



Enhancing the News

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The path to healthy living

With the abundance of processed foods, bombardment of junk food advertising on television, and undeniable appetite for fast food, it is no wonder Australia is becoming an increasingly obese nation.

The number of obese children has more than doubled in recent years and, "at the current rate, it is predicted that 65 per cent of young Australians will be overweight or obese by 2020", according to the Government website, The Better Health Channel.

Oct 14-20 is National Nutrition Week that aims to raise the awareness of the importance of healthy eating. Encourage students to examine their own eating habits and develop healthy, active lifestyles with the free feature article, [Bigger Than a Health Problem](#), that explores the issue of obesity by looking at what kids are eating and lack of exercise. Also, the [Super Size Me study guide](#) may stimulate discussion on fast food, nutrition, food advertising and obesity rates in children.

Suitable for primary students, the [Good Health theme pack](#) contains a range of programs that focus on the importance of nutrition and a healthy lifestyle. [Ttn](#) features the story, 'World Nutrition', that investigates why nutrition is so important and how we can get the most out of what we eat. [For the Juniors: Food – Eating Food](#) compares healthy and unhealthy foods and encourages children to make sensible choices. [Science Clips: Teeth and Eating](#) explains the importance of a balanced diet and exercise for good health. [Behind the News Specials: Personal Health Choices](#) conveys that everyone can make choices about their wellbeing, and [Scope: Food](#) focuses on the science that goes into making, eating and storing food.

[Body Hits: Snack Attack](#) brings the science of our lifestyles to life with real life case studies, and [Honey We're Killing the Kids](#) exposes the dangers of an unhealthy lifestyle. ([Study guide](#) available)

[Food For Thought: Fats – Friends or Foes](#) illustrates the differences between saturated and unsaturated fats. While, [Food For Thought: The Quick Fix – Convenience Foods](#) questions the nutritional and economic value of convenience food products, [Food For Thought: Food Therapy – Function Foods](#) discusses the boom in so-called

functional foods, such as calcium-enriched milk. [Food For Thought: Eating Green – Environmentally Friendly Food](#) presents information about: nutrition, environmentally friendly methods of production, organic farming and genetic engineering. [Can Fish Make My Child Smart?](#) reveals how Omega-3 is now being hailed as a panacea.

[Difference of Opinion: Beating the Bulge – A Super-sized Battle](#) looks at the deadly trend towards obesity and conveys what needs to be done about this crisis. While, [It's a Fat Fat World](#) reveals how people are doing less physical activity and eating more unhealthy, processed food products than ever before, [The Truth About Size Zero](#) discovers first hand the dangers and current obsession of being stick thin.

