

Topic: HEALTH

Objective: Health and food safety. How to keep healthy and what influences health, including the media. Health discussion and role play.

Pupils have mock public meeting on GM foods to:

- understand the importance of parliamentary decisions and how they affect their own lives and to
- consider the views of different interest groups.

Willingness to consider evidence and argument.

Being prepared to acknowledge bias and prejudice in oneself.

Distinguishing between opinion, belief and fact

Being prepared to reconsider existing views.

Importance of Parliamentary decisions.

Developing a mature sense of self-worth and value.

Curriculum Links: Citizenship, Drama, English, Music, PSHE, Science

Key words: acne, adolescence, gout, habits, hormones, muster, puberty

Materials needed:

- The Manual or copy of lesson plan
- Page 36 of the Introduction Manual
- CD player
- CD with music for silent sitting
- CD with music for the song
- Pages of the drama for 4 pupils

QUOTATION/THEME FOR THE WEEK

WE ARE WHAT WE EAT. AS THE FOOD, SO THE MIND, AS THE MIND, SO THE THOUGHT, AS THE THOUGHT, SO THE ACT.



NO ILLNESS THAT CAN BE TREATED WITH DIET
SHOULD BE TREATED BY ANY OTHER MEANS.

Moses Maimonides (12th century)

Our bodies are an absolute miracle. No one will ever build a computer to equal the human brain. No pump will ever match the human heart. No camera or lens can equal the human eye. Our bodies are truly works of art. Take care of them.

Brainstorm what you think the two separate quotations mean.

In what ways do what you eat affect your body?

Give some examples.

SILENT SITTING

Step 1 (See page 36 of the Introduction Manual).

Step 5: Guided Visualisation on Light exercise (See page 37) of Intro Manual.

Step 6.

DRAMA

RICHARD JONES

by Tessa Hillman and Nicky Gilbert

The scene is set in the doctor's surgery in Wales

Characters: Narrator

Doctor

Richard Jones

Mrs. Jones

Doctor: (looking over his glasses) Good morning. What brings you here today, Mrs. Jones? We haven't seen you for a couple of years.

Mrs. Jones: (settling into her seat) It's Richard's skin, doctor. Look at it. It's making him very unhappy.

Doctor: (looking at Richard and nodding) I see. You must be around fourteen now. Have you had these spots for long?

Richard: (feeling very self-conscious) About six months, I think. Since the summer when I was in the sea a lot ... could that have started them off?

Doctor: (gently) I very much doubt it. The causes of problems in our bodies aren't always that obvious. To begin with, your skin trouble has a lot to do with the hormones your body is producing at the moment to change you from a child to an adult. Things will settle down naturally in time, but I can help you look at your lifestyle to see if there's anything we can do to speed up the mending process.

Mrs. Jones: I am pleasantly surprised, doctor. Richard and I both expected you to give him a prescription for some pills.

*Doctor: I usually find that people need to look at their habits and 'mend' their ways. When they choose to do that, the changes are often permanent and they have learnt for *themselves* a healthier way of living.*

Mrs. Jones: (quickly) Well, I think I've brought him up properly, doctor ... at least, I hope so.

Doctor: I'm sure you have, Mrs. Jones, but I need to ask Richard a few questions and if he's straight with me, we'll probably be able to sort this skin out without any medication.

Mrs. Jones: Yes. What would you like to know?

Richard: (aside) I wish the doctor would speak to me rather than about me.

(angrily to his mother) Mum, please let me speak for myself ... I am nearly fourteen.

Doctor: (kindly) Yes, he does need to speak for himself, Mrs. Jones. After all, he's the very best person to talk about his own personal habits.

Mrs. Jones: I'm sorry, Doctor. You're right. My husband often tells me off for speaking for other people. It's a habit I need to watch.

Doctor: A lot of mums do it, Mrs. Jones, but actually it can be just the kind of thing to make acne worse. You see, when we feel angry, frustrated or stressed, our skin will deteriorate. The skin is one of the body's main ways to get rid of harmful substances including the chemicals produced when we feel irritated or unhappy. Puberty is a difficult time. Children feel the need for more self-expression, and adults tend to fear that they'll make mistakes. As parents we have to let go gradually, ideally with plenty of patience and trust on both sides! So Richard, now I want you to be as honest as you can about your eating habits, starting with breakfast.

Richard: Well that's easy. I don't have time for breakfast. Just some chocolate and crisps when I get to school.

Doctor: Every day?

