

# GROW SMART

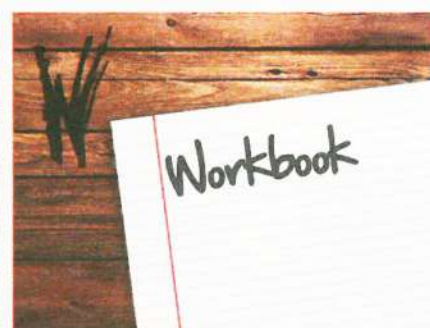
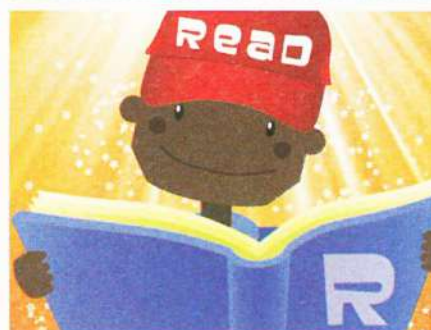
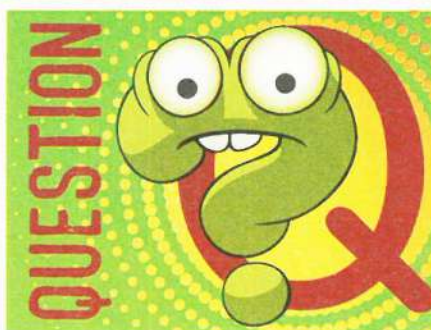
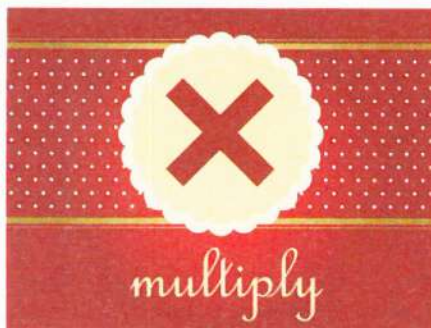
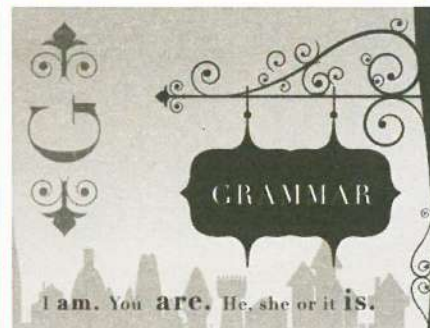
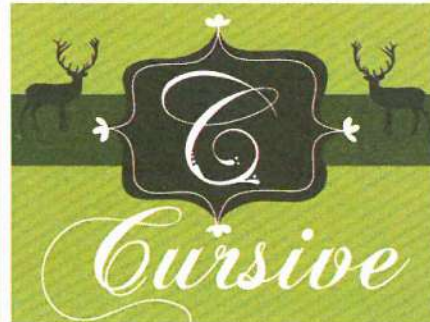
Third Edition

GROW SMART

An initiative by GROWTH-POINT PROPERTIES



WESTERN CAPE  
Education Department  
Provincial Government of the Western Cape





# The adventures of Vuyo and Gemma Mouse

## The football match

Vuyo was very excited, because he had bought tickets for the whole family to go and watch a World Cup soccer game.

He set his alarm for early Saturday morning to make sure that they arrived at the train station on time.

The quadruplets were so excited that all four of them woke up long before the alarm went off. They jumped out of bed and put on their special "I support Bamousa Bamousa" T-shirts. Gemma didn't even have to help them get dressed.

Vuyo bought some face paint and everyone in the family painted the South African flag on their faces.

When they were eventually done and ready to go, they got onto the Jack Russel taxi and made their way to the station to catch the train to Cape Town.

Vuyo stood in line to buy the family's train tickets. The tickets cost R2,50 for each of the four children and R3,75 for each of the two adults. He paid with a R20,00 note. Is R20,00 enough money? **Answer:** \_\_\_\_\_

If so, how much change should he get?

**Answer:** \_\_\_\_\_

An hour later the mice arrived at Cape Town Station. The quadruplets had never been to the city and couldn't believe their eyes – there were so many people, mice, roaches, rats and even some scary old cats. Everyone at the station looked very excited about the Soccer World Cup and most of them were wearing soccer jerseys or carrying flags from different countries.

