

EAT HEALTHY AND BE ACTIVE

A Pacific Diabetes Prevention
Education Programme



PARTICIPANT MANUAL



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EAT HEALTHY AND BE ACTIVE

PRE AND POST ASSESSMENT FORMS

PRE-ASSESSMENT FORM			
Date:			
For each statement below, tick ✓ the box which best reflects your current situation			
STATEMENTS	Not yet	Mostly	Absolutely
I consume foods from the four colour groups at every meal			
I practice portion control in my meal servings			
I eat breakfast regularly			
I do not eat before bedtime			
My family eats healthy foods			
I drink the recommended amount of water/niu each day			
I am committed to change and to improve my health			
I understand and apply the Word of Wisdom in my life			
I know what to do to reduce/reverse the risk of diabetes			
I exercise at least 30 minutes a day (except Sunday)			
I am at my ideal weight			
I grow and eat nutritional food from my garden			
I get between 7-8 hours sleep every night			
I understand and practice stress control			
I can overcome obstacles to choosing a healthy lifestyle			
I set, regularly review and keep, personal health goals			
I accept that my choices determine my health outcomes			

POST-ASSESSMENT FORM			
Date:			
For each statement below, tick ✓ the box which best reflects your current situation			
STATEMENTS	Not yet	Mostly	Absolutely
I consume foods from the four colour groups at every meal			
I practice portion control in my meal servings			
I eat breakfast regularly			
I do not eat before bedtime			
My family eats healthy foods			
I drink the recommended amount of water/niu each day			
I am committed to change and to improve my health			
I understand and apply the Word of Wisdom in my life			
I know what to do to reduce/reverse the risk of diabetes			
I exercise at least 30 minutes a day (except Sunday)			
I am at my ideal weight			
I grow and eat nutritional food from my garden			
I get between 7-8 hours sleep every night			
I understand and practice stress control			
I can overcome obstacles to choosing a healthy lifestyle			
I set, regularly review and keep, personal health goals			
I accept that my choices determine my health outcomes			

WEEKLY CHECK-UP (WCU)

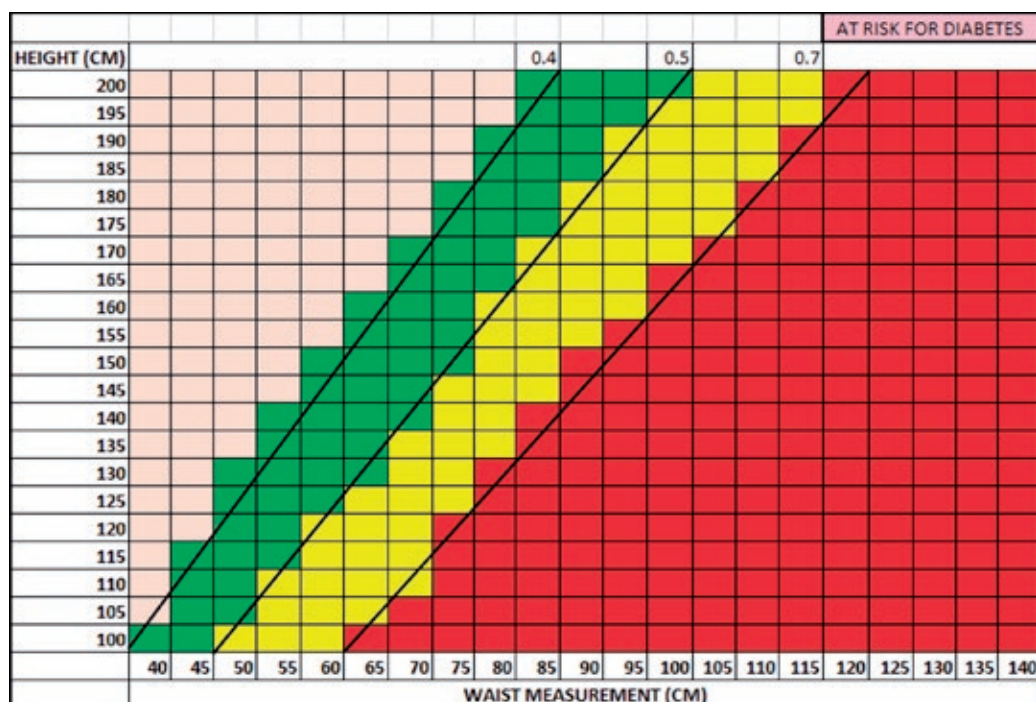
Each week you will check your progress by recording your **Weight** and **Waist-to-Height Measurement**. You will also monitor your **blood pressure** and **blood glucose** levels during lessons 1, 6 and 12.

RECORD YOUR PROGRESS EACH WEEK IN THE CHART BELOW:

	Weight (kg)	Waist-to-Height (cm)		Risk for Diabetes			Blood Pressure	Risk for Diabetes			Blood Glucose	Risk for Diabetes		
		Waist	Height	Low	Med	High		Low	Med	High		Low	Med	High
<i>Example</i>	80	80	170	✓			130/80		✓		9.9			✓
Week 1														
Week 2														
Week 3														
Week 4														
Week 5														
Week 6														
Week 7														
Week 8														
Week 9														
Week 10														
Week 11														
Week 12														

WAIST-TO-HEIGHT MEASUREMENT: The waist-to-height measurement is used to find out if you are carrying unhealthy fat around your stomach.

- Measure your waist by placing a tape measure around your stomach area just above your belly button. Record the number on the chart above.
- Measure your height at the beginning of the course and record it on the chart above.
- Find where your waist measurement and your height intersect on the chart below. Colour indicates your risk for diabetes: Green = Low, Yellow = Medium, Red = High.
- Put a tick on your risk colour in the chart above.



MONITORING BLOOD PRESSURE AND BLOOD GLUCOSE IS IMPORTANT

BLOOD PRESSURE:

- The heart pumps blood to the body and creates pressure like water pumped through a hose.
- Blood pressure is measured by the rate blood leaves the heart (top number) and the rate blood flows back into the heart (bottom number).
- High blood pressure puts extra strain on the heart and blood vessels and increases risk of heart attack, stroke, heart disease and kidney disease.
- **A blood pressure reading of 120/80 is normal - subject to age and medical conditions.**

TOP NUMBER (Blood LEAVES heart)

BOTTOM NUMBER (Blood flows TO heart)		70	80	90	100	110	120	130	140	150	160	170	180	190	200
	40				Green	Green	Green	Yellow	Yellow	Red	Red	Red	Red	Red	Red
	50				Green	Green	Green	Yellow	Yellow	Red	Red	Red	Red	Red	Red
	60				Green	Green	Green	Yellow	Yellow	Red	Red	Red	Red	Red	Red
	70	Green	Green	Green	Green	Green	Green	Yellow	Yellow	Red	Red	Red	Red	Red	Red
	80	Green	Green	Green	Green	Green	Green	Yellow	Yellow	Red	Red	Red	Red	Red	Red
	90	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Red	Red	Red	Red
	100	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red

BLOOD GLUCOSE:

- Glucose is a type of sugar found in most foods.
- Sugars travel through the blood and are absorbed into cells and muscles providing energy for the body.
- Sugar not absorbed increases the levels of sugar in the blood, which can lead to diabetes and other illnesses.
- **A blood glucose reading of 6.0 and below is healthy.**

EXCELLENT			GOOD		ACTION NEEDED: CONSULT WITH A DOCTOR						
4.0	5.0	6.0	7.0	8.0	9.0	10.0	11.0	12.0	13.0	14.0	15.0



WEEKLY PROGRESS REPORT (WPR)

Each week, monitor your progress and mark how well you have kept your commitments throughout the week.

RECORD YOUR PROGRESS EACH WEEK IN THE CHART BELOW:

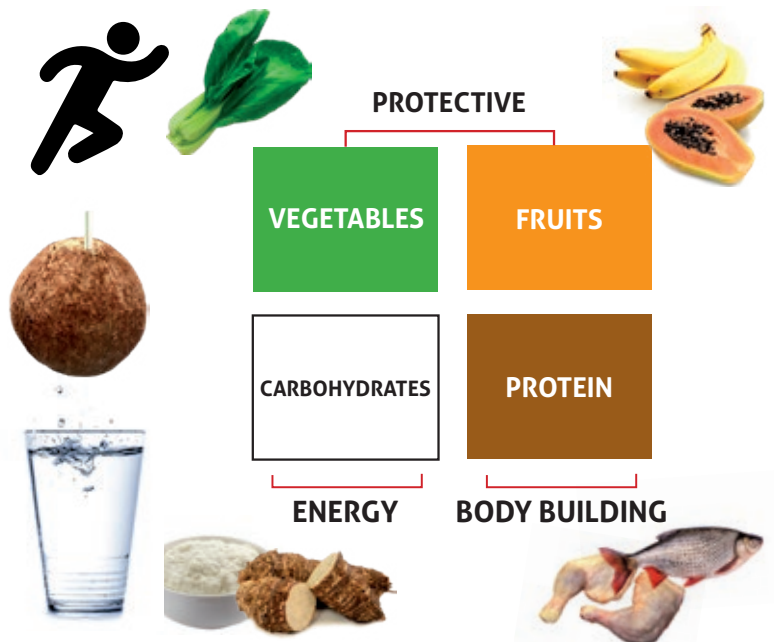
Put an X in the box when you have completed the task and leave it blank when you have not completed it.

