

06. Nutrition

Raphaëla Le Gouvello Education packet - Windsurfing solo across the Indian Ocean

<http://www.respectocean.com>



Life on board



For her crossing, Raphaëla is taking all of her food along with her: a lot of freeze-dried foods, some dried meat, dried fruit, cereal, crackers, etc., everything she needs for a varied and balanced diet.

You, also, need to eat a balanced diet to stay healthy and grow; such a diet includes:

- ▶ **body building foods** containing protein and calcium;
- ▶ **protective foods** containing vitamins for health, and fiber to clear your insides;
- ▶ **energy foods** containing carbohydrates to give you the vitality you need.

You also need a little bit of fat (lipids), to give your body a reserve of fuel, and a lot of water, to hydrate and cleanse your body, which itself is made up mostly of water. You get some water from foods such as fruit, vegetables, milk, and meat. But you must get the rest by drinking it: 8 to 10 glasses a day!

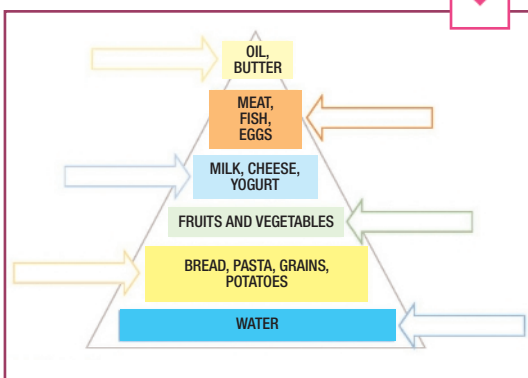
When it comes to nutrition, there is one rule: eat from each of the food groups every day.



Packaging the food

Activity

Fill in the boxes of the food pyramid, using the following words: "body building," "protective," "purifying," and "energy giving."



Hydration is essential

Hydration is very important, especially for athletes. We know that we need 1 ml (0.03 ounces) of water per kcal of food that we eat. But we lose water through perspiration, so during physical activity we need to drink even more.

Fruits and vegetables every day

Eating several portions of fruits and vegetables every day is a sure way to stay in shape and protect your health. Fruits and vegetables also help combat obesity. The recommended amount is at least 5 servings per day, raw or cooked.

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What's in food?

Per 100 g	Protein	Carbohydrates	Lipids	Fiber	Water	Vitamins	and...
WHITE BREAD (BAGUETTE)	8 g	56 g	1 g	yes	–	Traces	phosphorus, potassium
BOILED POTATO	1.5 g	18 g	0.1 g	–	–	–	Complex carbohydrates
FRENCH FRIES	3.8 g	30 g	15 g	–	–	–	–
LETTUCE	1.2 g	1.3 g	0.3 g	yes	yes	yes	–
COD FILLET Steamed or baked	20 g	0 g	1 g	–	–	–	Phosphorus and potassium
GROUND BEEF 15% fat	22.3 g	0 g	18 g	–	–	B 4 and B 12	Iron, phosphorus, potassium
SPINACH	2.8 g	0.8 g	0.3 g	yes	yes	A, E, C, B2...	Potassium, calcium, iron, magnesium
PARTLY SKIMMED MILK (100 ml)	3.2 g	4.6 g	1.6 g	–	yes	–	Calcium
ORANGE JUICE (100 ml)	11 g	0 g	yes	yes	C	Simple carbohydrates	



What about athletes?

Muscles work hard during athletic training and the body needs high-energy foods. Athletes eat a lot of carbohydrates and slightly increase the amount of proteins, dairy products, fruits and vegetables they consume in order to get more vitamins and mineral salts into their diets. They also drink a lot of water. But they do not increase the amount of fat in they consume.



What about fat?

Fat is the body's back-up fuel supply. But if you eat too much of it or your body can't use it all, fat gets stored under the skin and around internal organs such as the heart. We all know that there is fat in butter and oil. But did you know that many foods contain hidden fats? You can find this out by reading product labels.

Activities

► Make a list of what you ate last Wednesday or Sunday (don't forget between-meal snacks and "just-a-bites"). Compare your list with those of your friends or classmates, then use the food pyramid (see page 1) and nutrition content table to see whether your diet is balanced or not.

► Work in small groups to make a list of balanced menus for one day.

Watch out for hidden sugar!

We need sugar in our diet. It gives us energy we can use immediately when playing sports or engaging in other tiring physical activities. Raphaëla is going to need some! And did you know that sugar is the only fuel normally used by brain cells?

But you shouldn't eat too much of it, or the body will transform it into... fat! Sugar is hidden in many foods: read those labels closely.

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Activity

Using this table, calculate how much sugar is in these foods (in grams). Then figure out how many cubes of sugar this corresponds to, using 6 grams as the weight of each cube of sugar. You must, of course, look up the weight of these foods.



Food	Amount of sugar (in %)
Soft drinks	10%
Candy	100%
Drinkable yogurt	13%
Candy bar	60%
Flavored fresh unripened cheese ("petit suisse")	20%

Activities

- ▶ Look at the food pyramid again: you don't find cake, candy, ice cream or chocolate on it. Why do you think this is so? Where would you put them in the pyramid, and what label would you give them?
- ▶ Why do you think more and more people are becoming overweight in the richest countries?

Question

If you had to run an endurance race at school in the morning, what breakfast would you eat to ensure your top performance?

Questions

- ▶ Look up the meaning of the word malnutrition.
- ▶ What is an NGO? Do you know of other NGOs that are working to combat malnutrition in the world?
- ▶ What is the primary aim of *Aide et Action*?
- ▶ Discuss with your classmates what role schools can play in helping combat malnutrition.

World malnutrition

There are many nutrition-related problems throughout the world. Often it is the children who suffer from malnutrition. Strey Ya is a young, 11-year old, Cambodian. She lived in the streets for a year before being entering a rehabilitation center: *"My life in the streets was my most difficult time ever. The other children and I ate whatever we could find in trashcans and at the dump. That's all we had. But since I've been at the center I'm happy because I can eat and study every day! I eat a good meal three times a day."*

In France, the problems of obesity or being overweight are becoming more frequent: one child in ten is now overweight by the age of eleven.

Raphaëla is a sponsor of *Aide et Action*, an NGO whose mission is to help all children, even the most underprivileged, to attend primary school. To this end, the association provides assistance to improve schools and living conditions in the form of school health programs and prevention campaigns, for example. *Aide et Action* also helps build and equip classrooms, provide teaching materials and school supplies, train teachers, and facilitate sports and cultural activities.