

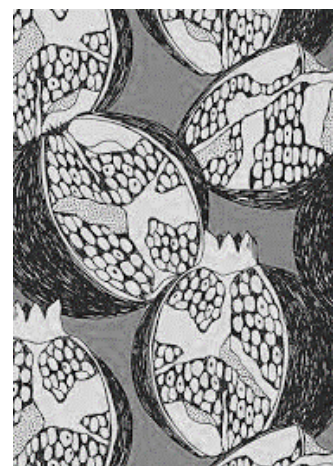
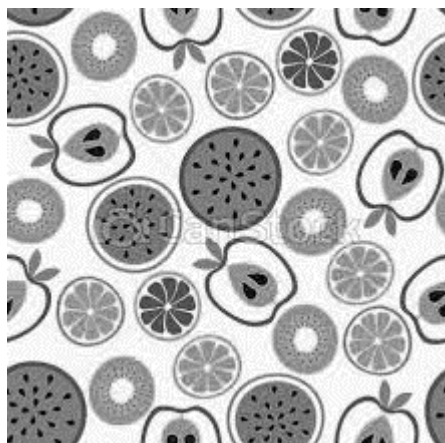
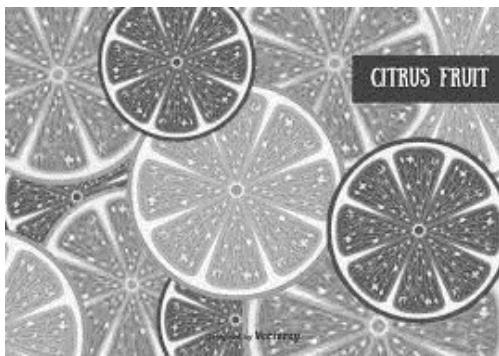
GOD IS

WISE

Health and Fitness

Year 6

Term 3



Thinking Skills Wise Yr 6

<p>Food and nutrition 1</p> <p>Work out 10 things that this picture could represent in regard to food.</p> 	<p>Food and nutrition 2</p> <p>Design 5 unusual ways of encouraging young children to eat healthier food.</p>
<p>Food and nutrition 3</p> <p>Name 10 healthy foods that you have NEVER eaten.</p>	<p>Food and nutrition 4</p> <p>What if a single pill could replace your daily food intake?</p> <p>Give 10 different consequences.</p>
<p>Food and nutrition 5</p> <p>School canteens should not sell junk food.</p> <p>Give 5 good reasons for this.</p>	<p>Food and nutrition 6</p> <p>Predict a type of cooking appliance that will be used in family homes 100 years from now.</p> <p>Draw it (if possible).</p>

Piri and Maki

Biography



As a young man living in a village on Rarotonga, Piri had a bad reputation as a drunk and a trouble maker. He had gone to the mission school as a lad and had learned to read and write. But after he left school he got in with a group of young men who had found out from some Tahitians how to make orange beer from fruit growing in the bush. They got involved in drunken parties. Things got worse when the trading ships brought in other alcoholic drinks, and there were serious problems with bad behaviour amongst the young men. Piri was regarded as a ring-leader in the brewing of orange beer, and of course drinking it. So he was often caught and made to pay fines for law-breaking.

“We’ll have to come down harder on these young fellows,” the authorities decided. “Piri is one of the worst. We need to get him under control.”

So Piri at the age of twenty became a target for the authorities, who kept a close watch on him.

“It’s that missionary’s fault,” Piri muttered, “he’s the one who turned the authorities against me. One of these days I’ll get that man and kill him with my own hands!”

A day came when Piri had been drinking heavily. This was going to be Piri’s day of revenge. He grabbed a garden spade and made for the missionary’s house. Fortunately his friends saw what he had in mind and went after him with sticks and a rope. Piri had just reached the veranda of the house when they seized him and in spite of his struggles, tied him up with the rope. His friends took him away and kept him at the coast for a few days. When he had sobered up he began to think about his behaviour. “How stupid I’ve been to go on like that. The missionary did nothing to me yet I nearly killed him. It’s the beer that made me so stupid. I promise I’ll never drink another drop.”

Piri went to see the missionary. "I'm sorry I've been behaving so badly," he began. "I can see that living the Christian way is the only thing that will help me."

