

For a healthy life

FOR A HEALTHY LIFE

Worksheets

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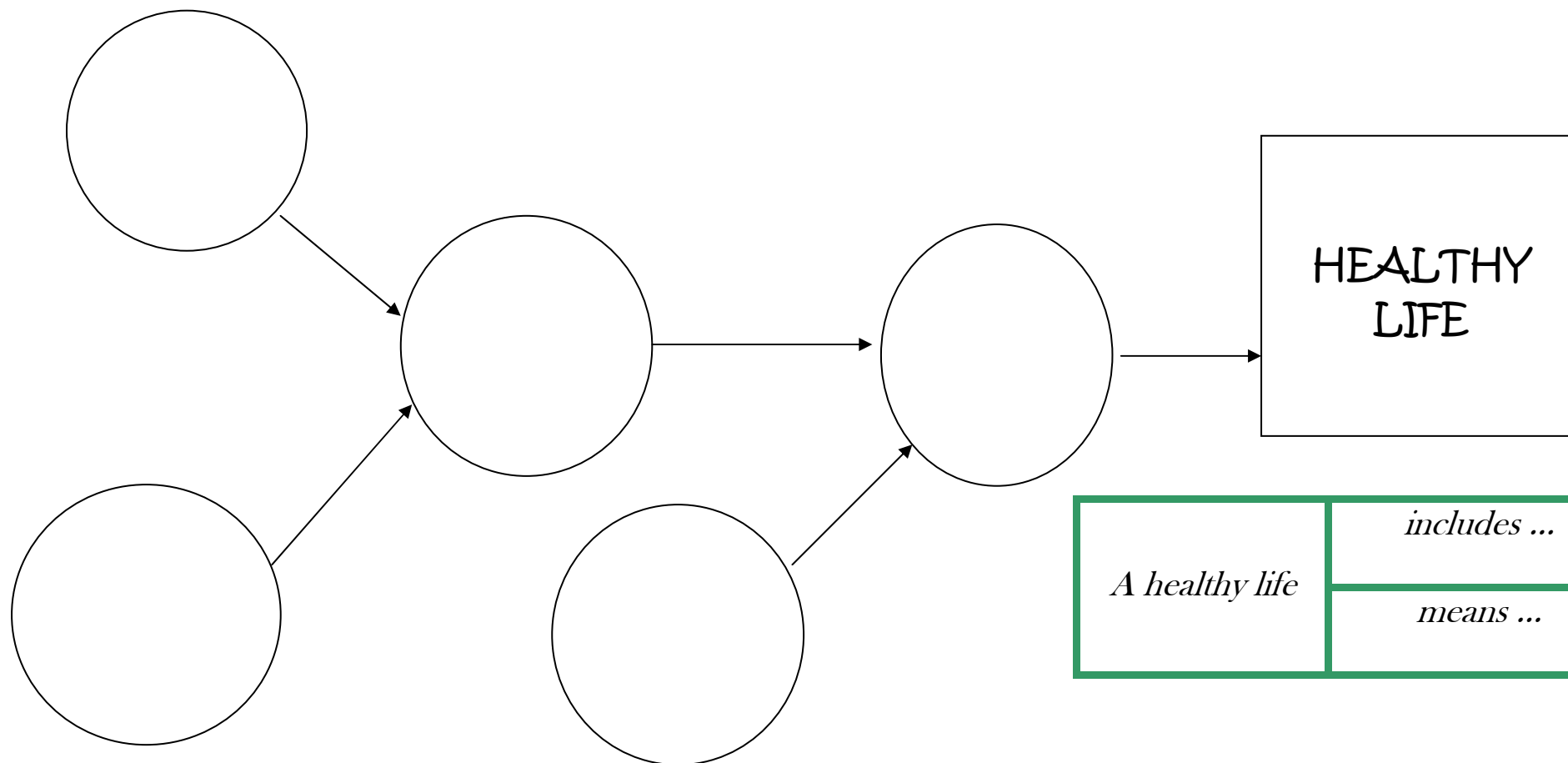
October – December 2009

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WHAT DOES A HEALTHY LIFE INCLUDE?



<i>A healthy life</i>	<i>includes ...</i>
	<i>means ...</i>

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TIPS FOR BEING HEALTHY

TO BE HEALTHY I SHOULD.....

1.

.....

.....

2.

.....

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3.

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4.

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SURVEY: HOW OFTEN DO YOU....?

Language support: Questions

How often do you	eat fruit? do a sport? eat vegetables? eat sweets? play computer games?
------------------	---

Language support: Answers

Once Twice Three times	a day
Never Sometimes Usually Always	

How often do you	Me	Friend1	Friend2	Friend3
play outside?				
drink water?				
sleep 8 hours?				
smile or laugh?				

