

## Activity 22: Healthy Eating and Eating Disorders

### Part A: Healthy Eating

#### Background Information:

The Australian Guide to Healthy Eating is a newly developed national and contemporary food guide for Australia which reflects the multicultural nature of the population and which is relevant for all sectors of the food system to use as a nutrition education and information tool.

Australian Guide to Healthy Eating

<http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-pubhlth-strateg-food-guide-index.htm>

#### Purpose:

- to use guide lines to analyse your own and other's diets .

#### Procedure:

- a. Use the information given in the above websites to discuss and answer the following questions.

#### Questions:

1. Do ethnic diets eg. Mediterranean, Asian, African, Indian, conform to the suggested requirements shown in the Food Pie? Give reason for your answer.

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2. Advertisements on TV tells us that '2 fruit and 5 veg' are needed by our bodies each day. Is this supported by the 'Food Pie'?

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3. Choose one of the sections of the Food Pie and find out what would happen to your body if it was removed from your diet.

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4. What changes should you make to your diet if you are training for a sporting event?

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5. 'A quarter chicken and chips is a good lunch snack for an active teenager'. Is this statement true or false? Justify your answer.

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6. What proportions of our diet should be:

a. breads, cereals, rice and noodles?

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b. milk, yogurt and cheese?

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c. fruits

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d. vegetable

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e. lean meat, fish, poultry, eggs, nuts and legumes?

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7. How much water should you have during the day? Does everyone need the same amount? What factors will determine how much water you need during the day?

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8. What food should you have the least of and why? Is this the case for your current diet?

9. Some people have food allergies. If a person is allergic to dairy products how do they obtain the nutrients normally supplied by the milk band?

10. Should the diet of a small child differ from that of an adult? If so how?

11. Breakfast is considered to be one of the most important meals of the day. Breakfast cereals are a typical food for an Australian family. Why is starting your day with cereal a good option? What other alternatives are there to a cereal breakfast?

12. Choose one fruit or vegetable and investigate why it is so important for you to have in your diet.