



Health Education,
Including Safety

**Staying Healthy: Healthy
Eating, Portion Sizes &
Energy Drinks**

- Understand how staying healthy is a combination of three key areas
- Identify that we all need to have a healthy balanced diet to help maintain a healthy weight
- Investigate what a healthy diet consists of and active lifestyles
- Understand what a healthier alternative is





The Mind Body Connection – how does this keep me healthy?

Did you know that being healthy is actually a mixture of different things?
What do you think these things are? Suggest your ideas to the class

What if I was to tell you that the 3 key ingredients to help you stay healthy consist of:

- Sleep
- Physical Exercise
- And a healthy diet?

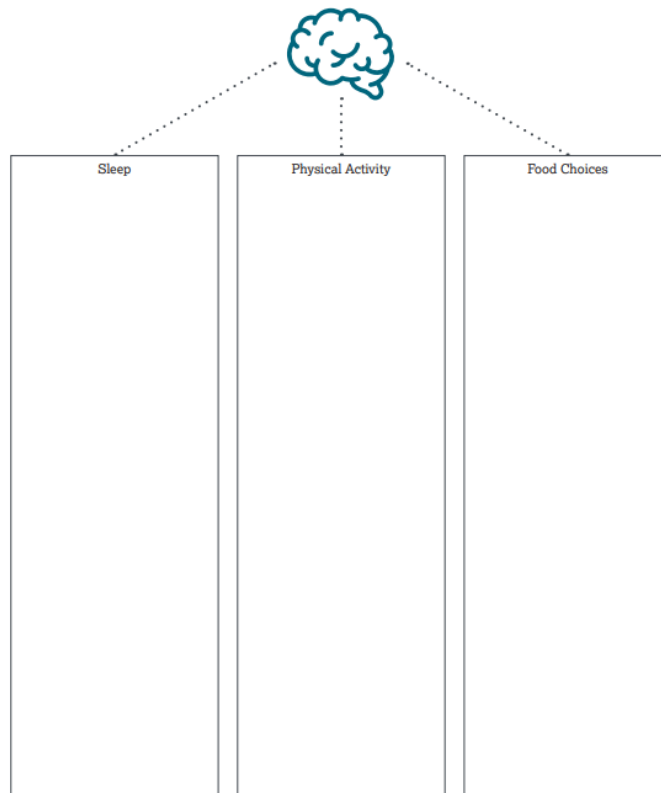




Task One: (10 minutes)

- Using the attached work sheet, read the fact files and fill in the boxes for each of the three areas. How does it all connect to one another and keep us healthy?
- What did you learn?

THE MIND-BODY CONNECTION



Sleep and Relaxation

- When you sleep, your body regulates your hormones, which can improve your mood
- Sleeping also helps your memory as information is moved from the short-term memory into the long-term memory.
- The recommended amount of sleep for young people is between 8 and 10 hours per night.
- Your body needs to get a good night's sleep to be able to repair itself and feel energised. Feeling energised can improve your mood and mean you're more able to do things you enjoy.
- Sometimes sleeping can be difficult. In these times, relaxing activities such as having a bath or sitting in the sun can help your mind and mood. Relaxing can help to lower your heart rate and blood pressure, which can lead to feeling less stressed and in a better mood.

Physical Activity

- When you exercise, your body releases hormones called endorphins. Endorphins are chemicals in your brain that make you feel good and boost your mood.
- Exercise sends more blood to the brain, which can help you feel more awake and improve concentration. Having energy and being able to concentrate also make people feel good.
- Most people report feeling happier and having a better mood after they exercise.
- It doesn't have to be vigorous exercise to be beneficial - even just going for a walk can help to boost your mood.
- Exercising with others, such as when playing team sports, can also have benefits for our minds as social activities often improve our mood.

Food Choices

- Eating enough food and eating regularly helps to give us energy, which is good for our concentration and mood.
- The gut is sometimes called the 'little brain' because of its connection to our minds. If you feel stressed and worried, it is common to have an upset stomach. Keeping your gut healthy can therefore be part of keeping a healthy mind. Fibre (found in veggies, fruit and wholegrain foods) helps keep your gut healthy.
- Omega 3 and 6 (which are oils found in nuts, seeds and fish) help to keep your brain working efficiently, which can help to improve your memory and concentration.
- Caffeine can help some people feel more awake and alert, but it can also increase feelings of anxiety.
- Lots of sugary foods can make your blood sugar levels rise and fall quickly, which can lead to mood changes and feeling irritable.





Now... lets look into what we are putting into our bodies. Are we eating a balanced diet?