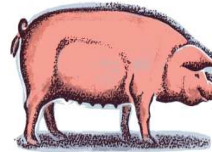
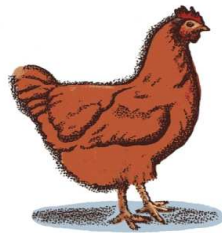
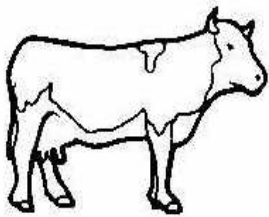
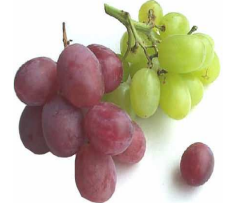
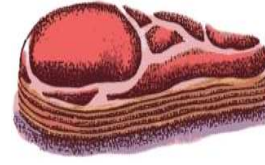
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WHERE DOES FOOD COME FROM?

Match the products with their origins:



Peas Potatoes	come from	the seed of the root of the stem of	a plant
Cabbage Lettuce	comes from	the leaves of	

Bacon Beef hamburger Butter	comes from	a hen a cow a pig
Eggs	come from	

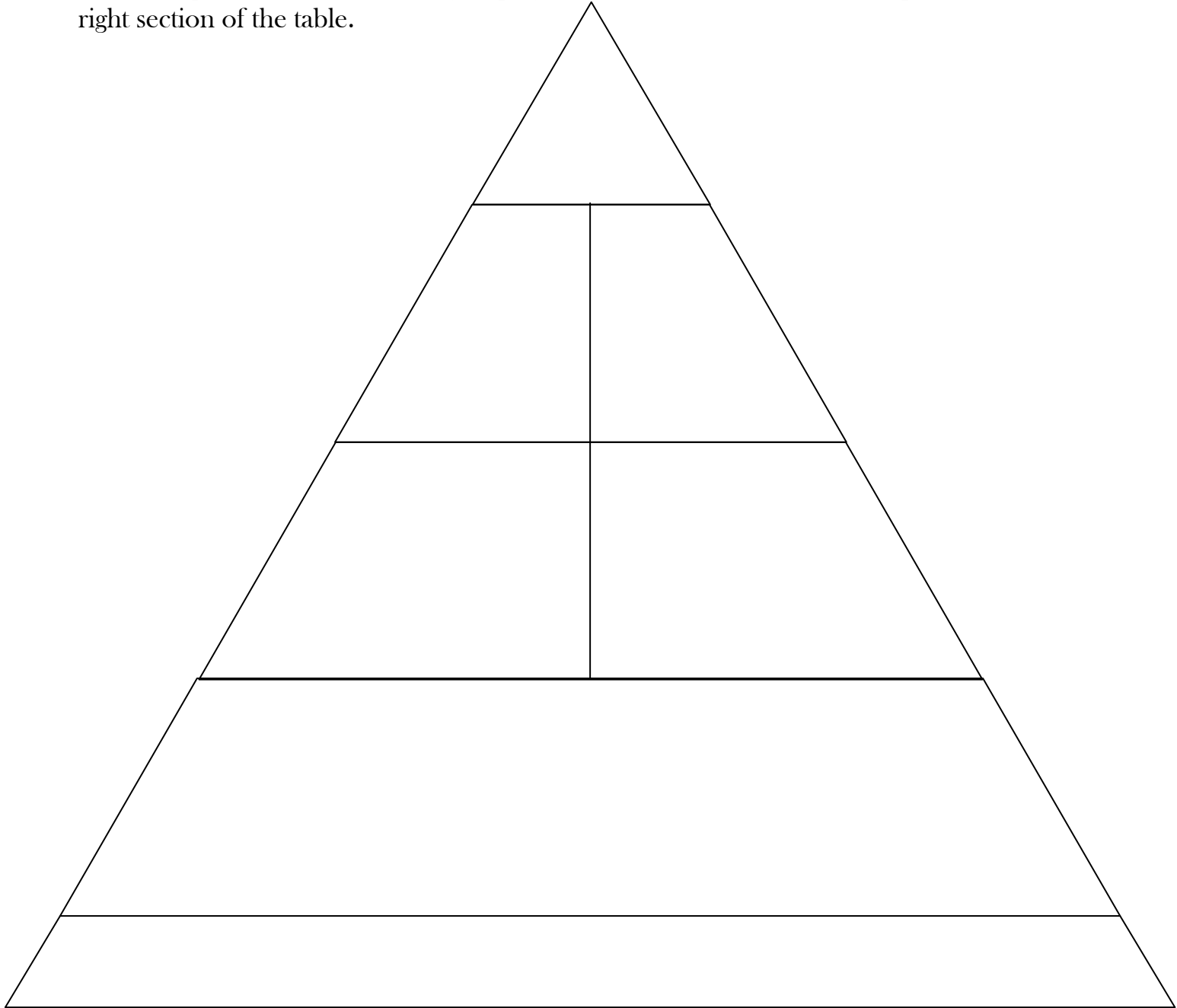
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FOOD PYRAMID

