



HEALTH
workshop



DID YOU ASK YOURSELF?

... Why do we eat?

... What happens to the food that we eat?

... What is good for our body

... What keeps us healthy





CHAPTER ONE

How does
food make
you feel?

HOW does your food make you FEEL?

FULL OF ENERGY
RELAXED
TIED
FULL OF ENERGY
BLOATED
STOMACH ACHES
TIED
HAPPY
FULL
HEADACHE
HAPPY
BLOATED
TIED

Circle the feeling that you get after eating your food

STOMACH ACHES
HAPPY
FULL OF ENERGY
HEADACHE
TIED
BLOATED
FULL
FULL OF ENERGY
HEADACHE
HAPPY
RELAXED
STOMACH ACHES
FULL
HAPPY
RELAXED





- Have you ever eaten something and **felt tired afterwards?**
- Have you ever eaten something and then **found it hard to concentrate?**
- Have you ever eaten something that gave you a **headache or stomachache?**
- What food makes you **feel the best?**



CHAPTER TWO

Why do
we eat?



WHY do we EAT?

We eat to get energy = Amandla



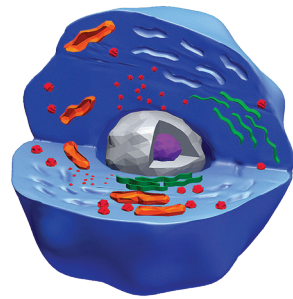
** This energy is not stored in the food, it's your Body that makes the energy out of the food you eat! = umzimba usebenzisa ukutya esikutyayo ukwenza amandla esiwadingayo emizimbeni yethu.*



HOW do we get ENERGY?



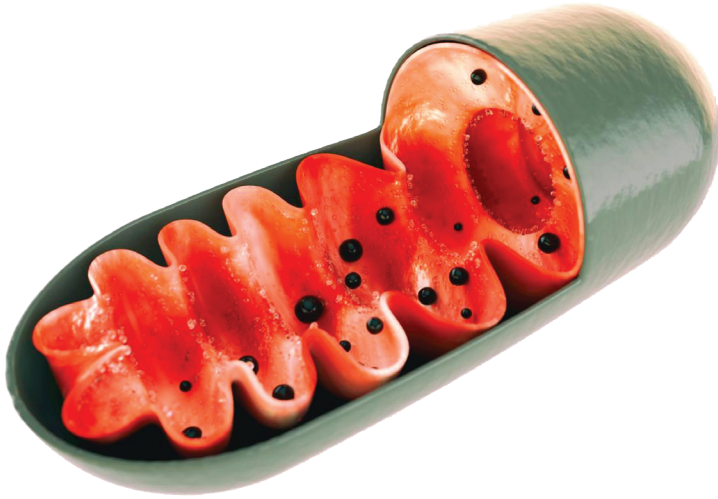
It starts with our cells



What is a cell?

- *Cells are the basic building blocks of our body and each body is made out of trillion of cells*
- *Cells= ama joni omzimba = soldiers of the body*
- *These soldiers need energy to work properly*





*Inside each cell live many
mitochondria - let's call them mitos!*

What is a mito?

- *The mito is a tiny organ and it has one job: produce energy for the cell that it is living in*
- *Mitos use the food that you eat to make this energy*



HOW do we get ENERGY?

*Lets take for example a
cell phone battery?*

- *The mito is the battery of your body cells, and your cells need it to gain energy*
- *just like your cell phone needs it's battery to charge and have energy*
- *It produces the energy for your cell, that's how your cells and your body can function properly*





