
JUNK FOOD

DEBATE ON SMART VS JUNK FOOD

Type of module	Creative communication
Level	A2+
Target group	16–19-year-old learners
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A kiadvány az Educatio Kht. kompetenciafejlesztő oktatási program kerettanterve alapján készült.

A kiadvány a Nemzeti Fejlesztési Terv Humán erőforrás-fejlesztési Operatív Program 3.1.1. központi program (Pedagógusok és oktatási szakértők felkészítése a kompetencia alapú képzés és oktatás feladataira) keretében készült, a sulinoVA oktatási programcsomag részeként létrejött tanulói információhordozó. A kiadvány sikeres használatához szükséges a teljes oktatási programcsomag ismerete és használata.

A teljes programcsomag elérhető: www.educatio.hu címen.

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1.1 DEFINITION

JUNK
FOOD
IS
A
TERM
DESCRIBING
FOOD
THAT
IS

1.1 DEFINITION (CONT.)

THOUGHT

TO

BE

UNHEALTHY

OR

HAVING

POOR

NUTRITIONAL

VALUE

1.2.B MATCHING

Smart Food	Why
Banana	This fruit contains potassium and helps to prevent ulcers.
Cheese	Contains calcium, which helps to build strong teeth and bones.
Chili peppers	Because it is hot, it is good for bronchitis, and colds.
Cucumber	This vegetable breaks up cholesterol deposits.
Yogurt	The live culture in yogurt acidophilus helps the body to fight intestine and yeast infections.
Water	The best liquid to drink because it purifies your bloodstream and cleans your cells and tissues.

Junk Food	Why
Cakes and cookies	Contain too much sugar and not enough vitamins and minerals.
Colas	Have lots of sugar and few nutrients; may contain caffeine, an addictive drug.
Ice cream	Has many nutrients but is full of sugar and fats and may cause a cold.
Imitation fruit drinks	Mostly sugar and water, with artificial flavours and colours added. Contain very little pure fruit juice.
Potato chips	Although made from potatoes, they are deep fried and contain lots of salt and fat.
Sugar-coated cereal	Half cereal and half sugar.

Source: <http://www.factmonster.com/ipka/A0768674.html>

1.3 SURVEY

- Read the following junk food items and write 5 more that you know of. Then go around the class and ask how often people eat them. Put ticks next to each item according to the answers.

Type of food	How often? ✓			
	every day	often	sometimes	never
crisps				
chips				
chocolate bar				
Coke, Fanta, etc.				
popcorn				