Label the pyramid with the food groups given below and then classify the products in the right section of the table.



rice	yoghurt	chocolate cake	oranges	cabbage	onion
carrots	cheese	hamburger	jam	ham	leeks
tuna	crabs	bacon	toast	chips	pears

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RECORD THE SERVINGS YOU EAT DURING A WEEK

Colour each square every time you eat one of the food groups during the day. If you need more squares draw a line and divide it in two.

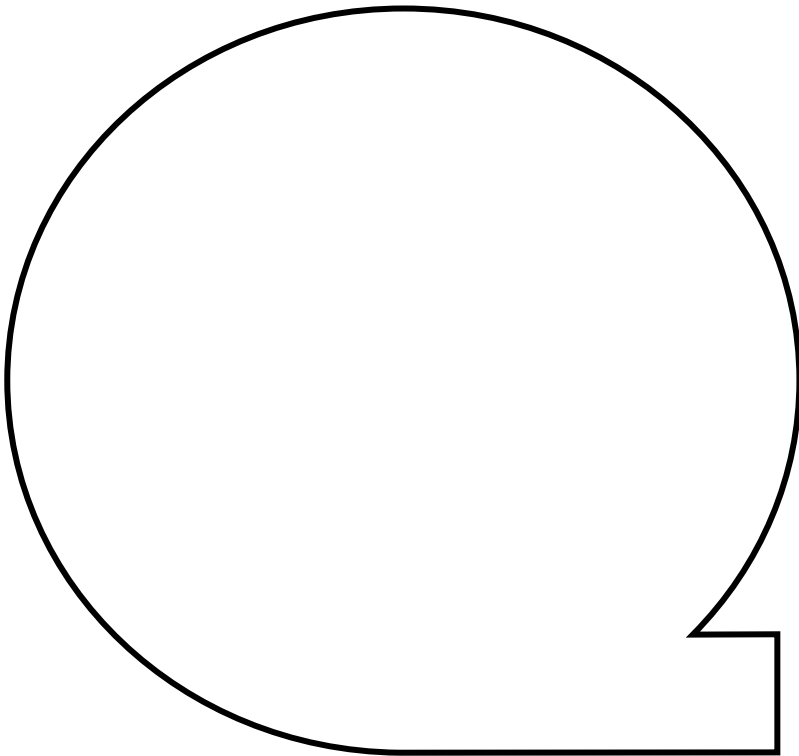
	Bread and cereals	Fruit and vegetables	Meat, fish and alternatives	Dairy products	Oils and sugar	Water
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Name: _____ Date: _____



WHAT DOES A BALANCED DIET MEAN?

A healthy diet contains a of foods including plenty ofand, plenty of foods such as bread,..... and, some foods such as , fish, eggs and lentils and some It should also be low in salt and sugar.”

