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## **Program Support Notes**

**27** mins

# **More Fries With That?**

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# More Fries With That?

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## For Teachers:

### Introduction

This program contrasts the health consequences and concerns of being overweight and underweight. It presents some of the alarming worldwide statistics related to obesity, as well as how modern lifestyles, technology and convenience food have contributed to the rising numbers of people becoming overweight. Whilst making allowances for popular culture, the program does not insist that young people should avoid consuming convenience foods at all, but rather suggests some healthier alternatives. A range of minor and major health issues related to being overweight and underweight are presented, as well as challenging the perception that 'skinny means being healthy'. By using the present modern television genre of 'reality programs' and also integrating humor with a 'television host' who compares and contrasts the concerns related to weight loss and weight gain, we are taken through a range of television lifestyle programs. This program provides both informative and factual information, and is appealing in presentation to young people.

### Program Timeline

00:00:00	Introduction
00:01:24	Fat – The facts
00:07:32	Why is overweight a growing concern?
00:13:03	Do you want to upsize that?
00:18:47	Lifestyle changes
00:25:03	Conclusion
00:26:02	Credits
00:26:35	End program

### Website References

- [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- [www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/food\\_facts?opendocument](http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/food_facts?opendocument)
- [www.betterhealthusa.com/](http://www.betterhealthusa.com/)
- [www.kidshealth.org](http://www.kidshealth.org)
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### Student Worksheet:

#### **Before Viewing the Program**

##### 1. Convenience Food Checklist

- a) Make a list of what you have eaten in the past week. Include breakfast, lunch, dinner and snacks and include the weekend as well as week days. Draw up a table like the one below and place all the foods you have eaten from your list, under the headings provided.

<b>Fully prepared and cooked at home.</b>	<b>Foods that are partially prepared for convenience</b>	<b>Foods that are fully prepared, and only need heating.</b>	<b>Foods that are fully prepared and heated and ready to consume.</b>
•Steak	•Can of Pasta Sauce •Freeze Dried Pasta	•Frozen Meat Pie	•Souvlaki

- b) Compare your list with other student's in the class.
- c) What comments can you make about the types of foods eaten by you or the average student in your class?
- d) What heading had the most foods listed beneath it?
- e) What heading had the least foods listed beneath it?
- f) Were there any food choices that surprised you?
- g) Suggest reasons for why convenience foods were more likely to be chosen, or why they were not chosen in your family.
- h) Can you think of suitable replacement foods for those occasions when fully cooked and prepared convenience foods were consumed in your household?
- i) How did most students' lists look?
- j) What foods were most commonly purchased?

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2. Magazine Research - Underweight vs. Overweight
  - a) In groups of 3-4 flick through some magazines and cut and paste when all the pictures, headlines or articles that refer to either overweight issues or underweight issues. Then arrange them on a large sheet of paper as a display poster.
  - b) In your groups, summarize about the frequency and depth of media interest in overweight versus underweight.
  - c) Which weight concern was most frequently or overtly reported?
  - d) Which weight concern seemed to be subliminally presented?
  - e) Was there a clear difference in how the issues were presented?
  - f) Present your posters to the class, explain your summary, the posters can then be displayed in your classroom under the heading of 'Body Image' or 'Weight: A Concern'
  - g) Have a class discussion about the media presentation of weight versus underweight. Which area seems to cop most 'bad press?' Why?
3. In small groups design an advertising campaign that could be used on television, or in a magazine, or on radio. Aim to deliver a clear and effective message to young people that being underweight is just as damaging and unhealthy as being overweight.
  - The campaign can be presented on Microsoft PowerPoint or Photoshop for the television ad, or alternatively, role played, or scripted and filmed using school cameras.
  - It can be podcast as a radio jingle or informative ad for radio, or alternatively role played.
  - It can be presented in hard copy, or on computer as a full page ad for a magazine.

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### While Viewing the Program

1. List some of the changes in the way we live our lives that have contributed to the popularity of convenience foods in the home.

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2. Why does the body need some fat?

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3. What happens to fat when it is not used as an energy source?

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4. Why is being underweight also considered dangerous?

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5. List some of the health concerns from being overweight.

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6. If current trends continue, how likely are teenagers at risk of becoming obese?

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7. Why is being obese a financial concern for governments?

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8. What are some of the health problems associated with being underweight?

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9. Why are convenience foods unhealthy for us?

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10. What are some of the 'healthier' convenience food options suggested?

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11. What are some simple changes that we can make to our lifestyles to become more physically active?

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12. Why do we need to be wary of what we read in newspapers and magazines, or on the internet or television about food and diets?

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## More Fries With That?