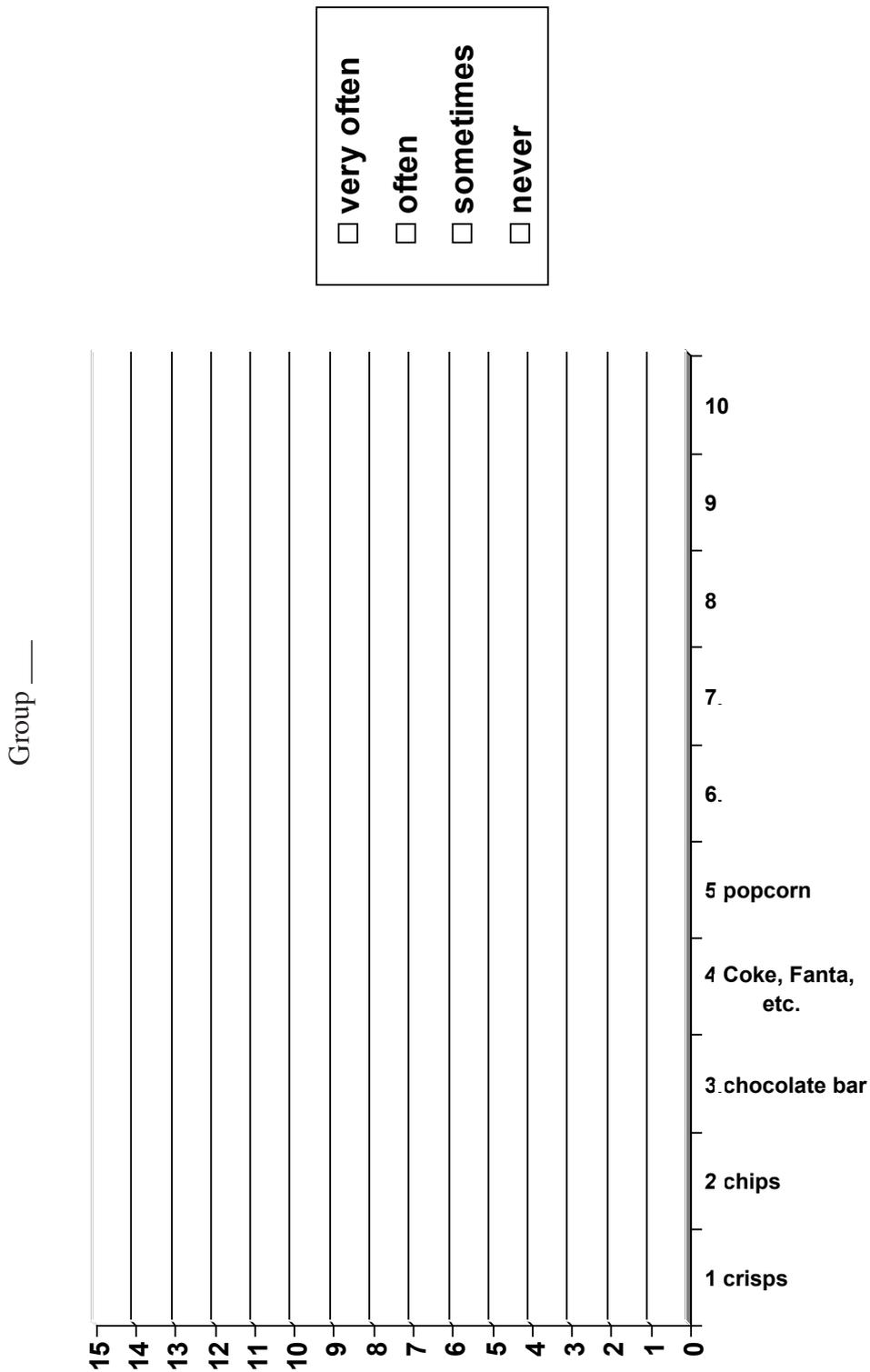


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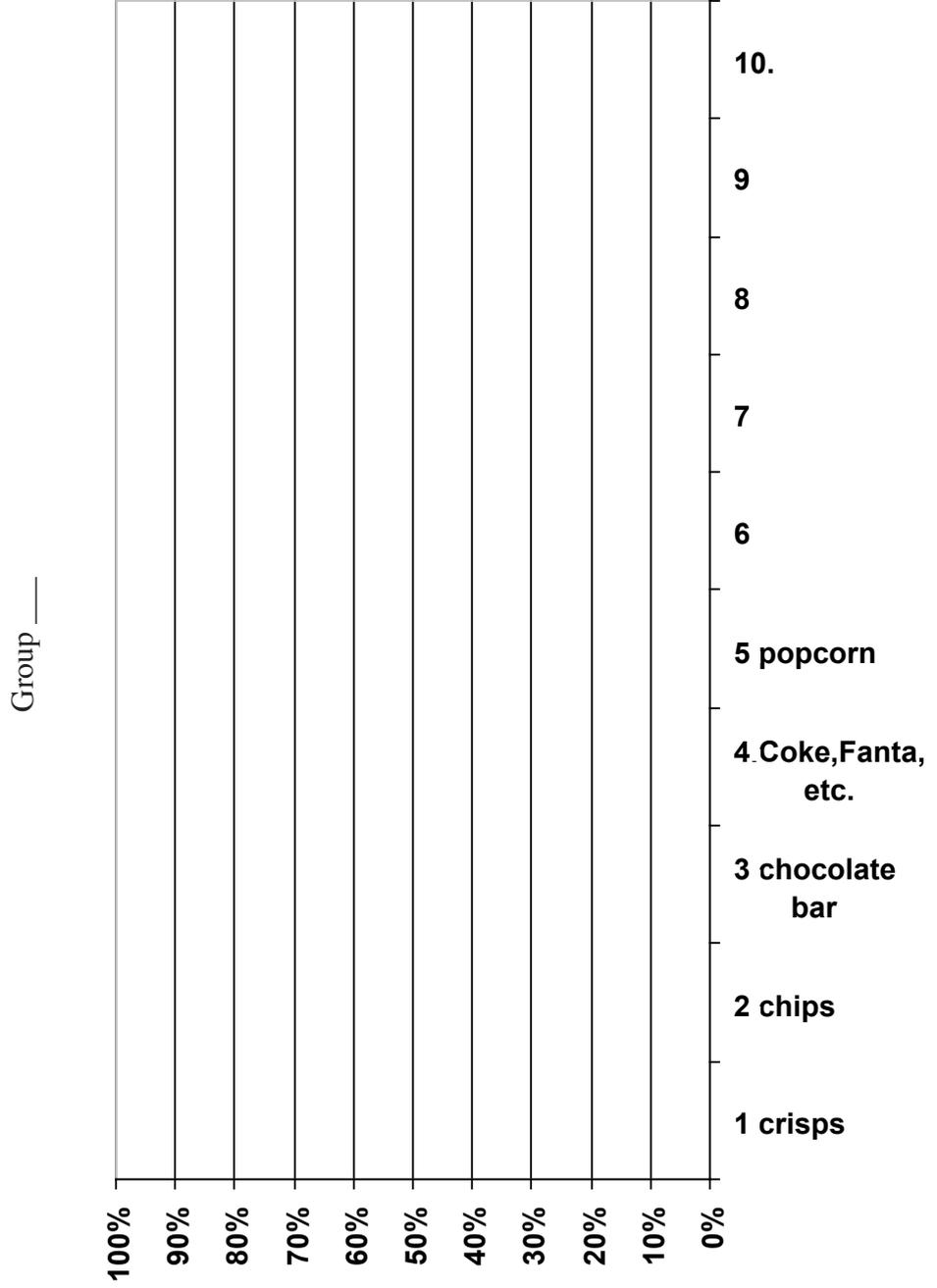
1.3 STATISTICS

