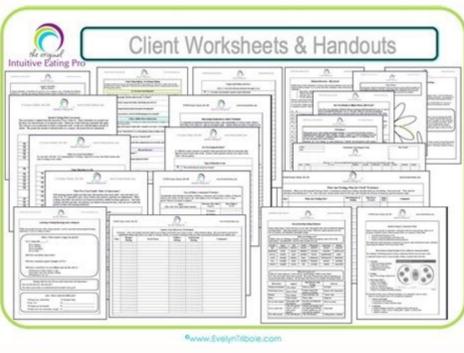


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**Continue**



Name \_\_\_\_\_

### Health and Hygiene

Cut and paste each picture in the correct box.

These things are probably safe and healthy to eat.		These things are probably unsafe and unhealthy to eat.	

a. a leaf pulled from a tree

b. an apple from a fruit bowl

c. a mushroom found in the woods

d. a piece of bread from the package

e. milk from the refrigerator

f. a lollipop your friend tasted

g. a candy bar found on the ground

h. cereal from the cupboard

# NUTRITION



- |              |            |            |
|--------------|------------|------------|
| CARBOHYDRATE | FOOD GROUP | NUTRIENT   |
| CHOLESTEROL  | FRUIT      | NUTRITION  |
| DAIRY        | GRAINS     | PROTEIN    |
| DEFICIENCY   | GROWTH     | PYRAMID    |
| DIGESTION    | HEALTH     | STRENGTH   |
| ENERGY       | MEAT       | VEGETABLES |
| FAT          | MINERAL    | VITAMIN    |

### Healthy Eating - NHS

Health... It might shock you but thousands of young people in Britain who would gladly swap a burger for an apple, chips over some other vegetables and even a can of pop over water. Less chips, less hips! Can you resist a Burger King? Or do you think you can eat them in moderation? Or do you like the taste of fat too much? Forgive me, I don't mean to sound horrible, but I need to get it through to you. This is a matter of life and death.

### Diseases

Eating healthier has been scientifically proven to reduce the chance of you suffering from heart related illnesses, diabetes and...the big one: obesity. Many people change their diet because they wish to look like popular celebrities with bulging muscles and rock hard abs. Or even skinny like most of the pop stars. However, many people forget about the damage being done inside. If the way you look is so important, why continue to snack on crisps, chocolate and other kinds of sugary treats? Therefore, for the sake of your health, as well as your looks, choose a piece of fruit instead. I'm not saying you should not eat anything sugar or fatty, just do it in moderation... Small amounts of our best loved treats are part of a healthy balanced diet!

### Isn't it expensive?

Shh! Stop shouting about how expensive healthy food is: it is more affordable than you think! Healthy food is not just fruit and vegetables! Mind you, they are important... Anyway, isn't it worth spending a little more? Your body will love you for it! A pack of bananas can cost less than £1 and a whole lettuce costs less than 50p -how much cheaper could they be? I recently spoke to a manager of Aldi supermarkets who told me they are constantly making sure fruit and vegetables are as cheap as possible. You don't need to look far for a tasty yet healthy option - shops are everywhere. Also, if they do get expensive, you can always grow some of your own in your back garden!

### The Benefits

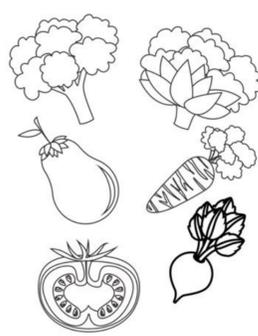
If you don't choose healthy food for a healthier body or a healthier bank balance then choose it for a healthier mind. It's a scary thought but you could be even more alert in lessons, more active in PE and more with it during detention. Oh yes, even some very naughty students in England have found that by eating healthier school meals it has helped to put them back on track achieve good grades. So there you have it, it is proven to make you smarter!

Healthy eating is very important but I am sure you knew this already. Most of all though, it is about ensuring you are a fit and healthy individual amongst the youth of today, as well as being able to set an example for the youth of tomorrow.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

## COLOR IN THE VEGGIES

Color in all Vegetables



Intuitive eating programs. Intuitive eating worksheets pdf. Intuitive eating activities. Intuitive eating worksheets free pdf. Does intuitive eating work. Intuitive eating near me. Examples of intuitive eating.

