

VIBE ACTIVITIES

Healthy Vibe – *You are what you eat* page 24

HEALTHY VIBE

HEALTHY BODY

You are what you eat

Swap convenience for health today

oil, fillers and artificial sweeteners. They hold dismal amounts of nutritional value and contain high amounts of sodium, sugar, trans-fats and saturated fats.

In saying that, not all processed foods are bad. Take milk for example: it is full of calcium and other healthy ingredients, but it is processed because it needs to be pasteurised to kill bacteria and also homogenised to keep the fats from separating. But foods like hot dogs, noodles, potato chips, fish sticks, cake mix – the list goes on – are processed and can be detrimental to our health if over consumed.

“For our body to function optimally we need to eat wholesome foods full of nutrients, not packaged foods full of ingredients that no one has ever heard of.”

Obviously, everyone eats processed food, there is no escaping it in today's society. Eaten in moderation this is okay, but whenever you can, choose wholefoods instead.

What are wholefoods? Wholefoods are foods that are unprocessed. They are grown naturally in places like orchards and gardens, contain little or no additives or artificial substances and are in their natural state – the way nature intended.

Unlike processed foods, wholefoods are rich in the fundamental nutrients that our bodies need to sustain healthy living like vitamins, minerals, polyunsaturated fats, protein and carbohydrates. Wholefoods can be divided into several categories: fruits, vegetables, legumes, nuts, seeds and grains.

Wholefoods can be found in the fruit and vegetable section of grocery stores, fruit and vegetable shops and you can even grow them yourself – yes, with the masses of packaged goods eyeing us off it's easy to forget that proper food is actually grown in the ground.

Swapping processed for natural is no easy feat because with the busy lives we leave, convenience can often outweigh our plans to be healthy. Also, wholefoods are often more expensive but when the chance arises, swap that packet of chips for an apple or that burger for a salad and start living a more natural and healthy life.

YOU ARE WHAT YOU EAT THE SAYING GOES, BUT THERE MAY BE A BIT MORE TRUTH TO IT THAN YOU'D THINK. EVERY DAY AN AVERAGE ADULT LOSES – WAIT FOR IT – 300 BILLION CELLS AND THE BODY HAS TO REPLACE THEM FROM THE NUTRIENTS WE RECEIVE. SO, YES, IN A SENSE, WE ARE QUITE LITERALLY WHAT WE EAT.

For our body to build new cells and function optimally we need to eat wholesome foods full of nutrients, not packaged foods full of ingredients that no one has ever heard of.

For example, in some brands of chicken nuggets, there are over 40 ingredients like Polydimethylsiloxane (PDMS) – an important component of Silly Putty. As well as this, recently researchers in the US examined chicken nuggets from two fast-food chains and what they found was stomach churning. The nuggets contained less than 50% muscle tissue or what we would regard as 'chicken'; the remainder consisted of

fat, cartilage, pieces of bone, nerves, blood vessels and even internal organs, not to mention a cascade of artificial additives.

Chicken nuggets contain ingredients like this because they are processed. What is processed food? Processed food, or convenience food, is food that has been altered from its natural state into neatly packaged goods that have a longer shelf life and are more convenient for the consumer – if you have to unwrap it to eat it, chances are it's processed.

Processed foods are usually made in a factory setting and are mass-produced. Some of these 'foods' contain artificial ingredients like monosodium glutamate (MSG), flavours, preservatives, hydrogenated

Now that you are back to school, it is important to eat nutritious foods that help your body to grow. For our body to build new cells and function well, we need to eat wholesome foods full of nutrients, vitamins, minerals, proteins and carbohydrates; not packaged foods.

READ *You are what you eat* on page 24

ACTIVITY 1

BUILDING READING SKILLS

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.



There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel

1 What does the saying "*you are what you eat*" mean?

(inferred)

- You turn into whatever you eat.
- We should only eat fruit and vegetables.
- Eating healthy food helps to replace our cells with healthy ones.
- We should eat more processed foods.



2 What is the main idea of this report?

(inferred)

- We should avoid eating fast food.
- Processed foods are the best foods for your health.
- Chicken nuggets contain less than 50% chicken meat.
- Eating wholesome foods helps our body build new cells and function well.



3 Why does the text pose the question, "What is processed food?" ?

(inferred)

- to give the reader a clear definition.
- to involve the reader.
- to make the reader think about the foods we eat.
- to give an opinion about it.

4 This text says that processed foods are "mass produced." What does "mass produced" mean?

(inferred)

- Large amounts of natural products are processed and packaged in a factory.
- They are made for lots of people.
- They are over-processed.
- They are very heavy.

5 According to the text, what is one alternative to eating processed foods?

(inferred)

- eat more whole foods, like fruits and vegetables.
- don't eat chicken nuggets.
- buy products that don't have much packaging on them.
- go on a strict vegan diet.

6 Explain how you can make a switch from eating processed to more wholesome foods.

(applied)



ACTIVITY 2

LANGUAGE CONVENTIONS - SPELLING

- 1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

Write your answer in the box.

The average adult looses 300 billion cells every day.

The body has to replase them.

We rely on nootrients.

- 2** Unscramble these words from the text.

Write your answer in the table.

nstgrdeieni	
emucs l	
laitificra	

- 3** Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

Write your answer in the box.

Try to avoid eating prosessed foods.

Conveeniense foods are often not healthy for us.

Wholefoods can be more expensiv.



ACTIVITY 3 WRITING A NARRATIVE



1 TOPIC – My fishing adventure



The common Stages and phases of an effective narrative often include:

Stages	phases
Orientation	This sets the scene, creating a visual picture of the setting, atmosphere and time of the story. Characters are introduced and clues are set in place for the coming complication.
	Sequence of events that is expected.
Complication	An unexpected problem or complication occurs that affects the main character. This usually creates tension.
	Characters react to the problem.
	Problem seems to be resolved.
	A new problem occurs, which is now often worse than before.
Resolution	The problem is solved and the story ends.

Brainstorm your ideas for your story.

Orientation – characters, setting, background information, problem.

Complication – major problem that the main character (protagonist) has to solve.

Resolution – how the problem is solved.

Remember to:

- engage your audience through descriptions and building tension.
- write in a narrative structure.
- connect your ideas clearly.
- start with an attention-grabbing Orientation.
- make sure you have a clearly developed Complication.
- extend your vocabulary.
- write in sentences.
- use a new paragraph for each new idea.
- pay attention to your spelling and punctuation.
- check and edit your writing so that it is clear for a reader.