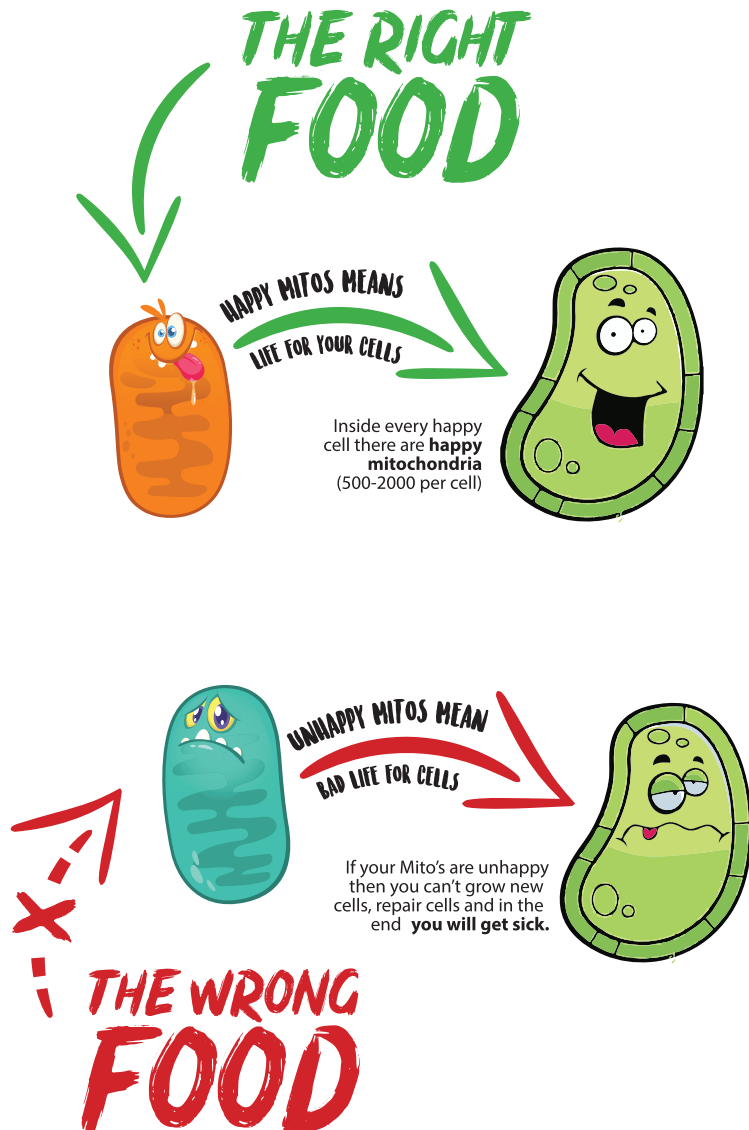
So **DON'T FORGET**

*** Without your cell phone battery:**
Your cell phone dies

*** Without the mitochondria:**
Our cells die

*** Without our cells:**
We can not survive





*Feel free to **take some notes***

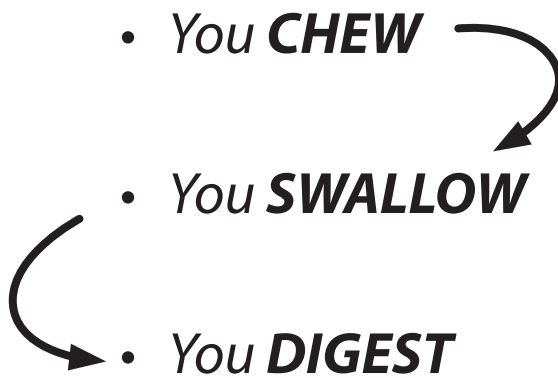
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CHAPTER *THREE*

What happens
to the food
we eat?



WHAT happens to the FOOD WE EAT?

