

MY NAME

A Healthy Start, pg 25

HEALTHY BODY



A Healthy Start

BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY.

When you wake up your body needs replenishing with a healthy breakfast ('break' the 'fast'). Eating nourishing food in the morning ensures your blood sugar remains stable. Studies show that overweight and obese people often skip breakfast, but starving yourself in the morning, means you're more likely to make bad food choices or binge-eat.

A healthy breakfast energises your mind and body, keeps your moods stable and helps you focus on your daily tasks, whether you're at school, playing sport or working.

Eggs are a popular high-protein breakfast food. One egg contains two-thirds of the body's daily recommended fat intake, of which half are good fats or low density lipoproteins. The dietary cholesterol in an egg only has a small effect on blood cholesterol levels, so it's safe for healthy people to eat an egg every day. Chicken eggs are a great source of protein, most vitamins and especially vitamin B12.

There are many healthy ways to prepare eggs: poached, boiled, scrambled or in an omelette. This delicious omelette (right) serves one; double the ingredients for two.

One-Person Veggie Omelette

Approximately 115 calories (about 490 kilojoules)

Ingredients

- 1 medium egg
- 50 ml water
- ½ medium zucchini, grated
- 2 medium mushrooms, sliced
- 2 small cherry tomatoes, quartered
- olive oil or canola spray

Method

1. Place the egg in a small bowl and beat with a fork. Add the water and beat again.
2. Spray a small, non-stick fry pan with the oil spray. Add the prepared vegetables and cook for 3 minutes on medium heat until they have softened.
3. Pour in the beaten egg. As it cooks, use a spatula to loosen the cooked egg at the edge of the fry pan, allowing uncooked egg to run underneath. Repeat until all the egg is cooked.

To Serve: Add two slices of wholemeal or wholegrain bread, such as soy and linseed, and a glass of milk for a well-rounded, filling and nutritional start to your day.

Next Month: Stir-fries are quick, easy and healthy options for meals... look out for our Pork with Veggies and Glass Noodles recipe in the April *Deadly Vibe*.

Memory loss is getting younger

FORGET ABOUT DEMENTIA BEING JUST FOR THE ELDERLY.

When we hear the word dementia, most people think it is a condition of the elderly. Few people however know what dementia actually is, and generally, the condition is put down to something that 'just happens' as we get older.

Not being able to remember things or people, talking incoherently, not knowing who or where you are, are symptoms we associate with dementia. In reality, the condition is far more complex.

The term dementia is used to describe the symptoms of a large group of illnesses

that cause a progressive decline in a person's functioning. It is a broad term used to describe a loss of memory, intellect, rationality, social skills and what would be considered normal emotional reactions.

Therefore, dementia is not a specific disease, but rather an umbrella term for a variety of symptoms that may accompany or indicate certain diseases or conditions.

More than 60 different conditions are known to cause dementia symptoms.

Importantly, dementia is not a condition restricted to the elderly and younger people can suffer from early onset dementia.

Alzheimers Australia says younger onset dementia affects about 10,000 people under the age of 65, including some teenagers.

Alzheimers Australia National Director, Glenn Rees, says the condition is often

HEALTHY MIND

inaccurately diagnosed because doctors believe the disease only affects older people.

"There are many things that need to be done but the issues of major concern are around better and earlier diagnosis of dementia, so that people don't have to wait years for a diagnosis, and secondly to create services that respond flexibly to the needs of younger people," he says.

