

تم تحميل هذا الملف من موقع المناهج الإماراتية



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9.2 Diet for diabetes, overweight, heart disease, renal disease, bone disease



Activity 6

Healthy cooking methods

Look at the different cooking methods below and discuss what one means. Then, decide if you think the cooking method is healthy or unhealthy.

Boil

Roast

Shallow fry

Deep fry

Steam

Bake

Poach

Broil

More healthy cooking method

Boil

Roast

Steam

Bake

Poach

Less healthy cooking method

shallow fry

Deep fry

Broil

Grill

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recomm

Note

9.1 Therapeutic diets for disease management



Activity 2

Fill in the blanks



Fill in the blank spaces from the words in the table to explain the role of therapeutic diets in the management of diseases.

Therapeutic diets play an important role in the management of diseases. They can be beneficial for individuals with various diseases, such as cardiovascular disease, diabetes and osteoporosis.

Therapeutic diets can reduce the amount of medication needed, or stop the need for medication altogether.

In some cases, therapeutic diets can cure certain conditions.

<u>cardiovascular</u>	diabetes	<u>cure</u>
<u>Therapeutic</u>	<u>diseases</u>	osteoporosis
<u>medication</u>		stop

9.3 Eating disorders



Discussion: Eating disorders

What do you already know about eating disorders?

An eating disorder is when a person has an unhealthy relationship with food.

Can you name some of the different types of eating disorders?

Anorexia Nervosa

Bulimia Nervosa

Binge Eating Disorder

Body Dysmorphic Disorder

What causes someone to have an eating disorder?

Eats a lot of food in a short period of time.

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Health



6 steps

Conditions that the DASH diet can improve

The DASH diet has been highlighted as being an effective therapeutic diet for other health conditions as well as hypertension. Identify at least four diseases or conditions that the DASH diet may help:

1. ~~Heart disease~~ prevention of control type 2 of diabetes.
2. low/high blood pressure.
3. kidney disease.
4. improve cholesterol levels.

Notes:

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Foods for heart disease

Activity 7

In the following spaces, write down what foods you would recommend for a person who has heart disease.

Bread

Potatoes

Rice

Pasta

Vegetables

Fruit

Notes:

14
35



Activity 15

Difference between anorexia and bulimia

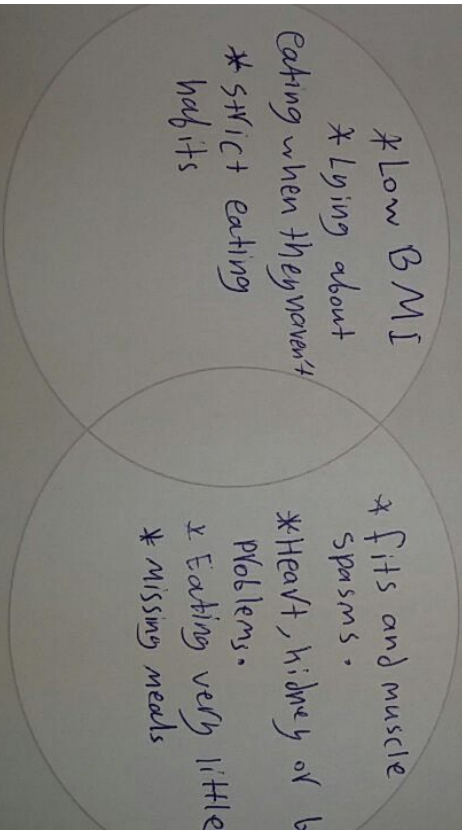


Look at the characteristics, signs and symptoms below. Do they relate to anorexia, bulimia or both?

Dental problems	/// Missing meals	/// Eating very little
/// Heart, kidney or bowel problems	Binge eating	/// Low BMI
/// Fits and muscle spasms	Fear of gaining weight	Feeling guilty and ashamed
Purging	Body dysmorphic disorder	/// Strict eating habits
Restricting certain foods	Avoiding eating in front of others	/// Lying about eating when they haven't

Anorexia nervosa

Bulimia nervosa



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<u>Therapeutic</u>	<u>diseases</u>	osteoporosis
<u>medication</u>		stop



Discussion: What do you know about a healthy diet?

What do you already know about a healthy balanced diet?

It's the diet which contains all nutrients each day.

What guidelines/suggestions would you give to someone who wants to have a healthier diet?

- ① Eat a variety of food each day.
- ② eat enough vegetable and fruit.
- ③ Make sure your diet have cereals and their products.



Discussion: What do you already know about diabetes?

Discuss with your class what you already know about diabetes.

It's a condition when the body's ability to respond or to produce insulin is not working as it should.



Create a one-day meal plan for a person who has diabetes. When planning the meals, remember which foods someone with diabetes should cut down on. Write your meal plan in the following space. Discuss your plan with the class and explain why you selected the foods you did.

Meal	Foods	Portion size	Cooking method	Other
Breakfast	eggs whole grain bread	one slice	boiled fresh	-
Lunch	Salad fish	one cup	fresh grilled	-
Dinner	labnah chees	2 spoon 2 pieces	fresh	-
Snacks	apple	one	fresh	-

Discussion: What is heart disease?

What do you already know about heart disease?

disorder of the blood vessels of the heart. The arteries become blocked.

List some of the causes of heart disease.

Fats makes layer on the arteries the arteries blocked.

What diet or other lifestyle recommendations would help someone with heart disease?

- ① cut down on salt water and trans fats
- ② reduce your intake of salt.
- ③ eat whole grains
- ④ eat plenty of fruits and vegetables
- ⑤ eat starchy foods.

9.2 Diet for diabetes, overweight, heart disease, renal disease and bone disease



Activity 4

Create your own definitions

Write your own definitions for the following terms:

Basal Metabolic Rate (BMR)

The rate at which your body burns calories at rest.

Physical activity

Anything that increase your heart a resting rate.

Thermal effect of food (TEF)

The energy that is used to eat and digest food.