

PENANG SANGAM HIGH SCHOOL

P.O.BOX 44 RAKIRAKI

HOME ECONOMICS

YEAR 13 (week 15)

Strand	FOOD AND NUTRITION
Sub strand	DIET AND HEALTH(cont)
Content learning outcome	<ul style="list-style-type: none">• discuss and outline measures to combat nutrition related diseases

A. COMPULSIVE EATING DISORDER

- Patients are unable to control how much and/or how often they eat.
- They usually eat large amounts of sugary foods in an effort to elevate their moods.
- Patients may experience withdrawal symptoms, such as mood swings, irritability, and fatigue, if they do not eat the foods they crave.

Causes

- genetics,
- depressed moods,
- stress, psychological problems

Signs and Symptoms

- Patients may have difficulty stopping themselves from eating.
- They may eat quickly when they are not hungry, when they are alone, or constantly throughout the day.

Prevention / Cure

Same preventative treatment as for all eating disorders.

B. ORTHOREXIA NERVOSA

- Orthorexia is an obsession with eating proper food or food that the sufferer considers to be healthy and nutritionally beneficial to him/her.
- Sufferers of orthorexia will spend more and more time planning what they are going to eat and imposing strict regimens on themselves that, if not followed, may result in self-punishment, guilt, or negative thoughts.

Causes

- Patients have exaggerated or extreme ideas about what foods are healthy.

Signs and Symptoms

- Patients with orthorexia nervosa only eat foods that they consider to be healthy.
- They generally get more pleasure out of eating appropriate foods than satisfying their hunger.
- If the patient deviates from their diet, then they may feel depressed.

Prevention / Cure

Same preventative treatment as for all eating disorders

1. RHEUMATIC HEART DISORDER

- The disorder is not directly a nutritional disease but is a concern due to poor hygiene habits.
- It is a preventable disease and is the common heart disease found amongst children in Fiji, with those aged 5 – 15 yrs considered most at risk.
- Rheumatic heart disease is a serious heart problem that develops after rheumatic fever through A Streptococcal (Strep) infection (a germ called Strep). This bacterium causes strep throat.
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It is an inflammatory disorder that causes the body to attack its own tissues after it has been infected with the bacteria that causes strep throat.

- This reaction causes widespread inflammation throughout the body, which is the basis for all of the symptoms of rheumatic fever.

Causes

- caused by bacteria of the Streptococcus family.
- Streptococcus causes a cough and a sore throat, and clears up with antibiotics. In some cases, however, children with strep throat begin complaining of pain in the joints or other unusual symptoms. This usually happens 2 to 4 weeks after the streptococcal infection (which may have already cleared up).
- Environmental factors present in developing countries, such as poor sanitation, overcrowding and a lack of clean water

Signs and Symptoms

- heart problems
- joint pains
- swelling
- rashes

Rheumatic Heart Disease causes chest pain, shortness of breath, and tiredness. Some people need an operation to fix their heart if they do not receive regular treatment and young people can die from rheumatic heart disease.

Risk Factors for Rheumatic Fever

- Factors that increase your child's chances of developing rheumatic fever include: family history because certain genes make you more likely to develop rheumatic fever.

Prevention and Cure

1. Get treatment for sore throats and skin sores.

2. See a doctor for sore joints (knees, ankles, elbows, wrists)
3. Good personal hygiene and keeping the house clean.
4. Eat healthy food.

- Practicing proper hygiene methods can help prevent strep throat.
- Always ensure that the living surroundings and home sanitary conditions are hygienic such as covering the mouth when coughing or sneezing, washing hands, avoiding contact with people who are sick, avoiding sharing personal items, even water bottles, with people who are sick.

Note

- People who have had rheumatic fever before can get it again and again.
- All people who have had rheumatic fever should: have Benzathine penicillin injections every 3 weeks (children) or 4 weeks (adults), visit their doctor regularly for a check-up, visit the doctor immediately if they think rheumatic fever is coming back.

NUTRITIONAL EDUCATION

The National Food and Nutrition Centre

- The National Food and Nutrition Centre (NFNC) was established by Government in 1982 to address the country's nutritional problems.
- It works under the Ministry of Health and is the national resource centre for food and nutrition.

Vision:

A Healthy Fiji through Good Nutrition.

Mission:

To formulate food and nutrition evidence-based policies through periodic monitoring and evaluation of the food and nutrition situation, and coordinate FPAN programs with

strategic partners to enhance the nutritional wellness of the population of Fiji.