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### After Viewing the Program

1. Divide into research groups of 3 –4. Each group must research and make a presentation on one of the health issues associated with obesity or underweight.

Topics students can research include:

- Diabetes
- Cardiovascular Disease
- Hypertension (high blood pressure)
- Anorexia Nervosa
- Hernia
- Varicose Veins
- Stroke

- a) The research presentation should include:

- A description of the health issue
- Who is likely to suffer from it, and why
- Likely consequences if the health issue continues to occur
- How it can be prevented
- Can it be cured

- b) Present your health issue to the rest of the class.

2. Organize a debate that centers on the topic of contrasting popular belief that being overweight is unhealthy, but being underweight or skinny is healthy.

- a) Form teams for and against the topic, and the remainder of the class can be the audience.

- b) Film the debate, and watch it with your class later. Reflect on how arguments could be presented more persuasively or convincingly, and allow input from the audience that could provide some further valid and credible arguments that had not previously been thought of.

3. Using the daily kilojoule requirements for adolescents as a guide, students can explore some recipe and menu options that would not only suit adolescent dietary requirements, but would also be appealing to them.

- a) Design a range of menu options that would help young people avoid becoming overweight or underweight. Do this on recipe cards and organize a school recipe book.

- b) Demonstrate how to make the recipe to the class in a ‘master chef’ scenario. Give a running commentary about the relative positive health contribution of the meal, as well as tips or variations for making it.

- c) Allow the class to ‘taste test’ the recipe and score it or give suggestion on how to make it healthier.

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### Suggested Student Responses

#### While Viewing the Program

1. List some of the changes in the way we live our lives that have contributed to the popularity of convenience foods in the home.  
**Working longer hours, extra study and extra meetings, not being at home at traditional meal times, sitting down and watching television in the evenings, being on the computer and internet, and playing video games all contribute.**
2. Why does the body need some fat?  
**Our body needs some fat to survive, to protect our organs, and to supply our muscles and cells with energy**
3. What happens to fat when it is not used as an energy source?  
**It stores itself in cells that are spread around the body and in particular the hips, thighs and buttocks in women, and the abdomen and chest in men.**
4. Why is being underweight also considered dangerous?  
**Because muscles need fuel to work, and carbohydrates and fats perform this role. Being underweight means your body cannot function properly.**
5. List some of the health concerns from being overweight.  
**Health concerns associated with overweight include: joint problems, shortness of breath, difficulty sleeping, body image and self esteem issues, depression, high blood pressure, type two diabetes, organ damage, hernia, surgery and pregnancy risks, cardio vascular disease and even death**
6. If current trends continue, how likely are teenagers at risk of becoming obese?  
**If current trends continue 3 in every 4 (75%) of today's teenagers will be overweight by the time they turn forty.**
7. Why is being obese a financial concern for governments?  
**The estimated financial cost of obesity – related problems in countries such as Australia, the US and UK is around 58 billion dollars. When people are sick from obesity related disorders they take time off work or don't work at all. They may require carers who also take time off work.**
8. What are some of the health problems associated with being underweight?  
**Health problems associated with being underweight include: depression, body image issues, and lack of energy, fatigue, lack of concentration, anorexia nervosa, organ damage and death.**



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9. Why are convenience foods unhealthy for us?  
**They are high in salt, sugar and saturated fats.**
10. What are some of the 'healthier' convenience food options suggested?
- **Grilled patties instead of fried ones, smaller burgers, order extra salad or have a wrap instead of a bun.**
  - **avoid deep pan pizzas, go for a thinner, crispier base, and avoid high fat toppings such as ham, salami, sausage, cheese and bacon and go for fresh tomatoes, peppers, onions and mushrooms**
  - **avoid breads, cheese, fried food, anything battered or crumbed or with pastry**
  - **go for grilled and barbecued or rotisserie meat, steamed dishes and vegetables**
  - **never UPSIZE**
11. What are some simple changes that we can make to our lifestyles to become more physically active?
- **Walking across the office to speak to someone instead of emailing or calling**
  - **Changing the channel on the television instead of using the remote**
  - **Using the stairs instead of elevators**
  - **Walking or riding a bike instead of driving a car or catching a bus**
  - **Avoid phoning friends, arrange to meet up with them and go for a walk as you talk**
  - **Get up to use the land line instead of sitting on the couch with the mobile phone**
12. Why do we need to be wary of what we read in newspapers and magazines, or on the internet or television about food and diets?  
**We need to ensure we are aware of what we put in our mouths. There is a lot of misinformation about what is good for us, and what is not good, and in some cases it is a company that is trying to sell us something that may not be healthy. We need to keep informed about good nutritional and eating habits.**