



Independence
Activity Pack 2007

**Barbados
Celebrates**

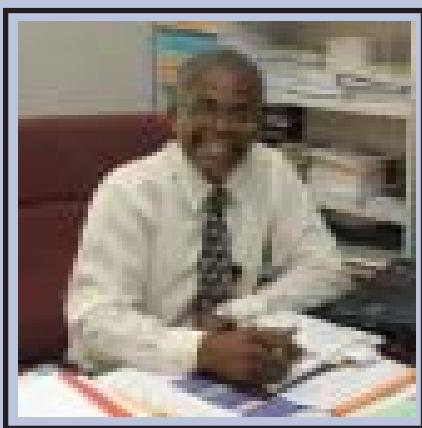
Forty-one Years

41

Health & Wellness
Your future,
live it now



Message from
Mr. Lemuel Jordan
Chief Audio Visual Aids Officer



Mr. Lemuel Jordan

This edition of the Independence Activity booklet highlights Health and Wellness, which is an area of serious concern of the medical profession, as well as the Ministry of Education, Youth Affairs and Sports. The Audio Visual Aids Department (AVAD) takes pleasure in presenting this valuable information for students, teachers and the general public. It is our desire that the enclosed information is used as a catalyst for discussion and research with a common goal of adopting healthy lifestyles.

This year the booklet is presented in full colour. This could not have been achieved without collaboration with our partners at the Government Printing Department. This collaboration re-emphasizes the fact that public entities can take the initiative to utilize resources effectively and efficiently to achieve national objectives. AVAD will continue to foster working relationships with the **Barbados Government Information Service (BGIS)** and the Training Administration Division to impact positively on various aspects of teaching and learning.

The independence activity booklet is available on line with interactive links for students, teachers and the general public to peruse. The future is exciting as we embrace digital technologies in making resources available through our E-Campus capabilities. The link for this booklet can be accessed through the following sites.
<http://www.mes.gov.bb> or <http://www.empoweringadministrators.com>

Message from
Professor Trevor Hassell
Chairman
Chronic Non Communicable
Diseases Commission



Prof. Trevor Hassell

In my capacity as Chairman of the National Chronic Non Communicable Diseases Commission, I join in supporting the Ministry of Education and the Audio Visual Aids Department in efforts aimed at promoting Health and Wellness among our children.

The Commission was established in January 2007 by the Minister of Health to serve as the focal point for tackling chronic non communicable diseases, that is, heart disease, diabetes, stroke, high blood pressure and some cancers.

These medical conditions result in sickness and death in a very large number of Barbadians. They occur most commonly in persons who are middle and older age and have been physically inactive, indulged in unhealthy food choices, and exposed to tobacco, for many years, often from childhood.

I strongly urge all school children, and all Barbadians, to regularly take part in games and sports and be more physically active, avoid or reduce the intake of fats, salt and sugar, eat more fruits and vegetables, and avoid exposure to tobacco smoke.

Making such choices helps us to live happier and healthier lives and makes it easier for us to achieve our hopes and dreams.

For further information on the Chronic Non Communicable Diseases Commission visit <http://www.hfob.org/CNCD/index.html>

Eat better, feel better, live longer

There is great concern in Barbados by health professionals and other concerned citizens about the increasing number of Barbadian children who are overweight or have the potential to be overweight.

Identified causes are bad eating habits and lack of physical activity.

Obesity among children is a national concern that needs to be addressed as a matter of urgency. You are tomorrow's generation of adults: you must practise healthy lifestyles now. A strong nation is a healthy nation and it is necessary for you, tomorrow's nation to understand the importance of healthy eating and physical activity if you are to avoid the affliction of obesity and other non-communicable childhood diseases. Some of these diseases include type 2 diabetes, heart disease, stroke, hypertension, high cholesterol and some cancers.

In addition, overweight children tend to develop very low self-esteem as a result of being teased, bullied, or rejected by other children and even some adults. This cruel and unjust treatment can affect children in such traumatic ways that it can impact on their quality of life even in adulthood.

If you are not physically active, NOW is the time for you to start and maintain a pattern of healthy eating and regular exercise as often as possible.

A variety of foods such as proteins, grains, fruits and vegetables should always be part of your daily diet.

Remember, you are what you eat; and what you eat now will help to determine your state of health and well-being as you grow into adulthood.



Fruit plate

Activity

Research and note all the information you can about childhood diabetes, obesity and stroke. Pay careful attention to the causes and prevention methods. Share your findings with your class.

Obesity is an excessive and unhealthy amount of body fat. Many health risks and problems such as heart disease and shortness of breath are caused by obesity.



Healthy Hints

Milk and calcium rich foods build strong bones to last you a lifetime.

Practise Healthy Lifestyles

2007 has been designated 'National Year For The Promotion Of Good Health and Wellness' by the Government of Barbados . This initiative is intended to make Barbadians more aware of the need to practise healthy lifestyles. If we adopt this proactive approach to healthy living it would help in the control of non-communicable and chronic diseases caused by obesity and poor health.