- Draw a diagram of columns of your findings to show them to the class. Use different colours. Don't forget to indicate the colours on the right as well!



1.3 STATISTICS (CONT.)

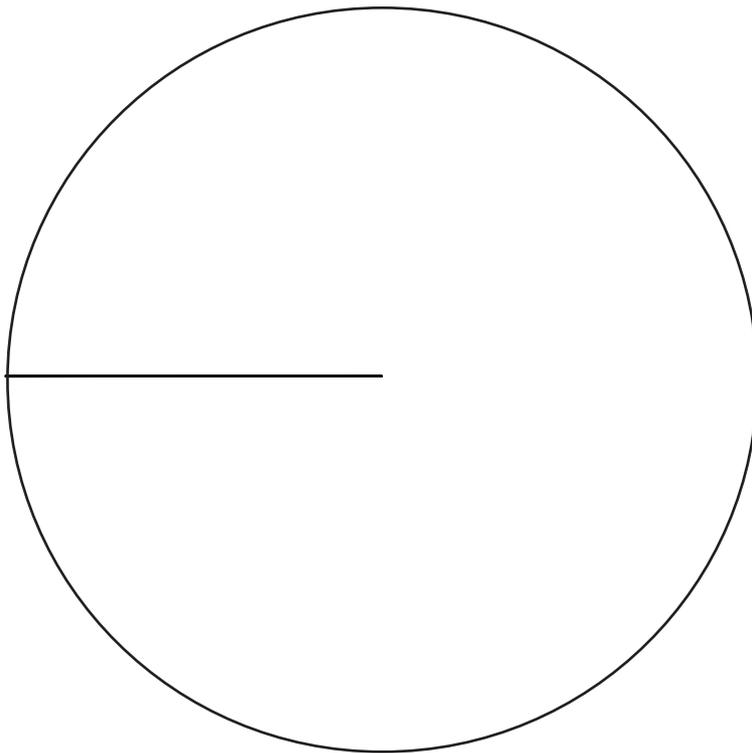
- Draw a graph of your findings to show them to the class. Count the most answers in each category and calculate the percentage.



1.3 STATISTICS (CONT.)

- Draw a pie-chart of your findings to show them to the class. Count the most answers in each category and calculate the percentage. Use different colours. Don't forget to indicate the colours on the right as well!

Group ____



- | | | |
|--------------------------|-----------|--------------------------|
| <input type="checkbox"/> | 1 | crisps |
| <input type="checkbox"/> | 2 | chips |
| <input type="checkbox"/> | 3 | chocolate bar |
| <input type="checkbox"/> | 4 | Coke, Fanta, etc. |
| <input type="checkbox"/> | 5 | popcorn |
| <input type="checkbox"/> | 6 | |
| <input type="checkbox"/> | 7 | |
| <input type="checkbox"/> | 8 | |
| <input type="checkbox"/> | 9 | |
| <input type="checkbox"/> | 10 | |

1.4 EVALUATION SHEET

Name:

Junk food

- Give your evaluation sheet to two classmates to write two sentences about your performance in the boxes below.

