

VIBE ACTIVITIES

Healthy Body – You are what you eat page 24

HEALTHY VIBE

HEALTHY BODY

You are what you eat

Swap convenience for health today



“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.”

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.

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.

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.

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.

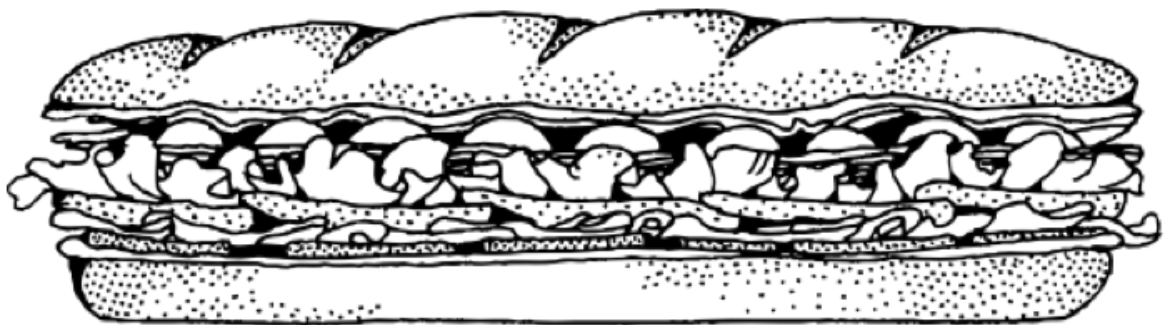
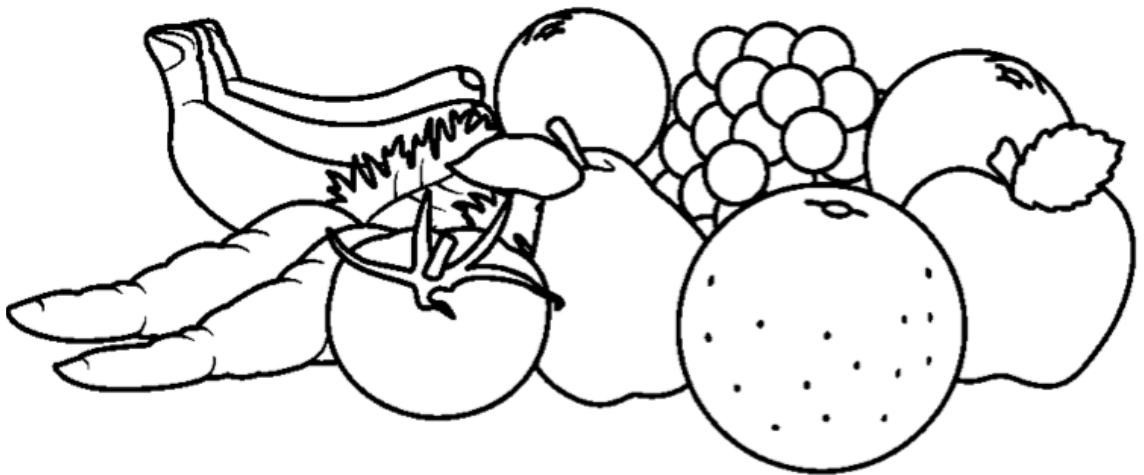
Processed foods are usually made in a factory setting and are mass-produced. Some of these 'foods' contain artificial ingredients like monosodium glutamate (MSG), flavours, preservatives, hydrogenated

Now that you are back to school, it is important to eat nutritious foods that help your body to grow.

ACTIVITY 1

WHAT DO YOU PACK IN YOUR SCHOOL LUNCH BOX?

1 Colour these pictures of the food you could pack in your school lunch box.



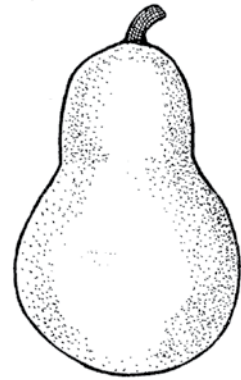
ACTIVITY 2

1 Draw a line to match these foods with their pictures. Colour the pictures.

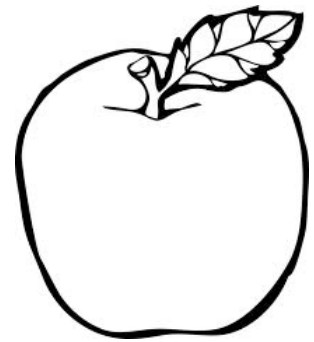
apple



sandwich



banana



pear



ACTIVITY 3

COMMON NOUNS

- 1** All the people, places and the things we see have names.
The names we give everyday things we can see are **common nouns**.
Colour the common nouns.

apple	sandwich	of
and	banana	school
orange	this	milkshake

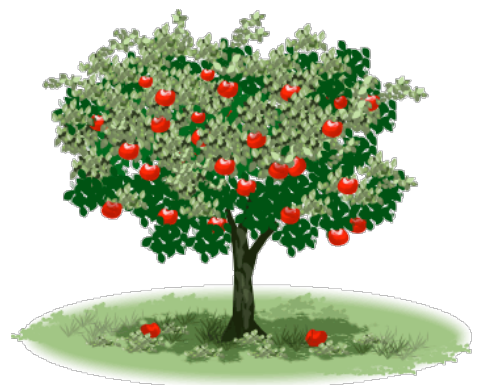
ACTIVITY 4

COMMON NOUNS

- 1** Circle the **common nouns** in these sentences.

Oranges and apples are grown in orchards and gardens.

You can take fruit with you to school in your lunch box.



ACTIVITY 5

COMMON NOUNS



1 Choose the best noun to complete each sentence.

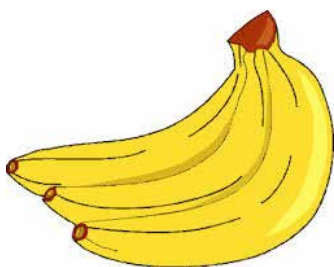


I picked out a ripe _____ .

I take fruit to _____ .

I put my food into my _____
_____ .

I like to drink _____ .



ACTIVITY 6

CHALLENGE



1 Write a list of nouns that start with each letter of your name.

A large rectangular area with a dotted orange border, intended for writing a list of nouns.