Good health requires a positive attitude. Eating the right kinds of foods and being physically active are important keys to total good health and well-being. Eating too much, especially of the wrong types of food and exercising too little, can result in overweight which creates health problems that you can do without.

The challenge for all of us is to change any undesirable eating habits and practices which could lead to obesity and illness. We must, therefore, take responsibility for our lives and make healthy food choices and ensure we undertake some form of regular physical activity.

As children, you must develop healthy lifestyles now. The future is yours and it is wise to make careful and informed decisions daily about your health and well being. It is necessary for you to think carefully about what you choose to eat and drink, especially when you are not supervised.

Remember, your body is your temple and you must honour and give it the best care, since it is the one sure thing you will have for the rest of your life.

Students, take careful note of the contents of the pages in this pack and make any changes to your eating and exercise habits that are necessary for your own situation.

Read widely on health matters and follow those suggestions which will make you a healthier and happier individual.



Fruits and vegetables



Girls playing a game of netball



Healthy Hints

Drink water everyday. Quench your thirst with a cool glass or two of water instead of soda or 'sweet drinks'. Water helps to flush toxins from your body.

Excerpts from
Speech delivered by the Hon. Anthony P. Wood, J.P., M.P.
Minister of Education, Youth Affairs and Sports
on the Occasion of the Launch of the Health and Wellness Initiative
A Project of the
Ministry of Education, Youth Affairs and Sports



Minister Wood, Senior members of Staff (MOE), and Cricket Legends at Health and Wellness Launch.

Barbados, like other countries around the world, has witnessed a steady increase in the levels of overweight and obesity and a consequent rise in the incidence of Chronic Non-Communicable Diseases, such as coronary heart disease, hypertension, stroke, diabetes and certain cancers...There are a number of factors that have contributed to the high incidence of these diseases which are all linked to lifestyle behaviours. Urbanisation, technological advancements, adoption of the western way of life and globalisation of the food supply chain are some of the factors that have had a direct impact on the dietary and physical activity habits in our country.

...the Report of the Caribbean Commission on Health and Development (2006) indicates that Non-

Communicable Diseases namely, heart disease, cancer, stroke and diabetes accounted for 47% of deaths in the Caribbean in 1980 and 51% in 2000. These figures should create some measure of discomfort, or at least concern, among you, students, when you acknowledge that in 2020 you will range in age from 18 to 31 years, a time when you should be experiencing the most exciting period of your life – discovering adulthood, embarking on higher levels of education, on the verge of successful careers, and starting or looking after families of your own. You should not be caught up with the threat of disease and death. But if you do not make the necessary lifestyle changes today, this situation might become your reality.

It is important, therefore, that you think now about taking action to avoid being one of the statistics... It is now that you must develop the habits that will become part of your daily lifestyle in the future.

In 2005, an International Consultation on a Strategy for the Prevention and Control of Non-Communicable Diseases for Barbados was convened. One of the recommendations... was that we should “develop and adopt policies which would lead to the implementation of a “Healthy Schools’ Initiative”.

Strategies suggested... included strengthening of the School Meals programme, ensuring that physical activity is an integral part of the curriculum and expanding the roles of Parent Teacher Associations in providing a supportive environment.

**Excerpts from
Speech delivered by the Hon. Anthony P. Wood, J.P., M.P.
(Continued)**

The Ministry of Education, Youth Affairs and Sports has embraced these recommendations and has identified three main objectives in our quest to improve the health status of the school population.

Firstly, we intend to expose students to the relevant knowledge and skills which would promote responsible behaviour and contribute to improving health and wellness. In this regard:

- * training will be provided for teachers in the life-skills approach to teaching;
- * resources will be provided for use in classrooms to enhance teaching in health education; and
- * schools will be encouraged to infuse health-related fitness themes across the curriculum.

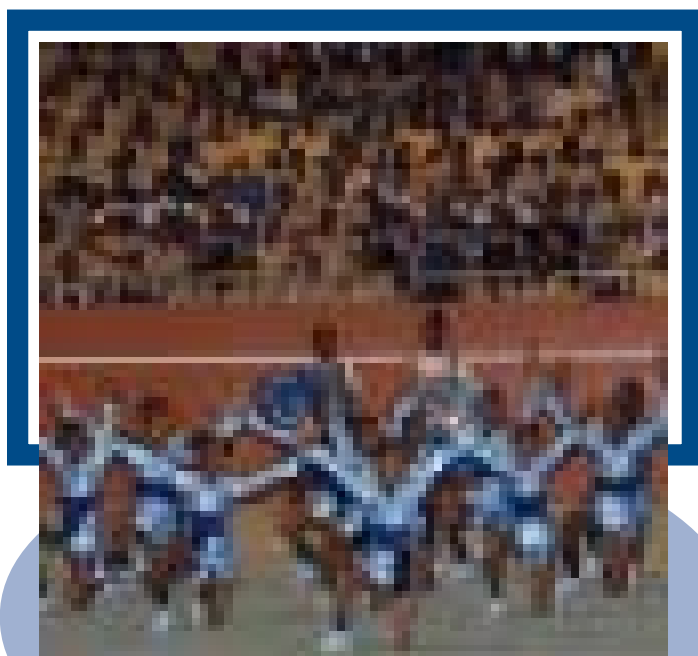
Secondly, we plan to make healthy foods available within the school environment -

- * Canteen workers will receive orientation.
- * Contractual agreements will be signed with concessionaires at secondary schools to promote healthy food sales on the premises.
- * We will continue to engage management of the School Meals Department with a view to finding ways of making the meals served to primary school children more appealing while maintaining or improving their nutritional value.
- * A booklet will be prepared and published for distribution in schools. It will include a list of healthy foods and snacks, suggested physical activities and other information relevant to maintaining a healthy lifestyle.

