



# 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

The original TRADITIONAL diets

- ◆ did not contain factory-processed foods
- ◆ consisted of home-prepared / home-grown foods
- ◆ were from natural sources



# Traditional diets vs. modern diet

Modern diets include:

- ◆ processed factory-produced foods
- ◆ sugar, salt, flour, artificial sweeteners
- ◆ highly processed oils such as cooking oil and margarine
- ◆ artificial food additives – colourings, flavourings, preservatives



# Modern diet meets traditional diet

What happens when modern processed /junk food is added to a traditional diet? There is a rise in?

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

Why?

# NOT due to lack of nutritious food

- ◆ Many nations are blessed with a perfect climate for growing produce.
- ◆ And unpolluted seas where fish abound.







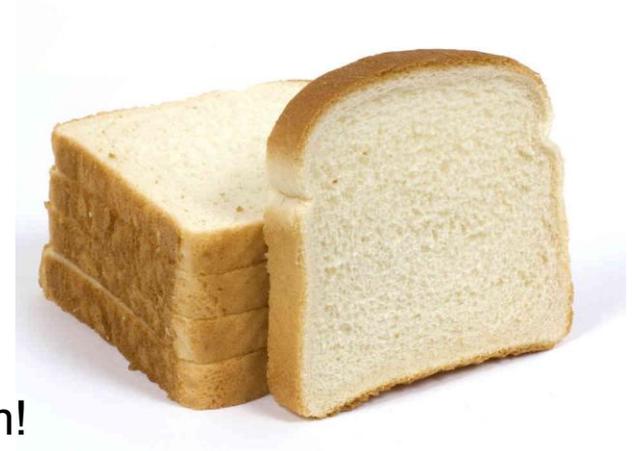


# The problem is...

- ◆ Mixing traditional diet with a modern Western diet results in an overload of **carbohydrates** (starchy/sugary foods), which raise blood sugar levels and lead to obesity & diabetes.



plus



is a problem!

# The problem is...



plus



is a problem!

# The problem is...

And the addition of sugar and artificial colourings and flavourings.



plus



is a very big problem!

# 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, (but don't over-do the traditional starches like cassava and taro!)
- ◆ Don't ADD the processed foods of modern Western society.
- ◆ Get rid of the “PLUS”

# Children's health in the 21<sup>st</sup> 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 could you eat in a week in Fiji?

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

# The School Canteen

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

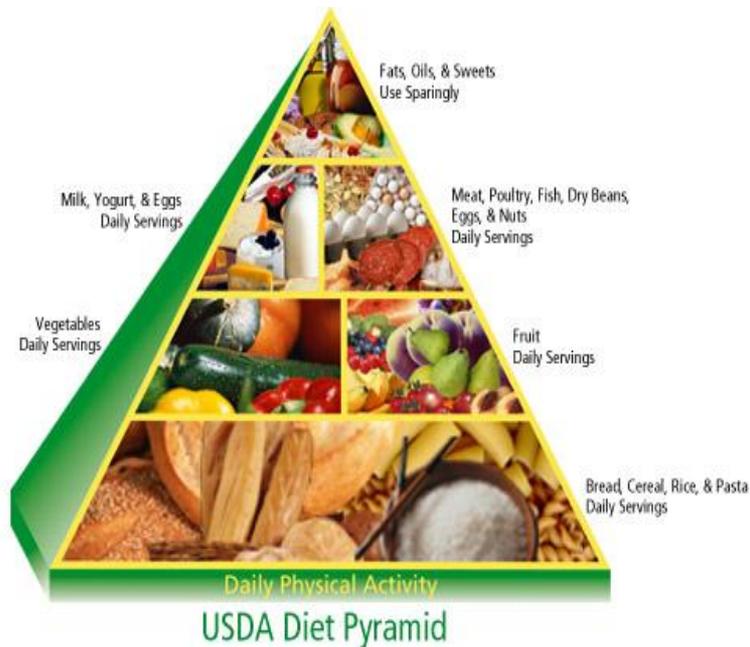
We ban smoking in schools because we know it kills you. The same should apply to the provision on junk food.”