"Get your vuvuzela here! Half price! Today only! Come get your vuvuzela here!," shouted a scruffy looking mouse from his stall just outside the station. The quadruplets cried out with one voice, "Daddy, Mommy, buy me a vuvuzela pleeeeeeaaase!"

The vuvuzelas cost R1,50 each. Vuyo has R15,00 left in his wallet, plus the change he got from buying the train tickets. How much money is there in total in his wallet? **Answer:** \_\_\_\_\_

How much will he have left if he buys four vuvuzelas? **Answer:** \_\_\_\_\_

He still wants to buy snacks at the stadium, do you think he should buy the vuvuzelas? **Answer:** \_\_\_\_\_

The mouse family finally arrived at Cape Town stadium amidst the noisy buzz of vuvuzelas. Vuyo, Gemma and the little mice got front row seats and could see every bit of the action – they could even see the sweat dripping from the foreheads and noses of the soccer players. At halftime Vuyo went to the tuck shop to get some snacks.

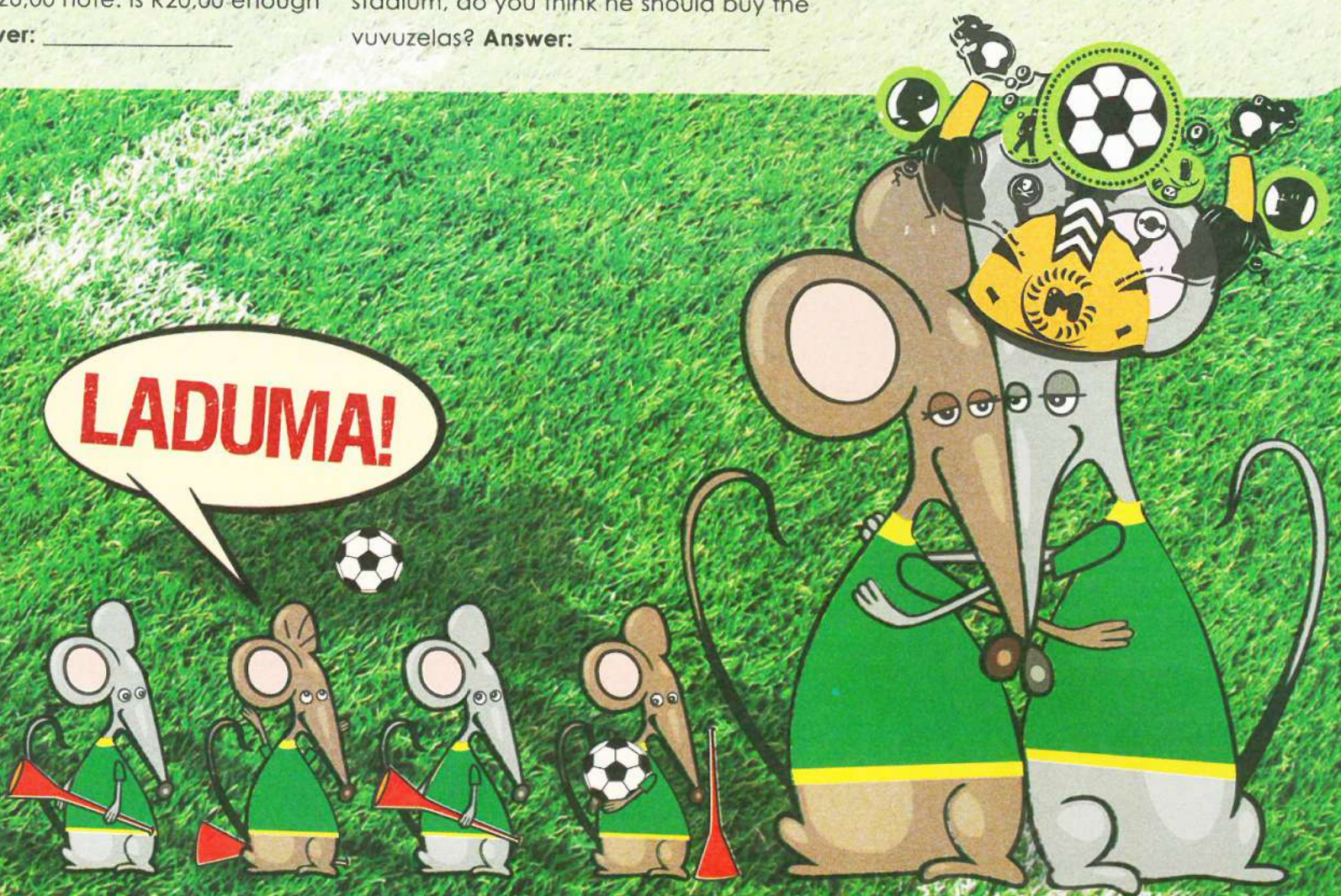
One cooldrink costs R1,00 and one packet of chips costs 50c. Does Vuyo have enough money left for six cooldrinks and six packets of chips?