Evaluation 1		Evaluation 2	
You were good at...	You could improve at...	You were good at...	You could improve at...
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Lesson 2

I liked... _____

I didn't like... _____

Lesson 3

In this module I learnt... _____

I need to improve... _____

2.2 FACTS QUIZ

- Decide if the following statements are true or false.

1	Each day, 1 in 20 Americans visits a fast food	
2	In 1972, people in the US spent 3 billion a year on fast	
3	McDonald's feeds more than 46 million people a day	
4	Cucumbers are the most eaten vegetable in America.	
5	You would have to walk for 2 hours to burn off a Super	
6	In the U.S., they eat more than 1,000,000 animals an	
7	30 % of all Americans are either overweight or obese.	
8	One in every three children born in the year 2000 will	
9	The average child sees 1000 TV advertisements per	
10	Only seven items on McDonald's entire menu contain	
11	Willard Scott was the first Ronald McDonald – he was	
12	Diabetes will cut 5-15 years off your life.	
13	The World Health Organization has declared obesity a	
14	McDonald's operates more than 30,000 restaurants in	
15	40% of American meals are eaten outside the home.	

2.3 SUPER SIZE ME LYRICS

Toothpick - Super Size Me

[Right now you have the urge to eat something.
When it's through if you still want to **sleep**, then you're probably
really hungry.
Think about what I'm saying]

F.A.T.
That is me
But I didn't used to be
I was hot. I was **angry**
I was loose. I was free
Then I waited in the line
For some burgers and some fries
Super size, that'd be nice
Take a bite and close your eyes

Round 2, what do I do
I can barely walk around
Jenny Craig, Richard Simmons
But I still lug the pounds
Hamburgers, Coca-cola
Getting gas from too much soda
Double double, chunky chunky
Hope this meal is never over
The world is **big**, and so am I
Big boys, big girls with real big thighs

(Chorus)
Super size, super size
The American way
Going down, throwing down
All day, every day
Super size, super size
The American way
Getting fat, getting broke
Either way you're gonna **change**
Super size me
Super size me
Super size me
Super size me

Now I can't get out of bed
So I have to order in
I'm a triple fat fatty
And I have a **greasy skin**
Who's the blame
Call the lawyer
Try to settle outta court
Get some cash
Spend it fast
Cos I'm staring at my fork

Cos it's sad and it's lonely
Ham and cheese with baloney
Large pies, stuff-cruste
Doggy bagels for a phony
I have lost the motivation
To inhibit the sensation
But I loathe the frustration
Birthday cake, I take my face in
Turkey club with double bacon's
got healthy connotations
big man has over-taken
And has super sized the nation

(Chorus)

[If I can keep up this progress, I'll have 25 pounds.
25 pounds! That's **very little** weight.]

Kentucky fried, just fried
Chicken nuggets, dip it twice
Freaky fries and gelato
Philly cheese, drive-through diet
Pack more weight
Cardiac, heart **disease**
Back on track
Grow so fat, slim, fast, slim, slow
Touch your toes

Finger lickin'
Hit the border
Pull right up
And place your **tray**
Yes sir, r'way
Right away
You deserve a break today!

Super size, super size
The American way
Going down, throwing down
All day, every day
Super size, super size
The American way
Getting **slim**, getting broke
Either way you're gonna pay
Super size me
Super size me
[Put something in your mouth]
Super size me
(Can I get **yellow** cheese with that?)
Super size me
(Whatdaya mean 50 cents for extra cheese?)
Super size me
(I come here all the time!)
(Hook your brother up!)
Super size me
(Ooh I'm a fan)
Super size me
(All you can eat all day)
Super size me
(Is that the **smallest** size you've got?)
Super size me
(I said I want it super-sized)
Super size me
(Can I get like, a bucket with a handle?)
Super size me
(2 for a dollar? I'll take it!)
Super size me
(All I need is 3 more **spoons**)
Super size me
(And another seta hands)

[That's a pretty good idea]
(Wait, the sign... the sign said free refills)

2.4 FOR JUNK FOOD

- Read the following articles and make notes about the main points for the next lesson.

There is no such thing as junk food, but there is such a thing as a ‘junk diet’
(Vincent Marks)

Vincent Marks, Emeritus Professor of Clinical Biochemistry at the University of Surrey and co-editor of a new book titled *Panic Nation: Unpicking the Myths We’re Told About Food and Health*, claims that there is no such thing as junk food.

“Junk food is an oxymoron¹,” he says. “Food is either good – that is, it is enjoyable to eat and will sustain life – or it is good food that has gone bad, meaning that it has gone off.