Thirdly, we propose to promote school environments that allow and encourage all students to be engaged in physical activity -

- * Schools will be encouraged to establish Health Clubs.
- * School management will be encouraged to find creative ways of engaging students in physical activity at times other than physical education lessons.
- * Students with challenges will be included in activities wherever possible.

Other activities organised in schools by my Ministry, such as Healthy Lifestyles Week and Healthy Youth through Physical Education Day (HYPE DAY), and continued support for organisations which seek to promote healthy lifestyles in children, are evidence of our attempt to sensitise the school population to this critical issue of health and wellness.



Students performing an exercise at the
Health and Wellness launch

Obesity and Diabetes in Childhood



Dr. M. Anne St John
Consultant Paediatrician, QEH

Dr. St John is a graduate of the Faculty of Medical Sciences, University of the West Indies, who specialized in paediatrics in the USA and pursued fellowship training in Paediatric Infectious Diseases at The Hospital For Sick Children in Toronto.

She is a Fellow of the American Academy of Paediatrics and Fellow of the Royal College of Physicians and Surgeons of Canada, a Consultant Paediatrician at the QEH. She is also a senior Lecturer, Paediatrics, UWI Faculty of Medical Sciences (Cave Hill Campus) Barbados. She has presented posters, published over 100 abstracts and research papers in international peer review journals.

Childhood Obesity

Childhood obesity has become an increasing concern for health care providers in Barbados. Statistics reveal that where prevalent, an increasing percentage is noted among girls, and moreso in the secondary school population.

Successfully preventing or treating overweight in childhood may reduce the risk of adult overweight and the risk of heart disease and other diseases. Risk factors for obesity include diet, inactivity, genetics, psychological elements, as well as family and social history.

To make healthy choices, parents and children need easy-to-understand information that fits into their busy lifestyles. Many people don't know what a calorie is, or how to burn it. Reading food labels (will list trans fat content) gives families information to make smart choices to lower their intake of "unhealthy" fats.

Eating "well" and being physically active are keys to well-being. Eating too much and exercising too little can lead to overweight and related health

problems that can follow children into their adult years.

All children benefit from healthy eating and physical activity. These aid in a child's general health, such as growth, learning, building strong bones and muscles, having energy, maintaining a healthy weight, avoidance of obesity-related diseases like type 2 diabetes, getting plenty of nutrients and feeling good about themselves.

Parents can play a big role in shaping children's eating habits if they lead by example in the consumption of foods that are low in fat and sugar and high in fiber, and children learn to like these foods as well. Parents and childcare providers have an effect on children's physical activity habits as well, for example, going for a walk or bike ride after dinner instead of watching TV. Playing ball or jumping rope with children shows them that being active is fun. Provision of balanced meals and snacks, as well as plenty of active playtime are also essential.

Available nutritional guidelines encourage that children over 2 years of age eat a variety of nutrient-dense foods, namely fruits, vegetables, fat-free or low-fat milk and milk products, lean meats, poultry,

Childhood Obesity (continued)

fish, beans, eggs, nuts, and whole grains. The guidelines also recommend a diet low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Better eating for a child includes the following:

- a snack or two in addition to his / her three daily meals (dried fruit, low-fat yogurt, and air-popped popcorn).
- a wide variety of foods, such as grains, vegetables and fruits, low-fat dairy products, lean meat or beans.
- cook with less fat—bake, roast, or poach foods instead of frying.
- limit the amount of added sugar in the diet and choose cereals with low or no added sugar.
- serve water or low-fat milk more often than sugar-sweetened sodas and fruit-flavored drinks.
- choose and prepare foods with less salt.
- keep the salt shaker off the table.
- have fruits and vegetables available for snacks instead of salty snack foods.
- involve the children in planning and preparing meals, since they may be more willing to eat the dishes they help prepare.
- have family meals together and serve everyone the same thing.

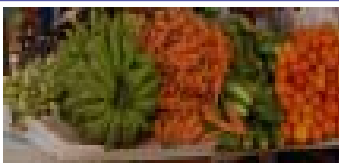
Parents can serve as a role model for children's activity. If children see you being physically active and having fun, they are more likely to be active and stay active throughout their lives.