	Eat 4 colours							Eat more fruits/vegetables							Less unhealthy sugar/fat/salt						
<i>Example</i>	X	X		X																	
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Week 1																					
Week 2																					
Week 3																					
Week 4																					
Week 5																					
Week 6																					
Week 7																					
Week 8																					
Week 9																					
Week 10																					
Week 11																					
Week 12																					

	Eat smaller portions							30 minutes physical activity							Drink 8 glasses of water or niu						
<i>Example</i>																					
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Week 1																					
Week 2																					
Week 3																					
Week 4																					
Week 5																					
Week 6																					
Week 7																					
Week 8																					
Week 9																					
Week 10																					
Week 11																					
Week 12																					

EVERY DAY WE WILL TRY TO:

- 1 Eat a variety of four colours (BROWN, WHITE, GREEN and ORANGE)
- 2 Eat more fruits and vegetables (GREEN and ORANGE)
- 3 Eat LESS foods that are high in sugar, fat and salt
- 4 Eat SMALLER PORTIONS
- 5 Participate in AT LEAST 30 minutes of physical activity
- 6 Drink AT LEAST 8 glasses of water or niu



1 BEGINNING THE JOURNEY

DAILY GOALS

EVERY DAY WE WILL TRY TO:

- 1 Eat a variety of four colours (BROWN, WHITE, GREEN and ORANGE)
- 2 Eat more fruits and vegetables (GREEN and ORANGE)
- 3 Eat LESS foods that are high in sugar, fat and salt
- 4 Eat SMALLER PORTIONS
- 5 Participate in AT LEAST 30 minutes of physical activity
- 6 Drink AT LEAST 8 glasses of water or niu

EXERCISING FAITH ON OUR JOURNEY

"Taking action is the exercise of faith. . . . I would suggest that we have enough to get started. We have a sense of the right direction. Faith is a principle — the principle of action and of power. True faith is focused in and on the Lord Jesus Christ and always leads to action."



Elder David A. Bednar, LDS Media Library — "Principle 1: Exercise Faith in Jesus Christ"

PONDER: It is very important to remember that when someone is trying to make positive health and lifestyle changes, they must feel support and love from those around them. We must learn to lift others, rather than cause them to become unbalanced by trying to push or pull them. We need to recognise that it takes a whole family, village and community for positive changes to happen.

DIABETES SYMPTOMS

- Always Thirsty
- Using Toilet More Often
- Unexplained Weight Loss
 - Blurred Vision
 - Always Hungry
 - No Energy
- Sores Heal Slowly
 - Itchy Skin

COMMIT: During the week, ponder the quote on faith by Elder Bednar and apply it to your personal journey to better health.

BEFORE YOU LEAVE TODAY: Complete all screenings, add your readings to the chart on page 4 and complete the pre-assessment form on page 3

MY JOURNEY JOURNAL

What important things did I learn this week?

What is my commitment this week?

What will I do this week to keep my commitment?

2 CHANGE BRINGS PROGRESS

WHY CHANGE?

"If you do not change direction, you may end up where you are heading."

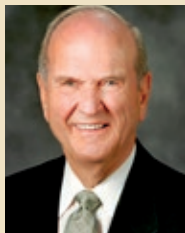
- Lao Tzu, Chinese philosopher

PACIFIC DATA ON DIABETES

- Amputation every 12 hours in Fiji
- Pacific leads world in prevalence of diabetes
- Highest male obesity rate in Tonga
- High levels of female obesity
- Increasing rates of premature adult mortality
- 90% of all vision problems in Tonga are due to diabetes

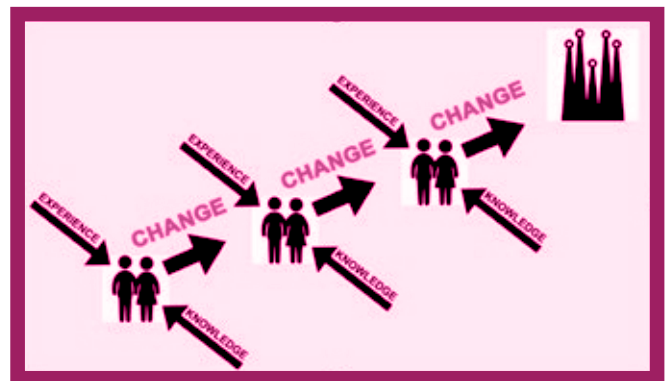
CHANGE IS PART OF HEAVENLY FATHER'S PLAN FOR US

"You are never too young to learn, never too old to change. Your yearnings to learn and change come from a divinely instilled striving for eternal progression. Each day brings opportunity for decisions for eternity. . . . My dear brothers and sisters, each day is a day of decision, and our decisions determine our destiny."



Elder Russell M. Nelson, "Decisions for Eternity," General Conference, October 2013

(Look at the chart below.) We were all sent on our earthly journey to learn and grow. Through life's experiences we gain knowledge. Knowledge, coupled with experience and relying upon the Holy Ghost, helps us change and become more like God. This change comes about through our individual choices, or in other words — acting rather than being acted upon.



IT IS IMPORTANT TO ACT: NOT BE ACTED UPON

"... Endowed with agency, you and I are agents, and we primarily are to act and not just be acted upon."

Elder David A. Bednar, "And Nothing Shall Offend Them," General Conference, October 2006



"Therefore, cheer up your hearts, and remember that ye are free to act for yourselves — to choose the way of everlasting death or the way of eternal life."

2 Nephi 10:23

Healthier lifestyles make for happier people. Changing things that we are used to doing can be difficult and sometimes painful. However, help is close at hand. Friends, family and the Lord, can help us through necessary changes in our journey. But in the end, change is up to **you**. That is called: taking personal responsibility or **self-control**.

"It isn't until you come to a spiritual understanding of who you are that you can begin to take control of yourself. As you learn to control yourself, you will get control of your life. If you want to move the world, you first have to move yourself. . . The crown of character is self-control."

President Dieter F. Uchtdorf, "The Wind Beneath Your Wings," BYU Devotional, November 2003



"Be strong — be strong in the discipline of self. How many otherwise good men squander their strength and dissipate their will and literally destroy their lives because they have not the power of self-discipline."

President Gordon B. Hinckley, "Building Your Tabernacle," *Ensign*, November 1992



Write three reasons why you should act and change your unhealthy habits **now**:

1

2

3

SMALL STEPS LEAD TO CHANGE

"Now ye may suppose that this is foolishness in me; but behold I say unto you, that by small and simple things are great things brought to pass; and small means in many instances doth confound the wise."

Alma 37:6

The changes we are going to make may seem like a huge task; as huge as an elephant! Just as an elephant is big, the problem of diabetes is big! We cannot overcome such a big problem all at once or in a short time. We have to take small steps every day to become healthy. There is a saying: "Even an elephant can be eaten – one bite at a time!"

COMMIT: During the week, ponder the scripture in Alma and remember that the **small and simple things** done each day will one day produce a **great big result** — a healthier lifestyle!

MY JOURNEY JOURNAL

What important things did I learn this week?

What is my commitment this week?

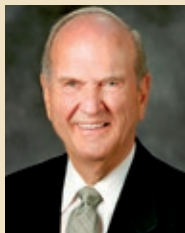
What will I do this week to keep my commitment?

3 TYPE 2 DIABETES AND THE BODY

A Prescription for a Healthy Lifestyle:

"Healing doesn't come after the first dose of any medicine. So the prescription must be followed firmly, bearing in mind that it often takes as long to recover as it did to become ill. But if made consistently and persistently, correct choices can cure. . . . My spiritual prescription includes six choices. . . . Choose to Be Alive, Choose to Believe, Choose to Change, Choose to Be Different, Choose to Exercise, Choose to Be Free."

Elder Russell M. Nelson, "Addiction or Freedom," General Conference, October 1988



DIABETES: Happens when the blood has too much sugar and insulin can't move the sugar to the cells.

GLUCOSE: Sugar found in food.

SUGAR

INSULIN: A key to open the door into blood cells.



Insulin lets the glucose (sugar) into the cells, which gives us energy. Someone who has diabetes has too little or no insulin—or the cells do not respond to the insulin that is made. When insulin can't do its job, sugar builds in the blood and can cause these complications.

WHAT IS TYPE 2 DIABETES?

