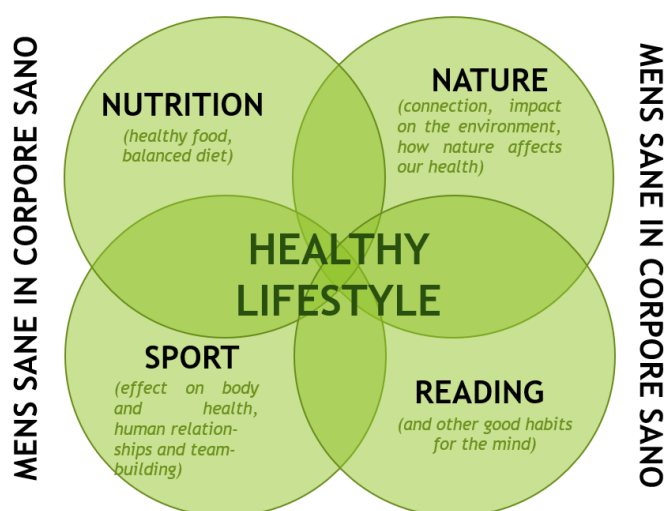




ACTIVITY TO INCREASE STUDENTS SKILLS AND KNOWLEDGE ABOUT HEALTHY LIFESTYLE



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1. COURSE TIME, TARGET AND TOPIC

- **Age of target students:** 13-14
- **Teaching time:** 1 hour
- **Topic:** Nutrition
- **Title:** Fasting and salty dietary.

2. COURSE OBJECTIVES

Skills promoted in this lesson:

- Explain dietary adaptations for Easter (reduced meat consumption) and Ramadan (intermittent fasting).
- Know the consequences of a too salty alimentation.

3. LEARNING – TEACHING PROCESSES

1. Fasting

1. **Read** the documentation and explore the following websites.
2. **Choose and explain** a type of fasting.
3. **Formulate** 5 recommendations for balancing the diet during this type of fast.

<https://www.health.harvard.edu/blog/intermittent-fasting-surprising-update-2018062914156>

<https://health.clevelandclinic.org/5-tips-for-fasting-the-healthy-way>

<https://dietitiansaustralia.org.au/health-advice/intermittent-fasting>



2. Consequences of unbalance diet: salty dietary

1. **Read** the document below.
2. **Create** a leaflet with practical advice on how to reduce your daily salt intake.

Salt in your diet

Find out why having too much salt can be bad for you and how to cut down.

Eating too much salt can cause high blood pressure, which increases the risk of heart attacks and strokes.

It's easy to have too much salt (or sodium). Around three quarters of the salt we eat comes from packaged and everyday foods we buy, such as bread, breakfast cereals, meat products and ready meals.

It can also be found in takeaways, restaurant or café meals and fast-food outlets.

Daily salt intake

Adults should have no more than 6g of salt a day (around 1 level teaspoon).

This includes the salt that's already in our food and the salt added during and after cooking.

Maximum recommended salt intake

Age	Amount
11 years old and over	No more than 6g (around 1 teaspoon)
7 to 10 years old	No more than 5g
4 to 6 years old	No more than 3g
1 to 3 years old	No more than 2g
Under 1 year old	Less than 1g

Babies should not have much salt, because their kidneys are not fully developed and cannot process it.

<https://www.nhs.uk/live-well/eat-well/food-types/salt-in-your-diet>



4. EVALUATION

Questions: true or false?

1. Eating too much salt can cause high blood pressure. **TRUE**
2. Eating too much salt reduce the risk of heart attacks. **FALSE**
3. After a period of fasting, it is advisable to drink a lot of water at once . **FALSE**