Activities

- involvement of the whole family in activities like hiking, biking, dancing, basketball, or roller skating.
- focusing on fun. You can do a lot of walking during trips to a park or playing field. Include children in household activities like dog-walking, car-washing or lawn-mowing.
- limitation of your children's TV and computer time. Offer them interesting active options, like joining a local recreation centre or after-school programme, or taking lessons in a sport they enjoy.
- encourage your child to be physically active every day.

Children who are overweight are more likely to become overweight adults. They may develop complications such as type 2 diabetes, high blood pressure, heart disease, sleep disorders, early puberty, eating disorders, skin infections and other illnesses that can follow them into adulthood. Overweight in children can also lead to social and emotional disturbance, dysfunctional learning and behaviour manifestations, sadness, and low self-esteem.

Parents can help overweight or obese children learn healthy eating and physical activity habits that they can follow for the rest of their lives.



Type 2 Diabetes in Children

Dr. Tanya Gibson, Paediatrician

Member of the Diabetes Association of Barbados, Junior Region

Childhood diabetes has previously been associated with Type 1 diabetes or the reduced production of insulin in the body. However, Type 2 diabetes in childhood is now being recognized as a growing world-wide epidemic and, the increased prevalence of Type 2 diabetes is corresponding to the rapid growth in childhood obesity.

Our culture is one which considers a “fat child” versus the “slim child”, healthy. Many of us will remember our grandmothers, “trying to fatten us up”. Sadly, the “fat child” may suffer severe consequences as a result. Type 2 diabetes is one of these effects.

Previously, Type 1 diabetes was seen more in childhood. There is now a greater incidence of children being diagnosed with Type 2 diabetes, with marked differences in presentation and underlying causes. Type 1 diabetes is due to the body's inability to produce Insulin, while in Type 2 diabetes there is a decreased response to the insulin manufactured by the body. The diagnosis of Type 1 diabetes is made after a short duration of symptoms like thirst, weight loss and frequent urination, whereas in Type 2 diabetes the symptoms tend to be of longer duration and are not associated with noticeable weight loss. In the majority of children with Type 2 diabetes, there may be an affected family member, they are nearly always overweight and over 12-16 years old.

As the symptoms of Type 2 diabetes are very subtle, it is recommended that children at high risk should be tested. Therefore children over 10 years of age, who are overweight and have a family member with Type 2 diabetes, or children with other complications of obesity e.g. hypertension, should be referred for screening.

Ultimately, the goal of diabetes treatment is the same regardless of the age group, that is, control of blood sugar and prevention of complications. Research now demonstrates that maintaining the blood sugar level and the HbA1c prevents or slows down complications like eye and kidney disease. This is important, as childhood presentation when compared to an adult onset means that the child is more than likely to develop complications.

Change in lifestyle is the essence of managing Type 2 diabetes. The reduction and maintenance in weight through healthy eating, more physical activity and decreased sedentary behavior, is the core of any management plan. Consultation with a dietitian, who is knowledgeable in diabetes management, is very essential in the initial stages and during follow-up care. In 1 out of 10 cases lifestyle changes can control the blood sugar level without the need for medication. Unfortunately, the other cases will require the type of medication used in adults who suffer from Type 2 diabetes.

As the maxim stands “PREVENTION IS BETTER THAN CURE”. It is therefore initially important to identify those children who are at high risk and to implement certain measures to decrease modifiable environmental factors such as obesity. Encouraging a healthy lifestyle through increased physical activity, decreased sedentary behaviour and the adoption of healthy eating habits would be tremendous complementary factors in helping to prevent or reduce the occurrence of obesity among our nation's children and adolescents.



Health and Wellness



Do you want pineapple or watermelon?

All children benefit from healthy eating and physical activity. Why should you eat the right kinds of foods, eat a balanced diet and be physically active? They are all important to your total well-being and will help you:

- grow
- build strong bones and muscles
- get important nutrients
- learn
- have energy and maintain a healthy weight
- feel good about yourself and
- avoid obesity, diabetes and other related diseases.

However, it is important that you eat a variety of foods low in fat, salt and sugar and high in fibre. These foods are nutritious and tasty, so give them a try. You can only feel and look better as a result. Remember, eating the right amount of food is as

important as what you choose to eat, so select portions and types of food sensibly.

Television commercials are very persuasive. They are designed to catch your attention and interest but many of them advertise high-fat snacks and high-sugar drinks and cereals which you should avoid. Yes, they may be sweet and tasty but they are not nutritious. Added sugars have no nutrients and when consumed in excess lead to obesity and illness.

You should also limit your use of salt. This will help reduce the risk of high blood pressure as you get older.

Next time you go to eat golden apples, tamarinds, gooseberries, green mangoes, cucumbers, or even tomatoes, eat them without salt or sugar and take that step in choosing to eat better and healthier.

Activity

Number and math play

Fat free

If a certain brand of ice cream is 99% fat free, how many cups would I have to eat to ingest the same amount of fat that would be in 1 cup of regular ice cream?



Healthy Hints

Exercise helps to strengthen the muscles.

