



Beacon Education

Supporting Christian schooling worldwide

Nutrition

How important is nutrition education?



World health crisis no. 1: malnutrition and contagious diseases

Caused by:

- ◆ Poverty
- ◆ Unavailability of nutritious food
- ◆ Contaminated drinking water
- ◆ Lack of facilities for washing hands and dishes

World health crisis no. 2: malnutrition through wrong food choices

Lifestyle diseases such as:

- cancer
- heart disease
- diabetes
- obesity

Not caused by viruses or bacteria



Traditional diets vs. modern diet

Traditional diets

- ◆ were/are free of factory-processed foods
- ◆ consisted of home-prepared / home-grown foods
- ◆ were/are from natural sources



Traditional diets vs. modern diet

Modern diets include:

- ◆ processed factory-produced foods
- ◆ the great whites – sugar, salt, flour, artificial sweeteners
- ◆ highly processed oils
- ◆ artificial food additives – colourings, flavourings, preservatives
- ◆ fizz



Modern diet and traditional diet meet in the Pacific Islands

In the Pacific Islands there is a rise in:

- ◆ cancer
- ◆ heart disease
- ◆ diabetes
- ◆ obesity

Why?

NOT due to lack of nutritious food

- ◆ Fiji is blessed with a perfect climate for growing produce.
- ◆ Fiji is blessed with unpolluted seas where fish abound.









The problem is...

- ◆ Mixing traditional diet with a modern Western diet.
- ◆ Results in an overload of carbohydrates.



plus



The problem is...



plus



The problem is...

And the addition of sugar and artificial colourings and flavourings.



plus



Carbohydrate overload

- ◆ Modern processed foods containing wheat and sugar are responsible for diseases like diabetes, cancer and heart disease.
- ◆ These foods are also responsible for weight gain.
- ◆ Mixing traditional foods with modern processed foods causes a carbohydrate overload.

What does it mean to “get back to your traditional diet?”

- ◆ Eat traditional foods, (traditional starches in moderation)
- ◆ WITHOUT adding the processed foods of modern Western society.
- ◆ Get rid of the “PLUS”

Children's health in the 21st century



- The rapid rise in type 2 diabetes in children parallels the rise in being overweight
- Rates of childhood obesity in the Western World have risen dramatically since 1985
- Obese children have a 25-50% chance of progressing to adult obesity.
- May be as high as 87% for adolescents.

Childhood obesity



- 40% of children aged 5-12 watch TV for more than 2 hours per day.
- Advertising junk food and drink to children is a contributor to obesity.

Are we suffering from a nutritional deficiency?

Food can be:

nutritious



or nutritionally empty



What do you eat in a week?

USA



What do you eat in a week?

Germany



What do you eat in a week?

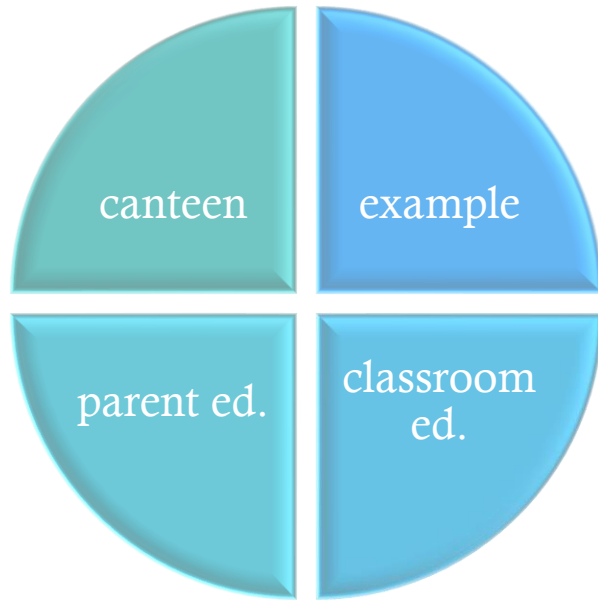
Ecuador



What could you eat in a week in Fiji?

- ◆ a wealth of vegetables and fruits
- ◆ coconuts
- ◆ fish and chicken
- ◆ eggs
- ◆ dhal
- ◆ basmati rice

What is the role of the school?



