

MY NAME

Food For Life pg 14

HEALTH ADVERTISEMENT

FOOD FOR LIFE

We all know about the health problems in our community – obesity, diabetes, heart and kidney disease, cancer – but there's nothing you can do about it, right? **Wrong!**

There is plenty you can do – and it all starts with you leading a healthier lifestyle.

How can my lifestyle make a difference?
While we can't always stop ourselves from getting sick, if you eat healthy food, drink plenty of water and are physically active, you'll be more likely to live a long and healthy life.

A healthy lifestyle can help protect you from sicknesses like obesity, type 2 diabetes, heart and kidney disease, some cancers and other health problems.

So if you start leading a healthier lifestyle, and encourage your friends and family to do the same, you're helping to build a healthier community – today, tomorrow and into the future.

Celebrity chef Mark Olive works with food for a living, so he knows that healthy eating is the key to a healthy life.

"Eating a healthy, balanced diet can make all the difference," he says. "But you don't need to be a chef like me to eat right. Healthy food is easy to prepare and it also tastes great!"

What is healthy eating?
Healthy eating means eating a whole variety of different foods. You need:

- Plenty of fruits** – oranges, apples, bananas, pineapple, mandarins, pawpaw, melons, berries – you pick your favourites!
- Plenty of vegetables and legumes** – carrots, zucchini, beetroot, broccoli, peas, beans, lentils and local bush tucker like bush tomatoes, yams, warrigal greens – the list goes on!
- Cereals** – foods like breads, rice, pasta and noodles – preferably wholegrain.
- Some meat and eggs** – lean meat, fish, poultry such as chicken (take the skin off!), eggs and nuts.
- Some dairy foods** – milk, yoghurt and cheese (choose low-fat varieties).
- Lots of fresh water** – try to drink water instead of sugary fruit juices or soft drinks.

"It's not always easy to get hold of fresh fruit and vegies," Mark says. "But healthy fruit and vegetables can be fresh, canned or frozen."

Healthy eating means cutting down on bad things too. **You should cut down on fat, salt, sugar and alcohol.**

"These small changes can make a real difference," Mark says. "By making the commitment to eat healthier food, we're helping to build a healthier tomorrow – for ourselves, for our kids and for our community."

For more information on how you can start building a healthier tomorrow, go to www.australia.gov.au/tomorrowpeople

TomORROW People
Australian Better Health Initiative
A joint Australian, State and Territory government initiative.

HEALTHY EATING IS THE KEY TO A HEALTHY LIFE.

There is a lot you can do to stay healthy. It is important to eat healthy food, drink plenty of water and stay active.

Chef Mark Olive suggests that you eat a variety of foods, like fruit, vegetables, cereals, meat, eggs and dairy food. If you cut down on fat, salt and sugar, you will keep yourself healthy.



Activity 1

Reading for meaning

Read *Food for Life* on page 14

Shade one bubble.

1. There is plenty you can do about improving your health.

- True
- False

2. The text tells us that we should eat

- salty food
- sweets
- plenty of fruit
- fatty food

3. The text tells us A healthy lifestyle can help protect you from sickness.
Which word could you use instead of sickness?

- health
- illness
- problems
- wellbeing

4. What is Mark Olive doing?

- eating
- drinking water
- showing you what healthy foods to eat
- sleeping

5. How does Mark Olive feel about eating healthy food?

- He thinks it makes us sick.
- He believes it will help us to be healthier in the future.
- He thinks it takes too much time.
- He says it's easy.

6. By making a commitment to eat healthier food, we are helping to build a healthier tomorrow. The word we refers to

- Mark Olive.
- everyone.
- chefs.
- children.

Activity 3

Language Conventions - Spelling

The spelling mistakes on these labels have been circled.
Write the correct spelling for each circled word in the box.

orange

Kiwi fruit



strawberrys

VIBE SCHOOL

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The spelling mistakes in these sentences have been circled.
Write the correct spelling for each circled word in the box.

1. We all **no** it is good to eat healthy food.

2. Eating well keeps us **helthy** .

3. It all starts with **leeding** a healthy lifestyle.

4. Healthy food also tastes **grate** .

Each line has one word that is incorrect.
Write the correct spelling of the word in the box.

You shood cut

doun on fat,

shoogar and salt.

Activity 4

Language conventions
Shade one bubble.

Which of the following correctly completes the sentence?

1. By eating healthy food, you are ***** to build a healthy community.

help

helping

helped

helper

2. ***** helping to build a healthier tomorrow.

were

wer'e

we're

where

Activity 5

Writing a narrative

Although narrative structure varies from story to story, the common features include:

- **Beginning/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.
- **Problem/Complication:** This is where a problem or complication occurs that affects the setting, time or characters.
- **Problem seems to be resolved/Minor Resolution:** Everything seems to be resolved.
- **New Problem/Complication:** The problem or complication is now often worse than before.
- **Problem is solved/Ending/Resolution:** The problem is solved and the story ends.
- **Moral/Coda/Evaluative ending:** There may be a moral or message at the end of the story.

Write a narrative.

The idea for your story is FUTURE.

Your story might be about your own future, or the future of your town or country.

It could be about describing a trip into the future, finding a solution for a problem or imagining a future that is different and exciting.

Your story could be about how people in the future have found ways of solving problems that exist today.

Think about:

- The characters and where they are.
- The complication or problem to be solved.
- How the story will end.

Remember to:

- Plan your story before you start.
- Write in sentences.
- Pay attention to the words you choose, your spelling and punctuation.
- Check and edit your writing when you have finished.