

STUDY SPOTLIGHTS POOR HEALTH

Read the newspaper article and then answer the questions that follow it.

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*By Wendy Busfield,
Medical Reporter*

Australia faces an epidemic of diabetes, obesity and heart disease.

Medical tests on more than 6000 adults in four states show Australia has one of the highest diabetes rates in the world.

One in every four adults either suffers from diabetes or has a high risk of developing the debilitating disease, according to the national study.

The average Australian has also gained 5kg in the past two decades, with 60 percent of adults either obese or overweight.

Research leaders Paul Zimmet and Tim Welborn

said Australia had jumped to the same ranks as the United States.

He said the study results were a grave warning of the passive human and financial cost of poor health.

Professor Zimmet said the number of people with diabetes had doubled in the past two decades, with worse figures to come. He said Australia had a sporting reputation, but the results showed more work was needed on health promotion at all levels of the community.

Prof. Welborn was particularly concerned by the 15 percent rise in obesity rates.

"In 20 years we have become a fat nation," Prof. Welborn said. The results left no room for complacency and placed diabetes as one of the highest public health priority issues for the nation, particularly because of the resulting burden of stroke, blindness, kidney failure and amputations.'

The Australian Diabetes, Obesity and Lifestyle Study gives health authorities the first national snapshot of risk factors for diabetes and heart disease.

The results show seven out of 10 Australians over 25 have at least one out of the four risk factors – glucose intolerance, obesity, high

blood fats or hypertension. The study – which included surveys in Victoria, Western Australia, Tasmania and New South Wales – also revealed:

MORE than 7 percent of over 25 year olds have diabetes.

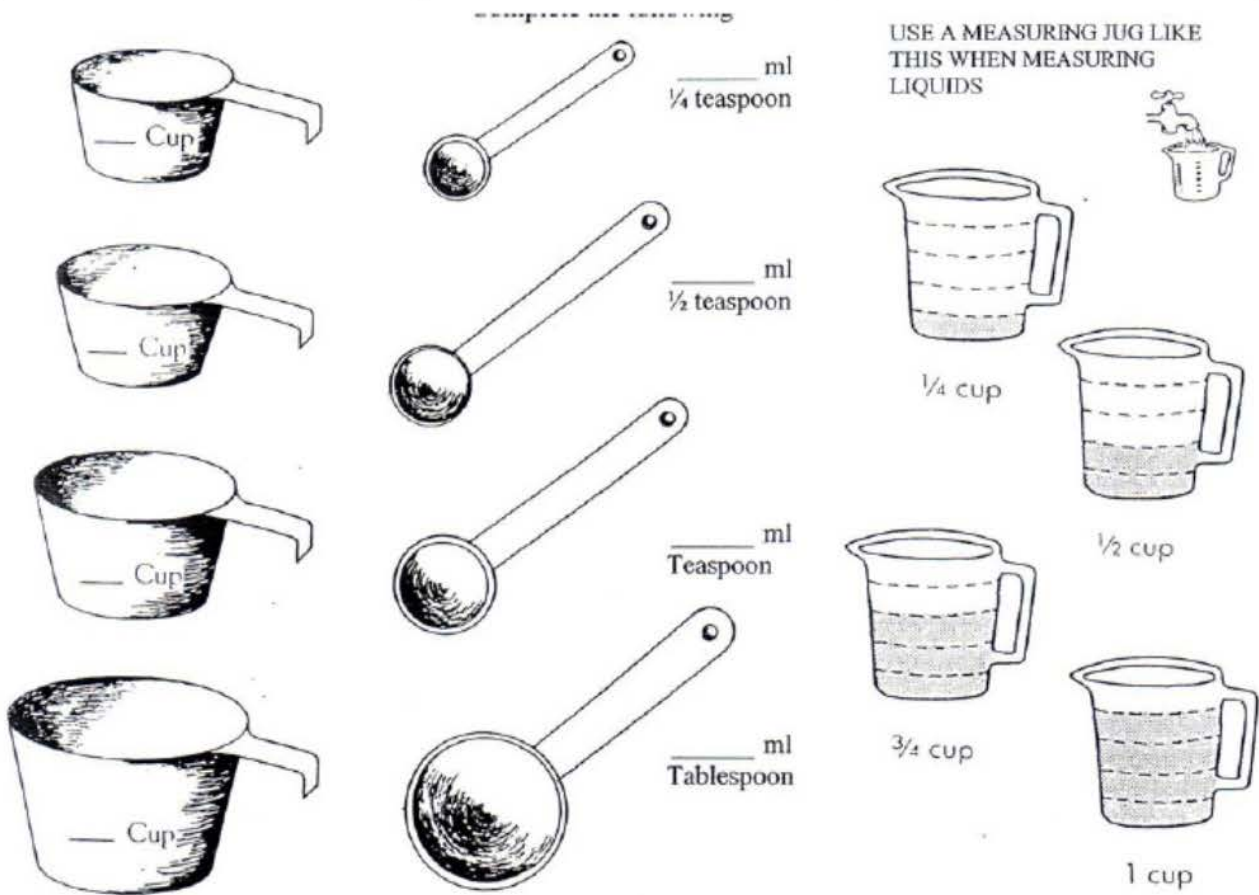
ANOTHER 16 percent in the age groups are at high risk of diabetes, with impaired glucose metabolism.

