGY GO TOGETHER! YEH, YEH... HEALTH LOVE AND ENERGY!

OK HIT IT!

WOW! THESE KIDS REALLY KNOW THEIR STUFF!

THERE'S NO DOUBT! THEY ARE THE WINNERS! KABELO WILL LOVE THEM.

IT'S A LOT EASIER TO BE GOOD AT SOMETHING WHEN YOU HAVE ALL THE ENERGY YOU NEED...

WHAT DO YOU THINK?

THE NIGHT OF THE CONCERT ARRIVES.

YOU LOOK GOOD SANGLE!

THANKS. YOU LOOK THE PART TOO.

WE MUST THANK YOUR MOM FOR MAKING OUR OUTFITS.

JUST REMEMBER WE MUST HAVE FUN TONIGHT. IF THINGS GO WRONG WE MUST JUST GO WITH THE FLOW!

BACKSTAGE MIKE IS WAITING HIS TURN TO PERFORM. HE IS NOT HAVING FUN AT ALL.

THERE'S A LOT OF PEOPLE OUT THERE...

OH! IT'S SCARY! WHAT IF I DISAPPOINT DAD?

JUST AS MIKE STARTS HIS SONG DISASTER STRIKES...

BOOM!  
UHH! THE AMP... IT BLEW!

NO WORRIES! THE NEXT ACT WILL BE READY AFTER A SHORT BREAK.

THAT'S IT FOR ME! NO-ONE WILL EVER TALK TO ME AGAIN!

I HAVE AN IDEA! LET'S HELP MIKE OUT. HE CAN BORROW AN ACOUSTIC GUITAR...

YES, HE LOOKS VERY UPSET.

A FEW DAYS LATER BEFORE SCHOOL, THE FRIENDS HELP OUT IN THE SCHOOL'S VEGGIE GARDEN.

I AM GLAD TO SEE YOU ARE BETTER THABI!

I ALMOST CAN'T BELIEVE YOU MANAGED TO GIVE UP ALL THAT JUNK FOOD! BUT VEG ARE GOOD!

I AM SURE THE HEALTHY FOOD I ATE HELPED ME GET BETTER QUICKER.

AT LINE-UP THE HEADMASTER SPEAKS TO THEM.

RRRING

IT IS ALMOST TIME FOR THE VARIETY CONCERT, AND I KNOW YOU HAVE WORKED HARD...

BUT I ALSO NEED YOU TO CLEAN UP THE GROUNDS DURING BREAK. WE ARE PROUD OF OUR SCHOOL AND MUST KEEP IT TIDY.

I'VE HEARD SOME CHEATS ARE STEALING DANCE MOVES!

NO WAY! LUCKY FOR US WE PRACTICE AT HOME.

I WISH I HAD REAL FRIENDS. THEY ALWAYS HELP EACH OTHER.

AFTER SCHOOL.

SEE YOU AFTER SOCCER PRACTICE.

