

Teaching Ideas

Food Fads and Trends

Health foods that are not really that healthy

Walking down the health food aisle at the supermarket can be a mind-boggling experience. With so many health food options now available, it is hard to know what to choose and what is really healthy. [This article](#) highlights nine common 'health foods' which may not be as good for you as you first thought.

This article links well with the *Year 9 Food Labels Exposed* unit. It also addresses Australian Curriculum general capabilities of literacy and critical and creative understanding. Suggested classroom icebreaker questions include:

- *What was this article about?*
- *Did some of the foods mentioned in this article surprise you? Why?*
- *Do you eat any of these listed foods regularly as part of your diet? What could be some healthier alternatives?*
- *What is the best way to work out if a food is really a healthy choice?*

The benefits of the traditional Japanese diet

According to a 2017 study, eating a traditional Japanese diet, which includes a high intake of fish, soybean products and a low intake of fat, has been linked with a longer life expectancy. According to the study, adults in Japan who closely followed that country's recommended dietary guidelines had a 15 percent lower risk of dying during a 15-year time period, as compared to people who didn't follow the guidelines. [Click here](#) to read the full story.

Information in this article links well with the *Year 9 Taste of Asia* unit. It also addresses Australian Curriculum general capabilities of literacy, intercultural understanding and critical and creative thinking. Suggested classroom icebreaker questions include:



- *What was this article about?*
- *How do you think the traditional Japanese diet differs from the traditional Western diet?*
- *What do you think are some of the health benefits of the traditional Japanese diet?*

Breakfast and its importance to our health

Whilst it has been said for many years that eating breakfast is an important meal of the day, this article indicates it is also important to consider the types of foods and nutrients chosen. [Click here](#) to read the full article.

This article links well with the *Year 10 Exploring Energy Sources* unit. It also addresses Australian Curriculum general capabilities of literacy, intercultural understanding and critical and creative understanding. Suggested classroom icebreaker questions include:

- *What is this article about?*
- *What is your breakfast routine (i.e. eat when you first wake up, wait until mid-morning, skip breakfast)?*
- *What are two nutrients mentioned in this article which are important to include in your breakfast? Why are they important?*
- *What are some pros and cons of ready-to-eat breakfast cereals?*
- *What would you look for in a healthy breakfast cereal and why?*



The facts on meat and its links with cancer



Recently there has been some coverage in the media about red and processed meats and their link with cancer. With so much misinformation available on food and nutrition, it is difficult to know what to believe. Cancer Council NSW has released an article, available [here](#) presenting the facts on meat and cancer and what it means for our diets.

This article presents key messages consistent with the *Australian Guide to Healthy Eating* and highlights the beneficial role lean meat can still play in a healthy diet. Useful tips on meat serve sizes and cooking methods are also provided.

Information in this article links well with the *Year 4 Balanced Diet* unit and *Year 10 Exploring Energy Sources* unit. It also addresses Australian Curriculum general capabilities of literacy, and critical and creative thinking. Suggested classroom icebreaker questions include:

- *What was this article about?*
- *Did some of the information in this article surprise you? Why?*
- *Do you eat red or processed meats regularly as part of your diet? How does your intake compare with the recommended frequency and amount?*
- *What could be some dietary alternatives to too much meat?*