**Answer:** \_\_\_\_\_

If so, how much money will he have left over? **Answer:** \_\_\_\_\_

It was a wonderful day. Bamousa Bamousa ran over the opposition and won by four goals to nil. The quadruplets were treated to a special bonus when one of the players signed his name on their four vuvuzelas.

The mouse family went home with broad smiles, smudged faces and slightly sore throats from all the cheering. Laduuuuuma!





# NOW THAT'S INTERESTING

## BLUE MOON

You've heard the saying "Once in a blue moon", right? It refers to something that doesn't happen often. But is there really such a thing as a blue moon?

Yes, there is. Each season usually has three full moons. However, sometimes there is a fourth full moon in a season, and this fourth full moon is called a blue moon.

## OLYMPIC RINGS

The Olympic Games flag features five rings, each interlocked with another. Each ring represents one of the five participating continents: Africa, Australia, America, Asia and Europe. The colours of the rings are blue, black, red, yellow and green.

## A SUNDIAL

A sundial is like a clock, except that it uses the position of the sun to tell the time. It has two parts: a round plate engraved with numbers that lies flat on the ground, and something called a style, which has a triangular shape and sticks up from the centre of the plate. If you know how to read a sundial, you can tell the time by looking at where the shadow of the style falls on the plate. The shadow moves as the sun moves across the sky. Unfortunately, you can only tell the time on a sundial when the sun is shining!

## FLUORIDE TOOTHPASTE

Our bodies need fluoride to grow properly. A long time ago, scientists discovered that kids who had more fluoride in their drinking water had fewer holes in their teeth caused by tooth decay. They found that fluoride mixes with tooth enamel in growing teeth, helping to prevent tooth decay. Tooth enamel is the hard coating on your teeth. Fluoride also works with saliva to protect tooth enamel against plaque and sugars.

## SLEEP

As evening approaches, your brain releases a chemical called melatonin that makes you sleepy. There are five stages in a sleep cycle and the cycle is repeated about five or six times during the night. The first two stages are when you fall asleep but are not yet in a deep sleep.

During the following two stages your heart rate and breathing slow down, your body is still and you are in a deep sleep. The final stage is when your brain becomes active and you dream. Believe it or not, your eyes move beneath your closed eyelids during this stage; it's called R.E.M. or Rapid Eye Movement.

## CORN FLAKES

Dr. John Kellogg and his brother, Will, were experimenting with healthy foods for a strict vegetarian diet. They tried to make long sheets of dough from stale, boiled wheat by running it through rollers, but got flakes instead. They toasted the flakes and found that they tasted pretty good, so they experimented with other grains, including corn. The result was Kellogg's Cornflakes.



★ The Football World Cup may be over for now, but soccer fever is still very much alive in South Africa. It's a wonderful way to keep fit, have fun and to learn to work together as a team. Soccer is not just for boys – did you know that there is also a Women's Football World Cup held every four years?

Soccer (or football, as it is also known) is a simple game with few rules. There are two teams of eleven players each and one ball. Each team has a goal area which the goalie defends. The objective of the game is to score more goals than the other team. Players can use any part of their body to play the ball, except their hands – only the goalie is allowed to use his hands.

You can improve your football skills with practice, practice and more practice. The most basic football skill is being able to kick the ball properly.

Let's see how it's done.

