



# Let us pray



Dear Creator of life,

Thank You for the gift of my body, mind, and spirit.  
Guide me to make choices that nourish and  
strengthen me each day.

Grant me the discipline to care for my health,  
the wisdom to listen to my body's needs,  
and the joy to move, rest, and eat in balance.

Help me release habits that harm me  
and embrace those that bring energy, peace, and  
vitality.

May my life be a reflection of gratitude for this  
precious gift of health.

Amen.

LET'S  
DISCUSS

WHAT IS YOUR  
FAVOURITE FOOD?

WHAT IS YOUR  
FAVOURITE TAKE AWAY?



*Other super popular takeaways are:*

**BURGER AND FRIES**



**SUSHI**



**TACOS**



**FRIED CHICKEN**



# WHAT IS JUNK FOOD?

**Pre-prepared, packaged food that has low nutritional value.**

Junk food has a lot of sugar, salt or fat in it to make it taste good.

It is food or drink that shouldn't be eaten too often.



# WHAT THINGS WOULD WE CLASS AS 'JUNK FOOD?'



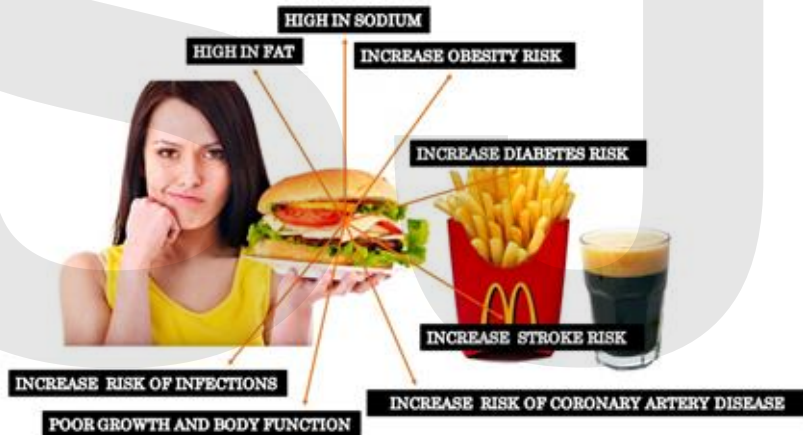
- Takeaways (*loaded with salt and sugar*)
- Hamburgers
- Lollies
- Cakes
- Ice cream
- Fudge
- Soft drink
- Greasy chips
- Battered fish
- Chocolate
- Crisps

- Crisps
- Pre prepared sauces
- Pot noodles
- Biscuits

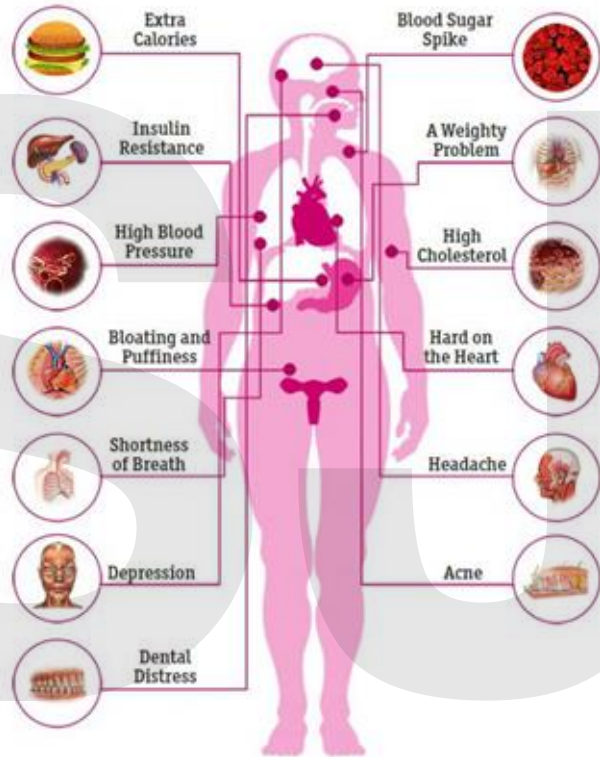


# HOW DOES JUNK FOOD AFFECT US?

- High calories in sugar can lead to obesity.
- People who eat junk food very often gain a lot of weight and get fat.
- Junk food can cause health problems to your organs.
- From the sugar in junk food you can get dental problems which might lead to fillings.
- Cholesterol and salt is known to set off blood pressure, stroke and heart disease.
- The salts in junk food can affect the functioning of your kidneys.