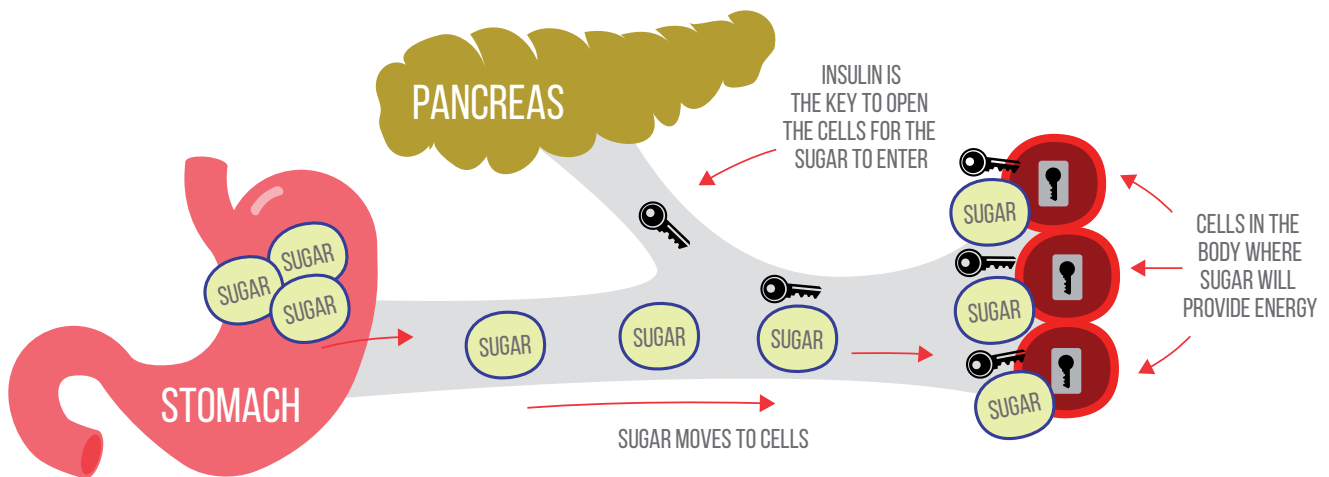
Now that we "Choose to Change", our journey leads us on a voyage of discovery about the long-term impacts of diabetes on our body. To understand diabetes, we have to know about glucose and insulin. We will talk about these terms and watch a video about how they work in our body.

It is critical to teach our children and grandchildren healthy behaviours to prevent them from developing diabetes. These behaviours include healthy eating, physical activity and stress and weight management.

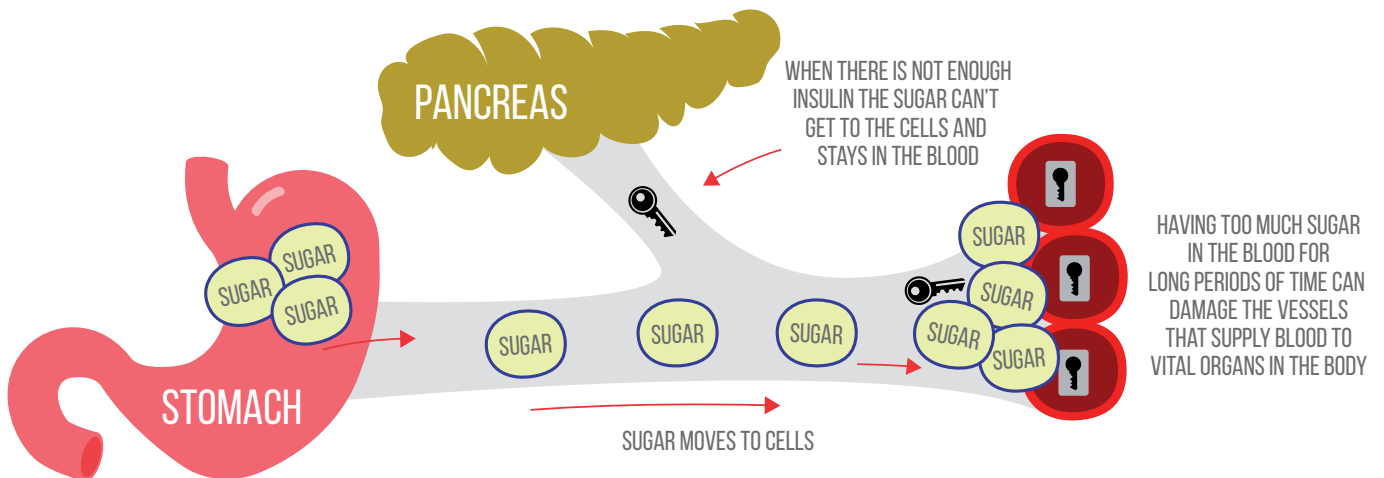
COMPLICATIONS FROM DIABETES

- Blindness
- Kidney Failure
- Heart Attack
- Stroke (Brain)
- Skin Dryness
- Recurring Infections
- Damaged Nerves (numbness in feet)
- Amputations

HEALTHY PERSON



PERSON WITH TYPE 2 DIABETES



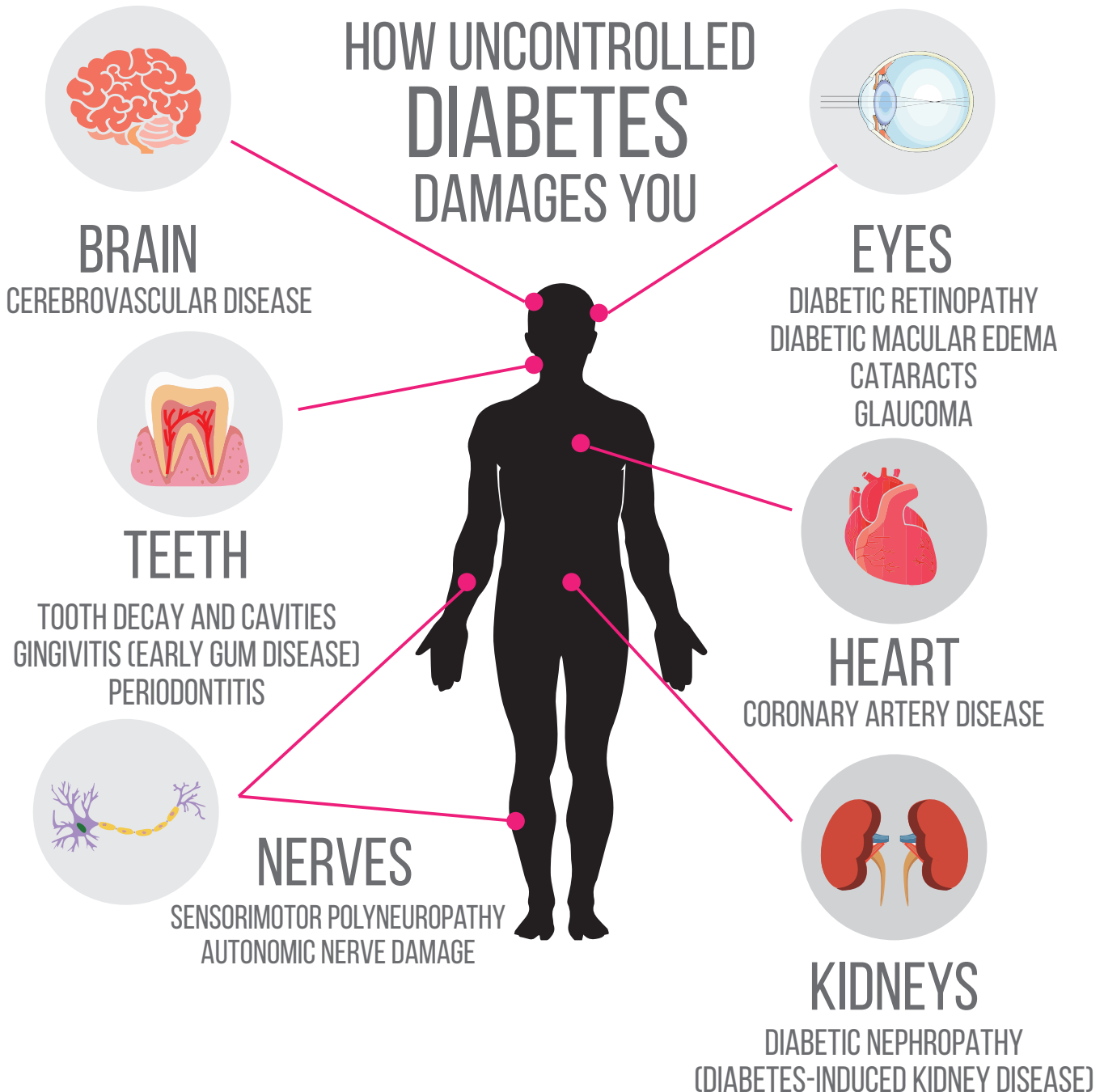
"Diabetes type 2 has invaded every household in Tonga including the homes of members of the church. It has become a massive problem among ministers, fathers and mothers. Tragically there are some Tongans who believe there is still time to solve the problem, but it's almost too late. We must come together now and work to resist this terrible disease."

Reverend Dr. Tu'ipulotu Katoanga (President, Church of Tonga)



DIABETES AFFECTS THE WHOLE BODY

Our bodies are made of systems that are all connected and work together to maintain health. When one or more of these systems is not healthy we become sick. Type 2 diabetes can affect all these systems.



"We see the big problem with diabetes in that the individual does not often feel that he is ill and he does not realise he has diabetes until it is too late and he is suddenly confronted by the fact that the organs of his body are damaged."

Dr. Siale `Akau`ola, CEO, Tonga Ministry of Health



OUR BODIES ARE A SACRED GIFT

Our physical and spiritual lives are connected. When we take care of our physical body we also strengthen our spirit and increase our happiness.

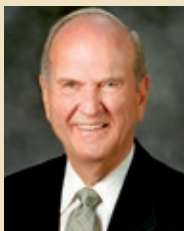
"The human body is a magnificent gift and a significant responsibility. It is our Master's finest creation. We are more like our heavenly parents – not less – because we have bodies. Our bodies are sacred temples, worthy of special care and respect. Sacrifice is required to keep our temples in good condition. Do not give up. A fit body is a righteous desire."