Evelyn Tribro: â interceptive awareness is our ability to perceive physical sensations that derive from within the body. This simple but profound skill helps individuals to draw on a reservoir of information to help identify and get their satisfied needs, ranging from organic to psychological. There is a depth of states connected to the sensations of the body: psychological states: every emotion has a physical feeling, or fingerprint signature if you do it. Click on the link below to download: Important note: If you are recovering from a food disorder, you may not be ready to embrace eating intuitive. Or its affiliates like many of you know, I am a strong supporter of eating intuitive. The 10 intuitive work principles at NÄ a) cultivate interoceptual awareness, such as the principle 2 honor your hunger or b) by removing obstacles to perceiving body sensations. The obstacles to the hearing and responding to the sensations of the body usually come to mind the form of thoughts, rules and beliefs. For example, the principle 4 challenges the food police and the principle 8 respects your body, are examples of principles that work by removing these obstacles. What guided you to use this multi-prong approach to illuminate the principles? His philosophy embraces the goal of developing the positivity of the body and reconnecting with the internal wisdom of the mint to eat. If possible, connect with a dietitian or therapist of the food disorder to help you guide you. This also strengthens the critical task of the development of trusting others to take care of the child's needs. RESCH is known at national level for your work in helping patients free yourself from diet mentality through the intuitive food process. When you feel sleepy  "how do you live it in your body? Heavy eyelids? Think of the last time you had a long journey and you will have to make a pit stop. What was the physical feeling in your bladder? Coation co-author Intuitive power supply and intuitive and intuitive workbook Elysesresch@gmail.com www.elysesresch.com Elyse resch, ms, rdn, cedrd, fed, is a nutritional therapist in private practice at Beverly hills with over thirty-five years of experience, specializing in eating disorders, eating intuitive and health at all sizes. We know that there are no easy corrections to make peace with food. However, through messy food or diet, we often disconnect from our body and we lose this ability. In my work with customers, often introducing the 10 principles of intuitive eating, based on the work of Evelyn Tribole and Elyse Resch. She's work has been profiled on CNN, Kabc, NBC, KTTV, AP Press, KFI Radio, USA today and the Huffington Post, among others. Et. Ä one of the biggest barriers I see is distraction, which includes ordinary activities while eating, as texting, watching TV, reading or work. I didn't compare to the distracted driving. Drivers often have the illusion that are 100% paying attention to their guide while simultaneously speaks or sending messages to the phone. The accident statistics show otherwise. If there is a header between the child and caregiver in the first six months, the child learns to trust that his signs of hunger and fullness are reliable, since Caregiver responds to the cries of the hunger of the child and the refusal of Eating more when it's full. Incorporate a solid dose of education in this workbook. It's not really different since someone wants to learn to play a new tool, like a guitar. You can read on the guitar and you can analyze the theory of music "both available." But in the end, you need to collect that guitar and feel the strings. What topics would you like to deal with? Ä, evelyn tribole, ms, rdn and elyse resch, ms, rdn yes to us for an interview Their book, Ä  the intuitive workbook: 10 principles to feed a healthy relationship with food. Ultimately, with The failure of the diet, self-esteem and body-trust decrease. What is this and why is it significant? I thought this could be useful for some of you, so I decided to share it. ER: Ä The driving force of intuitive eating is the goal of seeking satisfaction and pleasure in food experience. With a focus on satisfaction, people soon deepened than eating when he is starving moderately, stopping when it is comfortable, and eating for the body "the needs, rather than for emotional reasons, they will lead them to eat more satisfying. If, however, however, not They made peace complete with food, it will be very difficult for them to really enjoy eating. If they limit food, they feel free of private ones. If they eat foods that believe they should not eat, they will feel guilty. The pleasure and The fault is not compatible feelings. Taking the time to challenge their old negative thoughts on food and make all equivalent equivalent foods is essential to reach a level of freedom where they can fully experience the joy of eating. Resch Elyse: the greatest Part of children is born with all the information they need to know how to eat. Each of the 10 principles offered in your workbook is added Orded and sectioned from a number of perspectives - questions, evaluation scales, strategies, free writing space, worksheets and Ä  Ä "wap-up, Ä , etc. It is important to have direct experiences or practices or the process could simply become an intellectualization exercise. Evelyn qualified for the Olympic tests in the first marathon ever women in 1984. Supervises and trains health professionals, is a dietish-registered certified food disorder, a Committee of the International Association of Professionals of Food Disorder and An Academy Companion from and Dietatica. Over time it becomes fundamental - where the person cultivates the direct test that the body of him Ä  Ä , which becomes more significant than of Theory or study. One of the concepts you explain is the interocective awareness. It really takes practice. It is why we also incorporated experiential practices in our workbook. ER: Ä, Ä  had customers expressing this section surprise, since the intuitive food book addresses some of these themes in all, and above all, in the second-year-old section in the chapter concerning tackling emotions without using the food. Ä, the comments I received were all positive. Rarely, they have the people taken the time to evaluate the entire scope of their own care, and appreciate the opportunity to examine the areas where they may be needed more proactive. When they realize that it is essential to honor all aspects of self-care to be available to be present and tuned to their intuitive signals, they are eager to work through these exercises. It is the authore of intuitive eating and the intuitive power supply folder, you have published articles of magazines, printing articles and blog posts. You regularly make regular language commitments, podcasts and extensive media interviews. Reflective writing can be very useful in cultivating a healthy relationship with food, mind and body. Ultimately, listen and respond to the direct body message message is strengthening! Not nobody, except you, could know how you feel, both physically and psychologically. But to do this job, we need to cultivate trust, compassion and respect for the body. Don't surprise, studies show that intuitive eaters are very related to the ability of interclasive awareness. What follows are our questions in italics and their reflexive answers. His favorite food is chocolate, when it can be savored slowly. Other obstacles include thoughts, rules and beliefs. Example. I had a customer who thought it was a sin to feel the feeling of fullness. The conviction of him was that if you feel full, it means it means Operate.Ä, fullness = excess of food! "As a result, his rule would be to stop eating when hunger went away. (This is just the absence of hunger, not fullness itself.) Consequently, he constantly felt only a hunger. 'Now or two after eating a meal, it was chronically thinking of food and grazing a lot. 'He thought he had a food obsession. Healing and trust takes place with a bite at a time, an experience at a time. About the Authors: Evelyn Tribro, MS, RDN, author of 9 books, is a registered dietitian awarded with a practice of nutritional advice in Newport Beach, California, specializing in eating disorders and to eat intuitive. You enjoy public health and professional training How to help your customers cultivate a healthy relationship with food, mind and body through the intuitive power process, a concept that has co-pioneer in 1995-. To date, there are over 600 intuitive intuitive consultants in Ä

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