- to help the whole school community to make wise choices
 - to point out the foods which cause health problems
 - to teach the importance of natural foods
- to encourage good habits so that children can grow up to be fit to serve the Lord

The School Canteen

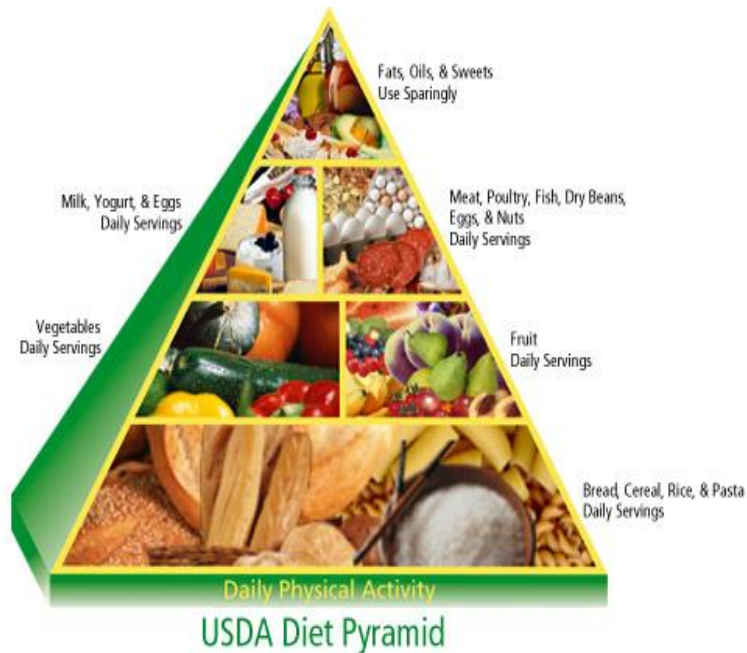
“Schools need to become a beacon for the community by banning junk food in canteens.

We ban smoking in schools because we know it kills you. The same should apply to the provision on junk food.”

Dr. Peter Dingle
Murdoch University W.A.

The Food Pyramid

Is it the answer to nutrition education?



The food pyramid does not indicate food **quality** – only **quantity**.

Food additives

The Food Pyramid makes no comment on the danger of food additives.



Food and behaviour

How does food link to concentration and behaviour?

1. Sugar – a highly processed carbohydrate

- An overload of refined carbohydrates causes adrenal fatigue.
- Sugar and other refined carbs gives an energy 'high' which is followed by an energy 'low'.



Food and behaviour

2. Food additives

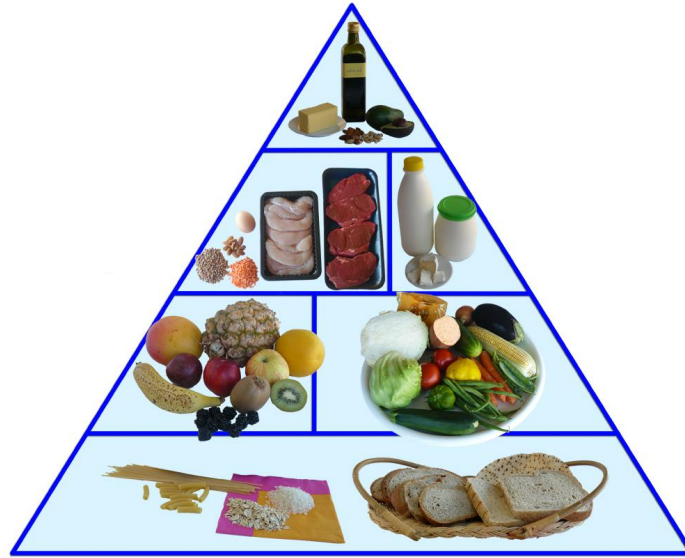
- Many food additives have an over-stimulating effect on the brain e.g. 282, a preservative in bread
- Many food additives have been shown to have detrimental effects on long-term health.



Welcome to the **New Start**
healthy food and fitness program.

