

Key Stage 4

HEALTHY ATTITUDES

Healthy Eating Facts:

- Most recent research – that excessive amounts of sugar and ‘fast food's lead to increased likelihood of asthma and allergies
- A former head of the USA FDA wants ‘cigarette warnings’ on sugar as he feels it is addictive and dangerous like cigarettes.

Sugar – “a prime cause of the obesity pandemic”

- Obesity comes from what you put in your mouths – Occasional exercise alone is not enough
- Nationally, 1 in 5 children of secondary school age are reported as obese
- Nationally, 6 in 10 adults are obese
- Obesity leads to
 - Heart disease / liver disease
 - High blood pressure
 - Type II Diabetes
 - Increased chance of cancer
 - Injured joints / muscles – osteo-arthritis
 - Poor quality sleep
 - Reduced life expectancy – you die earlier
 - Increased likelihood of asthma

Did you have Breakfast?



Did you have Breakfast Cereal?



- Breakfast eaters:
 - Less chance of obesity
 - More energy
 - Better nutritional profile
 - Better overall healthy diet
 - Do better at school

Do you drink 'monster' energy drinks?



Do you drink 'monster energy drinks?



- 1 can of Monster contains 250calories – about 10% of your daily intake; enough for 1 hours of walking, 30mins of jogging, or of cycling fast.
- 14 cans = 1lb of fat.

Who is healthier?



A waiter , who does no formal exercise, walks to work, and who follows a generally healthy diet.

Or



A Business-woman who does a fitness class twice & plays netball once a every week , and who often skips breakfast .

Who is healthier?



The waiter , who does no formal exercise, walks to work, and who follows a generally healthy diet.

Which is healthier?



An **orange**

Or



A glass of **orange juice**?



Which is healthier?

The **orange**

... the fibre in the fruit counteracts the effects of the sugar; essentially it slows the rate of absorption.

Would you walk:

- 3 miles for a chocolate biscuit?
- Ten miles for a Big Mac?
- A half-marathon for a Mars bar?

Do you know ...

- What's actually in an economy burger or other 'value' foods?
- What's actually in the big bottles of cola / energy drink?

What can you do?: (Choose 1 or 2 as a target)

- Eat a healthy breakfast (ie cereal)
- Drink more water
- Eat plenty of 'natural' foods ie fruit and veg
- Avoid high sugar / energy dense food & drink like 'monster'!
- Ensure you eat foods of different colours!
- Ensure you eat a balanced diet ie Take-away food, once a month not twice a week! / chocolate bars once a week not every day – Avoid 'value / economy burgers!
- Aim to do at least 60minutes of MOVING every day as part of your daily life ie walk to school, cycle, plus PE, plus moving at breaktimes, plus sports etc