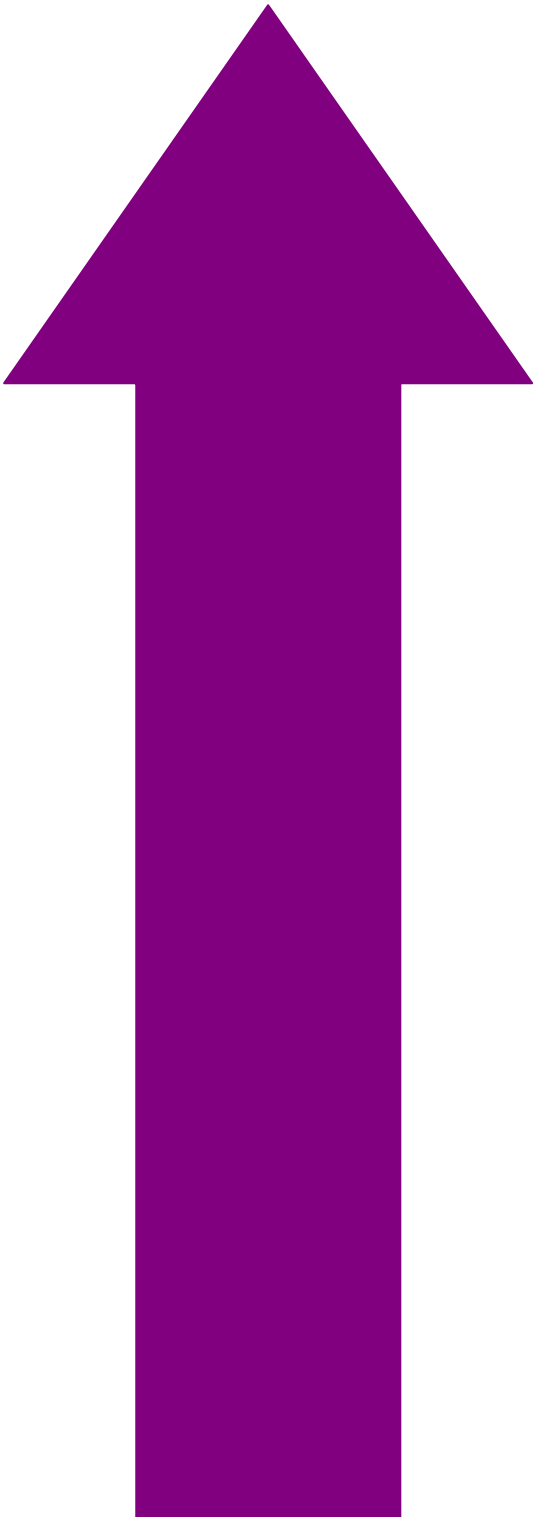


My diet is	balanced	because	I eat	lots of food such as	bread and cereals fruits vegetables meat and fish oils and sugar
	not balanced			lots of food such as	
				some food such as	
				less food such as	
				a little food such as	

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Name: _____

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THE HEALTHIEST MENU

Breakfast:

Food

.....
.....
.....

Food group

.....
.....
.....

Lunch:

Food

.....
.....
.....
.....

Food group

.....
.....
.....
.....

Snack time:

Food

.....
.....
.....
.....

Food group

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.....
.....

Dinner:

Food

.....
.....
.....
.....

Food group

.....
.....
.....
.....

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DESIGNING A SANDWICH

1. Choose a type of bread and write on the table below the filling to make your sandwich.

Type of bread: _____

Fruit	Vegetables	Meat, fish and alternatives	Dairy products	Fats

2. What size and shape will your sandwich be?

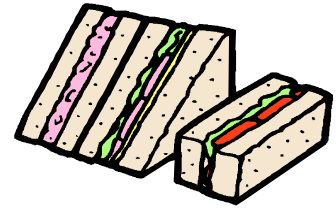
3. CHALLENGE! Give your sandwich a name.

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MY SANDWICH RECIPE



Ingredients

Equipment

Method

Handy hints

Name: _____

Date: _____



JIGSAW READING

Nutrients	Sources in food	Function in the body:	Types	Other facts
Carbohydrates				
Vitamins				
Minerals				
Fats				
Proteins				
Fibre				

Name: _____

Date: _____



WHAT DOES NUTRITION MEAN?

Put the phrases in the correct order to make sentences:

1. for growth, repair and reproduction. we eat
to provide energy needed Nutrition is the study of
from the food how the body uses the nutrients

.....
.....
.....
.....

2. carbohydrates, proteins fat, vitamins and minerals.
these nutrients from We get

.....
.....
.....
.....

3. our diet. The foods make up every day
we eat and drink

.....
.....
.....

4. we need to eat To stay healthy, nutrients.
the different kinds of a good balance of

.....
.....
.....


Compare your results with your partner.

Name: _____ Date: _____



WHERE DO NUTRIENTS COME FROM?

For each food, identify the food group to which it belongs. List the main nutrients found in each food.

Food	PREDICTION		CHECK 	
	Food group	Main nutrient(s)	GOOD	BAD
Rice				
Orange				
Chocolate				
Whole-grain bread				
Pulses				
Beef meat				
Milk				
Tuna				
Potato crisps				
Carrots				

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NUTRIENTS VIDEO

Questionnaire A

Listen to the video and answer the questions:

1. What happens during digestion?
2. What do proteins provide to our body?
3. What do carbohydrates give to the body?
4. What are vitamins?
5. Name any type of mineral you listen

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NUTRIENTS VIDEO

Questionnaire B

Listen to the video and answer the questions:

1. How many nutrients are in our food?
2. Name at least 5 types of food containing proteins that you listen in the video:
3. How much water do you have to drink during a day?
4. What do vitamins give our body?
5. Name two bad fats food and two good fats food

