



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 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** (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 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?

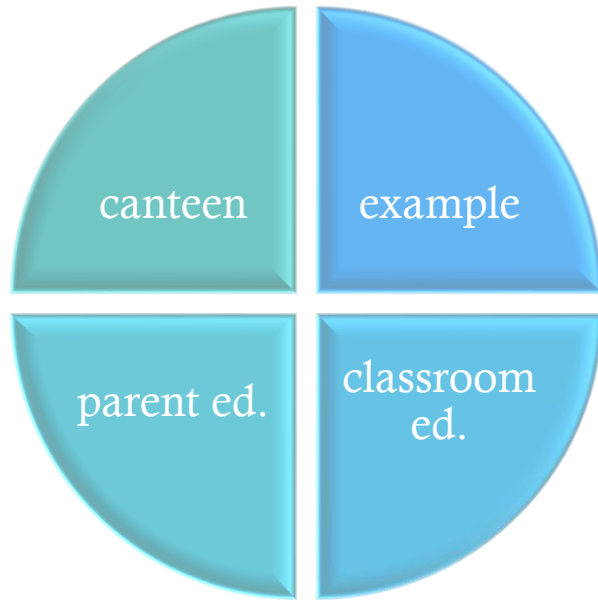
Germany



What 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

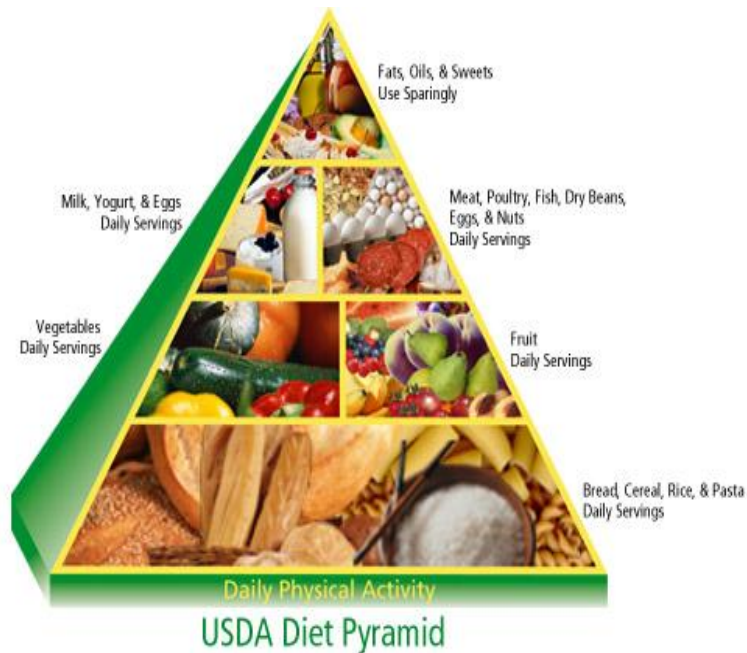
“Schools need to become a beacon for the community by banning junk food in canteens.

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 1992 Food Pyramid

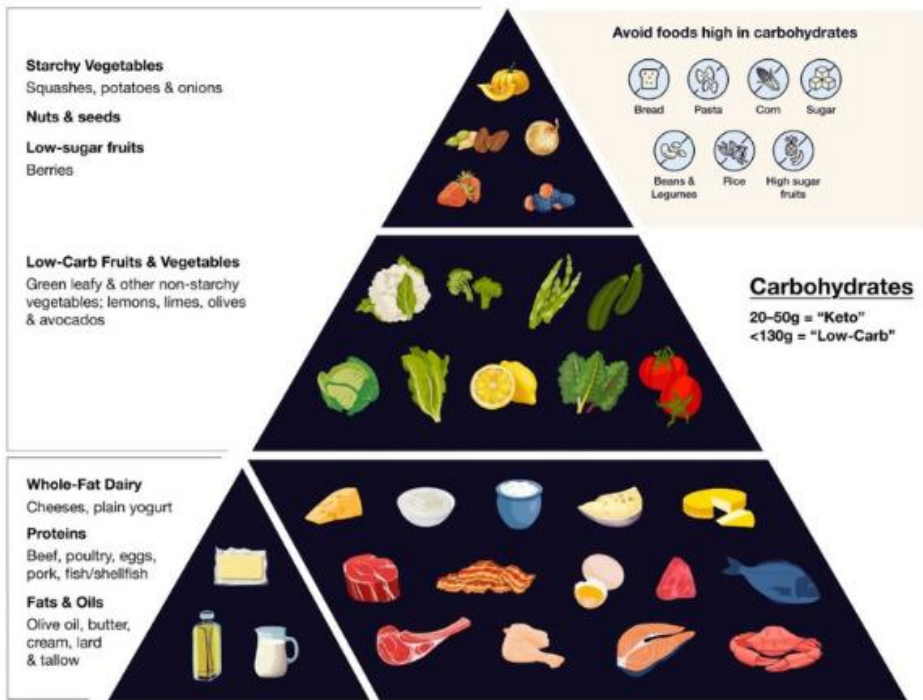
Is it the answer to nutrition education?



The 1992 food pyramid, still used in most schools, does not indicate food **quality** – only **quantity**.

In this food pyramid, the CARBOHYDRATE section at the bottom needs to be cut in half! Having this amount of carb is the cause of obesity, diabetes and other health issues.

The new food pyramid (for most adults)



After 20 yrs of advising people to follow the **1992** pyramid, metabolic disease sky-rocketed. In 2018, in USA, only 1 in 14 adults had optimal metabolic health.

In **2025** a research paper showing a new food pyramid was published.

Bottom level: whole fat dairy, meats, fish, good fats

Middle level: non-starchy vegetables

Top level: starchy vegetables, low-sugar fruit & nuts

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.





Food Choices

Vegetables

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



Fruit

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



Protein

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



Dairy Products



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 is a good fat.
Butter is a good fat. It protects against
cancer and contains vitamins A,D,E & K.
Coconut oil is a good fat.



For years we have been told that butter is a bad fat.
This is outdated and false information. Butter is a good fat.

Bad Fats

Margarine and cheap cooking oils are **BAD FATS**.

This includes canola oil, peanut oil, safflower oil, soy oil and similar oils in plastic bottles.



These can contribute to cancer because they are heated to very high degrees in the processing, and become *carcinogenic*. This means 'producing or tending to produce cancer'. However, olive oil, butter and coconut oil can withstand high heat without becoming carcinogenic.

NEW START

for healthy food and fitness

This is how we teach health in our God-centred curriculum.
Each letter stands for an aspect of health.





for nutrient





for exercise



W for water





for sunlight



2 8 2
3 5
9 6 2

for toxin free

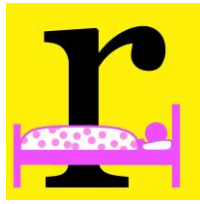


Does the packet show numbers that represent food additives?
It's better to eat foods from a **T**RADITIONAL diet.



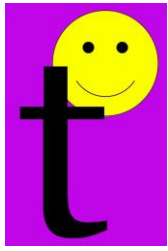
for air





for rest





for think happy thoughts
and trust in God