“To label a food as ‘junk’ is just another way of saying, ‘I’m against it.’ There are bad diets – that is, bad mixtures and quantities of food – but there are no ‘bad foods’ except those that have become bad through contamination².”

Professor Marks says that all foods – whether the dreaded³ Twizzler⁴ or a freshly picked apple – are just combinations of protein, fat and carbohydrates, and our bodies will take from them what we need and get rid of the rest. “Even hamburgers provide energy in a tasty and affordable form,” he argues.

Adapted from: http://news.bbc.co.uk/2/hi/uk_news/magazine/4304118.stm

Junk Food that Kids and Moms Will Love!
(by Judith Wills)

Before you say “No” to fast food for your kids, check out this list. It may surprise you:

- 1 French fries:** Can be a good source of vitamin C, calories, some fiber and, if cooked well in fresh oil, will have no negatives (though they are high in calories).
- 2 Burgers:** When made with lean meat and broiled or dry-fried, they are an excellent source of iron, B vitamins and protein for children. Homemade is better bet than commercial burgers, which are usually higher in fat.
- 3 White bread:** Good source of calcium and ideal for children who generally don’t need as much fiber as adults.
- 4 Chocolate:** Contains iron and calcium and, if a child isn’t overweight, is a better occasional snack than candies.
- 5 Pizza:** Good food for children, containing calcium, vitamin C, and fiber.
- 6 Ice cream:** Good source of calcium and protein.
- 7 White pasta:** Fine for children, who don’t necessarily need the extra fiber that whole-wheat pasta provides.

Adapted from <http://parenting.ivillage.com/gs/gsnutrition/0,,112g,00.html>

¹ oxymoron = two words with opposite meanings are connected to each other (e.g. bitter honey)

² contamination = when food goes off

³ dreaded = feared

⁴ Twizzler = a kind of American candy

2.4 AGAINST JUNK FOOD

- Read the following articles and make notes about the main points for the next lesson.

Junk the junk food

(by Suzannah Olivier)

Health problems

Children are getting taller (and wider!) because they are getting more than enough calories for their growth. But they are not getting healthier, because, while junk foods provide plenty of calories, these calories are depleted⁵ of the nutrients needed for basic good health. Junk food habits are contributing to a number of health problems in children:

- Tiredness and lack of energy
- Lack of enthusiasm about physical activity
- Mood swings, irritability or restlessness
- Unpredictable behaviour
- Constipation⁶ or loose bowels
- Weight problems
- Pale skin, dull hair, dark shadows under eyes
- Tummy aches, nausea⁷, headaches
- Frequent colds, infections or other illnesses
- Poor concentration

Adapted from http://www.ivillage.co.uk/parenting/school/schheat/articles/0,,186627_621403,00.html

What's wrong with junk food?

1 Too much fat! Junk foods such as hamburgers, pizza, fried chicken and chips usually contain loads of saturated fats. Too much saturated fat in the diet will cause people to put on weight and get fat or obese (very fat). Being overweight is a risk to the health of the heart and can cause other diseases.

2 Too much salt! Junk foods often have too much salt. There's a lot of salt already in foods such as bread, breakfast cereals and biscuits and cakes. So people are getting more salt than they need when they eat junk food. Too much salt is unhealthy for the heart.

3 Too much sugar! Soft drinks, biscuits, cakes and lollipops all have lots of sugar. That's what makes them taste so good! But too much sugar makes people fat, rots the teeth, is bad for the blood and may cause other diseases.

Should people eat junk food?

Junk food does have some of the good things that the body needs for good health. And the body needs some salt, fat and sugar for energy to burn while we work and play. However too much fat, sugar and salt is bad for our health and eating lots of junk food will overload your body with these things.

Adapted from <http://www.kidcyber.com.au/topics/junkfood.htm>

⁵ depleted = weakened, made to be weaker

⁶ constipation = an illness of the stomach

⁷ nausea = feeling sick

3.3 JUNK FOOD LAW

Junk food law is passed

A LAW which will ban the sale of junk food in Scotland's schools was last night passed by MSPs.

The Schools Act, which wants to improve Scottish children's eating habits, was approved at Holyrood.

The law means that all food sold in schools must meet strict nutritional standards.

Food such as crisps, sweets and fizzy drinks will not be sold in school canteens, or vending machines.

Hugh Henry, the education minister, said „This bill is about improving the quality of the meals in a way that helps people to start to develop a healthy lifestyle.”