

Read, discuss and complete the activities

- Activity 18.1 – 23 to 27 March 2020
- Activity 18.2 – 30 March to 3 April 2020

Chapter 18 **Healthy eating for children**

Study area
Personal and Social Well-being

What we need to eat to be healthy

There are five main food groups. You should eat food from each group regularly to stay healthy.

Starchy foods or carbohydrates
These foods give you energy. If possible, eat at least one of these foods with every meal. Brown rice, wholewheat bread and wholewheat pasta are healthier than white rice, bread and pasta.

Proteins
Proteins help build your body. They keep your blood, muscles and bones strong. Meat, fish, eggs, cheese, beans and lentils are all proteins. Try to eat food containing protein every day.

Minerals and vitamins
Fruit and vegetables contain vitamins and minerals. We need these to stop our bodies becoming sick. Dark green vegetables like spinach and yellow vegetables like pumpkin are especially good for you. Try to eat at least five different fruits and vegetables every day. An easy way to know you are eating healthily is to eat food with different colours.

Dairy products
Milk, butter, cottage cheese, cream, yoghurt and buttermilk are all dairy products. A small amount of fat in our diet keeps our hair and skin healthy. Low fat and fat free products are healthier than full cream cheese or milk.


Fibre and water
You need to drink at least six glasses of water every day. Fibre helps you digest your food. There is more fibre in foods that are made with wholewheat flour than with white flour. Brown rice has more fibre than white rice. Peas, beans, nuts and potatoes also contain a lot of fibre. Fruit and vegetables have fibre too but they contain mostly water.

ACTIVITY 18.1 Make a list
Make a list of five things you can change to eat more healthily.

Factors that influence what and how much children eat

- Many children are **influenced** by advertisements and end up eating what is not healthy.
- Some children do not have enough food to eat. There may be a **famine** or a **drought** or no money to buy enough food.
- Some children eat the wrong foods. They eat too much fried food and too many sweets and chips.
- Some children eat lots of one type of food and none of another type.
- Some children are sick and don't feel like eating.
- Some children don't get up early enough to eat breakfast before school.
- Many children watch a lot of television and play computer games. While they are doing this, they don't realise how much they are eating.
- Many children do not exercise. If they did, their bodies would burn up the extra food.

ACTIVITY 18.2 Make another list
Write three **factors** in order of importance that influence your eating the most. They can be on the list above or different factors.



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Key words

- **influenced** – swayed, persuaded
- **famine** – shortage of food
- **drought** – when no rain has fallen and the ground is hard and dry
- **factor** – something that influences

Please provide pictures of learners busy baking up a storm. Thank you.

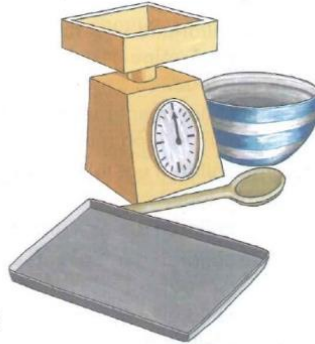
Skills focus: Reading

Read and follow a recipe to bake a healthy snack

Crunchies

You will need:

- a mixing bowl
- a bowl or pot to melt butter in
- a hot plate or microwave to melt the butter
- a wooden spoon to mix with
- a baking scale
- a teaspoon
- a tablespoon
- a knife
- a baking tray (approximately 38 cm x 25 cm)
- ingredients (see the list below)
- an oven to bake the biscuits in. Oven to be set at 160 degrees Celsius.



Ingredients:

- 180 g of butter
- 30 ml (or two tablespoons) golden syrup
- 5 ml (or 1 teaspoon) bicarbonate of soda
- 125 g of flour
- 180 g oats
- 250 g brown sugar
- 80 g coconut



Prepare to bake:

1. Set the oven to 160 degrees C.
2. Grease the baking tray with a little bit of hard butter or with Spray and Cook.

Method:

1. Put the flour, oats, sugar and coconut into the mixing bowl.
2. Put the butter and syrup in the bowl and heat it in the microwave for a short while. If you don't have a microwave, heat it in a pot on the stove.
3. When the **mixture** in the bowl or the pot boils, take it out (or off the heat) and then add the bicarbonate of soda. It will begin to bubble and make foam.
4. Stir it and pour it into the bowl with the oats, sugar and coconut. Mix it all together.
5. When the ingredients are well mixed, spread the mixture evenly into the greased baking tray. Press it down firmly.
6. Put the baking tray in the pre-heated oven.
7. Bake for 15 minutes.
8. When the mixture is light brown in colour, take the tray out of the oven. Use oven gloves because the tray will be very hot.
9. Let the crunchies cool for three minutes and then cut them into squares.
10. Leave the crunchies for another ten minutes; then take them out of the tray to finish cooling.



Think about what you read.

1. What kind of sugar is used to make crunchies?
2. Is this sugar healthier than white sugar?
3. Are oats healthy to eat?

Dictionary skills

Write the dictionary definitions of the following words:
ingredients, mixture.