

Chew your food until it is like baby food!

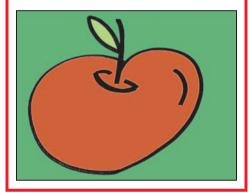
### **DID YOU KNOW?**

Children have more taste buds than adults Your mouth produces about one litre of saliva

every day

Food spends up to six hours in the stomach being digested

An adult intestine is around seven metres



# Eat well and live well

Students at Kelso State School have been undergoing an innovative lifestyle course created by educator Trish Thomas called the 7 Natural Physicians and *The Sun* has been there following their progress.

HIS week Year Six has been learning about the importance of choosing to eat healthy foods and how this impacts on their learning.

Course creator Trish Thomas visited to talk about the amount of fat and sugar in different foods.

Students learnt that foods we should eat most of come from the earth such as fruit, vegetables and grains. Foods that we should eat moderately come from animals or animal by products and manufactured foods such as lollies and chocolate are body temperature determines those which we should only eat a how much food melts. little of as treats.

experiment to see how much fat made them not want to ever eat was in different foods. The foods a confectionery bar again. used in the experiment were a ter, butter and mayonnaise.

Students rolled a small amount of each in their hands.



THE 7 Natural Physicians course creator, Trish Thomas, talks to Kelso State School students about the importance of good nutrition

Students Jake and Jesse said Trish helped conduct a science to Trish that the experiment

"After the experiment the confectionery bar, peanut but- chocolate did not taste as good as I remembered."

The students learnt that it is important to read labels on food,

bined fat and sugar content in

Being able to eat a healthy snack helps to feed the brain by keeping energy levels high.

Some of the foods eaten for nibbles are fresh fruit, vegetable sticks, cheese and crackers, yoghurt and plain pop-corn.

Nibbles helps with concen- and Rasmussen Primary Schools.

Trish then explained how especially looking at the com- tration and engage in fun and learning activities.

> Until next week remember, as Dr Gastro Nomical says in his French accent: "Chew your food until it is like baby food!" Hugs and healthy eating! Year 6 Bow.

The program has been funded by Queensland Governments Community Renewal program and coordinated by the Department of Housing; the Townsville General Practitioner Network and Kelso

## Santa's Coming to Willows - Colouring in Competition





### Winner announced Thursday 20th November, 2008 at 3.30pm Brumby's Forecourt

### Ages to 12 years

The winner will join Santa in the Grand Santa Parade on 22nd November, and be the first to have their photo taken with Santa at Willows Shopping Centre.

Colour in the picture, fill in the details below and post it to Willows Shopping Centre, PO Box 96 Thuringowa Central, Qld 4817, or deliver to Centre Management situated between Woolworths and Lenard's at Willows.

Come and see your wonderful creations on display at the Brumby's forecourt.

First Name: Last Name: Age at last birthday: Phone Number: Street Address: Suburb: State: Postcode:

Closing date 19/11/08 at 5.30pm.





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