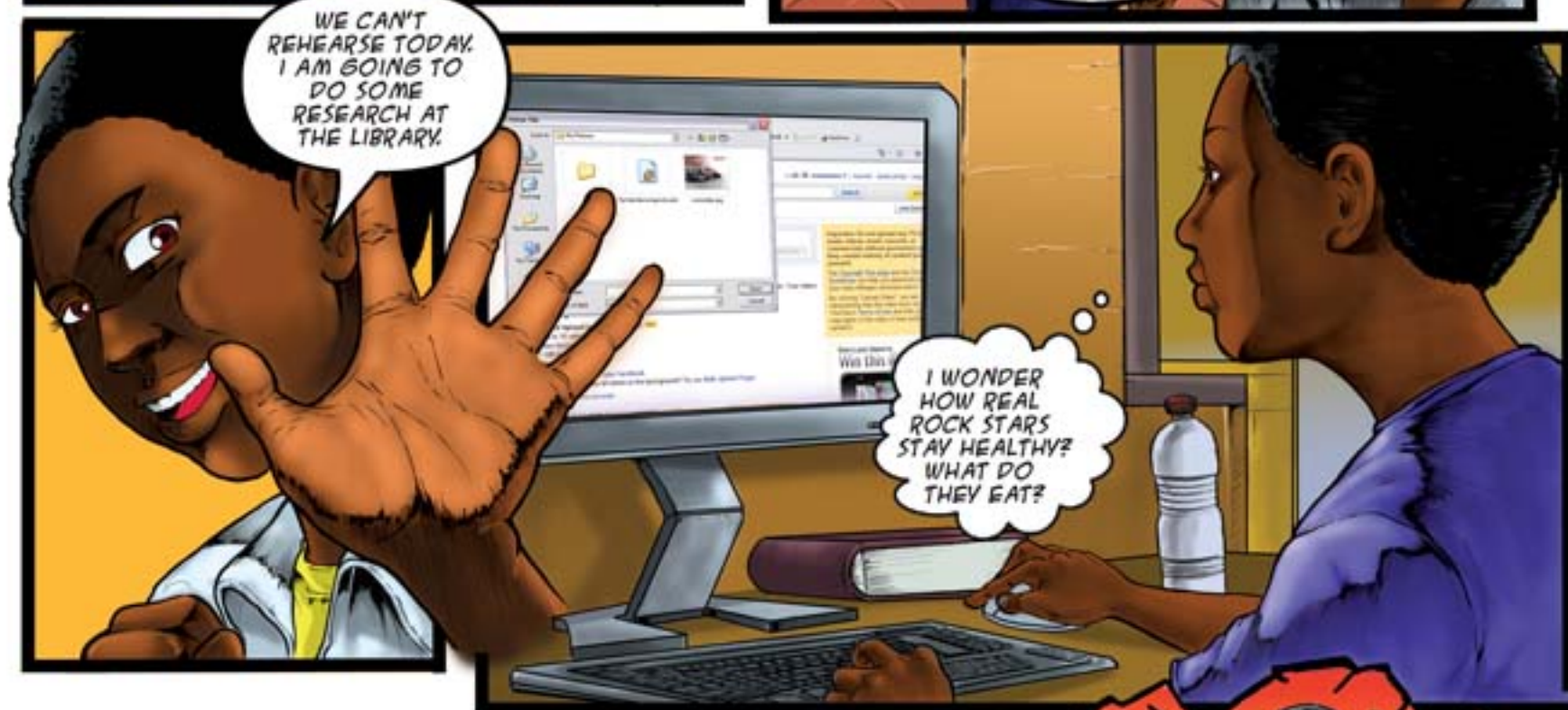
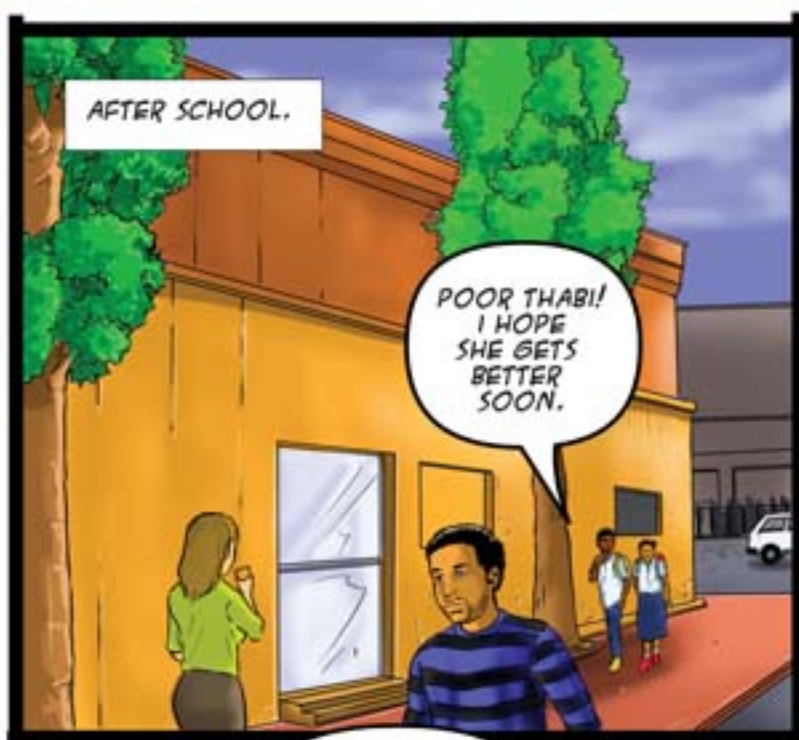
SURE THING. WE HAVE NETBALL AND WE ARE GETTING FIT.

NOBODY PLAYS WITH ME UNLESS I BUY THEM STUFF AT THE TUCK SHOP.

HOW YA MY BOY?

I'M OK.

I DON'T THINK I CAN PULL OFF THAT SONG DAD CHOSE FOR ME, AND I FEEL TIRED AND LONELY. JULIUS AND HIS FRIENDS LOOK SO HAPPY.