- You **CHEW**
 - You **SWALLOW**
 - You **DIGEST**
- 

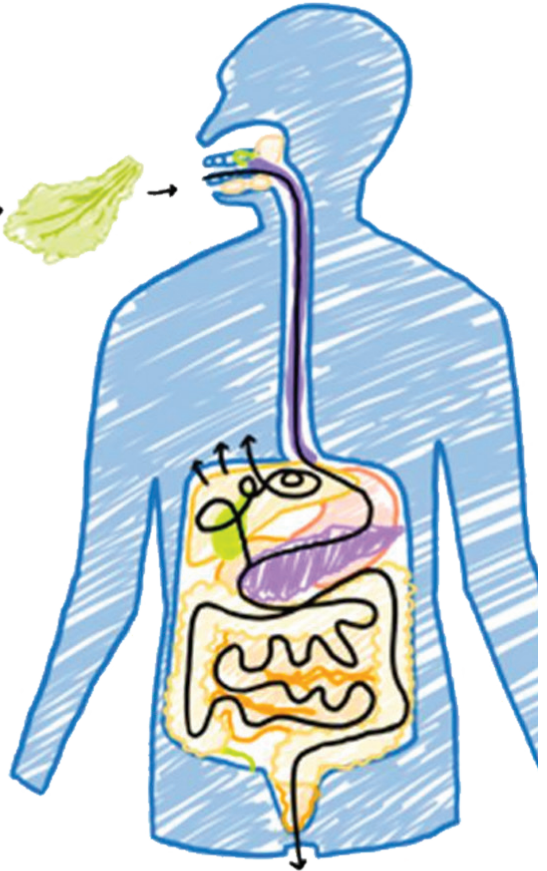
And **THEN** ???



15 What Happens To The Food We Eat?



Your digestive system breaks down the food and your mitos use the nutrients from the food to turn them into energy