Lets think about what we are eating and drinking in a day.

Did you have 1 meal, 2, 3, more? How much water did you drink? What snacks did you have?

All of these choices contribute to being healthy. What did you have?

Task 2: (10 minutes)

Write a reflective food diary of the food and drink you have had over the last three days, be sure to include all meals and snacks – the healthy and non healthy ones!

	Breakfast	Lunch	Dinner	Snacks
Day 1	Cheerio's and a Banana	Cheese sandwich	McDonalds – chicken nuggets, chips and a milkshake	Pickled Onion Monster Munch Yorkie Bar
Day 2				





Take a look at these foods... delicious right?



How would you categorise these foods? What headings would you put these under? Suggest some of your ideas to the class...



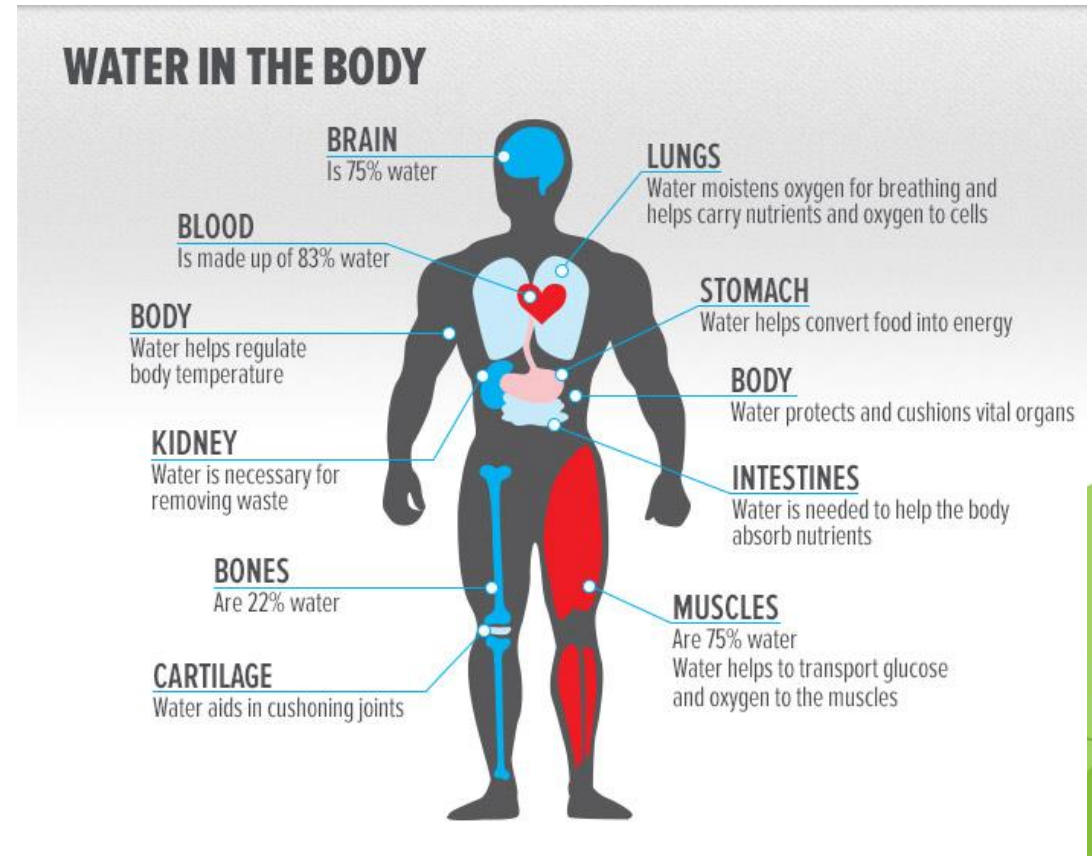
How about if I were to tell you that they already fit into a category, do any of these look familiar? What food would fit into each category?

And its not just food which makes a healthy diet either...



- We all need to drink regularly throughout the day for health.
- We are encouraged to drink around 6-8 glasses of lots of different types of drink, e.g. water, milk and fruit juice.
- When it is hot, or we are being active, we need to drink more.

Take a look at the picture on the right, did you know that water was so vital for our body to function?





Getting the right stuff:



In the UK, the NHS suggest we have a different amounts of different food categories to ensure we are getting a balanced diet:

- Try to choose a variety of different foods from each of the groups to help you get the wide range of nutrients your body needs to stay healthy.

Task 3: (15 minutes)

Click on this link and explore the NHS Eatwell Guide: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/?tabname=digestive-health>

Be prepared to answer the questions on the following slide and write 10 facts on in your notes...