A FEW DAYS LATER.

BUT THE HEADMASTER HAD BAD NEWS...



WHERE IS THABI? I HOPE SHE HAS NOT OVERSLEPT.

I HOPE SHE IS NOT SICK! THE SHOW IS ROUND THE CORNER...



THERE IS A NASTY VIRUS GOING AROUND. DOZENS OF PARENTS HAVE CALLED TO SAY THEIR CHILDREN ARE ILL...



HYGIENE IS VERY IMPORTANT IN A SCHOOL, BUT IT IS EVEN MORE IMPORTANT WHEN PEOPLE ARE GETTING ILL. MRS. TURNER WILL NOW TALK TO YOU.



OK, RULE NUMBER ONE: WASH YOUR HANDS BEFORE YOU EAT! ALSO, WASH HANDS AFTER USING THE TOILET, AFTER EXERCISE, PLAYING WITH PETS, AFTER BLOWING YOUR NOSE, OR JUST WHEN YOUR HANDS ARE DIRTY.

## Wash Your Hands!

1. Before you eat ✓
2. After using the toilet ✓
3. After exercise ✓
4. After playing with pets ✓
5. If your hands are dirty, or after blowing your nose ✓



WON'T WE BE WASTING WATER WITH ALL THE WASHING?

NO, THE GERMS THAT SPREAD BECAUSE PEOPLE DO NOT WASH HANDS ACTUALLY COST US MORE. WHEN PEOPLE GET SICK, THEY MISS SCHOOL OR WORK. THEY HAVE TO GO TO A DOCTOR AND BUY MEDICINE.



WHILE WE TALK ABOUT WATER, TRY TO DRINK ABOUT EIGHT GLASSES OF WATER EVERY DAY. IT WILL HELP YOUR ENERGY LEVELS AND YOU WILL FEEL MUCH HEALTHIER.

WHY IS IT IMPORTANT TO DRINK WATER? DO YOU BOIL YOUR WATER AT HOME BEFORE YOU DRINK IT? HOW CAN GERMS SPREAD?

AS THE VARIETY CONCERT COMES CLOSER  
CONCERT FEVER GRIPS THE CHILDREN. EVERYONE  
IS EAGER TO SHOW OFF THEIR TALENTS ON STAGE.



BACK AT JULIUS' HOUSE THE FRIENDS  
EAT A HEALTHY LUNCH.



BACK IN CLASS LESSONS CONTINUES...

CAN ANYONE TELL ME WHY THE VEGETABLE GARDENS ARE SO IMPORTANT TO THE SCHOOL?

IT'S TO FEED THE POOR KIDS. THE REST OF US GET ENOUGH MONEY FOR TUCK.

NO MIKE. IT IS ABOUT SHOWING CHILDREN HOW IMPORTANT IT IS TO EAT THE RIGHT TYPE OF FOOD. ANY OTHER IDEAS?

VEGGIES ARE EASY TO GROW AND IT GIVES OUR BODIES VITAMINS, ENERGY AND FIBRE. IT ALSO HELPS US TO FIGHT DISEASES AND TO STAY HEALTHY!

I THINK YOU WANT TO SHOW US THAT EVEN THOUGH SWEETS, FIZZY DRINKS AND OILY FOODS LOOK NICE TO EAT, IT IS NOT REALLY GOOD FOR US!

THAT'S RIGHT! SO FOR THIS WEEK YOU HAVE HEALTHY HOMEWORK.

WRITE DOWN WHAT YOU EAT EVERY DAY. THEN WE WILL BE ABLE TO SEE IF YOU ARE EATING WELL. YOU NEED PROTEINS, CARBOHYDRATES, FATS AND VITAMINS...

SO WHAT ARE THE BIG PLANS FOR OUR ACT?

WE WILL START LIKE THIS...

AND THEN WE MOVE INTO THE GROOVE!

AND I WILL DO MY MOON WALK HERE!

YES!

YOU THINK YOU'VE GOT THE MOVES! DJ D IS WRITING A SONG FOR ME.

WELL GOOD LUCK MIKE! CAN'T WAIT TO SEE YOUR PERFORMANCE.



I AM ALSO STARTING TO EAT HEALTHY FOOD. I WANT TO MAKE SURE I CAN MANAGE ALL THOSE DANCE MOVES TOO!

NICE! I'VE GOT SOME MORE IDEAS FOR OUR ROUTINE. SEE YOU ALL LATER.



