

Fact sheets for young people

In this section:

7 youth friendly fact sheets on a selection of topics

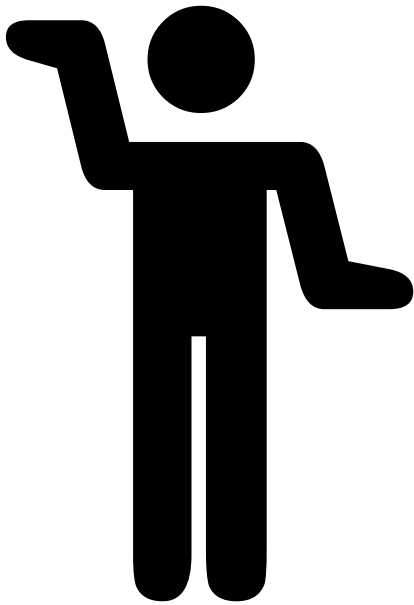
- Be kind to your body
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How can the fact sheets be used?

- Photocopied and given to young people after discussing the topic with them.
- Used as a visual aid when explaining a specific area of nutrition to a young person.
- Laminated and put up in the kitchen.

be kind to your body

We only have one body and we are going to be in it for the rest of our lives so it's a good idea to treat it well.

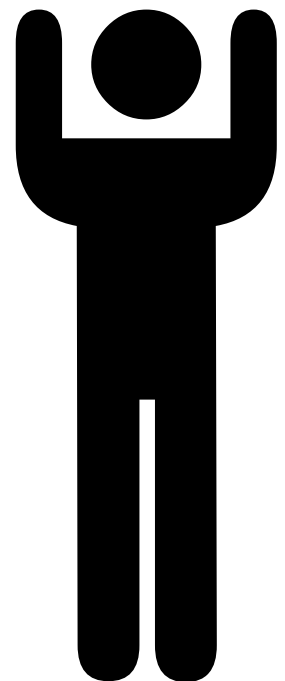
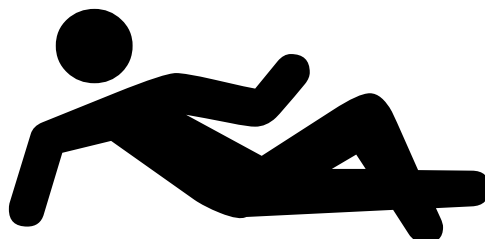


Here are some ways you can be kind to yourself and your body:

- Remember to eat regularly as this can help clear your head and improve your mood
- Remember not eating can actually puts you in a bad mood
- Listen to your body and eat when you feel hungry, stop when you feel content
- Fuel your body with a variety of foods
- Eating 5 small meals a day is often better than 3 big meals
- Keep a regular sleep pattern
- Exercise regularly
- Make time for relaxation each week

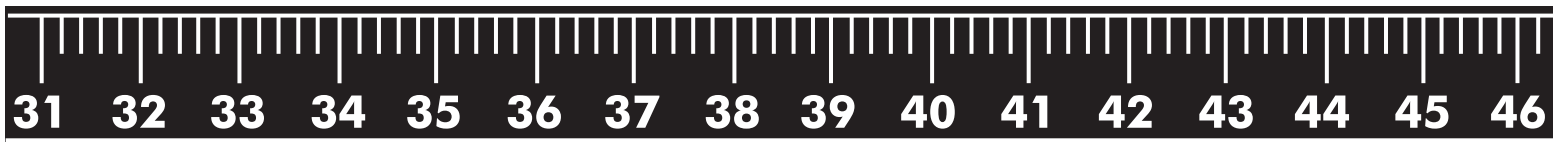
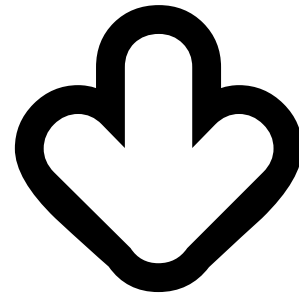
Some things you can do to relax:

- Go for a walk by yourself or with a friend
- Go outside to a park or beach and chill out
- Listen to some good music
- Eat some, yummy, nutritious food
- Call or hang out with a friend
- Watch a movie or video
- Play your favourite sport
- Learn yoga or meditation

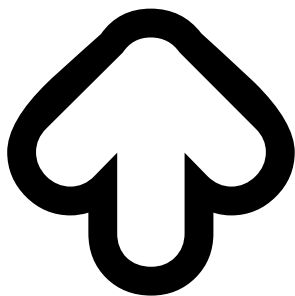


why diets don't work!