For more information on dementia, visit www.dementiacareaustralia.com

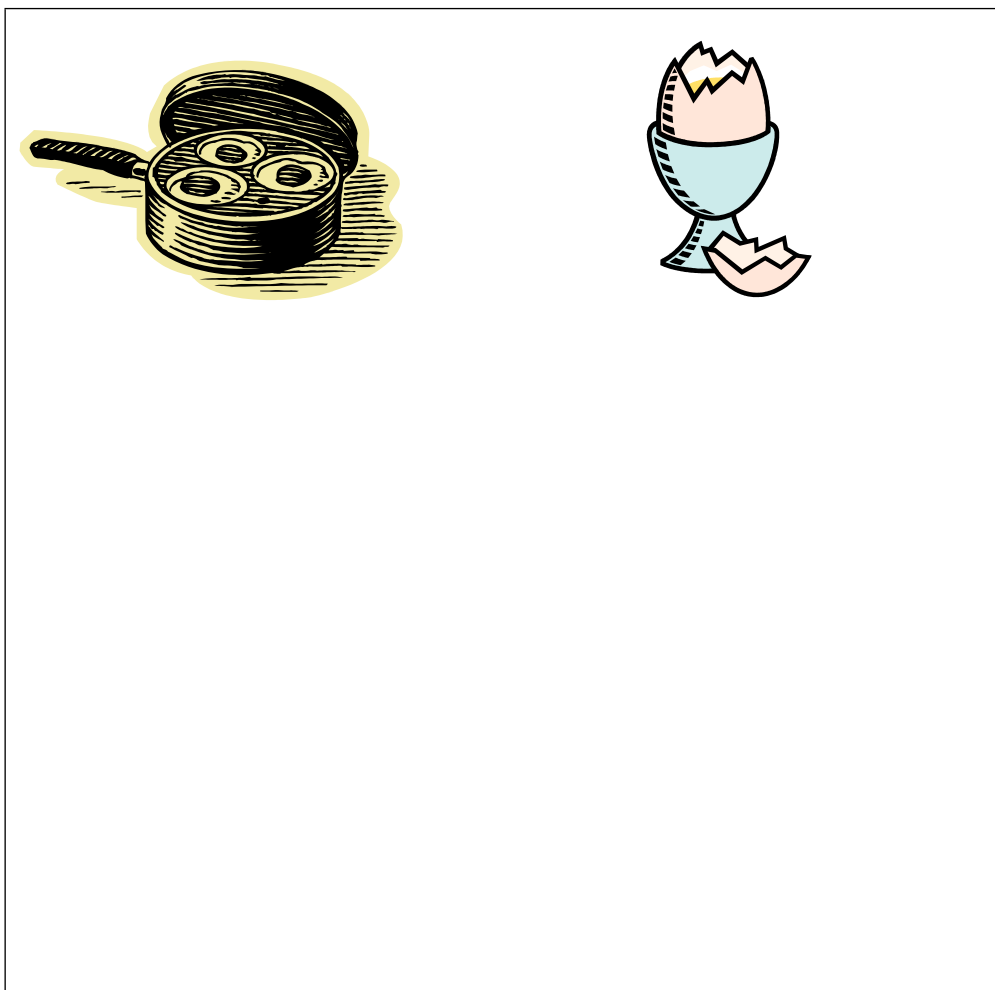
Brain Awareness Week runs from March 16 to 23.

It is important to eat a healthy breakfast at the start of every day. If you eat a healthy breakfast, you'll be able to concentrate better in school and feel better too!
Eggs are a good breakfast food because they are high in protein.



Activity 1

Do you like poached, boiled or scrambled eggs for breakfast? Or maybe you like omelettes? Draw a picture of how you like your eggs.



Finish this sentence.

For breakfast I like to eat

.....



Activity 2

Reading for meaning

Read the recipe for making a *One-Person Veggie Omelette* on page 25.

1. How many eggs will you need to make this omelette?

- 1 medium egg
- 1 small egg
- 2 eggs

2. What is another ingredient of this omelette recipe?

- grated cheese
- half a medium zucchini
- bacon

3. Put these in order

- serve with toast
- beat the eggs with a fork
- cook the eggs with the vegetables

Activity 3

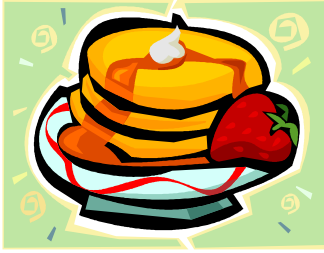
Make a shopping list for the ingredients in this recipe.

LIST



Activity 4

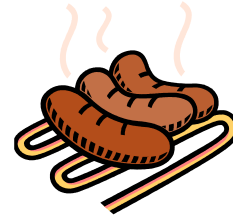
What is your favourite breakfast recipe?



pancakes



eggs and bacon



sausages

Name of your recipe

Ingredients

Method