Can you answer the following?

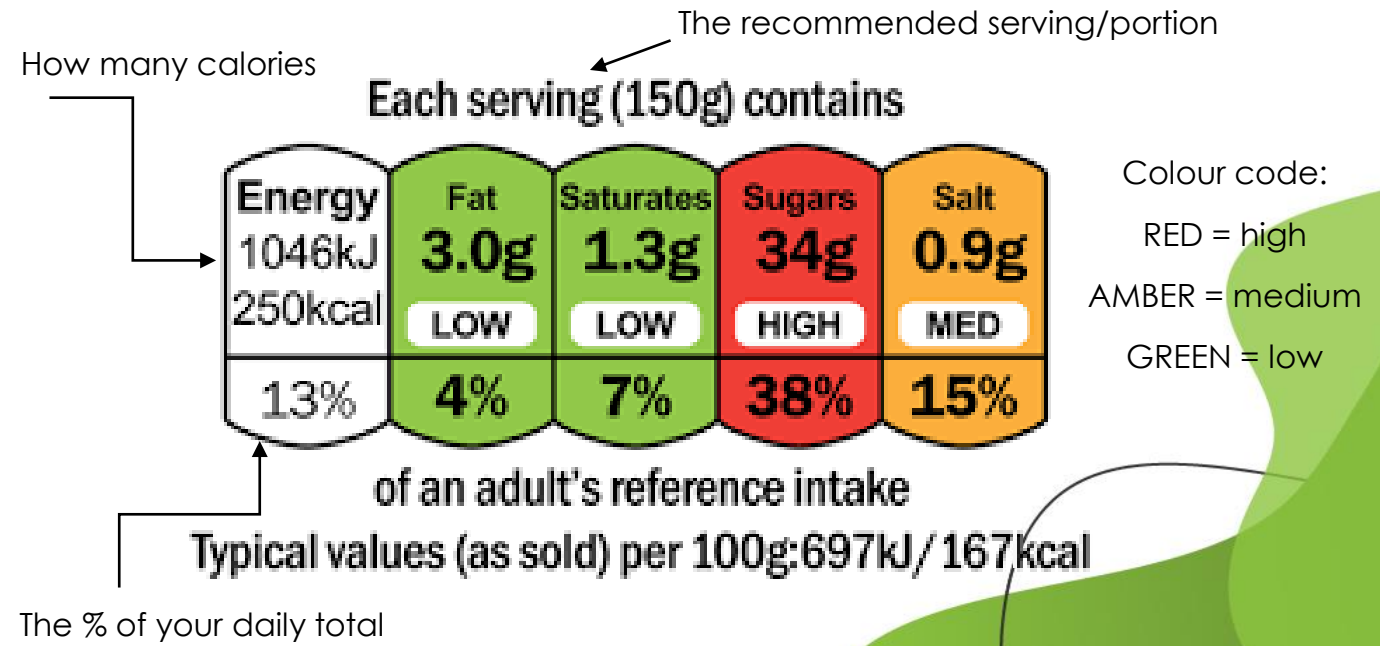
- How many portions of fruit and veg are suggested we eat everyday?
- How many glasses of water should we have every day?
- Name five food items that fall into carbohydrates?
- TRUE or FALSE – you can't have a balanced diet if you are a vegan or vegetarian?
- TRUE or FALSE - Fats and sugars should make up the biggest portion of food in a day?
- Name five vegetables that you could eat as part of healthy diet.





I see these colourful things on my food, does this mean that they are healthy?

You might have come across these before when you are shopping, and there is probably some on the food packages in your cupboards and fridges. But what are they and what do they mean?





Task Four: (20 minutes)

We have delved into the ideas of what makes a balanced diet – and a balanced diet can be yummy and include treats, this just needs to be in proportion. Now, think of your favourite meal, a real treat of a meal. Whether that be a burger, fried chicken, a freak shake or a stack of doughnuts...

Research an original recipe; (if your favourite meal is from a take away you may be able to find the ingredients and info on their website) and complete the following activities:

- Create a traffic light diagram, like we saw on the previous slide, for your favourite dish
- Find the ingredients of this dish and perhaps a recipe.
- Then, create a healthier alternative recipe, still with all the flavour and a new traffic light logo to go with it. Consider how you could make it as part of your balanced diet.

There is an example for you coming up...