Professor Larry A. Tucker, "The Human Body: A Gift and a Responsibility," BYU Devotional, May 2013

OUR BODIES CAN BE STRENGTHENED BY LIVING THE WORD OF WISDOM

"Each organ of your body is a wondrous gift from God. . . . Anyone who studies the workings of the human body has surely 'seen God moving in his majesty and power'.



"Because the body is governed by divine law, any healing comes by obedience to the law upon which that blessing is predicated [or based]."

President Russell M. Nelson, "Thanks be to God," General Conference, April 2012

"To be sent greeting; not by commandment or constraint, but by revelation and the word of wisdom, showing forth the order and will of God in the temporal salvation of all saints in the last days — Given for a principle with promise, adapted to the capacity of the weak and the weakest of all saints, who are or can be called saints.

"And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; And shall find wisdom and great treasures of knowledge, even hidden treasures; And shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen."

Doctrine and Covenants 89:2-3, 18-21

COMMIT: During the week ponder the quote by President Nelson and practise living the Word of Wisdom every day.



MY JOURNEY JOURNAL

What important things did I learn this week?

What is my commitment this week?

What will I do this week to keep my commitment?

4 BENEFITS OF HEALTHY FOOD

THE SCRIPTURES TEACH ABOUT HEALTHY FOOD

"Yea, all things which come of the earth, in the season thereof, are made for the benefit and the use of man, both to please the eye and to gladden the heart; Yea, for food and for raiment, for taste and for smell, to strengthen the body and to enliven the soul."

Doctrine and Covenants 59:18-19

THE WORD OF WISDOM = GOOD FOOD FOR YOUR BODY

Our Heavenly Father loves us and wants us to be healthy. He has given us guidelines in our journey of life about the foods and other things we should or shouldn't take into our body. He wants us to enjoy good health throughout our lives on earth. These guidelines are in Doctrine and Covenants 89, which is also called the **Word of Wisdom**.

"And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man —

Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving."

Doctrine and Covenants 89:10-11

PROTECTIVE FOODS

Fruits and vegetables are some of the best foods for our body because they contain vitamins and minerals that help protect us from diseases. Eating these foods can help prevent some kinds of blindness and infections — and they help wounds heal properly. These foods also reduce the risk of health problems like cancer, heart disease and type 2 diabetes. Protective foods can also make us look and feel younger!



There are many green leafy vegetables available in the Pacific. Many of these vegetables can be grown in a family garden or found at the market. Some are eaten only when cooked, like taro leaves, but others can be eaten raw, like carrots and cucumbers. Some plants that are grown for their root or fruit, have leaves that can be eaten like sweet potato, cassava and pumpkin. Leafy vegetables have very little effect on blood sugar levels, making them great for weight loss.

Fibre in green leafy vegetables will slow down the digestion of sugars. The iron found in vegetables gives us energy and improves the brain. Everyone should eat vegetables every day.



Many delicious fruits can be found in the Pacific, which also contain vitamins and minerals that fight disease. Fruit has been called “nature’s candy” because it usually tastes sweet. The sugar in fruit is a natural sugar and is healthier for us than processed sugar, but too much fruit can be harmful for someone who has diabetes. Remember that Doctrine and Covenants 89:11 states, “these should be used with prudence”.

“Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly.”

Doctrine and Covenants 89:12

Beans are also a “body building” food and can help weight loss. They are high in protein and fibre. Eating beans can also lower blood pressure and blood glucose levels.

“All grain is ordained for the use of man and of beasts, to be the staff of life, not only for man but for the beasts of the field, and fowls of heaven, and all wild animals that run or creep on the earth;

And these hath God made for the use of man only in times of famine and excess of hunger.

All grain is good for the food of man; as also the fruit of the vine; that which yieldeth fruit, whether in the ground or above the ground — Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks, as also other grain.”

Doctrine and Covenants 89:14-17

BODY BUILDING FOODS



Beef, lamb, chicken and fish, eggs and milk are good sources of protein that our body needs to grow strong. Protein builds muscle and helps us recover from illness. Pregnant women and small children especially need protein. Protein rich foods also contain minerals such as iron and calcium that help our body develop and function properly.

ENERGY FOODS



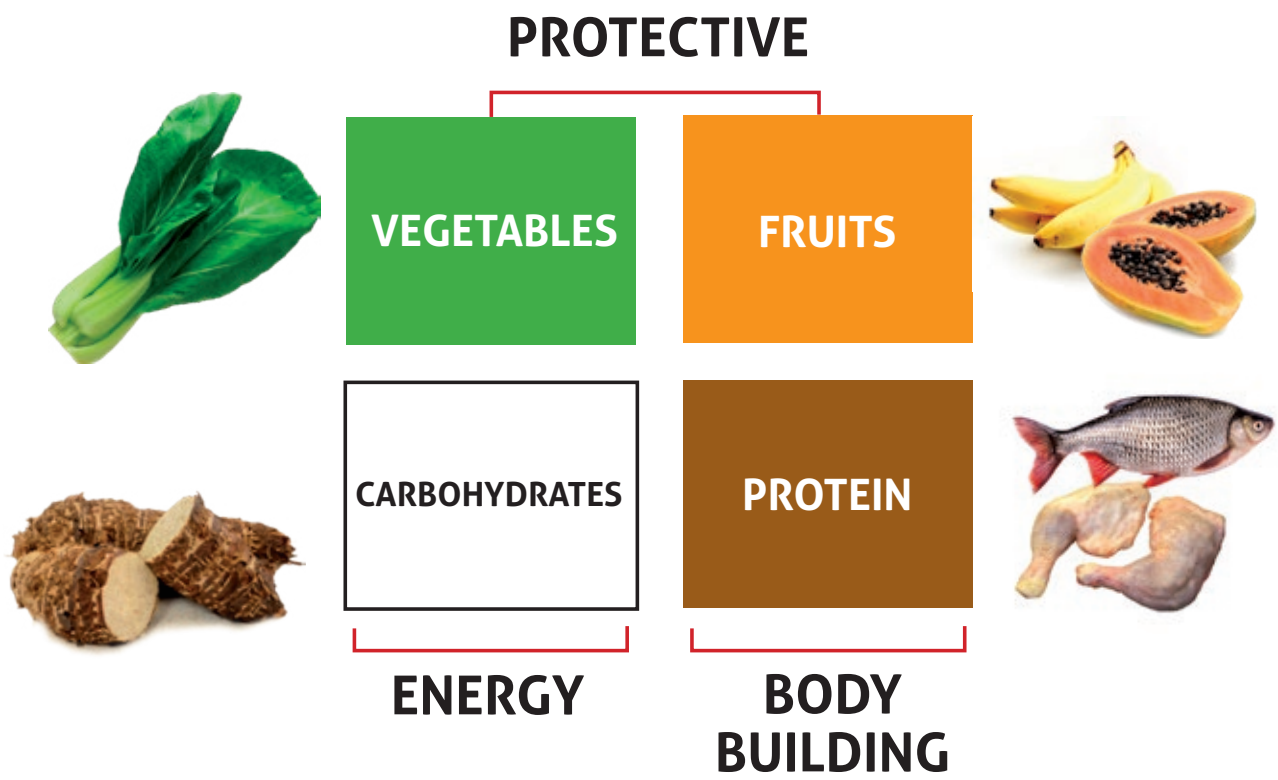
In addition to grains, verse 16 mentions foods that grow on vines, like pumpkin and squash. These foods are like grains in the way they help the body. Carbohydrates give us fibre, vitamins and minerals, and contain natural starches and sugars. Our body uses carbohydrates to produce the energy it needs. These foods can also improve our brain function and help us to feel full.

WARNING: Be careful with carbohydrates! Eating too much **energy food** can lead to weight gain because our body stores extra energy as **fat**! Daily exercise is important because it burns off extra energy!

EATING ALL FOUR COLOURS EVERY DAY GIVES YOUR BODY WHAT IT NEEDS

A variety of foods is necessary for good health. Many people think it doesn't matter what they eat so long as they feel full. This is not true. Each kind of food has its own value. It is important to know which foods are healthy or harmful for us.

The four colours provide **protective**, **energy** and **body building** foods. If we eat all four colours every day, our body will be protected, strong and full of energy.



PROTECTIVE	Leafy greens and vegetables protect us from sickness and disease because they are full of vitamins, minerals and fibre.
PROTECTIVE	Fruits protect us from sickness and disease because they are full of vitamins and minerals.
ENERGY	Grains and starches provide energy to keep our bodies active.
BODY BUILDING	Lean meats and proteins build and repair body tissues, muscle, cells and skin.

A DAILY FOOD JOURNAL CAN HELP US

Keeping a list of the foods we eat each day can help us remember to eat all four colours. We need to know how much food and the different kinds of food we are eating every day.

INSTRUCTIONS: Using the chart below, make a list of all foods you regularly eat. Place them under the four colour groups.

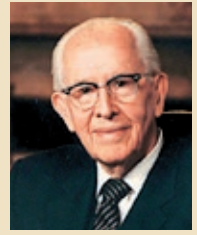
GREEN	ORANGE	WHITE	BROWN

The brain makes up 2% of your body weight but consumes 20-30% of all the energy from food you eat. Healthy food makes for a healthy brain.



"To a great extent we are physically what we eat. Most of us are acquainted with some of the prohibitions, such as hot tea, coffee, tobacco, or alcohol. What needs additional emphasis are the positive aspects – the need for vegetables, fruits, and grains, particularly wheat. In most cases, the closer these can be, when eaten, to their natural state – without over refinement and processing – the healthier we will be."