First of all, you should strike the ball with the top area of your foot where your laces would be, not with the tips of your toes. Secondly, in order to ensure power, timing and accuracy, you need to develop a "feel" for the ball. This can be done on your own with lots of practice.

Start by taking off your shoes and sitting on the ground with your bare feet flat on the floor.

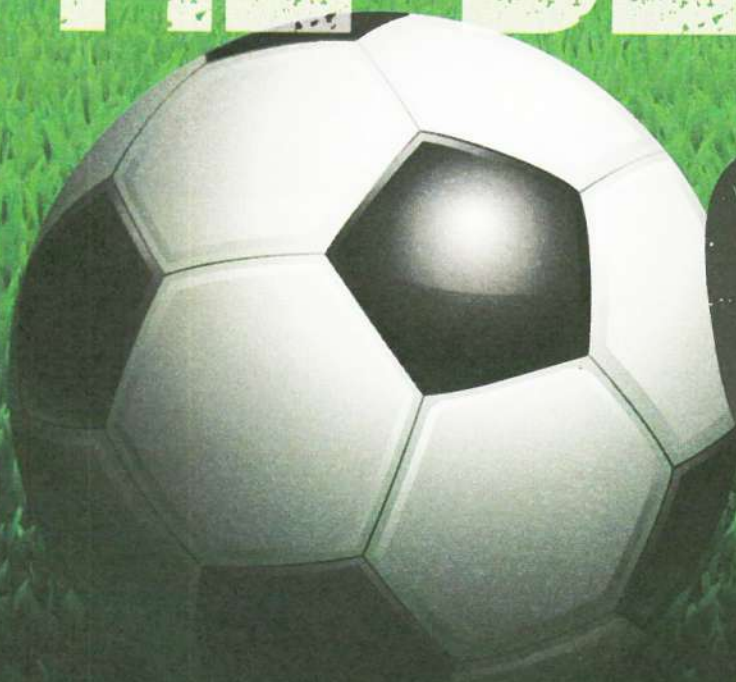
Your knees must be bent up between your arms. Got it? Now try kicking the ball out of your hands with the "laces" part of your foot – just lightly so that the ball doesn't go up too high. Make sure your toes are pointed like a ballet dancer, and don't move your ankle. Try to make the ball go up with as little spin as possible. Keep practising until the ball is going straight up and coming straight down.

Now do the same thing from a standing position. Try to kick the ball a bit higher, but still straight up and with as little spin as possible. You'll soon work out the correct angle for your foot. Then, instead of catching the ball, try a bounce between each kick. Now try two kicks between each bounce.

Still with bare feet, practise letting the ball bounce on the ground and then kicking it to a friend or against a wall. Use the same technique – toes pointed and your ankle locked in position. Finally, put on your shoes and start over from the beginning where you sit on the floor with your knees bent.

Remember that this takes time and practice, but you will eventually see positive results. And who knows? One day you might find yourself playing for your country in a Football World Cup tournament.

# THE BEAUTIFUL GAME





# A'FRICAN DANCE

The continent of Africa covers about 20% of the world's land area. It is a continent filled with natural wonders, abundant wildlife and striking contrasts, from dry deserts and vast grasslands to flowing rivers and tropical rainforests.

Africa is divided into many separate countries, all with their own cultures, histories and languages. Throughout history, the people of Africa have used the graceful beauty and flowing rhythms of dance to share stories, relate cultural and religious traditions, celebrate life experiences and strengthen community bonds.

There is one interesting difference between African dance and dances found elsewhere in the world. In African dance, different parts of the dancer's body, such as chest, arms, shoulders,

pelvis and legs, move to different rhythms within the music. It is usually the sound of the drum that creates the rhythm and sets the mood for the dance, while singers often provide the background music.

Most African dances are done by only males or only females, and often the spectators participate in the performance by singing along or clapping.

Some of the more well-known dances include the Ndlamu, a stamping and high kicking dance done by the Nguni people. This dance is usually performed by young men in a single or double line. The world famous South African musician, Johnny Clegg, also known as "The White Zulu", often performs this dance during his shows.

The Adumu is a jumping dance performed by young Maasai warriors in Kenya and Tanzania. They form a circle and one or two warriors at a time will enter the circle and begin jumping while keeping their bodies straight, never allowing their heels to touch the ground.