# WHAT PARTS OF OUR BODY DOES JUNK FOOD AFFECT?



- **The heart** – you can get heart disease.
- **Your appearance** – high calorie in sugar can lead to obesity (overweight) this can lead to diabetes.
- **Kidneys** – the salts from the junk food can affect their function.
- **Your blood** – cholesterol and salt are known to set off blood pressure.

## Junk food/processed foods

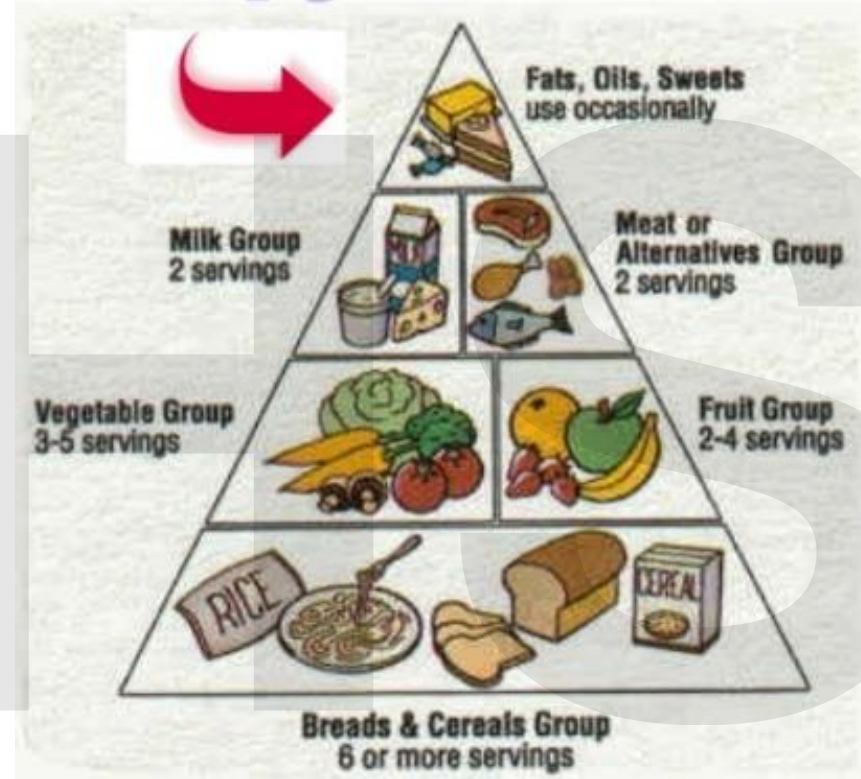
- type 2 diabetes
- heart-related problems (such as cardiovascular disease, high blood pressure and cholesterol)
- overweight and obesity
- Osteoporosis
- certain cancers
- Depression
- Eating disorders

+WATCH  
THE  
VIDEO+



# FOOD PYRAMID

- This is called a food pyramid.
- It tells you how to eat healthy.
- The junk food is at the top of the pyramid because we are supposed to eat them the least.
- Then there's the milk and meat, fruits and vegetables, and finally the breads and cereals.



## QUICK QUIZ

1. WHY IS JUNK FOOD AT THE TOP OF THE FOOD PYRAMID?
2. WHAT DOES JUNK FOOD DO TO THE HEART?
3. WHAT DOES JUNK FOOD DO TO YOUR APPEARANCE?
4. WHY ARE ENERGY DRINKS UNHEALTHY?
5. NAME 2 ILLNESSES CAUSED BY PROCESSED FOOD.