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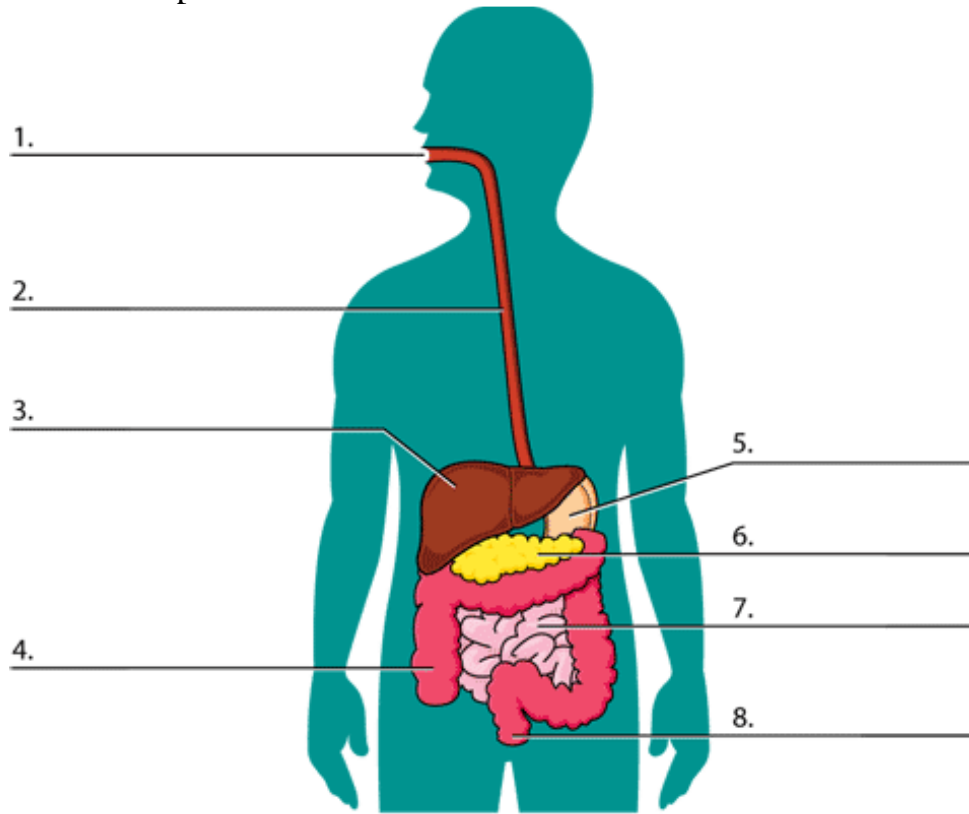
DIFFERENT NEEDS, AT DIFFERENT AGES

Write the health recommendations for each stage.

Stage of life	Healthy recommendations
Infants	
Toddlers	
School children	
Teenagers	
Adults	
Old adults	

THE DIGESTION PROCESS

Label the picture



Word bank

Mouth	stomach	oesophagus	rectum	liver
Pancreas	small intestine		large intestine	

Put the sentences in order:

-Food moves into the stomach.
-Nutrients are absorbed into the blood by the vili in the small intestine.
-Undigested food moves into the large intestine.
-Solid waste leaves the body through the anus.
-Food is chewed and mixes with saliva.
-Food moves into a long tube called the small intestine.
-Food is swallowed and moves through the oesophagus.
-Water is removed from the undigested food.
-Food is broken down into proteins.
-Undigested food has turned into a solid waste

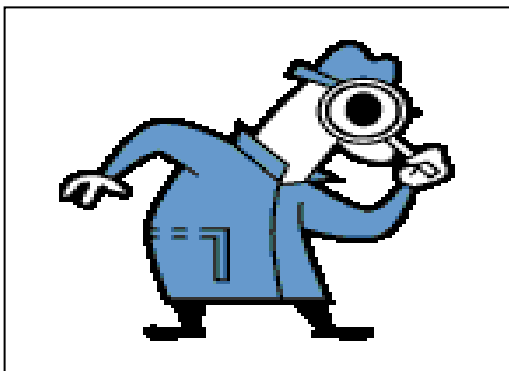
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1. Fill in the chart with the information provided in the web pages.
2. If there is no information in the web page, use your knowledge to complete it.



FOOD CHOICES DETECTIVES ETHICAL BELIEF

FACTORS	FOOD CHOICES	LACK OF NUTRIENTS	RECOMMENDATIONS

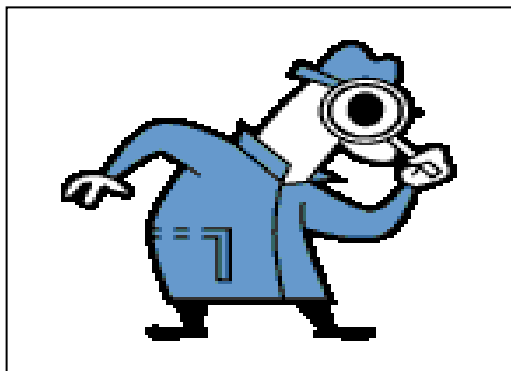
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1. Fill in the chart with the information provided in the web pages.
2. If there is no information in the web page, use your knowledge to complete it.



