



## HEALTHY EATING

### A Healthy Lifestyle

#### JOANNA'S DIET

#### STAFF ROOM



Joanna Lacey is a 39-year-old wife, and a mother of three children — Michael, 15, Lisa, 11 and Tara, 4. Joanna is a real **go-getter** and has a stressful job as a receptionist at Michael's junior high school. Sometimes she doesn't have time to stop and eat something **nutritious** for lunch, so she keeps **junk food** in her desk. Joanna knows this probably isn't a healthy way to eat, but it **keeps her going** during the day.

On the nights when Michael plays hockey, the Lacey family goes to fast-food restaurants and eats greasy food, usually hamburgers, French fries and onion rings. Once a week Joanna drives Lisa to her piano lesson while her **better half**, Robert, cooks supper. He likes to make something simple, such as hot dogs or pizza. On the weekends, Joanna enjoys **trying her hand at** recipes for **rich** foods.

Last Thursday, Joanna went to see her doctor for a medical check-up. He requested some medical tests and discovered that Joanna has **high cholesterol** and high blood pressure. Joanna **was floored by** the test results. **The bottom line** is that Joanna needs to change her lifestyle. It isn't going to be easy. She has **to cut out** junk food and fast food and find ways to lower her cholesterol and blood pressure.

**Disclaimer:** The "Healthy Eating" unit is not a substitute for the opinion or advice of a licensed healthcare professional. Please consult a healthcare professional for any advice about nutrition, diet, allergies, losing or gaining weight, etc.

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### Vocabulary

to be floored [by something]	idiom	to be shocked or surprised [by something]
better half	idiom	husband or wife
the bottom line	idiom	the most important idea
to cut out [something]	v	to stop using or doing [something]
a go-getter	idiom	a hard worker
high cholesterol	n	too much fat in the blood
junk food	idiom	food with little food value; food prepared with a lot of salt, fat and preservatives
to keep [someone] going	idiom	to give [someone] energy
nutritious	adj	good for the health
rich	adj	made with butter, eggs and cream
to try [one's] hand at [something]	idiom	to try to do [something]

### Vocabulary Development

A. Fill in the blanks. Use the correct form for each word.

- Peggy's doctor did blood tests and found a lot of fat in her blood. This meant that Peggy had \_\_\_\_\_.
- Todd wants to go hunting with his friends on the weekend. He needs to check with his \_\_\_\_\_ to make sure it's okay. She likes to know his plans.
- Leanne made her husband a birthday cake with lots of chocolate, eggs and cream cheese. He loved it, but he could only eat a small piece because the cake was so \_\_\_\_\_.
- Christina is a real \_\_\_\_\_. Five years ago, she was a dishwasher in a restaurant. She worked very hard and now she has her own restaurant.
- Fresh fruit is a \_\_\_\_\_ snack.

B. Complete the sentences, giving examples from your own life.

- I want to try my hand at \_\_\_\_\_.
- Two rich foods I like are \_\_\_\_\_ and \_\_\_\_\_.
- Two nutritious snacks I like are \_\_\_\_\_ and \_\_\_\_\_.



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4. Two foods I should cut out are:

a. \_\_\_\_\_ b. \_\_\_\_\_

5. Three kinds of junk food most teenagers love to eat are:

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

### Comprehension

*Complete the sentences below.*

1. Joanna was floored by the news that \_\_\_\_\_.

2. Joanna needs to cut out \_\_\_\_\_.

3. At work she eats doughnuts and chips, and drinks coffee to \_\_\_\_\_.

4. Now that Joanna knows that she has high cholesterol, the bottom line is that \_\_\_\_\_.

### Discussion

*Discuss with a partner.*

1. When someone has a craving for a food, he or she has a strong desire to eat the food.
  - a. Do you ever have a craving for a certain food?
  - b. What kinds of food do you crave?
  - c. Describe when you have this craving.
2. What do you think "You are what you eat" means?
3. What do you think "Your eyes are bigger than your stomach" means?
4. Why are some people so worried about their weight?



# HEALTHY EATING



## Fats and Cholesterol

### CHOLESTEROL

Cholesterol is one kind of fat found in the blood and the **cells** of the body. The **liver** makes about 80% of the cholesterol in the body. The other 20% of the body's cholesterol comes from meat, seafood and dairy products. Fruits, vegetables and nuts do not have cholesterol.

The liver produces several types of cholesterol. The two most important kinds of cholesterol are:

1. LDL or "bad" cholesterol. It sticks to the inside of blood **vessels** and blocks the flow of blood through the body. This is one cause of heart disease.
2. HDL or "good" cholesterol. It removes cholesterol from the blood vessels.



"Bad"  
Cholesterol



"Good"  
Cholesterol

*Lifelines and the Heart and Stroke Foundation of Alberta and NWT, Vol. 1, No. 1, Winter 1995*

### Other Fats

There are different kinds of fat in the foods we eat. Fat can be good or bad for your heart. Heart-friendly fats include **monounsaturated** and **polyunsaturated fats**. These fats are called good because they help lower the LDL, or "bad" cholesterol, in the body. They are found in:

- oils, such as olive, peanut, canola and soybean
- soft margarines made from the above oils
- nuts
- seeds
- fish, such as salmon, trout and mackerel

Harmful fats (**saturated fats**) increase blood cholesterol in some people, which increases their risk of heart disease. Saturated fats are found in:

- the fat in meat, poultry and in **gravies** made from these meats
- dairy products, such as homogenized milk, cheese and butter
- oils (coconut, palm) and foods made with these oils
- vegetable shortening

### Did You Know?

Hydrogenated vegetable oil is one kind of harmful fat because it raises the LDL or "bad" cholesterol and lowers the HDL or "good" cholesterol. Hydrogenated fat is made when liquid vegetable fats or oils are hardened. It is found in snack foods and is used by fast-food restaurants for frying foods.

**Note:** LDL means "low-density lipoproteins." HDL means "high-density lipoproteins."



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#### Vocabulary

<b>cell</b>	n	the smallest part of a life form
<b>gravy</b>	n	a sauce made from the juices that come out of meat as it cooks
<b>liver</b>	n	an organ in the body that cleans the blood
<b>monounsaturated fat</b>	n	fat that is liquid at room temperature, such as canola, peanut and olive oil
<b>polyunsaturated fat</b>	n	fat that is liquid at room temperature, found mostly in nuts, seeds, fish and in corn, safflower and sunflower oil
<b>saturated fat</b>	n	fat that is usually hard at room temperature, such as butter and the fat on meat
<b>vessel</b>	n	a tube for carrying the body's fluids

#### Comprehension

A. Give three examples for each of the following foods.

1. nuts      a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
2. seeds      a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
3. oils which help to lower the LDL ("bad") cholesterol  
a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
4. poultry      a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

B. Complete the chart.

	What happens to the level of the LDL cholesterol in the body if you eat these fats?	List four foods containing these fats.
Heart-friendly fats		1. 2. 3. 4.
Harmful fats		1. 2. 3. 4.

#### Did You Know?

When used in moderation, oils are a healthier option than margarine, butter, shortening or lard, because oils are lower in saturated fat.

Once opened, oil should be stored in the refrigerator because it will spoil more quickly if left at room temperature.