During the days of slavery, many African people were taken to far-away countries like America, the Caribbean, Spain, Portugal and others. The slaves found ways in which they could continue their dancing in these foreign lands. The dance styles changed over time and soon started to influence the dance trends of the general population. Some dances of the time that grew out of African dance included the Charleston, the Lindy Hop, the Jitterbug and the Twist.

Sources: [www.dance.lovetoknow.com](http://www.dance.lovetoknow.com), [www.en.wikipedia.org](http://www.en.wikipedia.org)





# SOME FAMOUS SOUTH AFRICANS



Charlize Theron



Chris Barnard



J.M. Coetzee



"Baby Jake" Matlala



Nelson Mandela



Miriam Makeba



## Movies

Charlize Theron, an award-winning actress, film producer, ballet dancer and fashion model, was born in Benoni and grew up on a farm. She became the first South African to win an Academy Award when she won both the Best Actress Golden Globe and the Oscar for her performance in the movie *Monster* in 2004.

## Literature

J.M. Coetzee is a professor and author who became the first writer to win two Booker prizes. The first one was in 1983 for his novel *"The Life and Times of Michael K."* and the second in 1999 for *"Disgrace"*. Four years later he won the Nobel Prize for Literature.

## Medicine

Chris Barnard was a surgeon who performed the first human heart transplant in the world in 1967. The operation was performed on Louis Washkansky at Groote Schuur Hospital in Cape Town. Dr. Barnard was also the first to do a double-heart transplant and a heart-lung transplant.

## Politics

One of the most famous and inspirational figures of all time is Nelson Mandela. Rolihlahla Mandela was born in the Transkei on 18 July 1918. He was given the name Nelson when he attended primary school. His resistance to the apartheid laws of the time resulted in him being jailed for almost 27 years. His prison number was 466/64. Mr. Mandela was released on 11 February 1990. In 1993 he shared the Nobel Peace Prize with Mr. FW de Klerk. A year later he was elected President of a democratic South Africa, after being able to vote for the first time in his life.

## Sport

"Baby Jake" Matlala was the shortest man in boxing, yet he won the world flyweight boxing championship title four times. He defended his crown at the age of forty and retired successfully. Nelson Mandela (once a boxer himself) and Will Smith (who acted as Muhammed Ali in the movie *Ali*) were both in the arena watching the fight. In the final rounds, Baby Jake did the "Ali shuffle" for Will Smith and, after his victory, he gave his WBU belt to Nelson Mandela.

## Music

Born in 1933, Miriam Makeba went from poverty in the townships of Johannesburg to an internationally successful music career in New York and the world. Once a domestic worker, Miriam Makeba became known as "Mama Africa" and performed before some of the greatest and most famous people around the globe, including the former American president, John F. Kennedy.



# fun trivia test!

Read the fun facts below and then see if you can answer the questions.

Hippopotomonstrosesquipedaliophobia is also known as the fear of very long words.

It is impossible to lick your own elbow.

The world's largest ocean is the Pacific Ocean.

Hummingbirds can fly backwards.

The words "listen" and "silent" contain the same letters.

Sound cannot travel through a vacuum – that's why outer space is a very quiet place and, unlike what you see in the movies, you will not be able to hear the sound of a spaceship's engines in space.

Horses can sleep while standing up.

Gravity keeps the Moon in orbit around the Earth.

A shark's skeleton is made from cartilage, not bone.

A sheep's stomach has four compartments.

The cheetah is the fastest land animal in the world.

An analogue clock that doesn't work still shows the correct time twice a day.

Try saying this tongue twister: "Sixth sick sheik's sixth sheep's sick".

Light travels about 300 000 kilometres in one second.

Plant-eating animals are known as herbivores.

Meat-eating animals are known as carnivores.

Animals that eat both plants and meat are known as omnivores.

A Killer Whale, or Orca, is not a true whale – it's actually a type of dolphin.

Energy can be changed, but not destroyed.

Cumulus, Stratus and Cirrus are names for different types of clouds.

Sound travels faster through water than through air.

Helium is a gas that is lighter than air, which is why helium balloons float.

The Sea of Tranquillity is not a sea at all and it's not on Earth – it's the large flat area where man first set foot on the Moon.