IN CLASS THEIR TEACHER'S LESSON IS ABOUT BEING HEALTHY.

SO CLASS WHO CAN TELL ME WHY IT IS IMPORTANT TO DRINK WATER?

WE NEED WATER TO DIGEST AND ABSORB VITAMINS AND NUTRIENTS.

YES THABI! AND IT WILL IMPROVE YOUR ENERGY LEVELS!

DURING BREAK MIKE SHOWS OFF HIS SINGING TALENT.



I THINK HE IS THE BEST EVER!!

WE WILL SEE ABOUT THAT! I CAN ALSO GROOVE.



WE WILL HAVE TO GIVE OUR ALL TO BEAT MIKE!

THAT IS TRUE, BUT WE HAVE GOT DETERMINATION!



TIME TO EAT THE APPLE AND I WILL EAT AN ORANGE!

MMM! THIS IS GOOD! IT IS SWEET AND HEALTHY.

HOW MUCH WATER DO YOU DRINK A DAY? DO YOU THINK IT IS ENOUGH? COULD YOU HELP YOUR FRIENDS TO BE HEALTHIER?



SANELE,  
PLEASE  
WASH YOUR  
HANDS AND  
HELP ME  
WITH THE  
COOKING.



CAN'T  
I JUST LICK  
MY FINGERS?  
THEY'RE NOT  
DIRTY...

NO!  
THAT DOES  
NOT KILL THE  
GERMS. THEY  
CAN SPREAD  
DISEASES EVEN  
IF YOU  
CANNOT SEE  
THEM.

MEANWHILE, AN EXHAUSTED  
THABI IS READY FOR BED.



I  
DON'T  
LIKE HEALTHY  
FOOD. IT IS  
SO BORING.



BUT  
JULIUS DARED  
ME... AND MAYBE  
I WILL HAVE MORE  
ENERGY... MORE  
PETROL TO PLAY,  
DANCE  
AND DO  
HOMEWORK...

I SET  
MY ALARM  
CLOCK SO  
THAT I WILL  
HAVE TIME  
TO EAT  
BREAKFAST...

THE NEXT MORNING  
THE FRIENDS SHARE  
A TAXI TO SCHOOL.



WE  
MADE A  
DEAL. THIS  
IS WHAT  
YOU START  
WITH MY  
FRIEND.

WELL  
THIS IS NOT  
MY FIRST CHOICE,  
BUT I WILL  
STICK TO THE  
PLAN!



IT WILL  
BE  
AWESOME  
TO SHARE  
A STAGE  
WITH  
KABELO!



JUST  
REMEMBER  
THAT EATING  
HEALTHY FOOD  
MIGHT JUST  
HELP US TO  
WIN!

DO YOU THINK THABI'S LUNCHBOX IS HEALTHY?  
MAKE A LIST OF CHEAP HEALTHY FOOD FOR  
A LUNCHBOX.  
MAKE A LIST OF FOOD ON SALE AT THE TUCK  
SHOP WHAT IS HEALTHY AND WHAT IS NOT?



THABI  
I DARE YOU  
TO EAT HEALTHY  
FOOD FOR A WEEK.  
I AM SURE YOU  
WILL THEN HAVE  
ENOUGH ENERGY  
TO DANCE AND  
PLAY!

YOU'RE  
ON JULIUS. I  
WILL TAKE ON  
YOUR DARE.

THABI ACCEPTED A DARE TO  
EAT HEALTHY FOOD FOR A  
WEEK, BUT SANELE IS UPSET.



I AM  
ALSO  
TIRED A LOT  
OF THE  
TIME...

WHAT  
IS WRONG  
SANELE? YOU  
LOOK AS IF THE  
DOG GOT  
YOUR FOOD...

I AM  
WORRIED ABOUT  
MY WEIGHT MOM...  
I THINK I EAT TOO  
MUCH OF THE WRONG  
STUFF... I WANT TO  
DANCE, BUT I  
CAN'T...



WELL  
THEN THERE  
IS ONLY ONE  
THING TO  
DO! WE WILL  
START A HEALTHY  
LIVING  
PROGRAMME.

SANELE AND HER MOM TOOK  
ACTION. THEY MADE SURE THEY  
HAD ENOUGH FRUIT AND  
VEGETABLES IN THE HOUSE.

WE NEED TO  
AVOID FATTY AND  
PROCESSED FOODS!  
WE ALSO NEED  
SOME EXERCISE...