Richard: Yes. Every day.

Doctor: Well breakfast is the most important meal of the day. Our bodies have been without fuel for the whole night and need help with the work they have to do in the day ahead, so that's the first thing I'd like to see you change. And how about lunch?

Richard: I play football three lunchtimes a week, so I usually get some more chocolate and a couple of cans of Coke.

Doctor: And how about evening meals?

Richard: Fish and chips on Mondays, shepherd's pie on Tuesdays, then ice cream. Wednesdays are my turn to cook and I always make sausages, mash and beans. Dad makes a curry on Thursday nights with tinned tomatoes, frozen vegetables and curry paste and I run for the chips when it's nearly ready. Mum and Dad are out on Fridays, so my sister and I get a pot noodle and one of those pots of dessert.

Doctor: What about the weekends?

Richard: Well, if we're watching football on Saturdays, then we have burger and chips. If not, something like spaghetti hoops ... *(Mrs. Jones was beginning to look uncomfortable. She was looking at the chart of healthy foods on the walls. Large lettering showed that it was important to eat five portions of fresh fruit and vegetables*

every day. There was also a big red cross through a picture of a frying pan.) Sundays are my favourite though. Mum makes a really nice roast dinner with roast potatoes, carrots, peas and gravy.

Doctor: Well, I'm certainly glad to hear about the carrots and peas. (turning to Mrs. Jones). That's the first mention of fresh food I've heard Richard make. And while potatoes *are* good for us, it depends very much on how they're cooked. If we only eat them fried, one of the problems we can expect is for the excess oils to come through our skin.

Mrs. Jones: (alarmed) But he loves chips, doctor. All my kids do.

Doctor: Well, I'm afraid it's your job to teach them to enjoy different types of food, or their health will suffer," the doctor replied firmly. "From what I've heard, there are many important things missing from Richard's diet. Diet is something we all need to take seriously and *fresh* food is the *most* important thing to remember. Richard seems to get that very rarely and raw food, like salads and fruit, he hasn't mentioned once. Fruit is very important. We should all try to have at least a couple of pieces of fruit a day. And you could put those in a lunchbox in no time at all."

Mrs. Jones: That's true, but it's difficult for me to prepare good meals because I'm at work all day, and I'm exhausted by the evenings.

Doctor: Well, how about getting the kids to help you out more with shopping and planning healthy meals which are cheap and easy to prepare? (*rummages through one of his drawers and pulls out a couple of leaflets on healthy eating*). You'll find some good ideas in these. Exercise and plenty of sleep are also things we need to keep us healthy. Richard's getting plenty of exercise with his football and walking to school, but how about sleep?

Richard: I go to bed at about ten.

Doctor: (reassuringly) So the story's not all bad because sleep is the time the body does most of its repair work and the hours before midnight are the most valuable. But food is our fuel. And, what we've forgotten nowadays, it is the medicine we need on a regular basis to keep our bodies running healthily. If we have a car, it needs a very specific fuel. We don't just decide to put washing up liquid, or window cleaning fluid, in the tank because, if we did, it would wreck the engine straight away. The body is similar, although damage can be slow to appear. But whatever we do has a result, whether we see it straight away or not. So we need to treat our body as something precious. After all, we're no good in this world without it! (*smiles*)

The moment foods are processed, it kills the vitamins, the life in them. Eating them then gives your body a lot of work to do with little benefit at the end of it. Healthy cooking needn't take a long time. Think how quickly you can wash a salad, put a baked potato in the oven, or cook some rice. Food doesn't have to be complicated at all. In fact, the simpler it is, the better. You can even steam vegetables which just takes a few minutes and preserves most of the vitamins and minerals our body

needs to grow and to heal itself when things go wrong. Fried, instant, salty or sugary foods tend to be the ones our eyes or tongue might go for, but the rest of the body doesn't like them at all. At least if we know that, we can make better choices for ourselves.

(He turns to Mrs. Jones smiling)

All this needn't give you a headache. In fact, headaches are often a sign that something in our diet needs to be changed. Don't feel snowed under by all of this. Most of us need to rethink our idea of a healthy diet and it can be done bit by bit. A good question to ask about any food we want to eat is whether or not we can recognize what it comes from. If we can't, then it's better not to put it in our body. For instance, vegetables are easy and it's not hard to see the wheat or other grains in brown bread. But picture some of the instant foods you've mentioned to me and you won't be able to see its natural state at all ...

(to Richard) Now, how about drinking, Richard?