It is your body take good care of It

Taking care of your body is your responsibility. It is important that you develop the right attitudes and make healthy choices to safeguard your future health and well-being. Wellness can be accomplished if you try to have a balance in your **physical, social, emotional, cultural and intellectual life**. Let us look at how these can be achieved.

You can have **Physical wellness** by making sure you get regular exercise, adequate sleep and proper nutrition.

Cultural wellness is your interacting well with people, both male and female, and people of all backgrounds, lifestyles, abilities and ages.

Emotional wellness is learning more about yourself and your body and how the things you do affect your feelings. It is taking responsibility for your own behavior.

Intellectual wellness is your having the desire to learn, and the ability to think clearly and critically, to be creative and think independently.

Social wellness is enjoying being with and developing positive interactions with family and friends and of course your teachers, classmates and other persons.

- (c) List some of the things you do everyday to take care of your body.



It is important for you to exercise

Carbohydrates or saccharides are sugars and starches, which provide us with energy and are commonly referred to as 'carbs'. They are of two types: simple, or monosaccharides and complex, or polysaccharides.

Activity

- List as many 3 and 4 letter words as you can, using the letters in the words 'healthy eating':
- List some activities you take part in for your
 - physical
 - cultural
 - emotional
 - intellectual
 - and
 - social well-being.



Healthy Hints

Eat at least two portions of fruit and vegetables every day. Always wash raw vegetables and fruit before you eat them.

The Importance of Breakfast

Rise and Shine

Do you start your day by eating a healthy and nutritious breakfast? Do you know that breakfast is the most important meal of the day, especially for children? If you have answered yes to both questions, you are well on your way to a good and healthy lifestyle.

Breakfast refuels your body after a long night's sleep and, 'breaking the fast' prepares you for a more energetic and productive day. In fact, breakfast provides the energy your body needs to start your day right.

Research has shown that children who eat a nutritious breakfast perform better in school, especially in morning classes than those who do not. When you do not eat breakfast, you deprive your body of the necessary daily supply of nutrients such as vitamins, minerals and fibre that a healthy breakfast provides.

You may be asking what is a healthy breakfast. Well, a healthy breakfast is one that is higher in carbohydrates and lower in fat, for example, bread, cereals (non-sugar), milk, grains, vegetables and fruit.

If you are hurrying for school and there is no time to eat breakfast at home, take it to school with you and eat it before school begins or during the first morning break.

When you miss breakfast you are likely to eat snacks which are high in sugar or fat and this is unhealthy. You may eat cornucurls, chips, sweet drinks and other non-nutritious snacks. As a result you may become restless and inattentive, perform poorly in class and display undesirable behaviour.

REMEMBER make time for breakfast since it will help fuel your body and provide the energy you need for better concentration and problem solving ability in and out of school. So, 'rise and shine' to a healthy and nutritious breakfast everyday.

Fibre is a form of carbohydrate found in plants: examples are fruits, vegetables, grains and legumes. Fibre is an important part of a healthy diet. There are two kinds of fibre, soluble and insoluble.

Activity

Make a breakfast chart and list the foods you normally eat for breakfast. Check what you have listed to see if any of the recommended healthy breakfast foods are included.



Ready for breakfast ?



Healthy Hints

Avoid dehydration by drinking water everyday.

Food and Nutrition

The type of food you eat has an impact on your health based on its nutritional value. Your body needs nutrients to grow and some of the foods you eat may not provide your body with enough vitamins and minerals and other essentials necessary for your healthy growth.

The Food Guide Pyramid is a guide to daily food choices. It is a graphical way of representing those foods you should eat from the five food groups identified in the pyramid.

The pyramid on the following page is an adaptation of a new and special pyramid for children designed by the U.S Department of Agriculture. The adapted Pyramid is made up of a staircase with a boy and a girl climbing the steps. This is intended to show the importance of exercise and the need for daily physical activity. In addition, it shows that you need to have a daily balanced diet that includes all the food groups listed. Note that you should eat food from each group every day.

Activity

Notice the coloured stripes on the pyramid? Draw your own pyramid and (a) state what food group each colour represents (b) give three examples of each food group.

Some of the coloured stripes are wider than others. This indicates that you should eat more foods from the group with the widest stripes. For example, you should eat a lot of whole grains, nuts, popcorn, apples, bananas, oranges, tomatoes, cabbage, lettuce, sweet potatoes, carrots and beets. These foods are nutritious and are full of vitamins and fibre. Remember your body needs them to help you grow and be healthy.

Activity

Look at the pyramid again and write the name of the food group that you should eat the least amount of. Write reasons for your answer.

Some of the foods you may enjoy most like hamburgers and cheeseburgers, hotdogs, french fries and chips should be eaten in small portions and not every day. Most of them contain fats and oils, preservatives and other chemicals.

If you have access to the internet go to <http://kidshealth.org> and view the pyramid. It provides information on healthy eating for children as well as a variety of puzzles for you to solve and enjoy.