I FEEL  
HEALTHIER  
ALREADY! FRUIT  
AND VEGGIES ARE  
FULL OF GOOD  
NUTRIENTS.  
IT IS NOT GOOD  
TO EAT WHITE  
BREAD ALL  
THE TIME.

WHAT DOES IT MEAN TO BE HEALTHY?  
WHAT CAN YOU DO TO BE MORE HEALTHY?

AFTER SCHOOL THE FRIENDS MEET AT JULIUS' HOUSE.

I HAVE AN IDEA FOR A COMBO LIKE YOU SAID... SINGING, DANCING AND THE GUITAR...



JULIUS IS FULL OF ENERGY AND STARTS SHOWING THEM SOME MOVES.

AND ONE AND LEFT AND LEFT AND...



LET'S BRING IN SOME HIP HOP AND THEN WE CAN REALLY GROOVE?

OK BUDDY, BUT I WARN YOU I AM SOOOO TIRED!



AND RIGHT TURN!

NO WAY! I AM TOO TIRED FOR ALL OF THAT!



PLEASE LET ME GO HOME TO MY SOFT BED...

THABI, IT IS BECAUSE YOU ARE ALWAYS EATING JUNK FOOD. SWEETS BURN OFF TOO QUICKLY! YOU HAVE NO PETROL IN YOUR ENGINE!

YOU ALSO DRINK TOO MUCH COOLDRINK! YOUR BODY NEEDS WATER TO CARRY NUTRIENTS THROUGH YOUR BODY!

NE! THAT WAS A MOUTHFUL BROTHER! BUT MAYBE YOU ARE RIGHT. I DO FEEL LIKE AN ENGINE WITH NO PETROL.



WHAT TYPES OF FOOD WILL GIVE YOUR "ENGINE" MORE "PETROL"? WHAT IS JUNKFOOD?



LATER IN THE CLASSROOM.

RIINGGG!!



I CAN'T WAIT TO HEAR ABOUT THE SURPRISE...

SHHH! THERE HE IS.

QUIET IN THE LINES JULIUS. YOU KNOW THE RULES.

SORRY SIR.

WELL IT IS TIME FOR THE BIG REVEAL!

WE HAVE TO RAISE FUNDS FOR OUR SCHOOL'S VEGETABLE GARDENS! AND LEARN TO BE HEALTHY!

HOW BORING!

SO, WE HAVE DECIDED TO HOLD A VARIETY CONCERT. THE WINNERS WILL PERFORM LIVE WITH THE STAR KABELO!

YOU'RE TELLING ME? WE GOT TO WIN THIS THING. KABELO IS MY HERO!

SO! GET GOING! SINGING, DANCING, PLAYING INSTRUMENTS! SHOW US THE BEST YOU CAN DO!

IN WHAT WAY ARE YOU HEALTHY?

WHAT CAN YOU DO TO BECOME HEALTHIER?

THE THREE FRIENDS ARRIVED AT SCHOOL JUST AS MIKE, WHOSE DAD IS A BIG MUSIC PRODUCER, ARRIVED AT THE SCHOOL.

HERE IS FIFTY BUCKS FOR TUCK AND TAKEAWAYS. I'LL BE HOME LATE!

THANKS DAD. SAY HI TO MANDOZA FOR ME!

CHECK OUT MIKE'S DAD HAS NEW WHEELS!



EITA BRA! WHAT'S UP?



AHH I GOT A NEW ELECTRIC GUITAR! LOOK I HAVE A PHOTO...

WHO! MIKE IS THE COOLEST GUY IN THE SCHOOL.



CHECK IT OUT! IT'S GOT AMAZING SOUND.

WAY OUT MAN!

HE IS A SHOW-OFF. MONEY IS NOT EVERYTHING.

BUT MONEY CAN BUY FOOD AT THE TUCK!



I SKIPPED BREAKFAST AND I AM SO HUNGRY!



A TOWNSHIP IN SOUTH AFRICA, IT'S MONDAY MORNING AND EVERYONE IS GETTING READY FOR SCHOOL, INCLUDING THREE FRIENDS.

JULIUS,  
BREAKFAST  
IS READY! IT  
IS THE MOST  
IMPORTANT  
MEAL OF THE  
DAY!

HOW ARE  
THINGS GOING  
AT SCHOOL?

THE  
HEADMASTER  
SAYS HE HAS A  
SURPRISE FOR US.  
HE IS TELLING  
US TODAY!

