

When One More Is Too Much

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When Susie came home from a sleepover at Emma's, her mum expected she would be tired. The girls often stayed at each other's places and sleep was usually the last thing on their minds. What Susie's mum was not expecting **though**, were Susie's complaints of a tummy ache and the fact that she had eaten too much in the past twenty-four hours.

Emma's and Susie's mums were best friends and had very similar ideas about caring for their children. They both believed in the slogan, "You are what you eat." And both were food pyramid experts! Susie's mum couldn't imagine how or why her daughter had eaten so much that she was feeling unwell. A few questions later, however, the reasons became clear.

"You know how you gave me \$2.50 to spend? Well, Em's mum gave her the same. After tea we went to the 24-Seven store with Em's brother. I nearly **bought** a bottle of orange juice but they had lots of other things on special."

"And?" prompted Susie's mum, eager to hear the rest of her daughter's story.

"Look, I know it was pretty silly, but I bought a packet of chocolate cream wafer biscuits and Em bought a huge packet of salt-and-vinegar chips."

As Susie continued to relay her story, her mother grew more amazed that she wasn't suffering from more than just a stomach-ache. Emma's mum had enjoyed a night off from cooking and Emma's dad had cooked a barbecue for tea. The girls had eaten two sausages and a hamburger each. At least there had been a healthy salad to go with it. Emma's dad had also bought chocolate cheesecake for dessert—"A special treat, for a special occasion!" he'd said.

After the trip to the store, the rest of the evening had been spent watching DVDs in Emma's room, and enjoying a feast of chocolate biscuits and chips! "Maybe I shouldn't have eaten that last one," mumbled Susie to her wide-eyed mother.

When One More Is Too Much

Literal Comprehension

- 1 Why was Susie's mum surprised to learn how her daughter was feeling?
- 2 What similar beliefs did Emma's and Susie's mums have?
- 3 How did the girls spend their money?
- 4 Why had Emma's dad cooked a barbecue?
- 5 What healthy food had the girls eaten?
- 6 How did the girls pass their time later in the evening?
- 7 How did Susie believe she could have avoided feeling unwell?

Inferential Comprehension

- 1 Why was sleep the last thing on Susie's and Emma's minds?
- 2 What is a "food pyramid" expert?
- 3 Did Susie think they had spent their money wisely?
- 4 Why did Susie's mum look wide-eyed?

Reflection

- 1 Do you think things might have been different if Emma's mum had cooked dinner?
- 2 What type of snacks might have been better for the girls after the barbecue and cheesecake?
- 3 Have you ever felt unwell after eating too much unhealthy food? If so, when, and what was it that you ate?



Activity Card 1

Rewrite this story changing the complication and resolution. In your story, have Emma's mother cook the meal for the night. Remember how careful she is about what her family eats.

Activity Card 2

Write your own captivating news story with the headline: "Drama in Family Home—Parents Refuse to Cook!"

Activity Card 3

Pretend you are about to have a friend sleep the night at your home. Draw up a timetable to show how the two of you will spend your time. Include a list of what you will eat for dinner and for breakfast. You should also include any snacks you might have. Think about healthy eating.

Activity Card 4

Write a nonsense poem about eating too much unhealthy food. Your last verse could involve a change of diet for the future! Illustrate your poem.



Junk Food bans at Schools

Victorian schoolchildren will be allowed to eat fatty junk food only twice a term under strict new canteen rules to be imposed next year.

For the first time, school tuckshops will be told what they can and cannot sell to the state's 540 000 school students.

Chips, potato cakes, dim sims, battered sausages, cakes and ice-cream are on the hit list.

Food will be divided into three groups—everyday, select and **occasional**—dictating how often it can be sold.

Food listed as “occasional” is defined as having high fat, sugar or salt content and will be restricted to twice a term, or eight times a year.

Deep-fried food, ice-cream, icy poles, **croissants** and commercially produced cakes and sweet biscuits will be on the “occasional” list.

Goodies listed under “select” will have some nutritional value and will be sold irregularly—**potentially** once a week. This will include party pies, sausage rolls and low-fat ice-cream.

Schools will be told to try to sell as much “everyday” food as possible—which includes items with high nutritional value. Fresh fruit and vegetables, wholegrain bread and cereals, and salads are in this category.

Pikelets, crumpets, baked potatoes and frozen yoghurt will also be available daily.

It is believed schools will be given information on how to introduce the new rules.

Activities for the classroom, promotional posters, a website and other material will also be available.

Many schools have already adopted healthy eating in their canteens, with restrictions on junk food.

The tough new rules come after a ban on sugar-loaded drinks at schools and an investigation into restrictions on chocolates and lollies.

Literal Comprehension

- 1 What three groups will food be divided into?
- 2 What is meant by “occasional” food?
- 3 How often will “occasional” food be sold at canteens?
- 4 Which group will sausage rolls and party pies fall into?
- 5 Which foods are high in nutritional value?
- 6 What assistance will be given to schools as they introduce the new rules?
- 7 What measures have already been taken at schools to help promote a healthy diet for students?

Inferential Comprehension

- 1 What is the aim of the new canteen rules?
- 2 What word in the headline tells you that school canteens will be prevented from doing something?
- 3 What does “commercially produced” mean?

Reflection

- 1 What do you think of these new rules?
- 2 What effect do you think the restrictions will have on the health and wellbeing of school children?
- 3 Apart from promoting healthy eating habits, what else can schools do to assist the overall healthy development of their students?

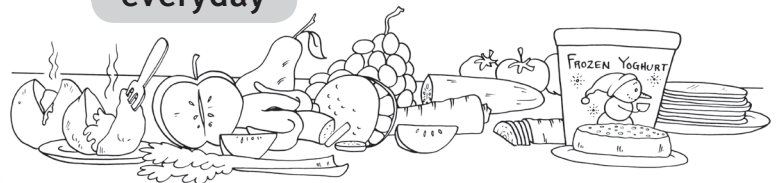
occasional



select



everyday



Junk Food Bans at Schools

Activity Card 1

Draw up a four-week timetable for your school canteen, according to the new canteen rules. List the foods that will be available each week. Refer to the newspaper article to check how often each type of food can be sold.

Activity Card 2

Make a list of everything you have eaten and had to drink so far today. Next to each item, write where it came from originally and where it was purchased. For example: glass of milk—milk from a cow at a farm; bought at local supermarket.

Activity Card 3

Pretend that your company has just invented the newest, greatest and healthiest fruit drink to hit the stores. Design a poster promoting your drink. Include a picture on your poster.

Activity Card 4

On a large sheet of paper, write these five headings:

- 1 Fruit and Vegetables;
- 2 Dairy;
- 3 Meat and Protein;
- 4 Grains;
- 5 Fats, Oils and Sweets.

Underneath each heading, list what you have eaten from that group in the past week.

Sample pages