Nutrients

= good parts of the food that keep us healthy
= izakhamzimba
= body builders



PROTEIN



FATS

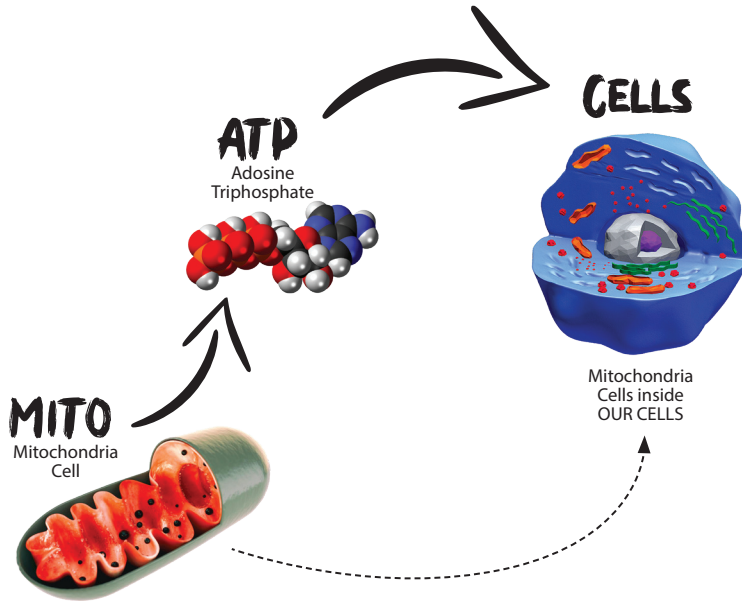


WATER



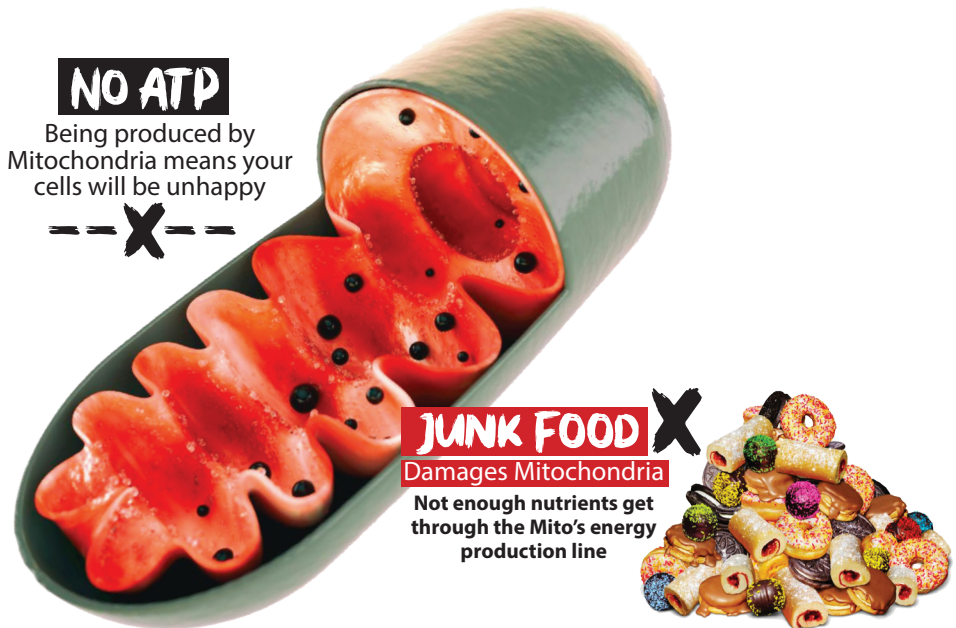
VITAMINS & MINERALS





- The energy is called ATP(Adosine Tri-Phosphate)
- Mitos need a lot of good nutrients to produce ATP
- When your cell has ATP it can do what it needs to

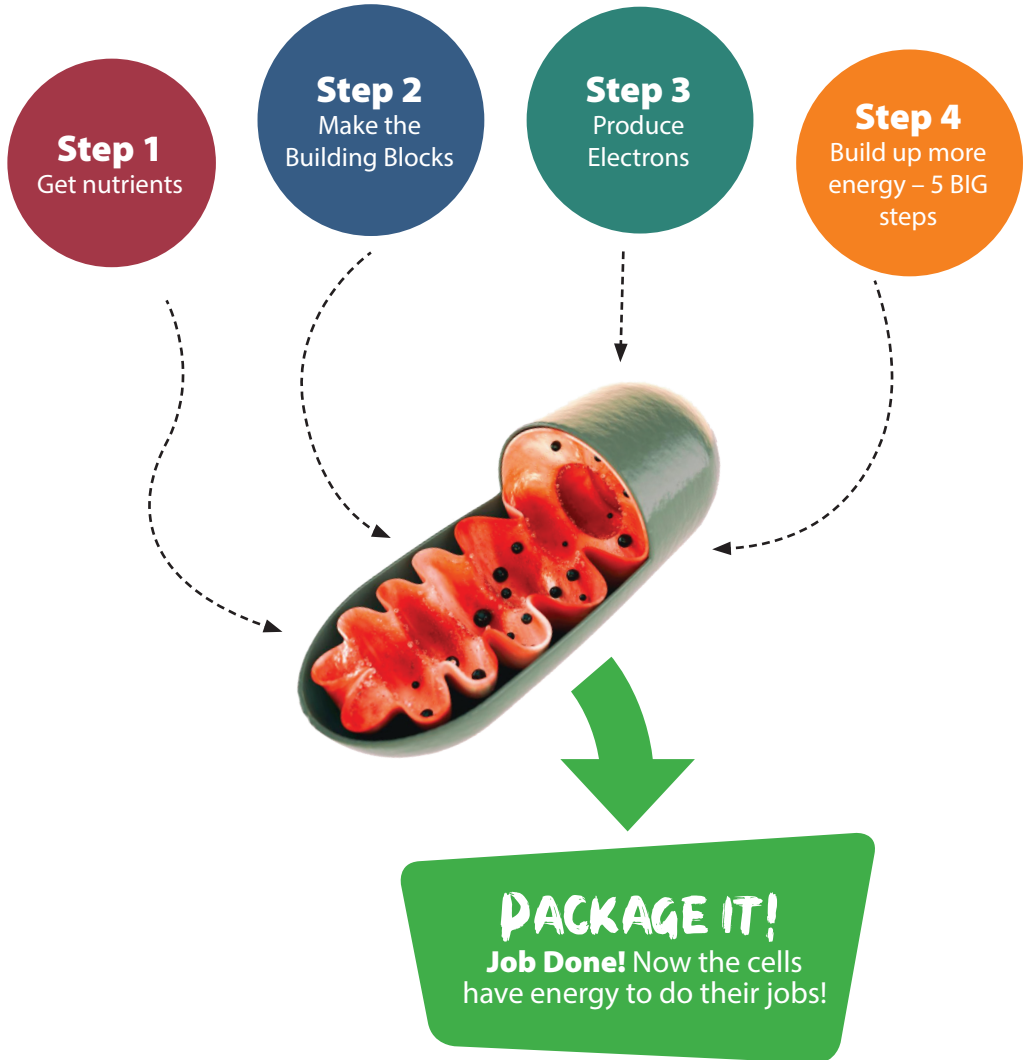
If Mito's don't work, our cells won't have the energy to work and do their jobs