ONE to five Australians over 65 has diabetes. 'For every known case of diabetes, there is one person with the disease who doesn't know they have it,' the study concluded.

- List the three dietary-related diseases outlined in the article
 - List two foods you eat which may cause each disease.
- From the article, how many kilograms has the average Australian gained in the past twenty years?
 - What has caused this increase?
- What does overweight mean?
 - What does obese mean?
 - What percentage of the adult population is overweight or obese?

MEASURING TOOLS

<u>Measuring cups</u>	<u>Measuring spoons</u>	<u>Measuring jugs</u>
<p>Cups are used to measure volume.</p> <p>Complete the following</p>	<p>Spoons are used to measure small amounts of liquids and dry ingredients.</p> <p>Complete the following</p>	<p>Jugs are used for measuring liquids. Jugs measure in terms of</p> <ul style="list-style-type: none"> • Cups or parts of cups • Milliliters (ml)



Some foods which would be measured using measuring cups include:

Some foods which would be measured using measuring spoons include:

Some foods which would be measured using a measuring jug include:

THE HEAT'S ON

STUDENT ACTIVITY – COOKING FOOD

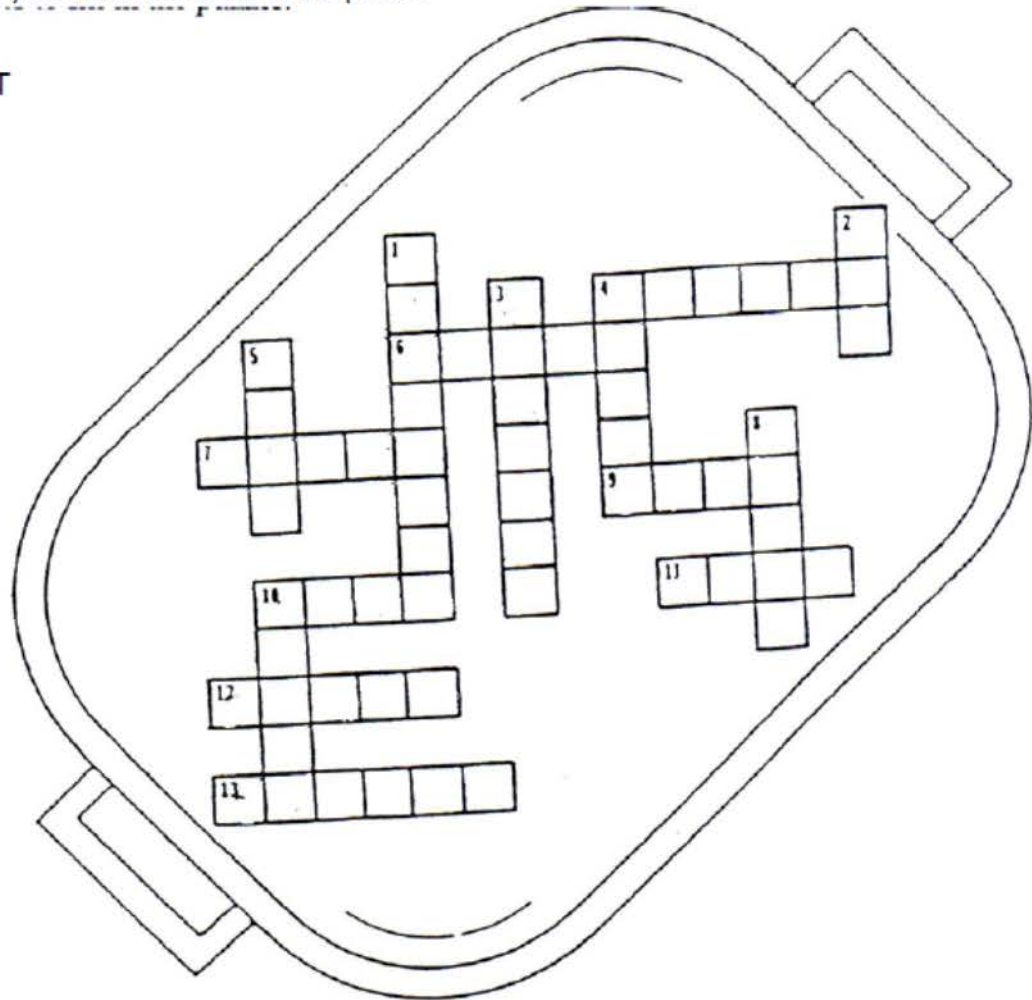
Listed below are 15 different ways to cook food

