

How to Eat Healthy

An activity of "Food deserts and food swamps"

"Food deserts and food swamps" (page 10, *What's Up* February 2020) is a must read for all children in Singapore. It tells of the dangers of junk food and the importance of a healthy diet. We live in a food swamp, where we are met with food choices everywhere we turn. Are we able to identify and select healthy food for ourselves?

In the following statements, **one** of the suggested choices is wrong. Working in pairs, **circle the wrong** answer.

1. A healthy diet should comprise the following:

- a. Grains b. Fruits and vegetables c. Proteins d. Calcium e. Added sugars

2. The healthiest grains are whole grains. Whole grains:

- a. are unpolished. They have all the original grain's parts: the bran, endosperm, and germ.
b. are unbroken and polished to remove the outer brown parts.
c. lower the risk of developing heart attacks, diabetes, and perhaps even some cancers.

3. Examples of foods made from whole grain are:

- a. Brown rice bee hoon b. Wholemeal bread c. White rice d. Instant oatmeal
e. Wholegrain breakfast cereal f. Chapati g. Whole-wheat spaghetti

4. Fruits and vegetables are important sources of:

- a. Potassium b. Dietary fibre c. Trans fats d. Folic acid e. Vitamin A
f. Vitamin C

5. The healthy fibre in fruits is not lost when the fruit is:

- a. eaten whole b. drunk as juice c. cut into pieces

6. Protein is a critical component of a healthy diet. It is found in:

- a. Meat b. Fish c. Poultry d. Salt e. Eggs
f. Milk g. Yoghurt h. Cheese i. Lentils j. Nuts

7. Footballers and sportsmen need calcium to build strong bones. Calcium is found in:

- a. Milk b. Silken tofu c. Tau Kwa d. Isotonic drinks e. Soybean milk
f. Vegetables such as kai lan, spinach, chye sim and broccoli

8. The oil used to cook food is also important. Healthy oils should:

- a. contain less saturated fat b. contain almost no trans fat
c. not have the Healthier Choice Symbol d. contain mostly unsaturated fat

To learn to eat healthy visit <https://www.healthhub.sg/programmes/55/my-healthy-plate>. They have some very useful information on what and how much to eat.