Think of a car production factory....

- *A car can only function if it has all parts.*
- *And your mitos can only produce energy if they get all the healthy nutrients.*
- *If Mito's don't work, our cells won't have the energy to work and do their jobs.*





19 What Happens To The Food We Eat?

Feel free to **take some notes**



CHAPTER FOUR

What keeps
our Mitos
healthy?



WHAT keeps our MITOS HEALTHY?

Your
mitos
need



- Lots of veggies of every colour
- A small portion of starch at each meal: like a sweet potato, rice, oats, maize.
- An Average portion of Proteins: from eggs, meat, pilchards, chicken, beans.
- Lots of Good fats: from your eggs butter, avocado and nuts.



YOUR MITO FOOD PYRAMID

Making healthy food choices should not be difficult, always choose real food, vegetables, any animal products and good fats. If you can avoid anything that comes in a box or packet, do so. Free range meat or game is a first choice, if not, just don't eat the fat on the meat. Frozen vegetables are your 2nd choice, but preferably fresh.



HEALTHIEST BEVERAGES

Water, Rooibos Tea and Green Tea

CLEAN STARCH

(RICE, OATS, MALTABELA, NON GMO CORN)
MODERATE AMOUNTS OF FRUIT

(Apples, pears and berries are best, remember fruit has fruit sugar in it, so it can make you fat. Remember fruit juice can also have the same fattening effect)

Healthy fats are essential for myelin, which insulates your nerve cells making your brain healthier and more able to deal with stress.

YOU NEED GOOD QUALITY PROTEIN

Meat, Fish, Chicken and Dairy. Free range, especially game, wild fish. Some legumes/ beans.

YOU NEED LOTS OF VEGETABLES AND GOOD FATS

The fats help you absorb the nutrients from the vegetables, always add fat like butter, olive oil or coconut oil



Vegetables contain special plant nutrients called phytonutrients which give the vegetables their colour. The phytonutrients are anti-cancer, anti-inflammatory and anti-oxidant and keep us healthy. Eat a rainbow of colours as often as possible

BEWARE DIET DISASTERS

The damaged fats used in fast foods inflame your blood vessels and brain and age you before your time. Combine this with sugar and it is a double burden on the body.

Over processed foods like cereals, sugar laden foods like soft drinks, flavoured yogurt and energy drinks are not part of a good diet.



