

Healthy Choices

Grades
4–5

A Positive Approach to Healthy Living
• Self-management • Diet • Exercise



Published by World Teachers Press®
www.worldteacherspress.com

www.didax.com/2-5254

HEALTHY CHOICES

Foreword

Living in a modern technological society can have detrimental effects on our health. On average, we are less active and consume far more fast food than is recommended by health experts. These kinds of habits are causing health problems like obesity and diabetes to develop much earlier in life than ever before. It is up to adults to guide and encourage children to live in a healthy way.

Healthy Choices, 4-5 aims to increase students' awareness of healthy lifestyles, helping them to develop positive habits that will stay with them into adulthood.

The book is divided into four sections:

- A Healthy Lifestyle
- A Healthy Diet
- Exercise and Fitness
- Self-Management

Other titles in this series are:

- *Healthy Choices, 1-3*
- *Healthy Choices, 6-8*

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JUNK FOOD

Indicators

- Reads information about junk food.
- Analyzes situations that can lead to junk food consumption.

Teacher information

- Diets consisting of junk or fast foods have more fat, sugar and salt than nutrients. Our modern living, with the influences of television, advertisers, peers and a hurried lifestyle, make junk food an easy choice.
- A healthy diet with a variety of good food directly affects our well-being. A person with a healthy body sleeps well, has energy, is alert and bright, maintains a good weight and generally has a happy disposition. An improper diet can have long-term ill effects on our bodies.
- Nobody expects children or adults to always eat healthy food. There is a great variety of foods to sample and enjoy. Junk foods should be considered a treat, to be eaten only occasionally, rather than a regular meal.
- Read and discuss the information with the students.
- Students should complete the activities independently.

Additional activities

- Conduct a classroom survey on favorite takeout foods. Graph the results.
- Cut out and analyze magazine food advertisements. Discuss what appealing features are used by the advertiser to get people to buy their product.
- Design a magazine advertisement to promote a healthy food. Use advertising techniques similar to those used in fast food advertisements to tempt buyers; e.g., catchy messages, inviting, colorful pictures.

Answers

Teacher check

Junk Food

People are spending more money each year on convenience or takeout meals. Junk food and fast food like burgers, french fries, chocolates, soft drinks and ice cream, are now often a regular part of our daily diet. Instead, junk food should be a treat, eaten only occasionally. Diets made up of junk foods have more fat, sugar and salt levels than other nutrients. Too much junk food could mean the body is missing out on important nutrients, which can lead to health problems like obesity, type 2 diabetes, heart disease and tooth decay.

Our busy lifestyle of working, going to school, playing sports and seeing friends makes junk food an easy and quick food choice. Television advertisements and what our friends are eating and drinking can also lead us to make unhealthy food choices.

1. Complete the chart about your favorite junk foods.

Food	Where from?	Eaten mostly on ...		Eaten ...	
		weekends	weekdays	alone	with others

2. Color the answers. (Some may have more than one.)

(a) I mostly eat my junk food

at a table
 in the store
 in front of the TV
 with family or friends

(b) I eat more junk food

alone
 with friends
 with family

(c) I am more likely to eat junk food when I am sad or upset.

TRUE
 FALSE

(d) I eat fast food

once a week
 only on weekends
 more than once a week

(e) I like to try new foods advertised on TV.

TRUE
 FALSE

3. When might you eat more junk food than normal?

4. (a) Do you think you eat too much junk food?

TRUE
 FALSE

(b) What could you do to eat less?

HEALTH CHALLENGE

Try making a healthy, homemade burger rather than a fast food burger.