FOOD CHOICES DETECTIVES HEALTH CONCERNS

FACTORS	FOOD CHOICES	LACK OF NUTRIENTS	RECOMMENDATIONS	SYMPTOMS

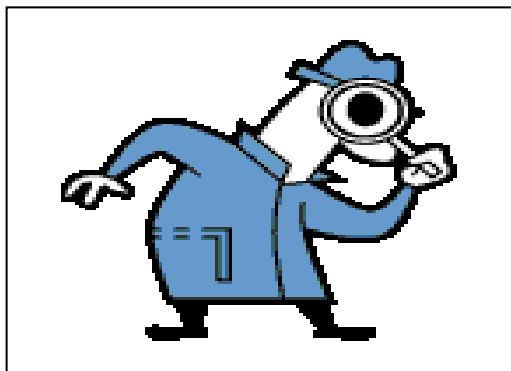
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1. Fill in the chart with the information provided in the web pages.
2. If there is no information in the web page, use your knowledge to complete it.



FOOD CHOICES DETECTIVES RELIGIOUS BELIEF

FACTORS	FOOD CHOICES	LACK OF NUTRIENTS	RECOMMENDATIONS

Name: _____ Date: _____



MAGAZINE ADVERTISEMENT

1. Write if these sentences are True or False:

- a) The name of the product is “Innocent tasty veg pot”
- b) It is not suitable for vegetarians
- c) It covers your amount of vegetables for a day
- d) It is a ready-meal food

2. Write sentences to answer these questions:

- a) What are the ingredients?

- b) What type of flavours of this product can you buy ?

- c) Is it easy and quickly to prepare? Why?/ Why not?

3. Write some adjectives that describe the product. Can you write a synonym for them?

.....
.....

4. Look carefully at the advertisement. Does it give you a sense of health? Why?/Why not?

.....
.....
.....

5. Do you think it is aimed at all types of diets? Why?/Why not?

.....
.....
.....

Name: _____ Date: _____

NUTRITIONAL LABELS

1. Look at the labels

LABEL 1

NUTRITION			
Typical Values	per 1/2 pack (approx. 50g)		per 100g
Energy Value	1140 kJ	2290 kJ	
(Calories	275 kcal	550 kcal)	
Protein	3 g	6 g	LOW
Carbohydrate	27 g	55 g	MEDIUM
(of which Sugars	5 g	9 g)	LOW
Fat	17 g	34 g	HIGH
(of which Saturates	2 g	4 g)	MEDIUM
Fibre	0.9 g	2 g	LOW
Sodium	0.3 g	0.7 g	MEDIUM
Salt	0.9 g	1.7 g	MEDIUM

LABEL 2

Nutrition			
Typical values	A typical 100g serving contains	GDA* for a typical adult	
		%GDA*	
Energy	585kJ 140kcal	7%	2000kcal
Protein	4.9g		
Carbohydrate	25.3g		
of which sugars	0.4g	<1%	90g
Fat	1.9g	3%	70g
of which saturates	0.2g	1%	20g
mono unsaturates	0.9g		
polyunsaturates	0.6g		
Fibre	2.0g		
Sodium	trace		
Salt equivalent	trace	<1%	6g

*Guideline daily amounts

Less than 5% is a low source
Between 5% and 19% is a good source
More than 20% is a high source

2. Complete this chart from the 2 different nutritional labels given above. Compare the values of the same amount, 100 gr.

Label	Calories	Sugar	Fats	Saturates	Salt	Healthy

Which of the 2 foods has the least value in fats?

Which of the 2 foods has the highest value in calories?

Compare the two labels, which do you think is the healthiest? Why?

Name: _____ Date: _____



GDA (GUIDELINED DAILY AMOUNTS)

Calculate the % GDA for a school child diet of 1600 calories per day.