"You're right, Piri," the missionary agreed. "You come to the worship services on Sundays and to the Bible classes through the week and you will learn to know God. Then you'll find out how He can help you live a good life."

Piri did this and became a strong Christian. His greatest desire was to tell those who weren't Christians the wonderful stories of Jesus. He entered the Training School on Rarotonga where he spent four years being prepared for work as a Bible teacher. At the end of that time the missionary came to him. "Piri, there is a group of Cook Islanders living in Samoa. They need someone to care for them spiritually. Would you and your wife like to go and be their Bible teacher?"

Piri and his wife agreed to go and they spent some time together there. But one day his wife became ill and never recovered. Piri was left alone to carry on the work in Samoa.

Meanwhile, far off to the west, in the New Hebrides (Vanuatu), a party of teachers had been left on Tanna to try to establish a mission station. This was one of the seven attempts to follow up the fatal visit of John Williams and his party to the New Hebrides in 1839. All the party except two of the teachers' wives had died of fever. Maki was the name of one of these women.

"I'm afraid of what they might do with us now our husbands are dead," Maki said to the other woman.

"Yes, so am I," she agreed. "The chiefs might fight over which one of them will take us. Then who knows what will happen to us?"

But a kindly old chief saw the difficulty they were in. "You two come home with me," he offered, "I'll look after you. You can be like my own daughters."

"Thank you so much," they said with great relief, "we'll be happy to live with you and care for you."

The women knew that the mission ship came to visit the out-stations regularly.

"I wonder if the ship will come today?" they would say each morning. Then, no matter how ill they were from fever, they would climb the hill at the back of the village to watch for the hoped-for sails to appear on the horizon. But day after day they returned disappointed to the village.

Then one day Maki was left alone, for the other widow died of fever. Maki waited two years and had given up all hope of ever seeing her home island again, when one day as she watched from her lookout on the hill; she could see a speck on the horizon.

"Could that be the mission ship?" she wondered, "Perhaps I'll be able to go home after all."

She watched the ship approach and when she saw people being lowered into the small boat she rushed down to the beach to meet them.

"Oh! I thought you'd never come. I thought you had forgotten about us!" And she told them the sad story of their mission party. They, in turn, told her why she had to wait two years for the ship to come. "The ship has been to England and back since we left

your party of teachers here. We're sorry you had to wait here so long. We'll leave in the morning and take you home to your island, Mangaia."

The elderly chief who had guarded Maki so kindly was broken-hearted at losing his adopted daughter and ran beside her to the boat, weeping bitterly. Maki was grateful to him and thanked him for his care of her. Nevertheless she was so relieved to be returning home.

When they reached Samoa the ship's captain said to Maki, "You'll have to leave this ship here and wait for a smaller one to take you to Mangaia."

It was during this time in Samoa that Piri and Maki met. Maki never did get home to Mangaia as she married Piri and together they continued to serve the Cook Islanders in Samoa.

"I hear the missionary society is preparing to take a team of teachers to British New Guinea, (now called Papua New Guinea). They want to establish mission stations in villages all along the south coast." Piri had rushed home to tell Maki the news.

"I believe God wants me to go with them, Maki. I've always wanted to go to people who haven't yet heard about Jesus. Would you come with me, Maki?"

Maki was willing to go wherever her husband went, so Piri went to see the leaders of the missionary team, Mr. Murray and Mr. Wyatt Gill.

"Please will you take us with you in the team going to British New Guinea," Piri pleaded. For a long time my heart has been with the lost people of these other islands. Please may we join you?"

The two leaders were so impressed at the eagerness of Piri's request that they agreed to take them along with the five other couples in the group. The leaders explained to the team what the mission's plan was. "New Guinea has a long coast line on the south side. We will find villages where the people are willing to have you live with them and we'll leave you there to teach them about Jehovah God and Jesus His Son."

Piri and Maki were placed at Boera, a little distance north along the coast from Port Moresby. Unfortunately a number of the teachers became ill with malaria and other fevers. Some of them died, so the mission brought those who were left to live in Port Moresby. Piri and Maki encouraged the teachers.

"Always remember to pray," Piri would tell them. "And always remember that Jesus is very near. He will help you if you ask Him."

