

Questions & Sample Answers

ECHO-TV Show #17 “Get Fit, Eat Smart, Be Well!”

(Nutrition & Exercise / STEPS Sponsor)

(Taping Date: Tuesday, February 28th, 2006 / 3:00-8:00 pm-TPT)

1. Why is healthy eating and physical activity so important to talk about especially for immigrants and refugees new to our state and country?

Answer:

- Everyone is free to make their own food choices but because food items vary among countries, it's important to learn how to prepare healthy meals where you live.
- Some immigrants and refugees are used to preparing fresh foods daily by hunting, fishing or going to a butcher but in the United States, many meals are packaged or processed and those foods can affect healthy diets.
- There are many more food choices in the United States that can lead to eating more meats, candies, or food in restaurants causing weight gain.

2. If we don't eat healthy what kinds of health problems might we face?

Answer:

- Diabetes and heart diseases are two common illnesses caused by in part by poor diet and exercise habits.
- Heart disease can cause a heart attack and even death.

- Diabetes prevents the body from using sugar and starches for energy and instead they accumulate in the body and damage many organs including blood vessels, kidneys, eyes and others.

3. What are some healthy eating habits?

Answer:

- It's important to eat the right foods to give your body the right amount of vitamins, proteins and nutrients each day.
- Common healthy fruit choices in this country are oranges, strawberries, peaches, mango, and blueberries and give the body vitamin C, vitamin A and other substances the body needs.
- Fruits and vegetables should fill half the plate at every meal because they are full of vitamins that don't come in tofu, meats, fish, rice or beans.

4. What are some UN-healthy eating habits?

Answer:

- Eating too many foods that are filled with fats, sugars, salts, soy sauce and M-S-G.
- Eating too much food – more than your body needs causing weight gain.
- Eating too much fast food may be easy to eat because you don't have to prepare the food but often fast foods aren't nutritious.

5. What is “fast food” and why should we limit how much fast food we eat?

Answer:

- Fast food is ready made meals or snacks you buy from restaurants or stores. They take minutes to prepare and are often full of fats, sugars and salts.
- Many fast food meals don’t have enough green or leafy vegetables but are full of fatty meats; greasy potatoes and other fried foods that cause weight gain.
- Many restaurants provide more food than the body needs at any meal. Use a take out box and save some of the meal so you aren’t tempted to eat it all at once. **[PROP: Show take out box]**

6. How much food should people eat? How much is too much?

Answer:

- How much to eat varies for children and adults.
- Each meal should include some protein, some carbohydrates found in rice or beans and more than anything else extra fruits and vegetables.
- You need twice as many fruits and vegetables with every meal.
- In general each serving of protein from meat, fish or chicken should be about the bigger than tennis ball. The same applies to carbohydrates that come from beans or rice. **[PROP: Show tennis ball]**

7. What about sugars and salts? How much is unhealthy?

Answer:

- Too much sugar from candies, cookies, and soda pop can cause weight gain and lead to other health problems like diabetes. The main form of diabetes is a result of gaining too much weight and getting too little physical activity.
- There is about 9 teaspoons of sugar in one can of pop – and our bodies don't really need any sugar but can tolerate small amounts—a teaspoon here and there.

[PROP: 9 tsp. sugar next to pop cans/various brands]

- Instead of pop or juices with sugar – drink water.

8. How does exercise play a role in good health?

Answer:

- Exercise helps the body keep from gaining too much weight and with a proper diet, can also help reduce the risk of illnesses heart disease and diabetes.
- In many cultures exercise came from daily walks to work or physical jobs like farming, but in the United States people walk less because they have to drive or take a bus to places.
- Many jobs and school lessons require people to sit a lot, so exercise has to be planned each day.

9. How much exercise do I need to stay healthy?

Answer:

- 30 minutes of exercise each day is a good start and it doesn't matter if the activity is an organized sport like soccer, or something simple like walking or dancing.
- If you don't have walking or other physical activity built into your daily life, try to find an activity that you enjoy or at least a person that you enjoy doing it with so you will continue to do it.

10. Where can we learn more about proper diet and exercise?

Answer:

- A dietician who specializes in meal planning, doctor, or nurse can help you learn exactly how much food your body needs each day.
- Consider having your cultural group get involved with organizing enjoyable active groups such as walking clubs or regular dancing. They could also be helpful in adapting from your traditional diet to one that works to maintain health in the US.