The Centre has the following responsibilities:

1. Monitor the food and nutrition situation in the country through field surveys and assessment of the national food supply.
2. Advise Government (and other stakeholders) on the food and nutrition situation and formulate evidence-based policy and programmes to improve the nutritional status of Fiji people.
3. Coordinate and review nutrition programmes/projects and the Fiji Plan of Action for Nutrition (FPAN), which aims to combat nutrition-related diseases affecting the population.
4. Educate the population about adequate diet and nutrition. NFNC has assisted Government in the development of numerous nutrition policies. They have also helped in co-ordinating the promotion of healthy canteens in schools, Food security and vegetable gardening and the implementation of the Fiji Plan of Action for Nutrition. Within the Education sector, the NFNC produces education materials/resources to support community and school education programmes with:
 - a. Canteen Guidelines
 - b. Posters, brochures/pamphlets and leaflets on various nutrition-related topics
 - c. Newsletters
 - d. Nutrition and NCD Fact SheetsSome materials developed by NFNC and circulated amongst schools include:

(i) Food and Health Guidelines for Fiji

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Fiji's Food Guide is a pineapple that comprises most of the ten dietary guidelines. These guidelines were corroborated with the assistance of the WHO (World Health Organisation) and the MOH (Ministry Of Health) in the form of pamphlets and charts.

- The 10 Food and Health Guidelines highlight the 3 Food Groups and lifestyle patterns that promote good nutrition and health in Fiji.

(ii) School Canteen Guidelines for Fiji

- The School Canteen Guidelines was first published in 2005 by the National Food and Nutrition Centre, the Ministry of Health with support from UNICEF and SPC.
- School canteens must provide healthy and nutritious lunch food and drinks to students. Good nutrition can make a difference in the health of children and their school performance.

Food Services in Fiji schools.

- eating less sugar, salt and fats
 - avoiding fast foods
 - eating lots of locally produced fruits and vegetables
 - drinking lots of water
 - drinking less soft drinks
 - eating a variety of foods
 - avoiding over-eating
- Canteen Management
- The food service can best fulfil its roles by:
 - a. selling nutritious foods that are prepared and served hygienically.
 - b. serving seasonal varieties of fruits, vegetables and nuts.
 - c. ensuring that the health of students is not compromised by the need to make profit.

Selling products in canteens.

Encourage children to buy healthy foods and snacks by:

- a. displaying posters and stickers of healthy and nutritious foods and drinks sold in the canteen.
- b. involving Home Economics teachers and students to prepare new recipes in their food and nutrition or agriculture classes.
- c. conducting meal satisfaction surveys to get feedback and ideas on how to improve existing practices.
- d. creating 'Special Days' to promote new food recipes and drinks.
- e. discouraging the sale of junk foods/snacks by creating awareness on health through participation in health education, talks, discussions and in various health events.

Hygiene

- Proper hygiene practices will prevent illness and help maintain cleanliness.
- Safe preparation and storage of food improves health by helping to prevent illness.

WORLD FOOD DAY

- World Food Day (WFD) commemorates the founding of the Food and Agriculture Organization (FAO) of the United Nations in Quebec City, Canada in 1945. It is observed on the 16th of October every year.
- It is an international celebration that NFNC coordinates at the national level.
- The FAO decides for the international theme.
- In Fiji, the focus is on the promotion of locally grown fresh nutritious fruits and vegetables.

USING RDA (RECOMMENDED DAILY ALLOWANCE) TABLES.

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RDI (Recommended Daily Intake) is the estimated intake of an individual which is essential to the efficient functioning of the body.

- These are guidelines issued by Nutritionists that indicate the amount of important nutrients that should be eaten by different members of the population to remain healthy.
- The RDA can act as an important guide to plan future food supplies for the country, plan diets for institutions, hospitals, schools, prisons and other services and label packed foods to indicate the proportion of the RDA in average serving portion.

Planning meals

- factors affecting the choice of food (eg/ individual preferences, food availability).
- meals to be planned daily or weekly (not individually) to ensure balance intake of nutrients.
- plan meals appropriate to occasion.
- appearance, texture and smell of food must stimulate appetite.
- consider the money available.
- consider the time and equipment available for cooking and preparation.

Meal patterns

- Nutritionists advise that it is better to eat small, regular meals rather than one large meal daily.
- adopting a vegetarian diet or the VMB way (Variety, Moderation, Balance) would be the most effective ways of ensuring a healthier body.
- By including various forms of physical exercise in the daily routine, a healthier lifestyle is created for all.

Activity

1. Discuss how the following factors have contributed to the prevalence of nutritional diseases in Fiji today. (i) Lifestyle (ii) Diet
2. Discuss how the change in diet has affected the nutritional status of Fiji's population.
3. Discuss reasons why many traditional foods that are rich in proteins and vitamins are not regularly eaten today.
4. Discuss the need to be concerned about the high incidence of kidney disease in Fiji.
5. Discuss the importance of the School Canteen Policy.
6. Discuss ways to effectively monitor this policy in schools