Piri frequently traveled around the coast westwards with the missionary James Chalmers on his many journeys, visiting the mission teachers and always searching for further villages where they could place teachers. He helped Chalmers by making friends with the village people who trusted him. Chalmers received a welcome because Piri was with him.

On one of his trips, Chalmers stopped at Boera, Piri's village, to spend the night. "The small boat is safe on the beach," Piri assured Chalmers. "The people here are trustworthy."

In the morning Chalmers went to his small boat to find the rowlocks were all missing. Piri and Maki happened to be on the beach.

"The rowlocks have been taken from the small boat, Piri," Chalmers told him. "How do you think we can get them back?"

Maki stormed through the village demanding the return of the rowlocks. "Whoever has those rowlocks had better bring them back at once or there will be big trouble," she threatened. But no one owned up.

Piri called the village chief and head men to a meeting in Piri's house. "Those rowlocks must be returned," Piri told them quietly, "I want you men to go through the village and speak to everyone. You must bring them back."

The head men went to everyone, but still no-one produced any rowlocks. Piri grew angry.

"I told Mr Chalmers you people are honest, that you'd never steal anything. Now you've shown us I was wrong. Someone has stolen Mr. Chalmers' property and I want it returned at once. Every house will be searched thoroughly. No-one is allowed to leave the village until the rowlocks are returned."

Piri was so angry the people knew he meant what he said. Then, along came a village woman, the rowlocks in her hand. "I found these on a path in the village," she said, looking very guilty.

Everybody knew that wasn't true, but at least James Chalmers had his rowlocks back and could proceed with his journey. Piri and Maki were on a trip around the coast to Motumotu when Piri became ill. He recovered a little and said to Maki, "I think I am strong enough to travel back to Boera."

They set off in their canoe, deciding to travel to Port Moresby for treatment. But Piri died on the way. Only three months later Maki died. They rest side by side on the hill behind the village at Boera, two faithful servants of the Lord.

Adapted from: *James Chalmers, His Autobiography and Letters*, Richard Lovett, The Religious Tract Society, London.

Processed food 1

Chemicals

The world around us is made of chemicals. All food is made of chemicals. Chemicals are the “stuff” that something is made from. Chemicals can be safe or unsafe. They can be helpful or harmful. They can be good or bad.

Man-made chemicals are the problem chemicals. They are often sprayed on the fruit or vegetables to keep the bugs away. These chemicals are not good for us so we should always wash our fruit and vegetables before we eat them.

Chemicals are added to processed foods, to make them last longer (preservatives), to make them look or taste better (artificial colourings and flavourings) or to change the texture. These are called food additives. We are told that all food additives are safe because they have been tested for safety. But the truth is, some food additives have a bad effect on the health of some people. Some children have allergies and other have their concentration is upset by certain additives. No one really knows what the long-term effects might be. Eating natural foods is always better!

1. What is a chemical?
2. Are all chemicals bad?
3. What are the three types of food additives?
4. What do these additives do to the food?
5. Name two foods that contain food additives.
6. How can we avoid eating food additives?

Processed food 2

Food additives

Food additives are substances that are added to food.

Here are a few of the most common food additives that may not be so healthy:

Preservatives:

Used to make the product last longer.

Found in:

bread, cakes and biscuits

in vegetable oils, chips and fried foods

in some fruity drinks and soft drinks

in some sausages

in processed meats like ham and bacon

Colours:

These are made from man-made dyes

Found in:

Sweets, icing, ice-cream, drinks

Flavours:

Used to make a product taste spicier or saltier

Found in:

instant noodles, savoury snacks, pies, take-away food, sweets, and drinks

Make a chart of processed foods. Make three columns with the three headings. Draw and label foods in each column.

Processed Food 3

Food Labels

If we want to know the truth about the packaged food we eat, then we must find out what's in it. All processed packaged food should have a list of ingredients. We can read the labels to find out more about the ingredients.

Collect information from food wrappers and food packets. Look at the ingredients list. Write the name of the product you are investigating. Give comment on how healthy the food is.

Does it have any food additives?

Read the food labels and choose products without additives.

Name of product	Food additives
Rice	no
Biscuits	yes

Processed Food 4

Processed food and learning ability

Many popular processed foods are actually preventing children from doing their best in learning at school. Loaded with sugars, chemicals, salt and bad fats, many popular processed foods can cause children to be tired, unfocused, fidgety, and sick. This not only impact students' performance, but also influences their behavior and moods.