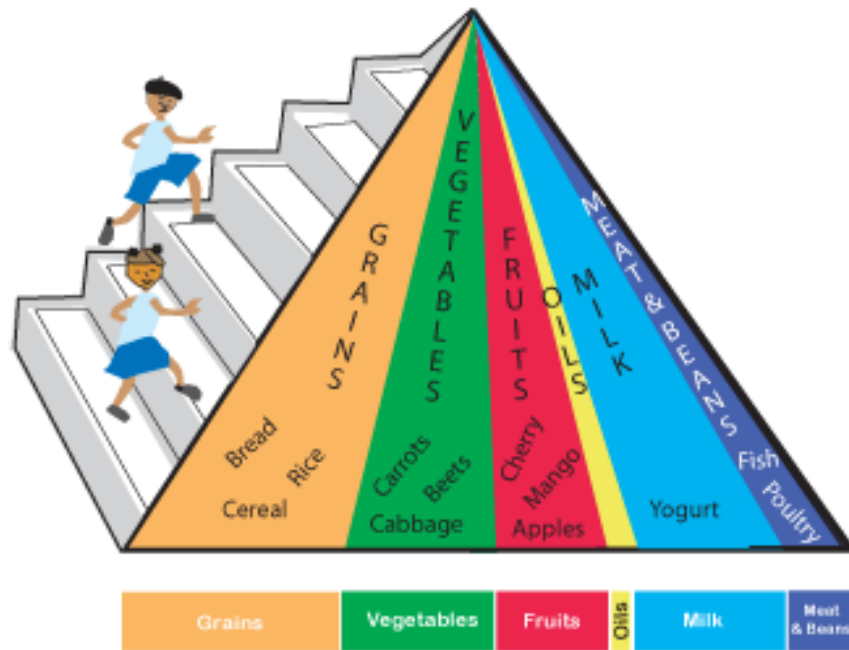
I'm enjoying this ice cream



Healthy Hints

To maintain a healthy diet, you should eat less sweets, fats and oils. Make sure you eat plenty fruits, grains and vegetables every day.

The Food Pyramid



Adaptation of the new food pyramid from the US Department of Agriculture

Activity

Answer the following questions based on the food pyramid.

1. Which type of food should you eat the most of each day?
2. Which food group does poultry and fish fit into ?
3. Are vegetables a large part of the daily diet? Give reasons for your answer.
4. List four examples of fruit you should eat each day that are not listed in the pyramid.
5. Which food group does nuts fit into in the pyramid?
6. Name five foods that are part of the vegetable food group.
7. Which foods are the least nutritious and should be the smallest part of your diet? Give reasons for your answer.
8. Use the pyramid as a guide and make a menu for a day consisting of breakfast, lunch and dinner.

Keeping fit and having fun

Good nutrition is not enough to make us healthy, we must also exercise. Exercise is fun. It keeps your body fit and strong. If you do not exercise, your body will become out of shape. Staying in shape will make your body strong enough to do everything it was designed to do. You can easily run, pedal your bike, dance or even bend to tie your shoe lace without tiring easily. Getting fit will make your heart and lungs strong and help to keep you healthy for the rest of your life.

Many things count as exercise. Running around outside or on the play ground, playing, games, sports, athletics and even stretches, are all fun and enjoyable ways of exercising. Can you think of others?

Find some activity you enjoy and get the exercise your body needs. Play tennis, football, fly a kite or any other activity which will make you feel good about yourself.

Make the most of any games you play at school. Participate in as many physical activities as you can but do not stop there. When you are at home, do not spend all your spare time playing computer games. Exercise can make you feel better since it kick starts your body into producing special chemicals that make you feel better and happier.

Benefits of exercise/physical activity

- Better overall health
- Strong muscles and bones
- Weight control
- Improved fitness
- Better posture and balance
- Better self-esteem
- Improved sleeping habits
- Less likely to be overweight
- Decrease the risk of developing type 2 diabetes



Playing a game of cricket

Activity

List some other exercises and activities which will help you build strong muscles and maintain a healthy body. Share these with your class.

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Are you fit for life?

Being fit is an indication that you eat well, get a lot of physical activity/exercise and have a healthy weight. When you are fit your body works well, you feel good and you can take part in physical activity with your friends. Being fit is also an indication of good endurance, strength and flexibility. Make every effort to be fit for life.

The following four points will help you maintain your fitness:

1. Eat a variety of foods, especially fruits and vegetables. If you eat different foods, you are likely to get the nutrients your body needs.
2. Drink water and milk often. When you are thirsty drink water. Milk is nutritious and contains calcium which helps in the growth of strong bones. Always limit the use of sugary drinks such as sodas which contain added sugar and no important nutrients.
3. Limit the amount of time watching TV, DVDs and playing computer games.
4. Be active daily. Take part in as much physical activity as possible.

These healthy habits will make a difference to the quality of your life.

Vitamins and minerals help in the support of growth and development, as well as maintain resistance to infection.



An apple a day...

Activity

Have you ever heard the phrase, 'An apple a day keeps the doctor away'? In your own words explain what you think it means and compare your answer with those of your classmates.



Healthy Hints

Remember that germs hate soap and water.