President Ezra Taft Benson, "In His Steps," BYU Speeches, March 1979



COMMIT: During the week, ponder the quote by President Benson and introduce more **protective** foods into your healthy eating plan.

MY JOURNEY JOURNAL

What important things did I learn this week?

What is my commitment this week?

What will I do this week to keep my commitment?

5 PHYSICAL ACTIVITY

"Diabetes can be delayed or prevented in people who are overweight and have higher than normal blood glucose levels. Diet and physical activity interventions are more effective than medication."

World Health Organization "Global Report on Diabetes," 2015

THE MANY BENEFITS OF PHYSICAL ACTIVITY



assists your body to move sugar from your blood into your cells



makes you feel happier



helps regulate your weight



strengthens your muscles and bones



increases your energy levels



reduces your risk of heart disease



increases emotional and mental well-being



improves relaxation and sleep quality

PRESIDENT JOSEPH'S STORY

Reflect and Respond Questions:

1. When did President Joseph first recognise that he needed to make some changes in his life to improve his health?

2. What was one thing you noticed that he changed?

3. Why do you think that President Joseph has been successful in keeping his commitment to improving his health?

4. What are two things President Joseph did that you can do to improve your health?

5. What are key things you can do to prevent and/or manage diabetes?

President Joseph invited others to join him in becoming physically active. List three people you can invite to join you in becoming physically active.

1. _____
2. _____
3. _____

CHURCH LEADERS TELL US TO BE PHYSICALLY ACTIVE



"Take care of yourselves physically. Guard your health carefully. It is one of our greatest blessings. I especially encourage some type of exercise program so you can stay physically fit

and physically capable in proportion to the demands on your body. . . . The body needs the rejuvenation [rebuilding] that comes from exercise. Walking in the fresh air can be exhilarating [exciting] and refreshing. Properly directed, running can have some beneficial effects. Simple sit-ups or sporting activity can be helpful. . . . Have a good physical outlet of some sport or exercise. Overcome evil with good. You can overcome many evil inclinations through good physical exertion and healthful activities."

Ezra Taft Benson, *The Teachings of Ezra Taft Benson*, page 479



"Want to feel better and more confident physically and emotionally? Regular exercise will help. . . .

Coming up with a simple plan can help you develop good habits and care for your body. For many people getting started and being consistent are the most difficult parts. . . . Remember that exercise blesses not only your body, but also your mind and your intellect. It will help you to have the desire to become more physically fit. As you exercise, you will become an energized person who feels strong, confident, alert and secure."

Elder Adrian Ochoa, "Be Healthy, Be Strong, Be Smart," *New Era*, October 2013



"Proper physical conditioning is facilitated by regular exercise, but it should be suited to the abilities and preferences of the individuals. . . ."

"Like many other good things, exercise has benefits when applied wisely and in moderation. But I offer a word of caution regarding excess. It is folly to assume that if a little of anything is good, a lot is therefore better."

Elder Russell M. Nelson, "Twenty Questions," Address to Religious Educators, September 1985

DIABETES "AT RISK" GROUPS

- Family History of Diabetes
- Had Gestational Diabetes
- High Blood Pressure
- High Cholesterol
- Overweight
- No Regular Exercise
- Māori or Pacific Islanders

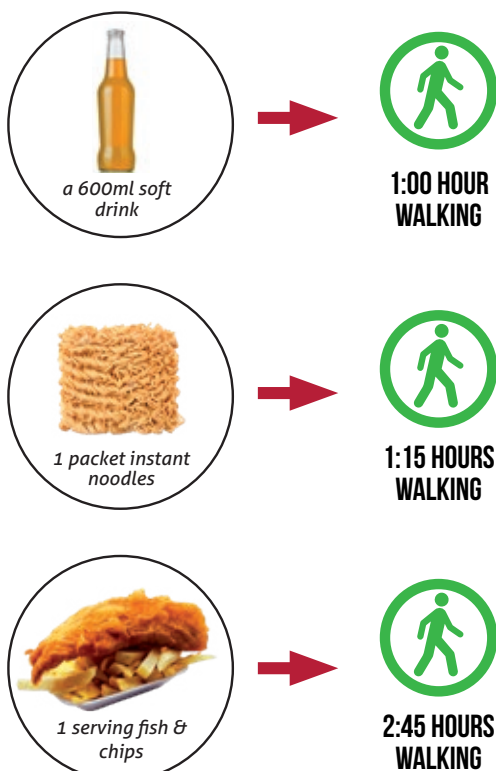
BE PHYSICALLY ACTIVE EVERY DAY

MAKE A LIST OF PHYSICAL ACTIVITY IDEAS THAT WERE SHARED IN THE TALKING CIRCLE:

EXERCISE WILL HELP US LOSE WEIGHT

In our last lesson, we learned that some foods we eat contain natural sugars and starch. If not burned up by physical activity, sugars and starch will eventually turn to fat and be stored in the body. Look at the diagram below and notice how much physical activity it takes to “burn off” the three foods. If we eat healthier food and exercise regularly, we will lose weight.

EXERCISE BURNS FAT



There are many who emphasise weight loss as the **only** measure of success, but it is not the only, or even the most important measure. For example, muscle weighs more than fat and it is possible to strengthen your body and lose fat without losing weight.

“Those who think they have no time for exercise will sooner or later have to find time for illness.”

Edward Stanley

EXERCISE HELPS CONTROL DIABETES

STATEMENT	TRUE/FALSE
When you have type 2 diabetes, physical activity is an important part of your treatment plan.	
If you stay fit and active during your life, you will be able to control your diabetes better and keep your blood glucose level in the correct range.	
Exercise has so many benefits, but the biggest one is that it helps you sleep.	
Exercise can reduce the glucose level in your blood.	
Exercise can help people with type 2 diabetes avoid long-term complications.	



“Nutritious meals, regular exercise, and appropriate sleep are necessary for a strong body, just as consistent scripture study and prayer strengthens the mind and spirit.”

President Thomas S. Monson, “That We May Touch Heaven,” General Conference, October 1990

“Even so faith, if it hath not works, is dead, being alone.” James 2:17

REMINDER: Next week we will have diabetes screenings at the end of class. *Do not eat for at least 2 hours before coming to class. Drinking water is OK.*

COMMIT: During the week, ponder and apply President Monson's counsel.

MY JOURNEY JOURNAL

What important things did I learn this week?

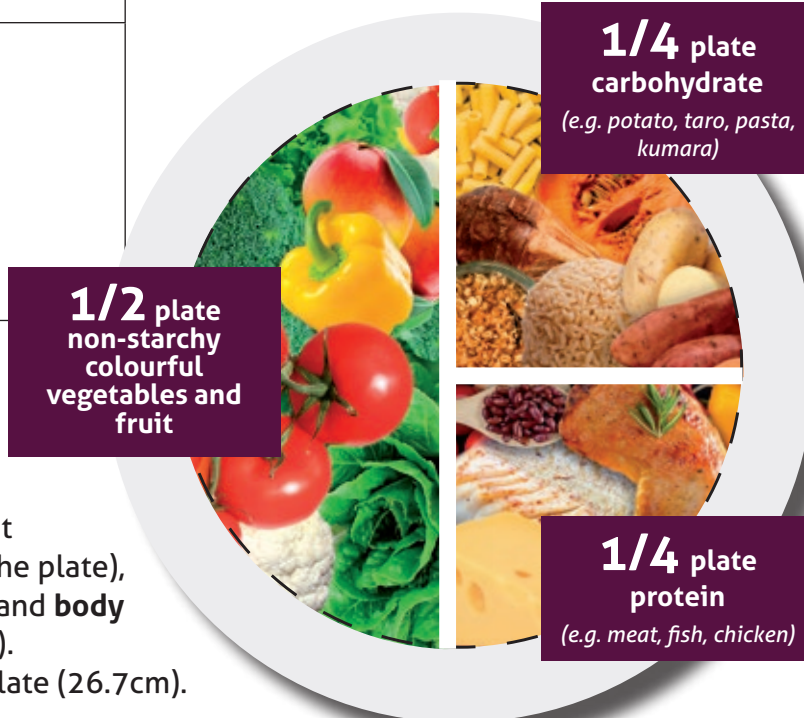
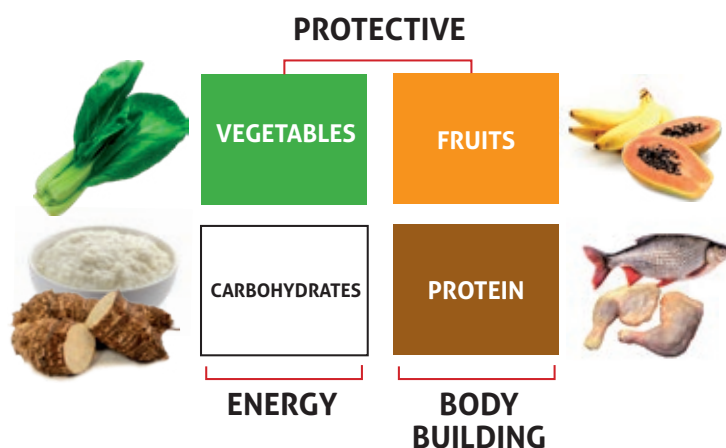
What is my commitment this week?

