

## Week 6: Junk Food and Western Culture

August 30 to September 5, 2021



### Week 6 Lesson 1: Western Culture & The Great Junk Food Experiment

Radio New Zealand interviewed an expert on a study involving advertisements on junk foods that target Kiwi kids. Watch the interview by clicking the link below. Please write each question out in full in your Red Book:

"Kids exposed to 'enormous amounts of junk food advertising': RNZ Checkpoint."

[https://www.youtube.com/watch?v=3Zqr6V8M\\_Jg](https://www.youtube.com/watch?v=3Zqr6V8M_Jg)

1. How many junk food ads are Kiwi kids being exposed to every day on average?
2. What is the proposed solution?
3. How much money is eating junk estimated to cost New Zealand each year in health costs and lost productivity?
4. What diseases are being driven by poor diet?
5. Tobacco use has long been the number 1 health cost in New Zealand, but not anymore. What health condition is the new number one cost to health now in New Zealand?

**Question:** How serious of a problem do students think that eating fast food is in New Zealand?

How many times do you eat fast food in an average week? Do you think this is too many times?

Draw a line down the middle of the page and make a list of the advantages and disadvantages of eating takeout food.

### Eating Takeaway

#### Advantages

- 1.
- 2.
- 3.
- 4.

#### Disadvantages

- 1.
- 2.
- 3.
- 4,

### Week 6 Lesson 2: Western Culture & Junk Food – What’s in it?

**How much junk food can we eat as part of a healthy diet? Read the article ‘How much junk food can you ‘get away with’ and still be healthy?’ by Christie Brissette:**

<https://www.stuff.co.nz/life-style/well-good/teach-me/101912532/how-much-junk-food-can-you-get-away-with-and-still-be-healthy>

**Write a summary of the main points of the article under the following headings:**

1. JUNK FOOD AND FAST FOOD DEFINED
2. LONG-TERM EFFECTS OF EATING JUNK FOOD
3. SHORT-TERM EFFECTS OF JUNK FOOD
4. A FEW DAYS OF JUNK FOOD
5. ONE JUNK FOOD MEAL

Do you think that the writer is qualified to offer advice of this subject?

### Week 6 Lesson 3: Current Event on Food and the Meatless Revolution

Read the article, ‘The Rise of Meatless Meat’ by Kelsey Piper. The author discusses 9 questions about meat alternatives that many people have. Once you have read the article, summarise the 9 questions using key dot-points. **The first 2 questions have been done as an example.** That means you only have 7 more to do. Please write the questions in your Red Books followed by your dot-point summary.

<https://www.vox.com/2019/5/28/18626859/meatless-meat-explained-vegan-impossible-burger>

**1) What are meat alternatives? Veggie burgers have been around for a while — are these new products any different?**

- The new meatless products are new in that they are aimed at meat-eaters. In the past, plant-based products were aimed at vegetarians.

**2) Okay, but do they actually taste like meat?**

- The experts disagree on whether these meatless products taste enough like meat to catch on and become widely eaten.
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