Foods like cabbage, cauliflower and broccoli all contain sulphur which is essential for detoxification



Also Healthy
Fats from Nuts and
Seeds, Egg Yolk and
Sardines

Healthy
Starches like Sweet
Potato, Butternut,
Pumpkin, Carrot, Rice
and Oats



Fresh food

No additives, all nutrients are there

Frozen food

Most nutrients are there

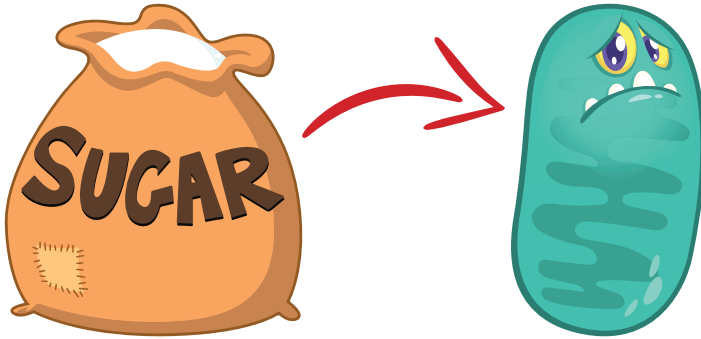
Canned food

Few nutrients are there

Processed food

*No nutrients, lots of chemicals
(Usually in a box, jar or packet)*





- *Sugar does not give you energy!*
- *Too much sugar makes the Mitochondria unhappy, and affects your energy production, this can make you feel miserable*

BE CAREFUL!

Sugar also acts directly on your brain like a drug, it makes you feel good while it harms you!



*Feel free to **take some notes***



CHAPTER FIVE

Processed Food



PROCESSED Food

EXAMPLES OF PROCESSED FOOD:

Noodles

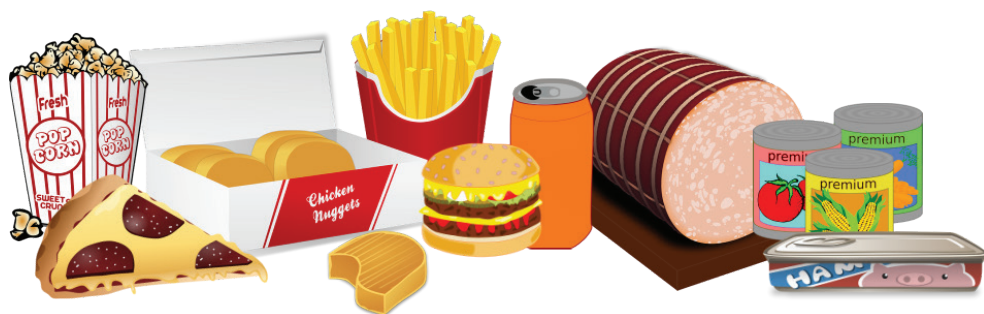
Energy drinks

Chips

Biscuits

What is **unhealthy** about processed food?

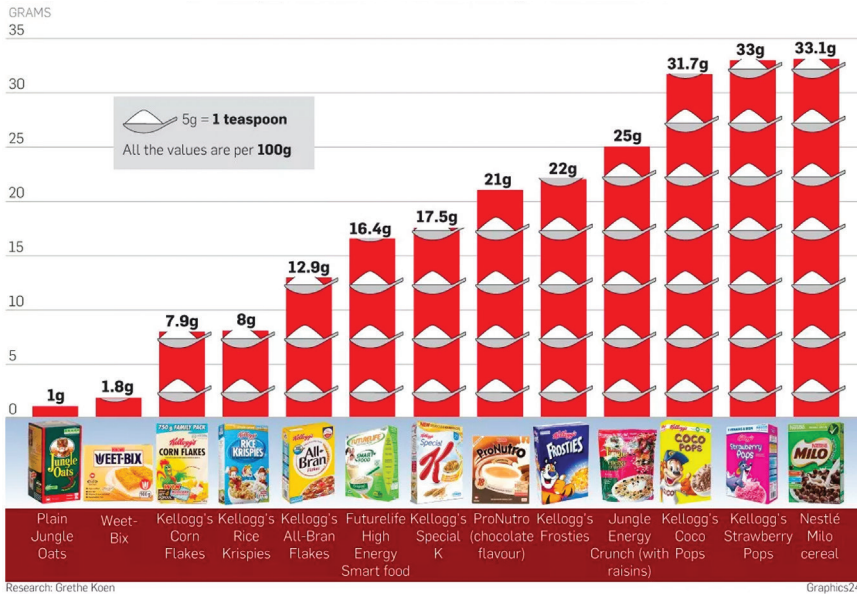
- Processed food can stay on a shelf for years.
- There are many chemicals inside the food in order to keep it eatable.
- Most of the time there is a lot of sugar in it as well.
- Processed food will stress your mitos!