Example:

Kcals	Fat	Saturates	Carbs	Sugars	Fibre	Protein
428	23.9g	14.2g	46.4g	36.9g	2.9g	5.3g
Salt						
0.4g						



Terry's Chocolate Orange Brownies

Ingredients

- **salted butter** 200g, softened
- **dark chocolate** 250g, chopped
- **eggs** 3 large
- **golden caster sugar** 350g
- **plain flour** 150g
- **baking powder** 1 tsp
- **cocoa powder** 30g
- **orange** 1, zested
- **Terry's Chocolate Oranges** 2 x 157g, segmented, 3/4 roughly chopped and 1/4 left whole

Method

•STEP 1

• Melt the butter and dark chocolate in short bursts in a microwave or in a bowl set over (but not touching) a pan of simmering water. Cool to room temperature.

•STEP 2

• Heat the oven to 180C/fan 160C/gas 4 and line a 20cm x 30cm brownie tin with baking paper.

•STEP 3

• Whisk the eggs and sugar with electric beaters until the mixture is pale, has doubled in volume and leaves a trail when you lift the whisk out. Fold the egg mixture into the melted chocolate mixture until combined. Then sift in the flour, baking powder and cocoa, and mix until just combined.

•STEP 4

• Mix in the zested orange, then fold through 2/3 of the chopped chocolate orange. Spoon into the tin and smooth the top.

•STEP 5

• Gently push in the remaining chopped pieces of chocolate orange and scatter over the whole pieces.

•STEP 6

• Bake for 25-30 minutes or until the top is shiny and the middle just set. Cool completely, then lift out of the tin and cut into squares.





Example:

K(cals)
104

Protein
2.1g

Satura
tes
2g

Fat
5g

Fibre
0.5g

Salt
0.15g



Better for you Brownies

Ingredients

- 220g/8oz dark cooking chocolate (at least 70% cocoa solids), broken into pieces
- 4 free-range eggs
- 50ml/2fl oz vegetable oil
- 120g/4½oz soft brown sugar
- 1½ tsp almond extract
- 1 tbsp cocoa
- 80g/3oz plain flour
- 1 tsp baking powder
- pinch salt

Method

- 1.Preheat the oven to 200C/180C Fan/Gas 6.
- 2.Line the base of a 20cm/8in square cake tin with baking paper.
- 3.Melt the chocolate in a heatproof bowl placed over a pan of gently simmering water (making sure the base of the bowl is not touching the water). Remove from the heat and set aside.
- 4.In a large bowl, whisk the eggs, oil, sugar and almond extract with an electric hand-held whisk for 8–10 minutes, or until pale and thick.
- 5.Sift in the cocoa, flour and baking powder with a pinch of salt. Gently fold in using a large metal spoon.
- 6.Pour over the melted chocolate and gently fold in until well combined.
- 7.Spoon into the prepared tin and bake for 20–25 minutes, or until slightly fudgy. When cool, remove from the tin, cut into 4cm squares and serve.





First thing first... what do you know about energy drinks?

Take a look at the questions listed below; can you provide any of the answers:

- What is an energy drink?
- What makes them full of “energy”?
- What ingredients make an energy drink?
- Who can drink them?
- How much do they cost from the supermarket?
- Is there any differences between energy drinks and sports drinks?

Suggest your answers to the class, did anyone share the same view?





What are energy drinks?

- Drinks
- of time
- Drinks
- Drinks

Do you
Take a
as ener



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And what makes these energy drinks?

Most (not all) energy drinks contain the following:

- 80mg of caffeine – this is much more than a can of Coca Cola (23mg) or a cup of coffee
- A massive 27mg of fattening glucose and sucrose (these are types of sugar)
- The final ingredient? Marketing – lots of it!
- Energy drinks and nutrition bars often make big promises. Some say they'll increase energy and alertness, others offer extra nutrition, and some even claim to boost your athletic performance or powers of concentration.
- But once you cut through the hype and look past the flashy packaging on energy products, chances are what you are mostly getting is a stiff dose of sugar and caffeine.





So... what is caffeine then?!

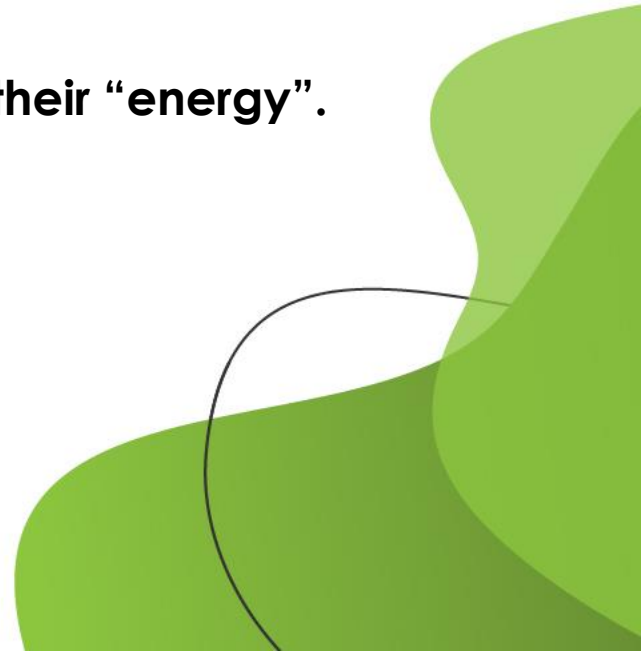
Answer me this...