JULIUS' MOM PACKS A SNACKBOX  
FILLED WITH HEALTHY FOOD FOR  
HIM TO TAKE TO SCHOOL.

FURTHER DOWN THE ROAD, THABI  
HAS OVERSLEPT. IT'S GOING TO  
BE A RUSH TO BE IN TIME FOR  
THE TAXI.

I'VE GOT  
TO GO TO  
WORK, BUT  
HERE IS  
MONEY FOR  
TAXI. YOU  
BETTER  
HURRY UP!

SANELE!  
YOU LEFT  
YOUR  
LUNCHBOX!

SANELE WHO LIVES AROUND THE  
CORNER WAS ALSO IN A RUSH...

JULIUS, SANELE AND THABI MADE  
IT TO THE TAXI ON TIME...

UGGH!  
I DON'T  
LIKE  
MONDAYS!

YES, BUT TODAY  
THERE IS  
A SURPRISE  
FOR US...  
REMEMBER?

# PROMOTING HEALTHY LIFESTYLES



WE HOPE  
THIS WAS FUN  
AND THAT YOU  
LEARN'T A LOT!  
LOOK BELOW  
FOR TIPS TO  
FOLLOW...



WE NOW  
WANT YOU READY TO...



CHANGE ANY UNHEALTHY EATING HABITS



MAKE SURE YOU EXERCISE REGULARLY



EAT THE RIGHT QUANTITIES OF THE  
DIFFERENT FOOD GROUPS



HELP YOUR FAMILY MEMBERS TO BUY  
NUTRITIOUS FOOD BY GIVING THEM ADVICE



USE A FEW MINUTES DURING BREAK TO PLAY

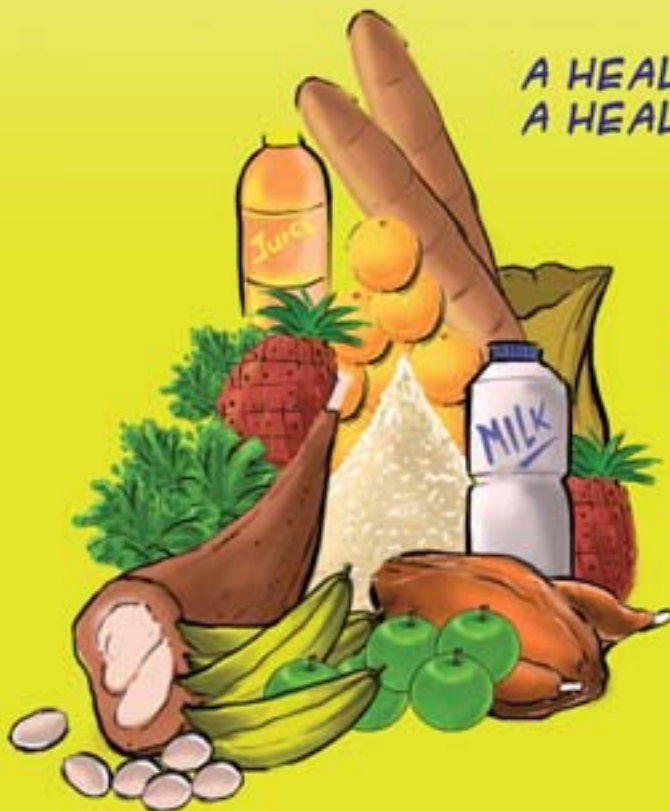


INFLUENCE YOUR SCHOOL'S TUCK SHOP TO  
BUY HEALTHY FOOD AND SNACKS

REMEMBER THAT A MOMENT'S PLEASURE IN THE MOUTH CAN LEAD TO  
A LIFE TIME OF MISERY WITH OBESITY AND DISEASES LIKE DIABETES,  
HYPERTENSION AND HEART DISEASE, AMONGST OTHERS.

MAKE A HEALTHY CHOICE AND LIVE LONGER! A HEALTHY BODY GIVES  
BIRTH TO A HEALTHY MIND WHICH IN TURN IMPROVES PERFORMANCE  
IN ALL LEARNING AREAS.

A HEALTHY CHILD GROWS INTO A HEALTHY ADULT.  
A HEALTHY ADULT IS A HAPPY ONE.



## EMBRACE HEALTHY LIFESTYLE



education

Department:  
Education  
REPUBLIC OF SOUTH AFRICA



# education

Department:  
Education  
**REPUBLIC OF SOUTH AFRICA**



# PROMOTING HEALTHY LIFESTYLES