		NUTRITION		GDA *
	Typical values	Per 1/3 pack	School child	Per 1/3 pack
<u>1</u>	Energy - cal	285 cal	1600 cal	
<u>2</u>	Proteins	3.7 gr	25 gr	
<u>3</u>	Carbohydrates	34 gr	200 gr	
<u>4</u>	Fat	14.8 gr	50 gr	
<u>5</u>	Fibre	3.6 gr	20 gr	

*All the values are approximately

How to calculate the values:

1

$$\frac{1600 \text{ calories}}{285 \text{ cal}} \quad \frac{100}{X \text{ (GDA calories)}} \quad (100 \times 285) / 1600 = X$$

2

$$\frac{25 \text{ gr proteins}}{3.7 \text{ gr proteins}} \quad \frac{100}{X \text{ (GDA proteins)}} \quad (100 \times 3.7) / 25 = X$$

3

$$\frac{200 \text{ gr carbohydrates}}{34 \text{ gr carbohydrates}} \quad \frac{100}{X \text{ (GDA carbohydrates)}} \quad (100 \times 34) / 200 = X$$

4

$$\frac{50 \text{ gr fats}}{14.8 \text{ gr fats}} \quad \frac{100}{X \text{ (GDA fats)}} \quad (100 \times 14.8) / 50 = X$$

5

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SERVING SIZE experiment

Do you know what the appropriate serving sizes for each food are? Let's check from 3 different types of foods: cereals, frozen peas and orange juice. Label 3 plates and 1 cup/glass as "Estimate" and the other three plates and cup/glass as "Recommended".

A. Estimate measure table

Food name	One serving estimate measure (gr or ml)

B. Recommended measure table

Food name	One serving recommended measure (gr or ml)

1. Compare your serving size estimate with the serving size recommended in the Nutritional label. What are the differences?:

.....
.....
.....

2. Why do you think it is important to look at the serving size recommended in the nutritional label?

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.....

3. How can you measure the recommended serving size without having scales? What can help you know the correct serving size?

.....
.....

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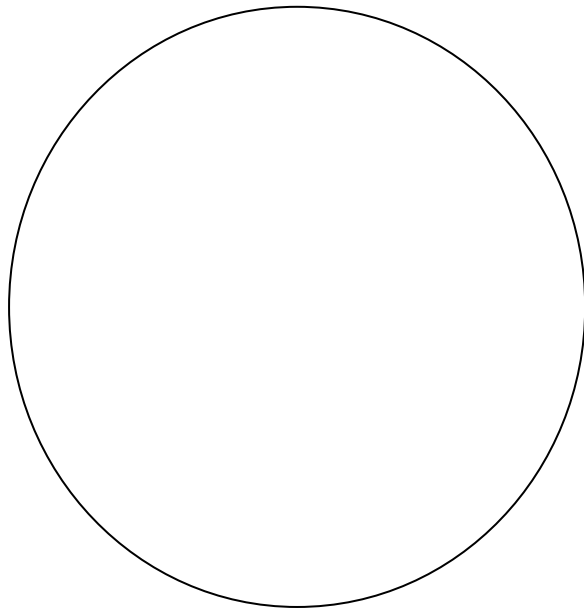
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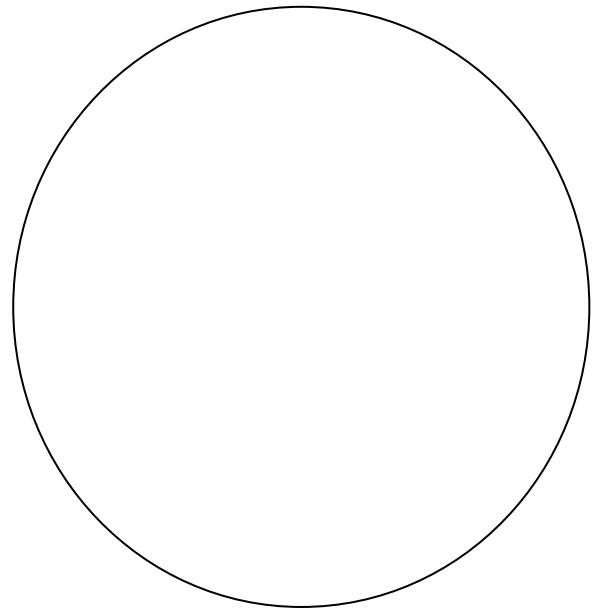
ENERGY FOODS

1. Classify the food cards in two groups in the diagrams

A



B



2. Complete the text with your partner's information:

Quick-energy foods provide immediate energy to the body to keep it working without the digestive system having to work too hard at digesting the food to release the energy, when doing an intense activity.

Sustained-energy foods

.....

.....

.....

.....

.....