Let's look at **cereals** as an example of processed food...

SUGAR-LOADED CEREALS

Although they punt themselves as a healthy, easy breakfast option, cereals are loaded with sugar. A 100g bowl of Milo cereal, for example, has about the same amount of sugar as a chocolate bar



GOOD FOOD VS BAD FOOD

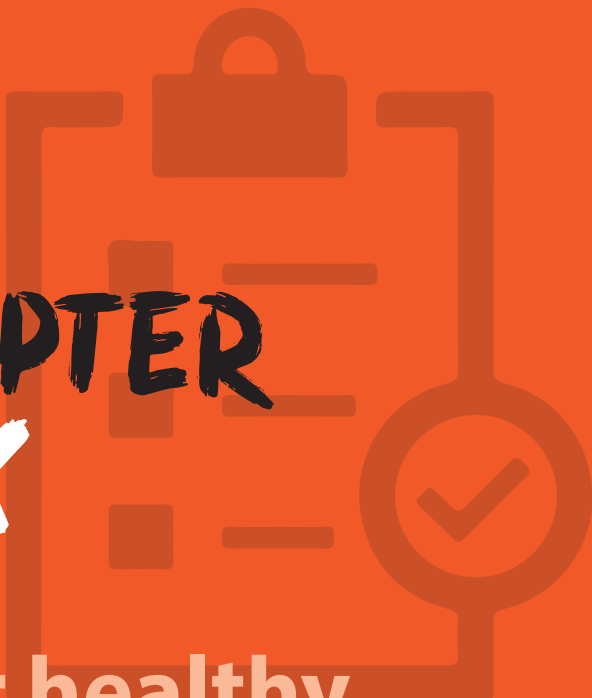
Identify Good and Bad food for your Mito