Lack of Energy and Focus

French fries, sugary foods, cheeseburgers, chicken nuggets, packets of crisps and similar snacks can lower students' brain power.

High sugar and refined white flour in these foods cause glucose in our blood to reach a high, after which there is a 'crash', when the body has low glucose and begins to shut down as it processes. It leaves us feeling tired and unable to think properly. A regular diet of high sugary foods can result in damage to kidneys, eyes, blood vessels, and nerves.

<https://www.publicschoolreview.com/blog/how-diet-and-nutrition-impact-a-childs-learning-ability>

1. Name some popular processed foods that are not good for our health.
2. What are the problem ingredients in these popular processed foods?
3. Why are these ingredients such a problem? (List 3 reasons)
4. What is the 'crash' the body experiences after the high of too much sugar?
5. Draw a diagram of to show what happens in the blood when we eat a lot of sugar. (Show the high and low).

Processed Food 5

Good fats, bad fats

Bad fats:

Fast food and junk food usually contain bad fat. Let's find out what bad fats are.

Vegetable oil in plastic bottles have been processed with heat. The oil then cools and gets heated again in cooking. These oils are not good for our health. We don't see the effects straight away, but over time bad fats can cause health problems.

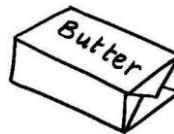
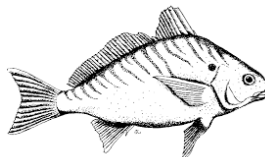
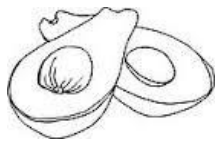
Margarine is another example of a heat processed oil and is a bad fat. However olive oil is an exception. It is a good oil because can withstand heat.

We find heat-processed vegetable oils in foods cooked in oil. Chips, crisps, deep fried foods and pastries are examples.

Good fats:

Butter, olive oil, coconuts, avocados, nuts, fish

Make a list of good fats and a list of bad fats.



Processed food 6

White salt

White salt, used in most processed foods, is called refined salt, and contains no goodness. If we could get salt straight from the sea, that salt would contain minerals that are useful to our bodies.

Where do we find white table salt?

Apart from on the table, it's in potato crisps, most breakfast cereal, tinned foods, cracker biscuits, bought bread, tomato sauce, hamburgers, sausages, hot dogs and many other foods.

What can I eat instead?

Avoid junk food and processed foods and eat real food.

List some healthy foods that you could make or buy:



Processed food 7

Sugar

Although this comes from natural sugar cane, it is no longer natural once it has been processed. This type of sugar is called refined sugar, unlike the sugar you would find naturally in a piece of fruit. People who eat a lot of sugar have less energy and can catch colds more easily.

Where do we find it?

Refined sugar is found in sweet foods and soft drinks. It is also added to many other foods, like tinned foods, sauce, bread, cakes and biscuits.

What can I eat instead?

Eat fruit in which there is natural fruit sugar. The body can use this type of sugar more easily.

Sugar comes from a plant called sugar cane. The stalk of the plant, which looks a bit like bamboo, contains a very sweet liquid. This is natural sugar and has nutrients. However, very few people eat sugar in this way.

The sugar we use as food today is a white crystal substance that can cause damage to our bodies because:

- People eat sugar in large quantities.
- Babies and toddlers are given sugary drinks, and they want to keep having it.
- People cannot stop eating it. (addicted)
- Sugar causes tooth decay.
- Sugar is the main cause of diabetes.
- Sugar weakens our immune system, so that we catch colds more easily.
- Sugar can make us feel tired.
- Sugar can cause people to gain weight.

Make a poster, "Eat less sugar" and give 4 reasons why.

Processed food 8

My personal eating plan

Make up a personal plan for improving your diet for one week. Decide which foods you are going to cut out, or cut down on, and which foods you are going to eat more of. Remember to include drinks too. Write down your plan. Include the date. Review your plan after a week and write a report on how well you stuck to your plan.

This is what I plan to eat for:

Breakfast:

Lunch:

Evening meal:

Snacks:

Drinks:

After one week...

I think that my diet over the last week has been:

- the same as before
- a little healthier
- very healthy

I think my diet was healthier than before because....

OR I could have done better if I had