

MY NAME _____

Talkin Tucker pg 22

HEALTHY VIBE

STAY STRONG

Talking Tucker

WHAT YOU EAT CAN HAVE A HUGE IMPACT ON YOUR HEALTH. BUT EATING RIGHT IS EASY ONCE YOU KNOW WHAT YOU NEED – AND WHAT YOU DON'T!

By now everyone's heard of the 17-year gap between the life expectancy of Indigenous and non-Indigenous Australians. But this isn't set in stone. There is a lot you can do to improve your health, your family's health and – ultimately – the health of our entire community.

So what are some simple lifestyle changes you can make to improve your own health and the health of those around you? One thing you can do is start watching what you eat.

You Are What You Eat – Be Healthy On The Inside

What we eat has a huge impact on our health. The problem is that many of us are simply eating too many of the wrong foods and not enough of the good stuff.

There are many serious health risks associated with a poor diet. Poor nutrition can increase your risk of getting serious diseases like heart disease, type 2 diabetes and some forms of cancers.

A poor diet can cause obesity – which means being really, really overweight. Obesity can increase your risk of heart disease, and you're also more likely to have high insulin levels, high cholesterol and blood pressure.

Things to Remember

If you have a young baby, breastfeed them as long as possible – this is the most nutritious food for your baby and can set them up for a much healthier adult life. The World Health Organisation recommends a minimum of six months of breastfeeding.

Children with a poor diet can end up obese and this can have serious, long-term health consequences.

When you are shopping always read the labels and avoid buying foods that have

“
The problem is that many of us are simply eating too many of the wrong foods and not enough of the good stuff
”

too much added salt or sugar. Some labels use other names for sugar – these names often end in “ose” – sucrose, maltose, lactose, fructose, glucose. Other names for sugar are molasses, treacle, honey, condensed milk, malt extract, malt, syrup and condensed milk.

How do I follow a Healthy Diet?

Eat lots of cereals, pasta, rice, vegetables, fruits, nuts and legumes (beans, chickpeas and lentils);

Eat a smaller amount of lean meat (kangaroo meat is very healthy), fish, eggs and chicken (remove the skin), as well as low-fat yoghurt, low-fat cheese and low fat milk;

Remember to only use a very small amount of oil, butter and sugar and to not add salt to your food; and

Drink water instead of soft drinks and eat fruit instead of lollies and sweet desserts.

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There are some simple lifestyle changes that you can make to improve your eating habits, and your overall health. Being aware of what you eat and eating a healthy diet can have a huge impact on your overall health and wellbeing.

Poor nutrition can lead to a greater risk of getting heart disease, type 2 diabetes and some forms of cancer. It can also lead to obesity.

A healthy diet means not eating too much sugar, salt and fat, and eating smaller amounts of lean meat. You should also include fish, eggs and chicken and low-fat dairy products in your diet.

Always drink plenty of water.



Activity 1: Understanding what you read

Read *Healthy Vibe – Talking Tucker* page 22
Shade one bubble.

1. What you eat can have a huge impact on your overall health.

- True
- False

2. But this isn't set in stone. What does this refer to?

- the 17 year gap between the life expectancy of Indigenous and non-Indigenous Australians.
- your diet.
- the diet of your community.
- simple lifestyle changes.

4. According to the text, why should we always check food labels if we are watching our sugar intake?

- it takes less time to shop.
- some labels use other names for sugar, like sucrose.
- eating too much sugar can lead to obesity.

5. The graphics are added to this text because

- they make it look better.
- they show some healthy foods that you could include in your diet.
- they take up more space.

6. Which of the following expressions is an example of figurative language?

- Obesity can increase your risk of heart disease.
- A poor diet can cause obesity.
- You are what you eat.
- There is a lot you can do to improve your health.



Activity 2: Language conventions

The spelling mistakes in the sentences below have been underlined. Write the correct spelling for each underlined word on the line below it.

1. By improving your diet, you are ultimatly improving the health of the entire community.

2. You can make some simple lifestyl changes to improve your helth.

3. There are serius health risks asociated with eating a poor diet.

4. Obesity means being really overwait.

5. In these sentences, one word is incorrect. Write the correct spelling of the word on the line below.

Breast milk is the most nutrishous for your baby.

A poor diet can lead to long term health conseqenses.



Activity 3: Language conventions

Which of the following correctly completes the sentence?
Shade one bubble.

1. One thing you can do is start *** what you eat.**

- watch
- watches
- watching
- watched

2. What we eat has a huge impact *** our health.**

- in
- on
- at
- over

3. You can do a lot to improve your *** health.**

- families
- familie's
- family's
- familys'

4. Which sentence has the correct punctuation?

- Eat lots of cereals pasta rice fruits nuts and legumes
- Eat lots of cereals, pasta, rice, fruits, nuts, and legumes.
- Eat lots of cereals, pasta, rice, fruits, nuts and legumes.
- eat lots of cereals, pasta, rice, fruits, nuts, and legumes

5. Which of the following correctly completes the sentence?

If you are overweight, ***** also more likely to have higher insulin levels.

- youre
- youre'
- you're
- you're

6. This text is written in the

- past tense.
- present tense.
- future tense.

4. This text is written in the

- first person.
- second person.
- third person.



Activity 4: Narrative writing

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.