Good Food	Bad Food



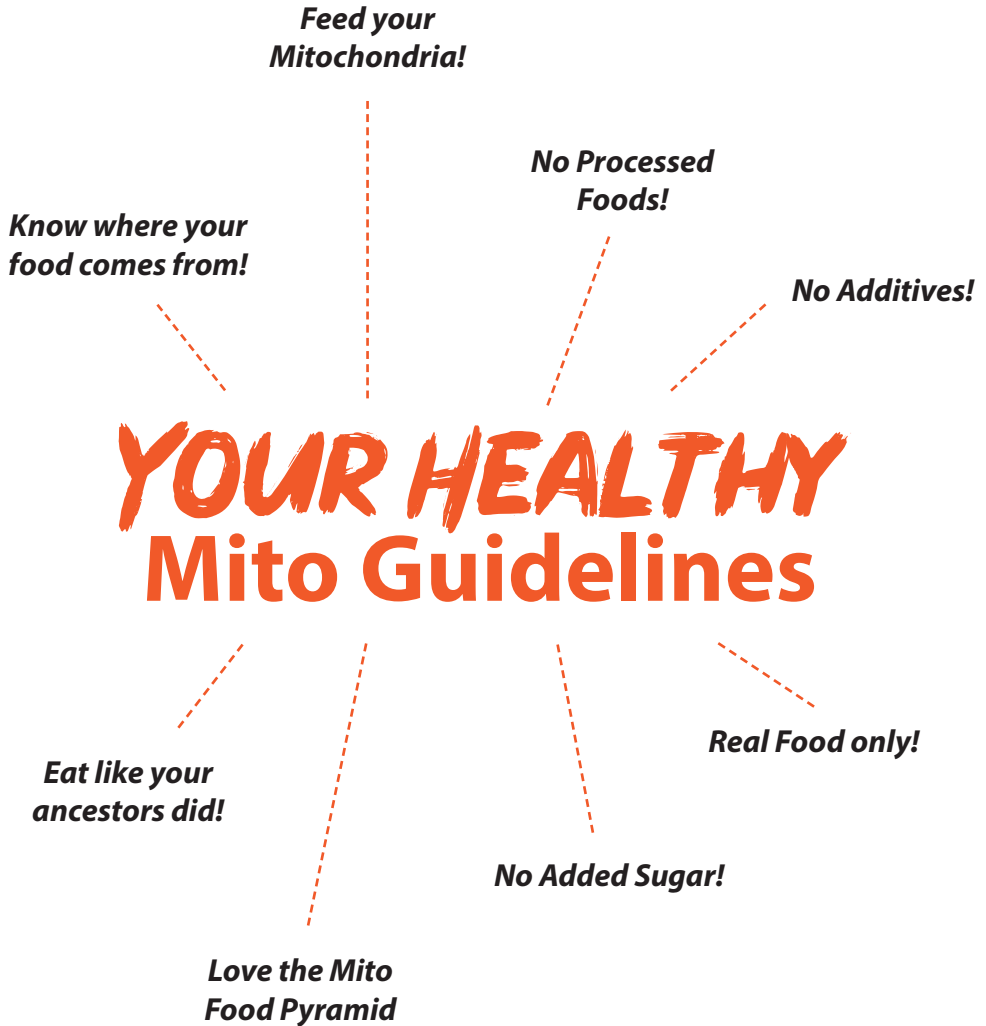
Feel free to **take some notes**





CHAPTER SIX

Your healthy Mito guidelines



EXERCISE:

My Mito Meal for a day

Now that you have a bit of information about healthy food and how to feed your mito, create your own healthy Mito Meal for a day.

BREAKFAST _____

LUNCH _____

SNACK _____

SUPPER _____

BEVERAGES _____



Feel free to **take some notes**



CHAPTER SEVEN

MyMito Quiz



1. *What is a Mitochondria?*

2. *Give two examples of food that gives us energy*

3. *Give examples of the following*

- Vitamins

- Minerals

- Proteins

- Fats

4. *What is ATP?*

5. *What is the effect of sugar into our Mitochondria?*

6. *Give an example of a balanced breakfast*

7. *Draw a picture of a mito*



*Feel free to **take some notes***





Glossary of terms

- **Healthy/Empilweni** - In a good physical or mental condition
- **Energy/Amandla** - The strength and vitality required for sustained physical or mental activity.
- **Bloated** - Swollen with fluid or gas.
- **Concentrate** - Being able to focus all one's attention on a particular object or activity.
- **Cell** - The smallest structural and functional unit of an organism.
- **Mitochondria/(Mito)** - An organelle found in large numbers in most cells, in which the biochemical processes of respiration and energy production occur.
- **Tiny/Ncinci** - Very small
- **Organ** - A part of an organism which is typically self-contained and has a specific vital function.
- **Produce** - Create or form (something) as part of a physical, biological, or chemical process.
- **Digestive** - Relating to the process of digesting food.
- **Nutrients** - A substance that provides nourishment essential for the maintenance of life and for growth.
- **Adenosine Tri Phosphate** - A compound consisting of an adenosine molecule that is present in all living tissue.
- **Starch** - An odourless, tasteless white substance occurring widely in plant tissue and obtained chiefly from cereals and potatoes.
- **Proteins** - a class of nitrogenous organic compounds which have large molecules composed of one or more long chains of amino acids
- **Processed** - To perform a series of mechanical or chemical operations on (something) in order to change or preserve it.
- **Chemicals** - A distinct compound or substance, which has been artificially prepared or purified.