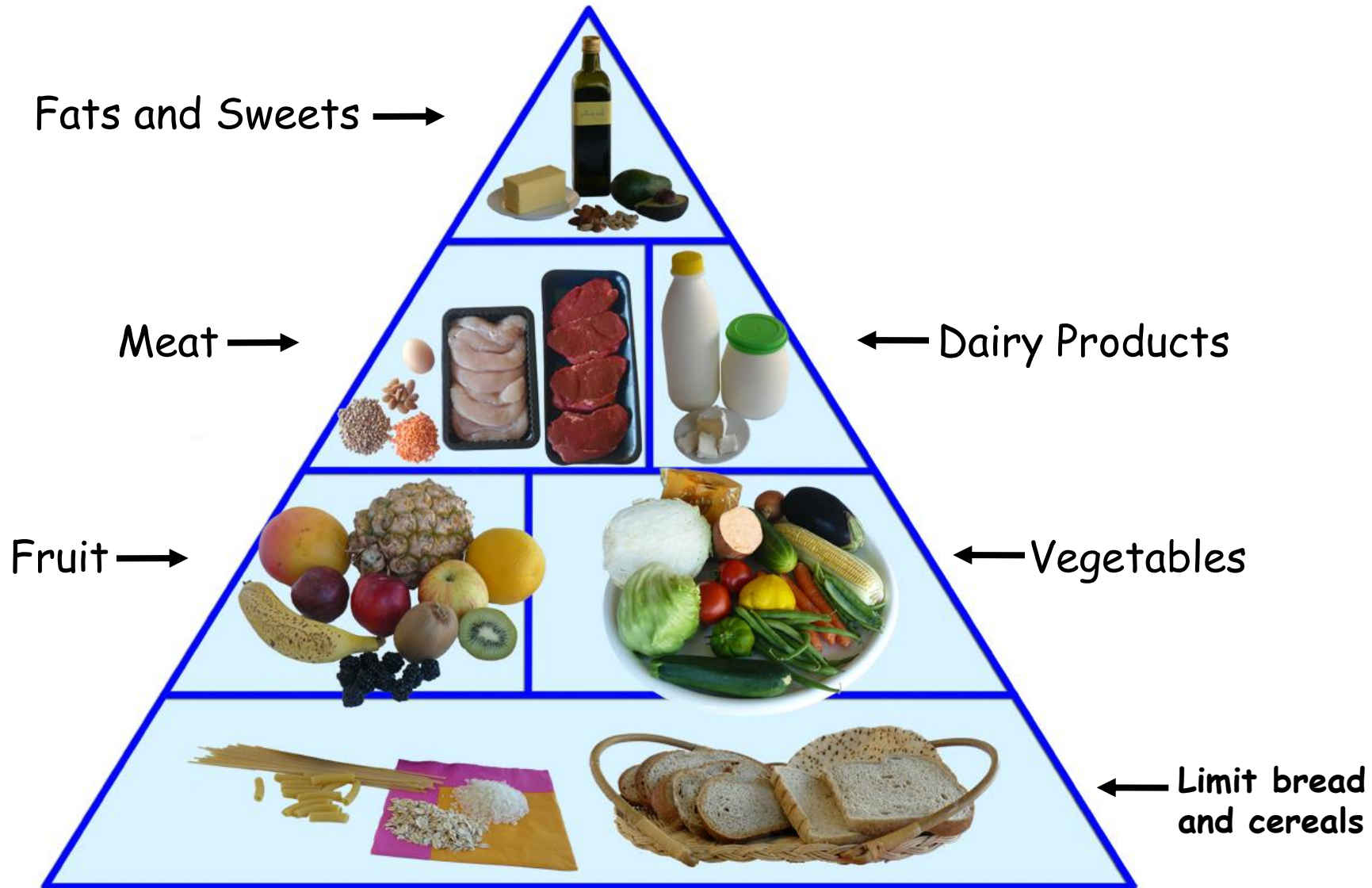


The Food Pyramid

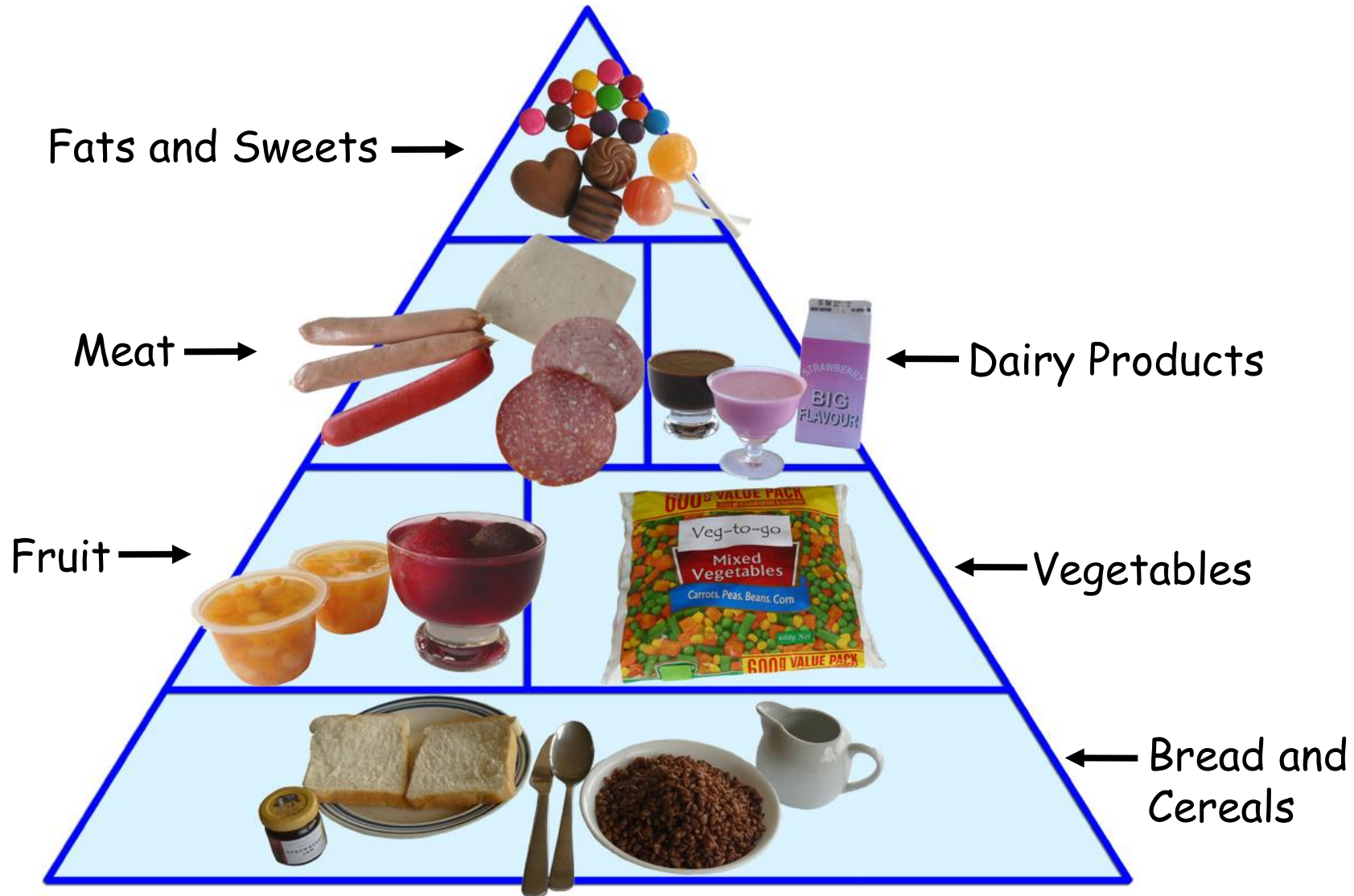


- It helps us to eat a variety of foods.
- It tells us to choose foods from each section every day.

A food pyramid containing healthier foods



Here's another food pyramid.
This one does not contain healthy foods.



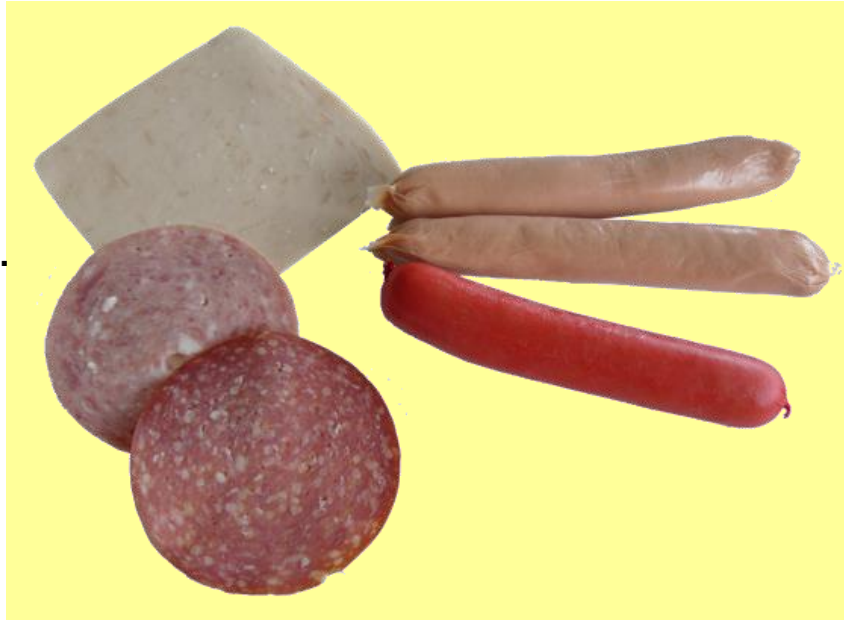
Which food picture shows the healthier food? The pointer gives the answer. Say why.







Processed meats
contain preservatives.





Artificial colourings & flavourings

Olive oil can withstand heating without becoming carcinogenic (cancer causing). Butter is a good fat. It protects against cancer and contains vitamins A,D,E & K.



No thanks.



Margarine and cheap cooking oils can cause cancer because they are heated to very high degrees in the processing.





for nutrient





for exercise



W for water





S for sunlight



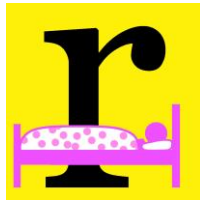
2 8 2
3 3 5
9 6 2

t for toxin free



a for air





for rest





for think happy thoughts
and trust in God