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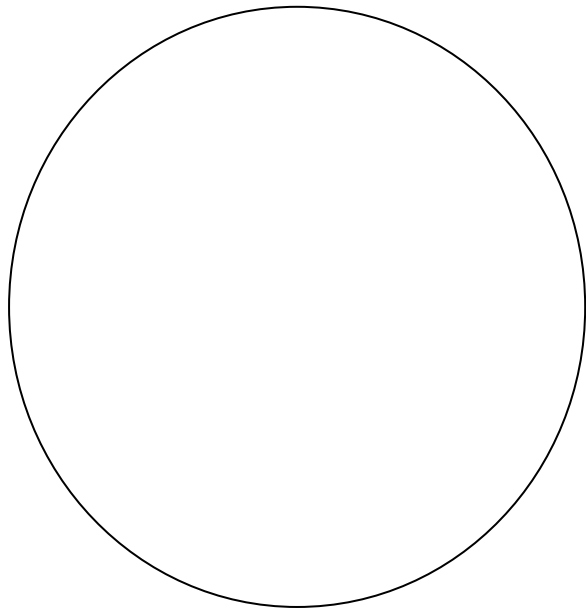
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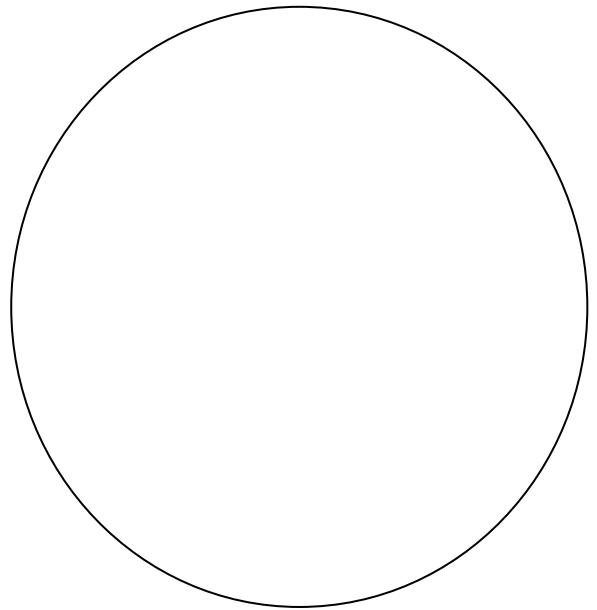
ENERGY FOODS

1. Classify the food cards in two groups in the diagrams

A



B



2. Complete the text with your partner's information:

Quick-energy foods

.....
.....
.....
.....
.....

Sustained-energy foods provide energy long term while the process of digestion is carried out, when the activity is finished and the body needs to recover from the effort.

The sustained energy food is healthier because it gives us energy without too many calories.

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HOW FIT ARE YOU?



1. Complete the chart writing the main activities you usually do during the day.

Sedentary activity	Moderate activity	Vigorous activity

2. Speak with your partner:

Do you keep fit with the activities you carry out during the day?

Language support

Yes, I keep fit	because	I do	a lot of	sedentary activities moderate activities vigorous activities
No, I don't keep fit		I don't do	so many some enough	

3. Write some sentences about how fit you are, giving examples of the activities you do.

.....

.....

.....

4. Can you invent an acrostic for the word FIT

F
I
T

Name: _____ Date: _____



LET'S DO SOME EXERCISE!

Picture bank



1. Choose one word from each column that has something that links them and write a sentence using them. An example is given below.

A	B
thirsty	recovery time
breathe	deeply
red	faster
pulse rate	face
fit	beat
heart	sweat

If you are fit your recovery time is shorter.

.....

.....

.....

.....

.....

Name: _____ Date: _____



HOW THE BODY WORKS

1. Are these sentences true or false? If they are false write the correct sentence.

- a) Our heart pumps blood around our body.
- b) Our blood carries carbon dioxide to all the parts of our body that need it.
- c) Our lungs take the carbon dioxide from the air we breathe.
- d) The movement of the blood through the heart and around the body is called circulation
- e) The main organs involved in circulation are the heart and the lungs.
- f) Our muscles need carbon dioxide and nutrients to work properly
- g) The pulse rate measures the beats of our heart.

2. Compare your answers with your partner.

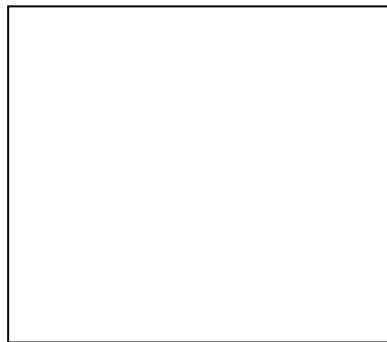
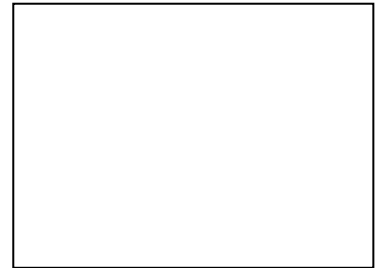
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CIRCULATION DIAGRAM



LUNGS



HEART



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Date: _____



EFFECTS OF EXERCISE

When we exercise we....

develop more endurance	improve our strength	develop more suppleness	improve our speed of reaction	improve our self-esteem

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