

1A - HEALTH AND NUTRITION

You and your partners are concerned about nutrition and would like to improve the menu in your high school canteen. The headteacher has asked you to come up with some guidelines to improve the dining menu. Each of you will read a different article that you have found on the Internet which deals with a specific aspect of the topic. Share the points from your article that you feel should be included in the guidelines and devise a three-point action plan to achieve a healthier menu.

You have 7-8 minutes to read your text.

Afterwards, you will be expected to hold a discussion for 8-10 minutes.

Quality Of Diet, Water Intake Impact Kids' Brain Development: Study

Kids' diet impacts their development in a big way. The kind of nutrition they get from food and drinks shapes the way their body and brain grows and a healthy diet can ensure optimal development. Conversely, a poor diet in childhood may lead to a number of physical and cognitive impairments. This is why mothers are advised to take special care of their kids' dietary needs and requirements. A new study has shown exactly how a child's diet and water intake may impact her/his brain development and growth.

The study was conducted among 850 elementary school kids in the US and it showed that kids whose diets had a higher percentage of snacks and sugar-sweetened beverages were more likely to score lower on standardised academic tests, as compared to kids who ate less of these foods. However, it said that unhealthy diets were not necessarily linked with lower cognitive test scores in kids. Furthermore, the study results suggested that children who drank more water or had greater habitual hydration were more likely to perform well in tasks requiring cognitive flexibility. The kids were also seen to have a better working memory when they drank more water.

The study showed that the kids' hydration levels were much better when they drank two and a half litres of water as compared to just half a litre per day. The study indicates that under-nutrition or malnourishment can affect the growth of a child and harm her development. A randomised control trial conducted among infants in 26 Indian villages showed that improvement in nutrition as well as learning intervention lead to improvements in kids' expressive language, visual reception as well as social-emotional behaviour.

NDTV Food Desk, June 10, 2019

**Part 1.**

Relate a past experience you or somebody you know may have had connected with the oral mediation texts. You should speak for approximately one minute.

Part 2.

You should now have a discussion with your fellow examinees based on the guidelines below. You are expected to exchange opinions and give good reasons for them. To do this task, you may use all the guidelines or just those necessary.

The discussion should last approximately 15 minutes.

1. Every day we make choices about what we eat and how we live. Now we ask ourselves, "Should we be buying organic food?"
2. Prices, safety, convenience or taste - what's your biggest priority when you're doing your weekly shopping?
3. "Food security is the responsibility of us all, whether it's Government, industry or consumers."
4. Discuss the pros and cons of becoming a vegetarian.
5. Do you think certain food should be banned? Why? Why not?

1B - HEALTH AND NUTRITION

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Vegetables essential to the human body

Eating vegetables regularly offers countless health advantages, people who incorporate more vegetables and fruits within their overall diet are much more likely to have a reduced risk of chronic diseases.

Vegetables provide essential nutrients vital for health and maintenance of your body. A growing body of research proves that fruits and vegetables are critical to promoting good health.

One of the main benefits of vegetables is their high nutrient content. Vegetables are full of vitamins and minerals that contribute to growth and the maintenance of good health. Most vegetables are high in potassium, which is important for healthy blood pressure. Various vitamins, such as C and A, help keep eyes, skin, teeth and gums healthy, fight infection and promote wound healing. Vegetables are loaded with antioxidants, which fight cellular damage and help prevent diseases such as cancer, Parkinson's, heart attack and Alzheimer's, says the Linus Pauling Institute.

Another substantial benefit of vegetables is dietary fiber. As part of a healthy diet, fiber helps diminish bad cholesterol, which in turn lowers your risk of heart disease. Fiber also keeps your digestive system running smoothly, helps control your blood sugar levels and may help prevent cancer. Vegetables are also a huge benefit to dieters, because they are generally low in fat and calories, and you can eat plenty of them without gaining weight. Fiber in vegetables also helps you manage your weight, it makes you feel fuller for a longer period, helping you eat less overall and aiding with weight loss or maintain your current weight.

When choosing which vegetables to eat, keep in mind that, in general, brightly colored vegetables are higher in nutrients than less vivid choices.

October 24, 2014 by Nicole Rene Gelb.

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Why are school lunches so unhealthy?

There are more than 91 million school children worldwide now defined as living with obesity – and the UK is in the top 20 countries for obesity levels.

Research shows that teenagers from disadvantaged backgrounds have lower micronutrient and fibre intake than their more well-off peers. And findings from the Food Foundation think tank show that almost 4 million children in the UK live in households that struggle to afford to buy enough fruit, vegetables, fish and other healthy foods to meet the official nutrition guidelines.

These types of dietary patterns can not only have negative consequences on the physical health of teenagers, but they can also impact their mental health. Research shows malnourished teens are less likely to fulfil their potential at school, and more likely to suffer with poor mental health.

But brain changes that occur with puberty coincide with the transition to secondary school and these changes can influence attitudes and behaviours in all areas – including healthy eating. The desire to fit in is strong, and liking healthy food can be seen as “uncool” by teens. Besides, many teenagers describe the school dining hall as an intimidating place with poor food choices and teachers roaming – which can lead to teenagers skipping lunch and getting most of their energy intake at morning break or at the end of the school day from local food outlets.

There's also the wider issue that school food policy has failed to sustain quality nutrition – particularly in secondary schools. Researchers from the Jamie Oliver Foundation were alarmed to find many schools are still serving high fat and sugary foods at break and lunch – including pasties, pizza, doughnuts, muffins and cookies, often in large portion sizes.

Wednesday 21 August 2019 by Kelly Rose

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