What will I do this week to keep my commitment?

6 BALANCE IN ALL THINGS

BALANCE IN ALL THINGS IS ABOUT MAKING SMART HEALTHY CHOICES!

What Have You Eaten Today?
What are Healthier Choices?



A HEALTHY PLATE

This is what a healthy plate looks like. It should include **protective** foods (half the plate), **energy** foods (one fourth of the plate) and **body building** foods (one fourth of the plate). This is based on a regular size dinner plate (26.7cm).



OPTION 1



OPTION 2

VS



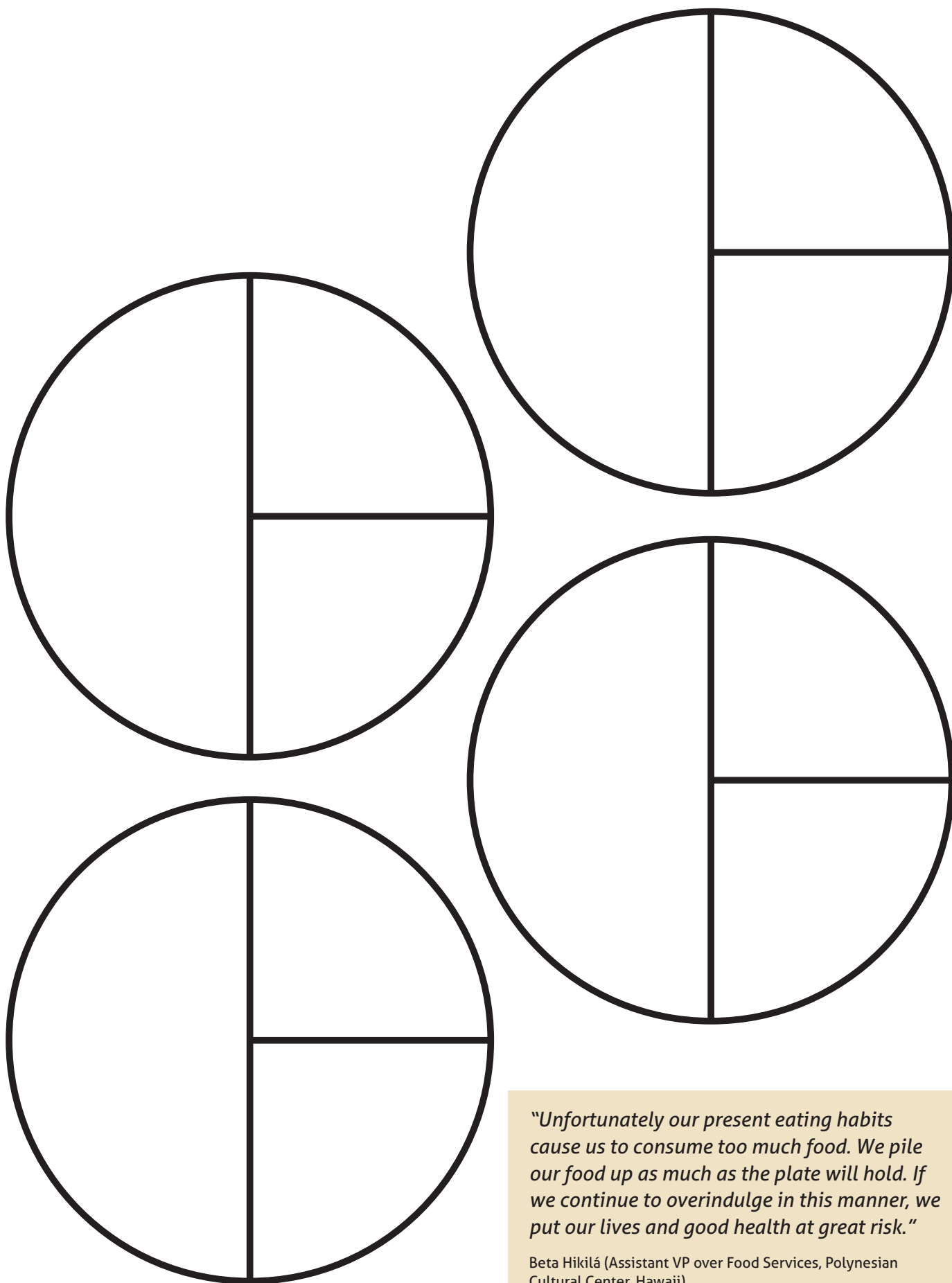
OPTION 1



OPTION 2

VS

PRACTISE PUTTING TOGETHER HEALTHY MEALS



"Unfortunately our present eating habits cause us to consume too much food. We pile our food up as much as the plate will hold. If we continue to overindulge in this manner, we put our lives and good health at great risk."

Beta Hikilá (Assistant VP over Food Services, Polynesian Cultural Center, Hawaii)

PORTION SIZE MATTERS

PORTION =

how much food you choose to eat at **one time**

How Much Have You Eaten Today?
What is a Healthier Portion?

Eating too much food makes us feel sick and tired. The body needs to work hard to process excess food that we eat. Reconsider what is a healthy amount of food to eat at each meal. Notice how you feel when you have eaten enough but not too much. Try to take one plate of food and eat slowly. Do not return for a second helping.



**BE AWARE OF
HOW MUCH
YOU EAT!**

EATING HEALTHY FOOD MODERATELY IS THE BEST RULE

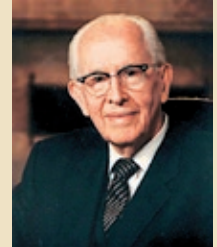
"The condition of the physical body can affect the spirit.

That's why the Lord gave us the Word of Wisdom. He also said that we should retire to our beds early and arise early, that we should not run faster

than we have strength, and that we should use moderation in all good things. Food can affect the mind, and deficiencies in certain elements in the body can promote mental depression. . .

. Rest and physical exercise are essential, and a walk in the fresh air can refresh the spirit.

Wholesome recreation is part of our religion, and a change of pace is necessary, and even its anticipation can lift the spirit".



President Ezra Taft Benson, "Do Not Despair," General Conference, October 1974

TIPS TO HELP YOU EAT MODERATELY:

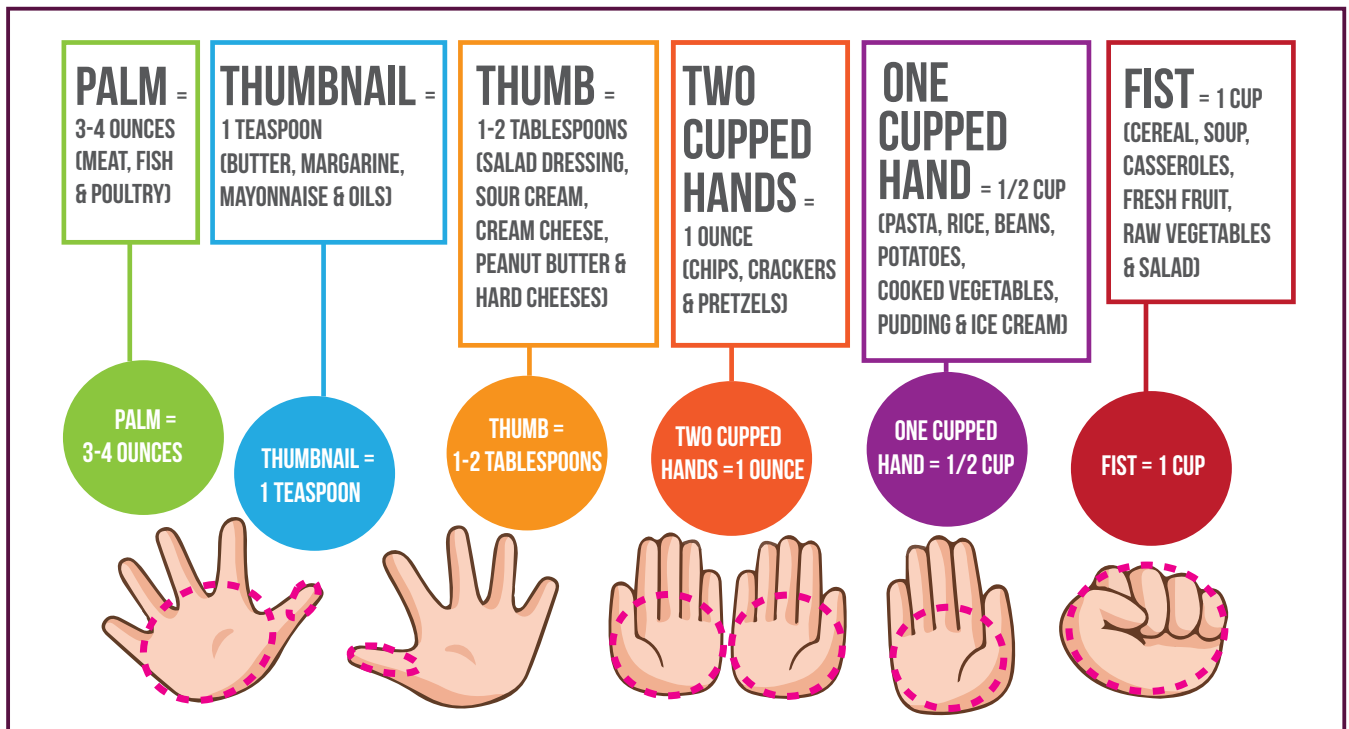
- Don't take second helpings
- Eat slowly and chew your food
- Stop eating when you are full
- Save leftovers for another meal
- Sit down to eat
- Don't do anything else while you are eating (reading, watching TV, or working on computer)
- Go for a walk 30-60 minutes after eating
- Eat three regular meals a day plus a small snack
- Don't eat straight from the bag or box
- Keep a daily journal of the foods you eat

HEALTHY PORTIONS

The “Helping Hands” chart below can be useful when trying to decide if something is the right portion. Practise making the measurements in the pictures with your hand and fingers. Look at the guidelines below to help you decide how much of each kind of food to eat every day.