Pick a word from the list to fit with each clue

Then write your answers to fill in the puzzle

WORD LIST

Bake
Barbeque
Blanch
Broil
Fry
Melt
Parboil
Poach
Roast
Sauté
Sear
Simmer
Steam
Steep
stew



ACROSS

4. Cook slowly in liquid, over low heat
6. Cook meat by dry heat in the oven
7. Cook in a small amount of hot oil
9. Use heat to turn solid into liquid
10. Cook in the oven with no liquid
11. Simmer slowly for a long time.
12. Cook in (or over) hot water, making sure the food keeps its shape.
13. Pour boiling water over food to loosen its skin

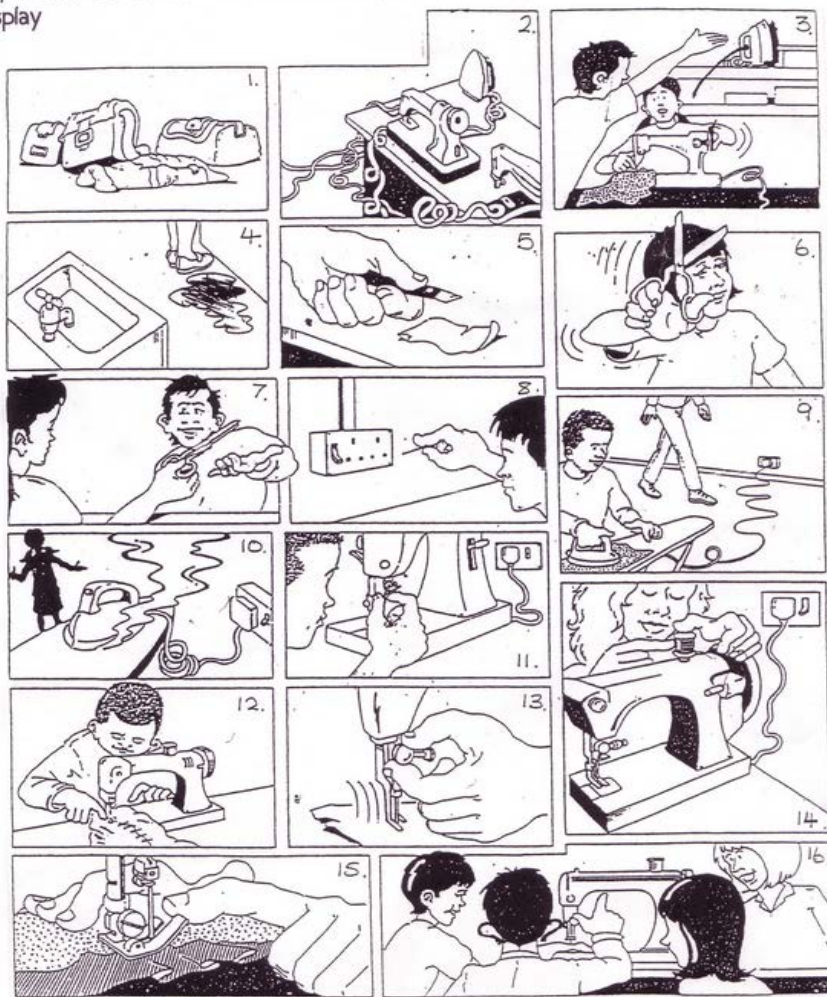
DOWN

1. Cook meat over fire, basting with a spicy sauce.
2. Cook in hot fat over direct heat, using a skillet
3. Precook until partly done.
4. Cook in a container with holes in it over boiling water.
5. Use high heat to brown meat fast.
8. Soak in hot liquid to get out the colour or flavour.
10. Stew in simmering water for an hour or more to tenderize meat.

Safety in the Textile Area

Look closely at the film strip. How many potential safety hazards can you find?

To promote health and Safety in your classroom I want you to design a poster that helps other learners to KEEP SAFE!! Most creative and colourful will be used for our display



	1.
7.	2.
8.	3.
9.	4.
10.	5.
11.	6.
12.	
13.	
14.	
15.	

UTENSILS

There are a great many utensils in use in kitchens today. Work through the following exercises to identify as many as possible.

STUDENT ACTIVITY

1. Name the utensils shown in the illustrations on these two pages.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

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

2. Now see if you can find all twenty words in the square