Dr. Peter Dingle  
Murdoch University W.A.

What do you think should be served in a school canteen / tuck shop?

# The Food Pyramid

## Is it the answer to nutrition education?



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

The food pyramid has some value in education, but the **CARBOHYDRATE** section at the bottom needs to be cut in half!

# 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'.



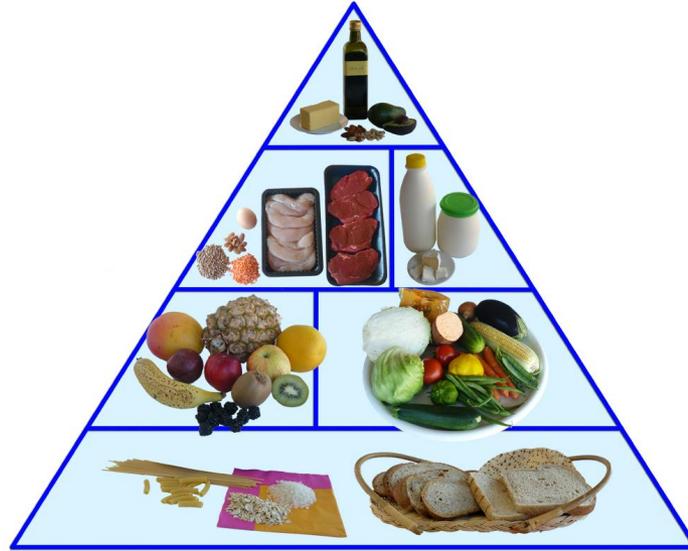
# Food and behaviour

## 2. Food additives

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