HELPING HANDS

USE THIS “HANDY” CHART TO MEASURE SERVING SIZES FOR MEALS, SNACKS AND RECIPES
(EXAMPLES ARE PROVIDED FOR EACH CORRESPONDING MEASUREMENT)



GUIDELINES FOR DAILY FOOD INTAKE:

GREEN LEAFY VEGETABLES = All you want!

OTHER VEGETABLES = 5 **cupped hands** (Choose a variety of colours)

FRUITS = 3-4 portions

1 portion is:

1 medium sized whole fruit OR 1 **cupped hand** cut up fruit

PROTEIN = 4 portions

1 portion is:

1 **palm** meat OR poultry OR fish OR seafood (trim and drain fat OR bake instead of fry) OR 1 **cupped hand** cooked beans OR 1 egg OR 1 **cupped hand** nuts

DAIRY = 2 portions

1 portion is:

1 glass milk OR 1 **fist** yogurt OR 1 **thumb** cheese

CARBOHYDRATES/ GRAINS = 5 portions

1 portion is:

1 slice bread OR 1 **fist** uncooked pasta or cereal OR 1 **cupped hand** cooked pasta or cereal OR 1 **cupped hand** cooked rice

HEALTHY FATS = 3 portions

1 portion is:

1 **thumb** salad dressing OR 1 **thumb** butter OR 1 **thumb** vegetable, olive, or coconut oil OR 1 liquid cup coconut cream or coconut milk

COMMIT: During the week, ponder the quote by President Benson and practise the habit of eating healthy portion sizes as explained throughout this lesson.

BEFORE YOU LEAVE: Complete all screenings and add your readings to your chart on page 4.

MY JOURNEY JOURNAL

What important things did I learn this week?

What is my commitment this week?

What will I do this week to keep my commitment?

7 HIDDEN DANGERS

HABITS are the small decisions we make and the actions we do **every day**. What we do over and over again forms the person we are. We have to make good choices and avoid foods that are unhealthy for our bodies. Today we will learn more about the food we eat and hidden dangers.

OUR EATING HABITS HAVE CHANGED

Early explorers who landed on Pacific islands described with great detail the healthy condition of the people.

"The most beautiful race of people I ever beheld. . . . I did not observe a single one either remarkably thin, or disagreeably corpulent [obese] but they were all in fine order and exquisitely proportioned."

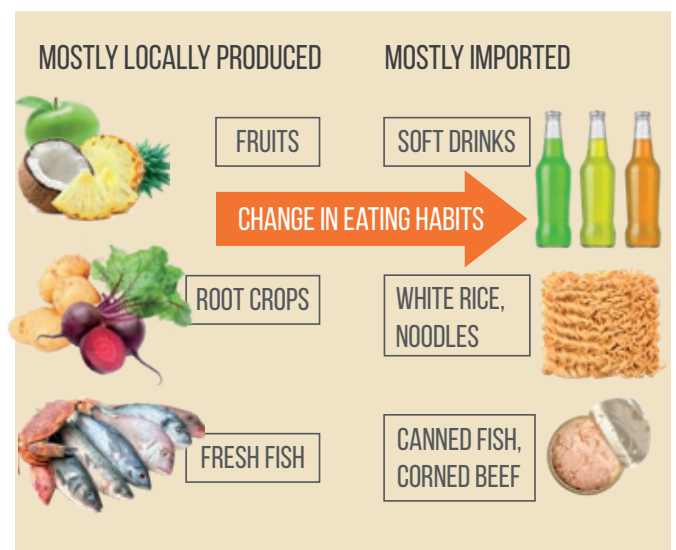
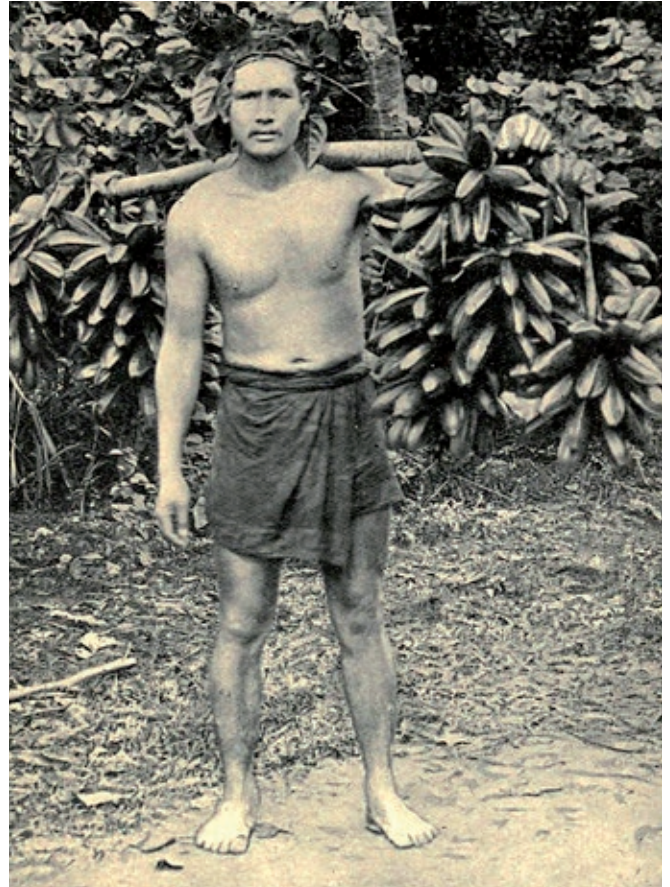
Charles Clerke, 1774 (Early explorer)

"The men . . . are generally tall, of muscular and well-proportioned frame, very rarely inclining to embonpoint [obesity], but varying in size as much as Europeans do."

"The teeth are white, even, and regular, and last to old age."

Ernest Dieffenbach, 1843 (German physician and naturalist)

With the influence of western countries, many new processed foods were introduced to the islands. Traditional fresh food was replaced with food that was not as good for our bodies.



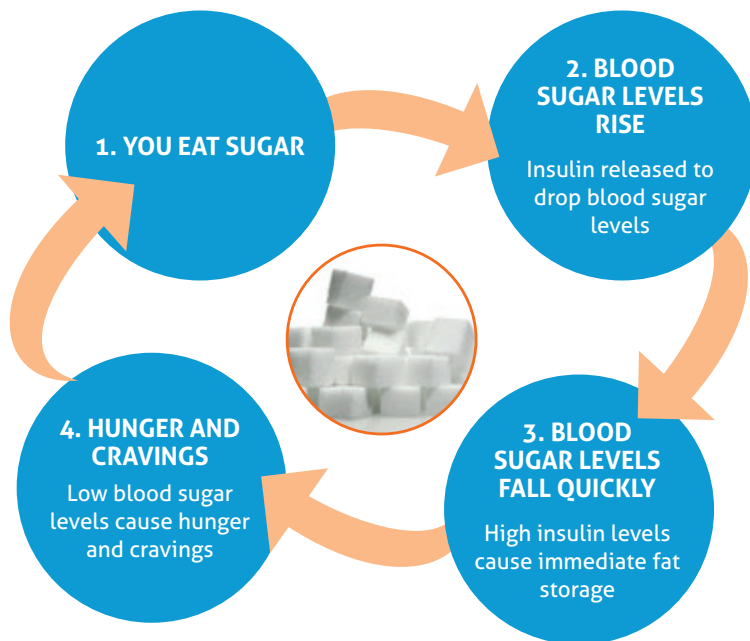
ONE BIG CHANGE IS TOO MUCH PROCESSED SUGAR!

Processed sugar is found in many of the foods we buy at the canteen or store. Sugar sweetened drinks can harm our health and lead to obesity, diabetes, heart disease and weaken our teeth. Let’s look at how much sugar is in many of our favorite drinks.



Notes

SUGAR ADDICTION



WHEN YOU HAVE A SUGAR CRAVING:

1. Substitute fruit for sweets
2. Get rid of sugary temptations in your home and workplace
3. Eat a healthy breakfast
4. Drink more water
5. Exercise
6. Lower your stress level
7. Get sufficient sleep
8. Have a "backup plan" of what you will do when you get a sugar craving — for example — go for a walk, listen to some music, call or text a friend, read a book

Drinking two cans of soda pop per day can increase your risk of type 2 diabetes by more than 25%!

Some people think that "Sugar Free" or "Diet" sodas are OK but be careful! They have other ingredients in them that are not healthy. The best drink of all is water!

YOU HAVE A CHOICE! You can drink SUGAR or WATER?



WE NEED TO BE AWARE OF UNHEALTHY FOOD

We need to know about harmful ingredients contained in the food we eat. We should look for too much sugar, too much salt and unhealthy fat. Too much sugar and unhealthy fat lead to weight gain and diabetes. Too much salt increases blood pressure, which leads to heart attacks, strokes, cancer, kidney disease and brain disease.

