

# VIBE ACTIVITIES

## Healthy Vibe – Season's Best - Eating in tune with nature page 24



### HEALTHY VIBE **Season's best** HEALTHY BODY Eating in tune with nature

**W**ITH THE COOLER MONTHS APPROACHING, OUR DIETS START TO CHANGE AS OUR BODIES CRAVE RICHER FOODS. NOW IS A GOOD TIME TO START THINKING ABOUT THE BEST WAYS TO INCORPORATE FOODS THAT WILL NOURISH US, AS WELL AS KEEP OUR IMMUNE SYSTEMS REVVED UP TO FIGHT OFF INFECTIONS.

that are more warming and beneficial for the body. "Eating seasonally is beneficial for your health, it supports local farmers and also supports sustainability of the Earth's resources. Many out-of-season produce found in supermarkets is covered in unhealthy chemicals, waxes and preservatives to make them appear fresher than they are," says Belinda.

sweet potato, onions and garlic, as well as fish, chicken, beef and lamb. Spices such as cinnamon, turmeric, cloves and ginger are good winter-warming foods."

When you eat food that's in season, you'll notice that you spend less on food as well. When foods are imported out of season the prices go up. Eating seasonal and locally grown foods helps to provide financial support to the farmers in your area and also helps keep your grocery costs down.

To see what's in season and find the freshest produce, head down to your local farmers' markets.

Eating seasonally is one of the best ways to get the most out of your foods nutritionally and at the same time providing benefits to the environment, sustainability and your wallet.

Belinda Kirkpatrick, a Sydney-based Naturopath and Nutritionist, explains what is meant by seasonal eating.

"Changes in food-growing conditions between the seasons are essential for creating diversity and balance in soil conditions. Modern food processing, however, makes it possible for us to eat most foods all year round," says Belinda.

"Seasonal eating is going back to basics and eating foods that are locally grown and produced under natural growing conditions, making them more nutritious and more sustainable for farmers and the Earth. Studies have shown wide variations in the nutritional content of foods grown 'out-of-season'.

For example, Belinda says it's been documented that spinach harvested out of season can have up to three times less vitamin C than spinach harvested in season.

Nature provides us with certain foods at certain times of the year for good reason. As we approach the cooler months, consider eating foods

"When foods are harvested in season, they provide the maximum amount of vitality and essential vitamins, minerals, antioxidants and enzymes to support your optimal health."

So what are the best foods to eat now?

"In the cooler months, it is good to include warming and grounding foods, such as root vegetables and animal proteins," Belinda says. "Foods that take longer to grow are generally more warming than foods that grow quickly. Warming foods include carrot,

**Seasonal eating is going back to basics and eating foods that are locally grown and produced under natural growing conditions, making them more nutritious and more sustainable for farmers and the Earth.**



Even though we can buy nearly any fruit or vegetable all year round, there are many advantages to eating seasonally. This means eating the foods that are harvested naturally in the season of the year that we are in.

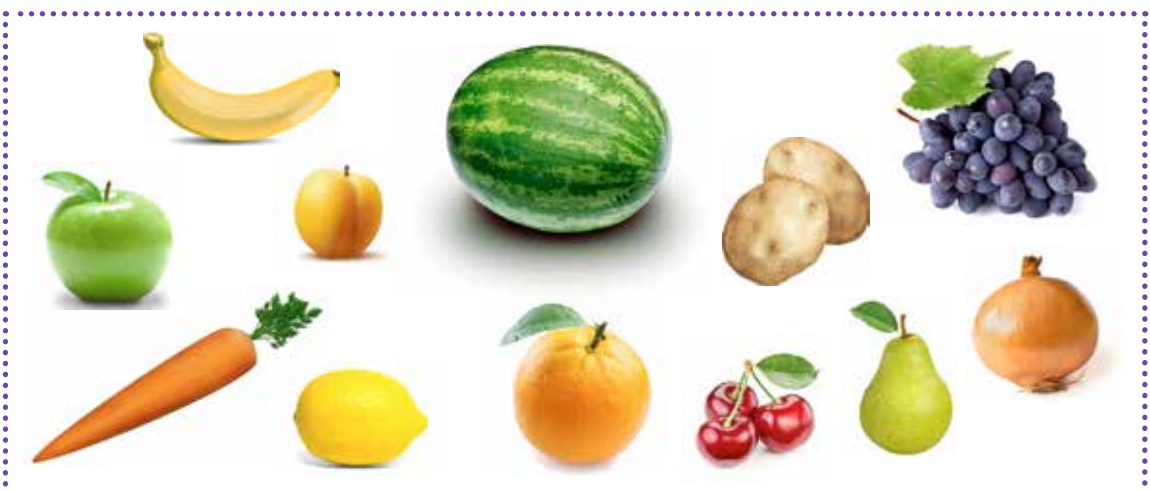
Now that it's coming into the cooler months, eating vegetables and fruit that mature in winter in our own area is one way of making sure we have a healthy diet.

## ACTIVITY 1

### SEASONAL FRUITS AND VEGETABLES.

- 1** Match these fruits and vegetables with the seasons of the year that they are naturally harvested.  
Glue the pictures into the correct box.

<p><b>Harvested in summer</b></p> <p>lemon      apricot orange      grapes banana      cherries onion watermelon</p>	
<p><b>Harvested in winter</b></p> <p>apple      carrot pear potatoes</p>	



## ACTIVITY 2

### MY FAVOURITE WINTER FOOD



#### 1 What do you like to eat in winter?

Write two or three sentences to say why you like it.

My favourite winter food is \_\_\_\_\_ .

I like this food because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## ACTIVITY 3

### BUILDING READING SKILLS

**READ** *Season's Best - Eating in tune with nature on page 24*

**You can build your reading skills by**

- 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:**

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

**1** According to the text on page 24, what does seasonal eating mean? (literal)

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**2** According to the text, what happens to the nutritional value of spinach when it is harvested out of season? (literal)

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**3** Sort the sentences from the Fact Box below into **advantages** and **disadvantages** of eating seasonal foods. Write each sentence in the correct column. (inferred)



Advantages	Disadvantages

### Fact Box

- It is cheaper to eat seasonal foods.
- Foods harvested out of season often contain less vitamins and minerals.
- Soil health can be affected when foods are grown out of season.
- Buying seasonal foods supports local farmers.

## ACTIVITY 4

### LANGUAGE CONVENTIONS - SPELLING

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



Eating seasonaly is good for the environment.

He explanes the reasons.

Modern prossessing can decrease food value.

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

We're prvideing benefits to the soil.

Localy grown foods are best.

Growing condishons have improved.

- 3** Circle the misspelt words from the text and rewrite them correctly. Place all the words in ABC order.



mounths  
variation

nurrish  
sertain

nutrition

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