Pumice is a volcanic rock that floats on water before it becomes waterlogged and eventually sinks.

A whip makes a cracking sound because its tip moves faster than sound.

Asia, Africa, Australia, Antarctica and America all begin and end with the same letter.

The smallest bone in your body is the stapes or stirrup bone in your ear and the largest is the femur in your upper leg.

Humans exhale carbon dioxide. Plants convert carbon dioxide into food through a process called photosynthesis.

Sources:  
[www.en.wikipedia.org](http://www.en.wikipedia.org),  
[www.sciencekids.co.nz](http://www.sciencekids.co.nz),  
[www.indianchild.com](http://www.indianchild.com)

## questions:

What keeps the Moon in its orbit? \_\_\_\_\_

Where will you find the Sea of Tranquillity? \_\_\_\_\_

What is the world's fastest land animal? \_\_\_\_\_

What is an omnivore? \_\_\_\_\_

What are Cirrus, Stratus and Cumulus? \_\_\_\_\_

What is pumice? \_\_\_\_\_

What is an Orca? \_\_\_\_\_

What is Helium? \_\_\_\_\_



# True or False?

## TOO MUCH LOUD NOISE CAN CAUSE HEARING LOSS.

True. Continuous exposure to loud noise can damage the tiny hairs in the inner ear and cause a temporary, or even permanent, loss of hearing.

## IF YOU PULL OUT A GREY HAIR, TWO MORE WILL GROW IN ITS PLACE.

False. This may seem like a good idea to people who are losing hair so that they can make more grow. However, only one strand of hair will grow from the same place, unless you've damaged the hair follicle when you plucked the grey hair – then nothing will grow in its place.

## IT'S BAD LUCK TO WALK UNDER A LADDER.

False ... and true. Walking under a ladder will not cause bad luck. However, there is always the risk of bumping into the ladder and knocking it over, or having a tin of paint or a hammer fall on your head from above.

## EATING CARROTS WILL IMPROVE YOUR EYESIGHT.

False. Carrots do contain nutrients that are important for good eye health, but eating lots of carrots will not improve your eyesight.

## TOUCHING TOADS WILL GIVE YOU WARTS.

False. Warts are very common and are caused by a virus. They appear without warning and usually disappear within a year.

## YOU WILL HAVE BAD LUCK IF A BLACK CAT CROSSES YOUR PATH.

False. The only bad luck you will have is if you trip over the cat.

## SQUEEZING PIMPLES MAKES THEM GO AWAY FASTER.

False. The pimples may seem less noticeable, but squeezing a pimple may actually force the bacteria further into the skin. Furthermore, squeezing a pimple could actually cause damage to your skin.



## CHEWING GUM TAKES SEVEN YEARS TO PASS THROUGH YOUR DIGESTIVE SYSTEM.

False. Chewing gum is mostly indigestible and resists the body's attempts to break it down. However, it still passes through the digestive system and comes out in the same way as anything else you swallow.

## FRIDAY THE 13<sup>TH</sup> IS THE UNLUCKIEST DAY OF THE YEAR.

False. Some people believe that Fridays are bad luck days. Some people believe that 13 is a bad luck number. When you combine the two, you get a day on which you would rather just stay in bed. Actually, Friday the 13<sup>th</sup> is a day just like every other day of the year.

## GROWSMART WORD SCRAMBLE

PLEASE HELP ME FIND THE HIDDEN WORDS.

SPELLZKNOWLEDGE  
ARTICULATIONCRIO  
WORDPSCHOOLFFUNP  
ZLKTLITERACYBBOC  
READHBXLZAPAKOLH  
LTFOLEDUCA TEUOMO  
ETDGR RYZPLAYAKSI  
AEXFUTURETRWISec  
RRWUVYCONFIDENCE  
NSKMATHEMATICSPo

- ☐ Articulation
- ☐ Word
- ☐ Literacy
- ☐ Educate
- ☐ Future
- ☐ Knowledge
- ☐ Play
- ☐ Confidence
- ☐ Mathematics

- ☐ Choice
- ☒ Spell
- ☐ Books
- ☐ Fun
- ☐ Letters
- ☐ Wise
- ☐ School
- ☐ Read
- ☐ Learn