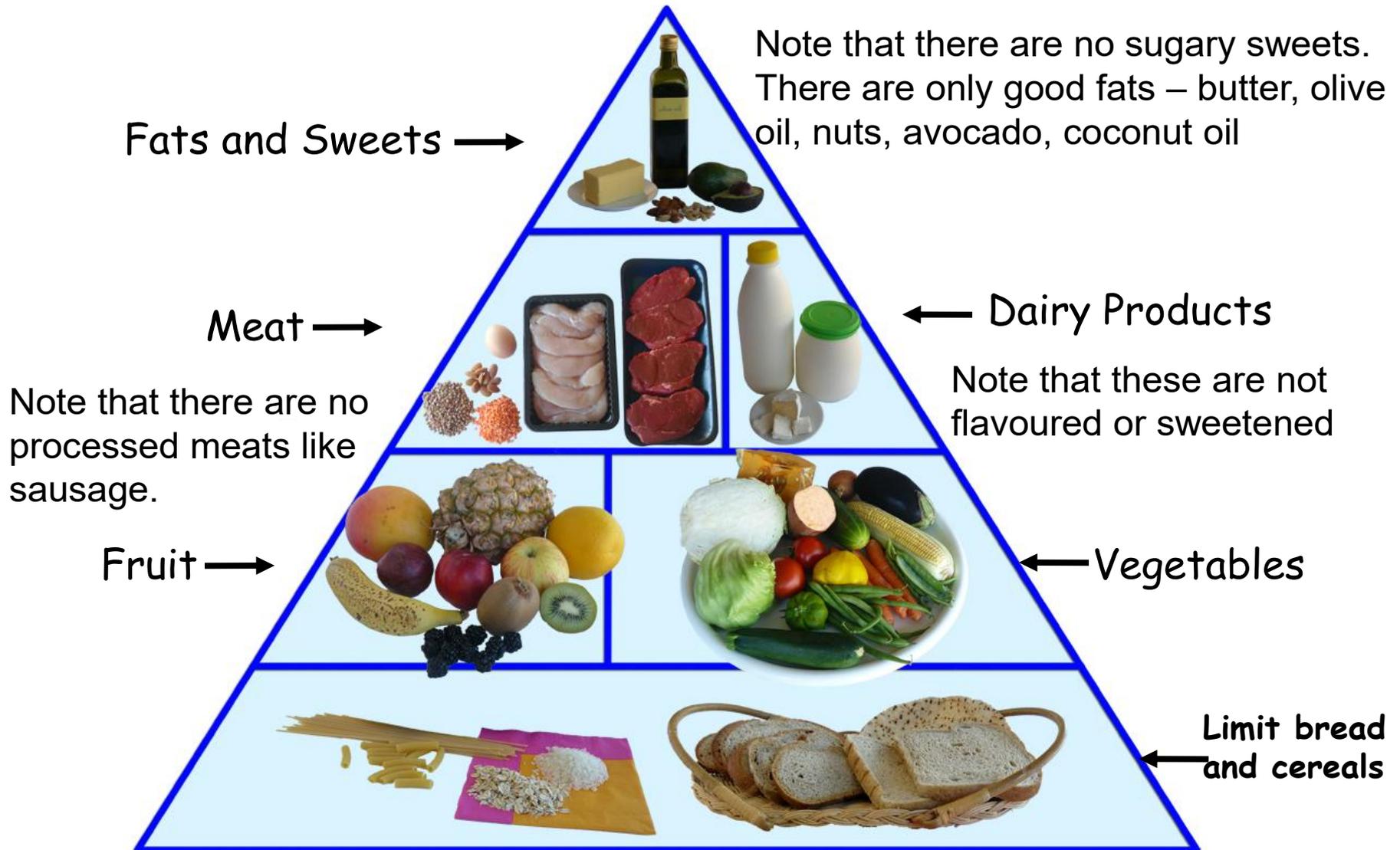


# The Food Pyramid

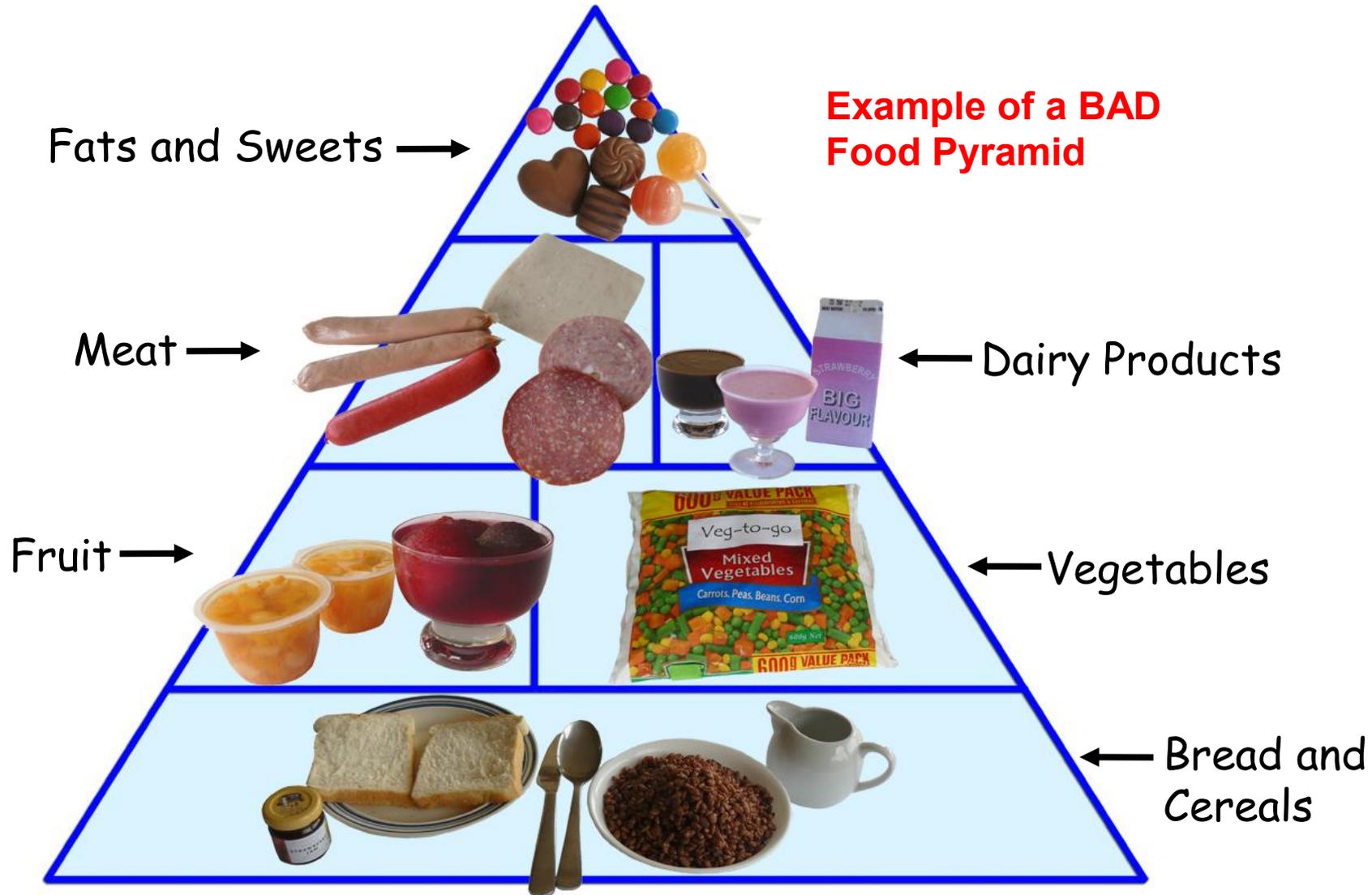


- It helps us to eat a variety of foods.
- It tells us to choose foods from each section every day, (but don't major on the carbohydrates!)

# A food pyramid should contain healthy foods



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



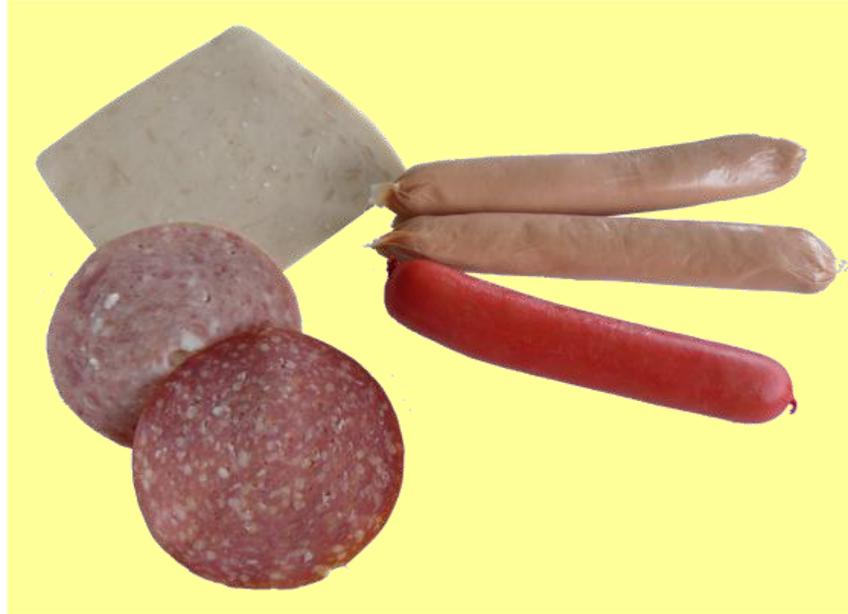
Choose fresh  
Vegetables and  
not frozen, for  
higher vitamin  
& mineral content.



Choose fresh fruit  
Instead of tinned  
Fruit, for higher  
Vitamin & mineral  
Content AND less  
Sugar.



Choose fresh meat or fish, and not processed meats which contain preservatives.





Choose dairy products that as pure and natural as possible, and free from artificial colourings, flavourings and sugar.

Choose **GOOD** fats →  
NOT margarine and cheap  
cooking oils



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.



Margarine and cheap cooking oils are **BAD** fats which can contribute to cancer because they are heated to very high degrees in the processing, and become *carcinogenic*.

Do you remember what the 8 letters of NEW START stand for?