Is it natural or man made?

- Caffeine occurs naturally in plants like tea, coffee and cocoa. It is added to some medicines to help the body absorb them, and also to some drinks and confectionary
- What does it do?
 - At its simplest, it can prevent drowsiness and increase alertness

Caffeine is only one of the ingredients that makes energy drinks have their “energy”.

What do you think are the risks of having too much caffeine?





Mix and Match

Label the drink to its correct amount of caffeine content per serving:

Mug instant coffee	Large energy drink	Small energy drink	160mg
100mg	160mg	80mg	140mg
Energy drink 'shot'	Plain chocolate bar	Mug filter coffee	100mg
80mg	50mg	140mg	80mg
Mug tea	Milk chocolate bar	Can of cola	80mg
75mg	25mg	40mg	75mg
			50mg
			40mg
			25mg





WHAT IF YOU
ONLY DRANK
ENERGY
DRINKS?





How much is in your favourite drinks?

Task (20 minutes):

Research into seven of your favourite drinks that you consume often.

Create a comparison table looking into the amount of sugar and caffeine in each,. What comes out on top of the list and what contains the least? Look into the serving size and how many calories are included too.

This could include things like water, tea, squash, energy drinks and sports drinks to name a few. Use the internet to help you research the the nutritional value of these drinks.



Lucozade Energy Original	Boost	Tesco Blue Spark	Red Thunder	Blue Bear	Emerge	Monster Rehab	KX Energy	Mountain Dew
380ml	250ml	250ml	250ml	250ml	250ml	500ml	250ml*	500ml
4 	3 	3 	3 	3 	3 	3 	1 	0 
17g	12g	12g	12g	12g	11g	11g	4g	0g
								
46mg	75mg	75mg	75mg	75mg	75mg	160mg	75mg	76mg

 1 teaspoon = 4g sugar  1 cup of espresso = 80mg caffeine Data collected April 2019
*KX Energy is no longer available in 250ml





Sports drinks are energy drinks; true or false?

ENERGY DRINKS	V/S	SPORTS DRINKS
<p>HIGH CAFFEINE BLOOD PRESSURE SUGAR RE INSOMNIA CONCENTRATED</p>  <p>CARBOHYDRATES</p>		<p>CHERRY APPLE KIWI LEMON BERRY ORANGE</p> <p>VITAMINS</p> <p>REHYDRATE REPAIR MUSCLE FIBERS ELECTROLYTES</p>  <p>REPAIR MUSCLE FIBER</p> <p>MICRONUTRIENTS</p> <p>BOOSTS ENERGY</p> <p>MINERALS</p>





For or Against?

Health

Government proposes energy drinks ban for children

By Alex Therrien
Health reporter, BBC News

The sale of energy drinks could be banned in England to anybody under 18, amid fears they are damaging children's health, the prime minister has said.

The government have announced plans to ban children under the age of 18 stating that young people are unnecessarily consuming drinks which are harmful for their health.

Create your case for or against this argument by writing a statement paragraph (10 minutes). Consider the following:

- Where do you stand with this decision? What is your evidence?
- What data can you find to support your case?



Be prepared to share your compelling arguments with the rest of the class – you might be able to change peoples minds...



Now it is your turn: You have been approached to bridge a gap in the market.

You have been asked to develop your own ENERGY drink by the owners of a health shop – but without the chemicals and side effects... Think about natural products that give you energy/are healthy.

Write a list of ingredients you consider 'harmless':

1)
2)
3)
4)

And a list of ingredients you consider 'healthy':

1)
2)
3)
4)





Lets get creative...

Plan your new drinks using the following steps:

Step 1: What are the key natural ingredients?

Step 2: Name of your new drink

Step 3: Packaging and marketing ideas

Step 4: Who would you target? How? Why?

-
-



Now create a poster advertising your new drink for teenagers!
Be prepared to present to the rest of the group.