- Dieting may cause you to lose weight in the short-term BUT often the weight returns.
- The reason weight comes back is because when a person diets, the body slows down its metabolic rate to make up for the reduced food intake (metabolic rate is the rate at which the body burns up energy).
- Dieting means that body fat loss slows down and it actually becomes *harder* to lose weight.



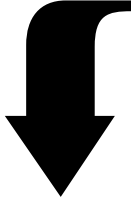
- The body responds to dieting by conserving (holding on to) fat. The weight lost is mainly water and muscle. A reduction in muscle mass slows down the rate at which the body uses energy.



- Dieting deprives the body of essential nutrients and energy and the body responds by wanting to binge. When you strictly avoid certain food, this can cause cravings for these foods.
- Dieting can be dangerous because it can stop you from getting the nutrients your body needs to stay healthy, especially at a time when extra nutrients are needed for normal growth and development.
- Eating real food and having a sensible eating and exercise pattern can help maintain healthy weight and it is much better for you than dieting or using slimming products.

There is no quick fix solution to losing weight.

No more dodgy food - Food SAFETY



There are about 2 million cases of food poisoning in Australia each year. The most common place to get food poisoning is in your own kitchen. Take a quick quiz to see how food safe your house is.

1) If you use a chopping board to cut raw meat, chicken or fish and it is going to be used to chop other food, do you:

- a) use the board as is?
- b) wipe it with a damp cloth?
- c) wash it with hot soapy water first?

2) If you have left-overs do you:

- a) let them cool to room temperature, then put them in the fridge?
- b) leave them at room temperature overnight or longer?
- c) put them in the fridge immediately after the food is served?

3) Do you defrost meat:

- a) on the kitchen bench?
- b) under hot running water?
- c) in the fridge?



UNLESS YOU ANSWERED C TO ALL THESE QUESTIONS, YOU MAY NEED TO BRUSH UP ON SOME SIMPLE TIPS TO KEEP YOUR FOOD SAFE AT HOME.

Wash hands with soap and warm water

- Before and after preparing food
- After handling raw meat or poultry
- Before handling ready-to-eat food, such as salads or sandwiches
- After going to the toilet and blowing your nose.

Prevent cross-contamination of foods with raw foods

- Thaw foods on a plate in the refrigerator on the lowest shelf. Don't allow their juices to drip on other foods.
- Clean chopping boards and kitchen surfaces with hot soapy water before and after preparing food.

Cook food thoroughly

- Meals need to be cooked until they are steaming hot in the centre.
- Cook chicken, pork and minced meat thoroughly until the meat is not pink in the centre.

Store foods properly

- Refrigerate and freeze perishable foods such as milk, cheese, meat and seafood right away.
- Thaw frozen food in the fridge or microwave, not on the kitchen bench or sink.
- Do not leave perishable food at room temperature for longer than two hours.
- Refrigerate or freeze left overs in shallow containers or tightly wrapped bags.

Making your money

STRETCH further

Budgeting tips

- Work out the total amount of money you have for the week (or 2 weeks).
- Allocate your money to different items such as rent, food, bus fares etc.
- Put the money for each separate expense into different envelopes so you know it is already allocated to something - try hard not to spend money you need for something else.

With the money you have allocated for food

- Don't go to the supermarket when you are hungry- you will buy more than you need.
- Plan a quick menu for a week or two.
- Check the pantry to see what you need.
- Write a shopping list.
- Buy larger sizes if you have somewhere to store the left overs. If you don't have any containers to store food in, only buy what you need.
- Base meals on pasta, rice, bread, potatoes or lentils - then add veggies. These foods are cheap and will fill you up.
- Buy veggies in season, they are often cheaper.
- Compare prices when you buy something - plain labelled items are normally the cheapest and still taste good.

What is NOT good value for money?

- * If you buy too much and waste it, then it's not good value
- * If it costs too much, it's not good value
- * If it's cheaper, but tastes horrible, it's not good value.

Feel your best... Eat well and MOVE MORE



Eat well...

- Eating well is about everything you eat, not just one meal or snack.
- Eating well means being able to enjoy a wide variety of foods while feeling good about yourself in mind, body and spirit.
- The amount and type of food we eat affects our ability to think, our mood, energy level, skin and hair, concentration, sleep pattern, immune system and long-term health.
- Try to concentrate on enjoying all food in moderation.