Always wash your hands thoroughly

- * after you use the bathroom
- * after playing outside
- * before eating
- * before and after preparing food.
- * after playing with pets.

NUTRITION AND WELLNESS

Complete the WORD SEARCH PUZZLE below. All the words listed appear in the puzzle horizontally, vertically, diagonally and backward. Find them and circle the letter for each word.



BALANCE
CEREAL
CHOICES
DIET
EXERCISE

FISH
FOOD PYRAMID
FRUIT
HEALTHY
HEART

LIFESTYLE
MEAT
MINERALS
NUTRITION
ORANGES

PHYSICAL
RECIPE
SERVINGS
SLEEP
VEGETABLES

VITAMINS
WATER
WELLBEING
WELLNESS



Healthy Hints

Always play somewhere safe.

Sound mind, healthy body

Do You Know...

- * The body's strongest muscle is the tongue.
- * It is impossible to sneeze with your eyes open.
- * The muscles in your heart have the strength to shoot your blood 10 metres in the air.
- * Butterflies taste with their feet.
- * Barbadian cherries are high in vitamin C (ascorbic acid) and a single portion of some species could supply the daily adult requirement of the vitamin.
- * Exercise would not give you muscles, but working the muscles a little harder will build up their strength.
- * It takes about 200 muscles to team up everytime you take a step.
- * When you smile, 15 different muscles get a good workout.
- * The human brain is made up of 95% water.
- * When you exercise your brain releases a chemical called endorphins which may make you feel happier.
- * Multiplying $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$.
- * Water makes up more than half of your body weight and you cannot survive for more than a few days without it.



Barbadian cherries



Which one do you want?



Healthy Hints

Cover your mouth when you cough.

Smart snacking

You are on your mid morning or afternoon break and you feel the need for a snack, what do you eat or drink? Do you feel better after your snack? Do you have the same snack everyday because it is your favourite? Was it a healthy snack?

You return to your classroom, how alert are you feeling? Do you know the snack you ate would have contributed to your attentiveness or lack of it ?

Snacking is something we all do but, it is important that we select foods which can satisfy our hunger, supply our bodies with energy and provide important nutrients.

So as not to feel guilty about snacking you should select foods that can satisfy your hunger, supply your body with energy and provide those important nutrients.

Snacking on nutritious foods helps to keep your energy levels high and your mind alert. Pay attention to what you eat. Keep your energy levels going by avoiding snacks such as candy bars, corn curls and sugar-filled drinks. Instead use more whole grain breads or crackers, use protein rich snacks such as peanut butter, nuts and seeds or even low fat dairy products and yogurt. These snacks help to keep you feeling fuller longer.

Whenever possible, prepare your own healthy snacks.

What is your favourite snack to prepare and enjoy? Share this with your class.

Though snacks can contribute to a healthy diet, they can be a source of excess calories if not eaten in moderation. Remember, moderation is the key to smart and healthy snacking.

Eat well, be well.

Word puzzle

Cross out all the letters in the squares that appear three times in the puzzle below. The letters that are left spell out the name of a fruit rich in vitamin C.

H	G	K	M	O	S	C	L	R	F
Q	J	V	D	H	E	J	T	N	V
A	R	S	K	F	B	Q	P	I	S
B	T	P	M	I	L	R	C	T	C
K	J	F	I	E	V	B	M	Q	H



Love my snack



Healthy Hints

Make sure you get at least eight hours sleep each night.

School Meals Department



Dr. Marcilia Nelson (right) discussing with staff lunches prepared by the Department.

Dr. Marcilia Nelson joined the staff of the School Meals Department in 1983 as a School Meals Officer and was later appointed Manager in 1985. She has a bachelor's degree in Nutrition and Dietetics as well as a doctorate in Human Resource Management from the Southern California University for Professional Studies.

As manager overseeing the planning and preparation of meals to the island's primary school population, Dr. Nelson's goal is to have the children in our schools eating more vegetables and fruits, since these are important to their healthy growth and well-being.

Her experience shows that most children will not readily eat vegetables but are more inclined to eat them when they are included with a staple such as rice. She disclosed that the School Meals Department will be more consistent in providing low calorie meals including more vegetables in a creative and appealing way to encourage greater student consumption. She further emphasized that the department will continue in its planning and preparation of healthy and nutritional meals that include essential nutrients such as iron, calcium and protein.

Another concern highlighted by Dr. Nelson is the reduction in the consumption of milk during break times. She believes that this is because of the availability of snacks, some of which may not be healthy for our students.

As a result, School Meals Officers have increased their visits to schools to encourage more milk consumption especially at schools where consumption is under 50%.



School Lunches prepared by School Meals Department

School Meals Factoids

March 1963 - the start of the School Meals hot meal Programme for primary schools.

1965 – 58 schools participated in the school meals programme and an average of 13,000 meals served daily.

1995 – 93 schools participated in the school meals programme and an average of 24,000 meals served daily.

Lunches are served to government primary schools, private institutions such as the Learning Centre, Challenor School and St. Patricks Roman Catholic School, and selected students at some secondary schools.