Richard: (to himself) I wonder what a pot noodle looks like in the wild.

Doctor: I've heard you mention Coke, but how much plain water do you drink?"

Richard: (shrugging) None really, except in squash.

Doctor: Water is also an essential part of a healthy diet. Did you know that our bodies are actually three quarters water?

(Richard and his mother shake their heads in surprise).

Doctor: The body relies on water for all its functions. And water enables it to flush away things it doesn't need. So you see, we need plain simple water to clean us inside as well as outside. We need eight glasses of water every day and if we're feeling cold, we can heat it in the kettle and drink it hot.

(Mrs. Jones who had wrinkled up her nose)

It's nice with a squeeze of fresh lemon juice. Anyway, I think I've given you plenty to think about for now, but if after a couple of months of cleaner eating, there's still a problem, we can sit down again and see what else we can do.

Narrator: As they left the surgery, Mrs. Jones was full of the advice the doctor had given about eating, drinking, exercise and avoiding stress. The whole family had slipped into bad habits lately. But she was determined to make changes and was sure that after a good discussion, everyone would help with preparing meals.

Richard: I'm feeling better already, knowing there are things I can do to help myself.

Narrator: As they return home, they pass a stand of vegetables outside a greengrocer.

Mrs. Jones: Come on, let's make a start right now. Choose some apples and bananas and I'll pick out some broccoli and a nice cabbage. How about if I show you how to cook them tonight and you make them next time?

Richard: (laughing) Just call me Chef, Mum. Just call me Chef.

QUESTIONS: *Support answers to questions 1 to 3 with evidence from the text.*

1. What may have caused Richard's bad skin?
2. How many different things did the doctor mention that help to keep us healthy?
3. Can you think how Richard could make sure he had a good lunch every day?
4. How much water did the doctor say we should drink every day?
5. Why is water so important to our bodies?
6. What part does stress play in people's health?
7. Are you tempted by food advertisements on TV or in magazines?
8. How did you feel when you heard, saw or acted in the drama?
9. Does it remind you of anything in your own life?

Key words: *Look up any of the words in the dictionary that you have not understood and make sure you understand them and can spell them.*

GROUP ACTIVITY

1. **Name the main types of food** which help to keep the body healthy.
Give reasons for your answer.
Which foods should be avoided if possible or eaten in moderation?
Give reasons for your answer.
2. **In pairs:** spend ten minutes **writing a letter** to your partner giving informal advice on his/her diet based on the scene at the doctor's. Then exchange your letters and read and discuss them.
3. **In fours: Reflect** on the following statement, then discuss a time when you have experienced this.

Listen to your body's wisdom, which expresses itself through signals of comfort and discomfort. When choosing a certain behaviour, ask your body, "How do you feel about this?"

If your body sends a signal of physical or emotional distress, watch out.

If your body sends a signal of comfort and eagerness, proceed.

'Manufacture your own happiness' by Deepak Chopra

4. **In 4 groups:** mock public meeting -farmers, scientists, Government ministers, consumer public. Each group discuss pros and cons of GM foods and how it affects them. Make a list. Follow with class discussion in the form of a mock public meeting.

GROUP SINGING

EAT GOOD

(lyrics by Nicky Gilbert , music by Stuart Jones)

In this life you must be strong. Gotta eat right to get along.
(repeat x 3)

Chorus: Eat good, drink good, look good, feel good.
(repeat x 3)

Just eat right and revive, you'll feel bright and full of life.
(repeat x 3)

Chorus: Eat good, drink good, look good, feel good.
(repeat x 3)

Extension: Plan a balanced diet for each day of the week to include all the categories of carbohydrates, proteins, minerals, fibre, vitamins, fats and water.

Citizenship Link: Unit 5 understanding the importance of parliamentary decisions and how they affect their own lives. Unit 7 local democracy; Unit 14 Unit 20 What's in the public interest; Unit 21 People and the environment
3a use imagination to consider other people's experiences. 1g resolving conflict

English Link: Spelling 7: Spelling key words; Vocabulary 15: use a dictionary; Stylistic conventions 13: information, recounting, explanation, instructions, persuasion; Drama 15: develop drama techniques.
Write to persuade, argue, advise 17.

PSHE Link: 2 Developing a healthy, safer lifestyle.
2a recognise the physical and emotional changes that take place at puberty;
2b how to keep healthy and what influences health.

Science Link: Sc2 Life Processes and living things. 2a Nutrition.