

Eating healthily is a challenge in Western societies.....If the intake of energy from the diet is greater than the energy output the excess is stored as adipose fatty tissue



Obesity is a medical condition that occurs when a person carries excess weight or body fat that might affect their health. A doctor will usually suggest that a person has **obesity** if they have a high body mass index.



Body mass index is a value derived from the mass and height of a person. The BMI is defined as the body mass divided by the square of the body height, and is universally expressed in units of kg/m^2 , resulting from mass in kilograms and height in metres

Heart disease caused by from eating too much fatty Foods and sugary foods and junk food

Diabetes from eating too Much sugar and processed foods

Strokes from eating too

Much salt and junk food

Lack of fibre foods such as

Whole grain bread,jacket

Potatoes baked beans

Not eating 5 a day may cause bowel

Bowel Cancer in later life

Anorexia nervosa body image

eating disorder

Government guidelines.....

- High fibre
- Lower fat
- Drink more water

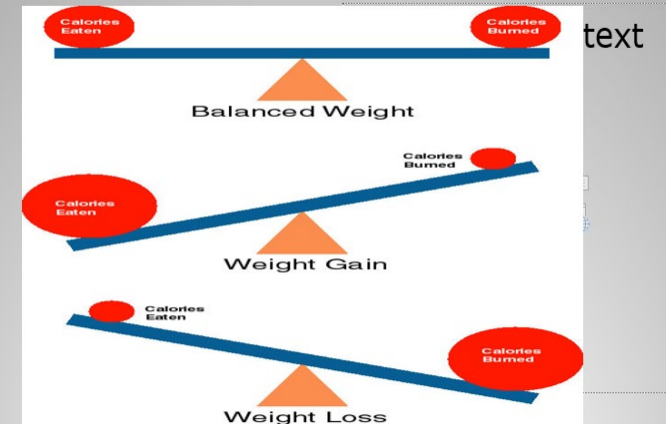
Low salt

- Low sugar
- 5 a day

Help your digestion and keeps blood pressure steady, keeps you lean.

Calories eaten

Calories burned



Energy balance

Starter

- On your white board
 - Why is eating healthy a challenge in western societies?
 - What stops us making healthy food choices ?
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- INTENT –you will develop knowledge today on eating disorder's and dietary diseases
 - You will gain confidence in presenting facts and information