Move more...

- Exercising regularly...
- Builds lean muscles
- Helps with weight control
- Reduces body fat
- Helps to build and maintain healthy bones and muscles
- Helps decrease stress levels
- Makes you feel better about yourself

When you eat well and exercise regularly you have more energy, are in a better mood, think clearly and live a long healthy life.

Tips for eating well and moving more

- Eat lots of different types of food
(Try to eat a variety of food from each of the food groups, every day)
 - Breads, cereals, rice, pasta and noodles
 - Lean meat, fish, eggs, nuts and legumes
 - Milk, yoghurt, cheese and dairy alternatives
 - Vegetables
 - Fruit
- Try not to skip meals
- Snack on fruit and vegetables rather than high fat, high sugar snacks like chips, lollies, chocolate and takeaway foods
- Drink plenty of water
- Try to exercise every day. Simple things like going for a walk with friends, dancing, skateboarding, playing basketball, yoga or walking to the shops are all good.



Need a Quickie?

Quick easy meal ideas



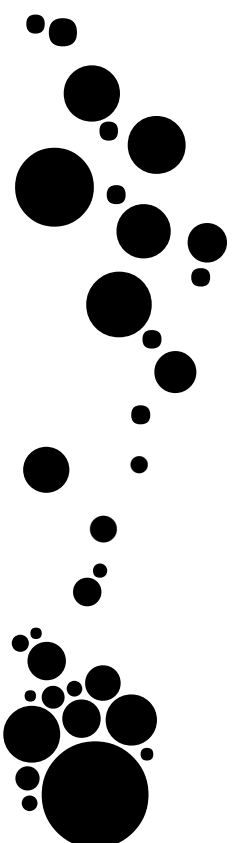
- Tinned spaghetti or baked beans on toast
- Creamed corn on toast
- Kidney or refried beans, taco seasoning and a bit of salad in a taco shell or roll up in lavash bread
- Baked potatoes (*in the oven or microwave*) with creamed corn, salsa, tinned fish, baked beans or salad on top
- Jaffles with anything inside
- Eggs- boiled, scrambled, poached or fried on toast
- Tinned tuna on a roll
- Boil up some pasta and add a jar of pasta sauce and sprinkle with cheese
- Tinned soup with a bread roll
- Bowl of cereal with milk
- Muffins, toast, foccacia or Turkish bread with melted cheese and tomato
- Minute steak with salad on a bread roll
- Tinned fruit and custard

Prepare a cheap and easy meal in about 5 minutes tops.

What to put in your pantry

Having a few essential ingredients at your fingertips makes preparing a quick and tasty meal easy.

PANTRY ITEM	WHAT YOU CAN MAKE WITH IT?
Dried pasta	Spaghetti bolognaise Tuna pasta Macaroni cheese
Rice	Home-made fried rice Risotto Boiled rice (serve with meals)
Dried noodles	Stir fry noodles Add to soups Eat as a snack
Legumes <ul style="list-style-type: none"> ● Tinned lentils ● Tinned kidney beans ● Tinned chick peas 	Can add these to: <ul style="list-style-type: none"> ● Soups & curries ● Soups, curries & Mexican dishes ● Soups & curries
Bread	Burger Use lavash bread and make a wrap Garlic bread Serve with soup Jaffles
Tinned tomatoes	Pasta sauce Curry
Tinned tuna	Tuna mornay Tuna on toast
Spreads <ul style="list-style-type: none"> ● Vegemite ● Peanut butter ● Jam 	Can use on: <ul style="list-style-type: none"> ● Sandwiches, toast & biscuits combined with cheese ● Sandwiches, toast, on celery or apples ● Sandwiches & toast
Bottled sauces <ul style="list-style-type: none"> ● Tomato, BBQ ● Sweet chilli 	Can use for: <ul style="list-style-type: none"> ● Burgers ● Burgers, stir-fries
Breakfast cereal	Breakfast Lunch Dinner Snack



Fact sheet references

Some of the content of the fact sheets was adapted from the following sources:

1. Nutrition Project Team (1994), West Moreton Regional Health Authority. *A Youth Worker's Guide to Nutrition. Everything you never wanted to know about food and young people.*

2. <http://www.pressurepoint.com.au/nutrition.asp>

3. <http://www.reachout.asn.au>