Activity

Word Scramble

The following six words mean healthy but you must first unscramble to know what they are and move on to the next puzzle.

1. TAEICV 2. MLONGIBO 3. GRUIOVSU
4. RNSGOT 5. BRSOUT 6. LELW

Word ladder

Remove one letter from word #1, and replace it with another letter at the same place to make word #2; then remove a letter from word #2 and replace it with another letter at the same place to make word #3; continue like this until you reach word #6, with an antonym for word #1.

1. L E S S
2. - - - -
3. - - - -
4. - - - -
5. - - - -
6. - - - -

What's the word?

What 5 letter word can you add to the beginning or end of the words below to make a familiar word or phrase?

white, dish, proof, wings, hole, salt



Healthy Hints

Eat fruit and vegetables everyday.

Activity

Can you select a healthy snack from this tray? If you have identified a snack you think is healthy, name it and state the nutritional value of it.



Tray of snacks

Start a wellness club in your class/school. Ask your teacher for guidance. Include a theme, purpose, activities and times to meet.



Bananas

Water and Health

Water does more than make you clean and quench your thirst. Water (H_2O) is most essential to your survival. Your bodies cannot function without water, since it is needed to help the cells and organs in your body function.

When your body does not have enough water, you become dehydrated, which leads to a reduction in your mental and physical performance. Always keep your body hydrated so it can perform properly.

Drink water after taking part in sports and other physical activities to replace what you lose as a result of sweating.

Drinking water leads to overall greater health since it flushes out waste and bacteria that can cause disease.

Some functions of water in the body

- * regulates body temperature
- * forms the base for saliva
- * serves as a lubricant
- * helps in the digestion of food
- * forms the fluid that surrounds the joints
- * helps to alleviate constipation

It is a good healthy habit to drink a glass of water first thing in the morning.

Activity

- (a) What is H_2O made up of ?
- (b) List three other functions of water in the body.



I'm ready to drink my water

- (c) What is dehydration?
- (d) What are some of the signs and symptoms of dehydration?

Proteins are essential complex substances found in many foods. They are made up of small units called amino acids. Proteins are important for growth and tissue repair and keeping the immune system healthy. Meat, eggs, fish and dairy products are sources of protein.



Healthy Hints

Drink water. It regulates the body temperature and plays a key role in the prevention and alleviation of many symptoms and diseases.

Health and lifestyle choices, a Regional concern



"We dare not fail. For the price of failure would be to commit mankind to a future as bleak as at any time in the history of humanity. It would be to commit mankind to the possibility of no future."

Rt. Hon. Owen Arthur

Prime Minister of Barbados

(June 2001, Caricom Nassau Summit on Health)

The impact of chronic non-communicable diseases on the economic and social landscape of Barbados is not unique to other regional countries. In fact, the impact is so serious that there is a combined regional attempt to stem the tide of these diseases.

The declaration on Health made by Caricom leaders at their annual summit in the Bahamas in 2001 was, "The Health of the Region is the Wealth of the Region". Six years since this declaration, the leaders of Caricom are still intent on making the region as healthy as possible through their commitment to effect change in the lifestyle choices of regional citizens.

To this end, the fifteen (15) Heads of Government in Caricom in partnership with the Pan American Health Organisation, met in a historic summit on chronic non-communicable diseases in Port-of-Spain Trinidad on 15 September 2007.

The purpose of the summit was to:

- * establish and agree on a regional approach to the prevention and control of non-communicable diseases.
- * examine the burden of the main diseases - their risk factors and the evidence for the application of interventions.

* propose policy solutions for the health sector and policy actions for Heads of Government.

Activity

- (a) Who were the featured speakers at this summit?
- (b) What are some of the strategies CARICOM Leaders identified to modify risk factors of Caribbean people?
- (c) Name the distinguished Barbadian who was the former Head of PAHO and was instrumental in the planning of the Health Summit in Trinidad.
- (d) Name the Prime Minister who has responsibility for Health within the CARICOM Cabinet.

Quick Quotes from the Summit

"In our region, five times as many people die from non-communicable diseases as from all the other illnesses combined".

Patrick Manning, Prime Minister of Trinidad and Tobago

"This situation is simply not sustainable and the time for action is now"

Dr. Denzil Douglas, Prime Minister of St. Kitts-Nevis

"We are determined to make our region succeed... for our region to succeed our actions and programmes must make an impact on the lives of our people of our region".

Mr. Owen Arthur, Prime Minister of Barbados and CARICOM Chairman.



Vegetables



Carrots

Activity

List the nutritional benefits of the fruits and vegetables in the pictures on this page.



Fruits and peanuts

The School Meals Lunch Box



Fried fish steak, lentils & rice
Shredded lettuce & vanilla cake.



Macaroni pie, diced carrots, peas
watermelon slice.



Healthy Hints

Take a bath or shower every day, at least twice a day.

<http://kidshealth.org>
<http://www.who.int>
www.ehealthmd.com
www.imhealth.com
healthymeals.nal.usda.gov
www.fns.usda.gov
www.kidsource.com
<http://www.cyh.com>



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