EAT LESS SUGAR, SALT AND UNHEALTHY FAT

- Processed food
- Restaurant food
- Take-away food
- White bread
- Fatty snacks, cereals with added sugar
- Foods cooked with vegetable oil, palm oil and lard
- Sugary sodas, lollies, biscuits and sweet baked goods
- Tinned food with added oil, fat and salt
- Fruit drinks, milkshakes and energy drinks



A GOOD RULE TO FOLLOW

The fresher the food and the less packaging it has - the healthier the food!

HIDDEN DANGERS IN FOOD



- Use **Serving Size** to manage portions

Your idea of one serving may be very different!



- Look for **Energy**

You should only eat 8400 kJ (2000 calories) in a day!



- Look for **Saturated fat and Trans fat**

Fats should be 10g or less per 100g
Fats produce extra energy that you will have to burn off!



- Look for **Sodium (salt)**

Sodium control should be 500mg or less per 100g Too much salt is harmful to your body!



- Look for **Carbohydrates**

You should have about 325g of carbohydrates a day. To lose weight — consume only 150g of carbs a day!



- Look for **Sugar**

Sugar control should be 10gr or less per 100g
Sugars are hidden in other names, for example the word *syrup* or words with *ose* at the end (corn syrup, fructose)

PROTEIN, FIBRE, VITAMINS AND MINERALS ARE YOUR FRIENDS!

NOTE: Ingredients are listed in order of quantity with the largest listed first

NUTRITION INFORMATION		
Servings per can: 2		
Serving size: 210g		
	Average Quantity Per serving	Average Quantity Per 100g
ENERGY	895kJ	425kJ
PROTEIN	10.8g	5.1g
FAT: TOTAL	1.2g	0.6g
-SATURATED	0.2g	0.1g
CARBOHYDRATE	33.7g	16.1g
-SUGARS	15.5g	7.4g
DIETARY FIBRE	11.9g	5.7g
SODIUM	1300mg	620mg
POTASSIUM	650mg	310mg
IRON	2.7mg	1.3mg

FOOD LABELS CAN HELP US

NUTRITION INFORMATION		
Servings per package: 3		
Serving Size: 150g		
	Quantity per Serving	Quantity per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
- Saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
- Sugars	18.6g	12.4g
Sodium	90mg	60mg
*Percentage of recommended dietary intake		

NUTRITIONAL INFORMATION		
Servings per package: 1		
Average serving size: 106g		
	avg qty per serve	avg qty per 100g
Energy kJ (Cal)	1180 (284)	1120 (265)
Protein (g)	14.7	13.9
Fat, total (g)	13.4	12.6
- saturated fat (g)	6.4	6.0
Carbohydrate (g)	25.1	23.7
- sugars (g)	5.5	5.2
Sodium (mg)	767	724

INGREDIENTS

Wheat Flour, Chocolate Flavoured Coating (24%)(Sugar, Vegetable Fat, Cocoa Mass, Whey Powder (from Milk), Emulsifiers (Soya Lecithin, E476)), Mallow (22%)(Glucose Syrup, Water, Gelatine, Acidity Regulator (E330)), Sugar, Vegetable Oil, Glucose Syrup, Egg, Fat Reduced Cocoa Powder, Dextrose, Raising Agents (E500, E503ii, E450), Salt, Humectant (Glycerol), Colour (E100).

Things that might be harmful to my body:

COMMIT:

- During the week, avoid foods with too much sugar, salt and fat.
- Continue creating healthy eating habits by knowing and understanding the contents of the food you eat.

MY JOURNEY JOURNAL

What important things did I learn this week?

What is my commitment this week?

What will I do this week to keep my commitment?

8 HEALTHY HABITS

GOOD HABITS WILL MAKE OUR LIVES HEALTHIER AND HAPPIER

In the 1974 June Conference, President Spencer W. Kimball counseled all Church members to take a careful inventory of their habits. *"Change comes by substituting good habits for less desirable ones. You mold your character and future by good thoughts and acts."*

"There is Purpose in Life," *New Era*, September 1974



We all want to have a healthy future and developing good health habits **now** will help us do that. Today, we will learn about three important things that make our body and mind healthier.

EATING BREAKFAST IS AN IMPORTANT HABIT

Breakfast is the **most** important meal of the day. We are going to find out why breakfast is so important to our body and our mind.



BREAKFAST FACTS

1. Breakfast should be eaten within two hours of waking up in the morning.

2. It is good to have fruit in the morning to wake-up your body with vitamins and minerals.

3. People who eat a good breakfast are healthier than people who skip breakfast.

4. A person who doesn't eat breakfast is more likely to eat high sugar and fatty snacks mid-morning because their body is hungry.

5. Eating breakfast restores sugar (glucose) levels in the blood, which is good for preventing diabetes.

6. Eating a good breakfast can improve a person's memory and concentration levels.

7. Eating a good breakfast can make us happier and lower stress levels.

8. The brain works better when it has energy. A good breakfast gives our brain energy.

WRITE DOWN 5 REASONS WHY
BREAKFAST IS IMPORTANT:

BEST OF ALL -
BREAKFAST BRINGS
FAMILIES TOGETHER

Read the quote below as a group



"How blessed are those who go out into the world each day from our Latter-day Saint homes where the breakfast hour is one of love and unity and reassurance. Physically the members are strengthened with balanced breakfast foods, and spiritually they are fortified with prayer and love and concern."

Anonymous, "The Breakfast Hour," *Ensign*, May 1971

WHAT DOES A HEALTHY
BREAKFAST LOOK LIKE?

A GOOD BREAKFAST

- Food to build and repair the body
- Food that will provide energy for the day
- Food refreshing to the taste
- Food that looks good
- Food nutritious in vitamins and minerals

Suggested Foods for a Healthy Island Breakfast	CAUTION: Unhealthy Island Breakfast Foods!
Eggs Meat - sparingly Fruit Whole-grain toast Whole-grain cereal	Soda pop Sweet buns Doughnuts
	

OUR BODY NEEDS WATER

Our body contains 70% water. Our brain is 85% water. Our body needs fluids to help it work properly and to help fight infection. We should **drink at least 8 glasses of water** every day. If we make this a habit, our body will work better and we will be healthier.

WATER IS
IMPORTANT FOR
OUR BODY

- Water helps balance body fluids
- Water helps energise muscles
- Water makes us feel full of energy
- Water helps us lose weight
- Water helps our kidneys
- Water helps maintain normal bowel function
- Water helps flush harmful toxins out of our body
- Water helps our brain
- Water helps our bones and skin



WATER TIPS!

1. Have a drink with every meal
2. Drink a glass of water every **even** hour of the day
3. Eat more vegetables and fruits because 20% of our body's water comes from the food we eat
4. Always keep a bottle of water with you, especially when you are physically active
5. Niu is also good to drink



DEHYDRATION =

When the body loses more fluid than it takes in

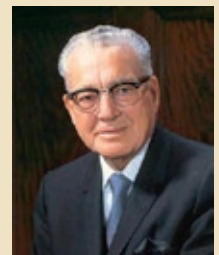
SYMPTOMS OF DEHYDRATION

- Thirst
- Fatigue
- Reduced urine flow
- Yellow urine
- Headache
- Dry skin
- Dizziness
- Few or no tears



OUR BODY NEEDS PROPER SLEEP

"I will give you one piece of advice: Go to bed early and get up early. If you do, your body and mind will become rested and then in the quiet of those early morning hours, you will receive more flashes of inspiration and insight than at any other time of the day."



The words of President Harold B. Lee from a story, "Filled with Life and Energy," *Liahona*, July 2015

"... cease to sleep longer than is needful; retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated."

Doctrine and Covenants 88:124

Like healthy food and exercise, sleep is important to overall health. The National Sleep Foundation of the United States, advises people ages 18-65 to get between 7-9 hours sleep a night.

IS YOUR BODY GETTING ENOUGH SLEEP?

1. Are you productive, healthy and happy with the sleep you are getting?
2. Do you have health issues that keep you from sleeping?
3. Is it hard for you to get to sleep once you go to bed?
4. Do you depend on sugary drinks or food to get you through the day?
5. Do you feel sleepy when driving or working?

SLEEP TIPS!

1. Avoid too much daytime napping (a short nap is OK if needed)
2. Exercise daily
3. Avoid fatty, spicy and fried foods before bedtime to prevent heartburn
4. Avoid the use of electronic devices in bed or close to bedtime
5. Don't eat late at night - have dinner earlier
6. Create a comfortable sleep-time environment
7. Establish a relaxing routine before bedtime - reading your scriptures, saying your personal prayers, taking a short walk, writing in your journal, etc.
8. Maintain regular sleep and awake schedules
9. If you can't fall asleep after 20 to 30 minutes, get out of bed and do something like reading or listening to calming music. When you start to feel sleepy, go back to bed

**Even small changes can help your sleep.
Be patient and try these ideas for a better sleep.**

DID YOU KNOW?

Studies show that going to bed after 10:00pm will set the body in a cycle to wake every three to four hours.

It is almost guaranteed you will wake at two or three o'clock in the morning and have a broken sleep cycle for the rest of the night.

THREE THINGS IMPORTANT FOR GOOD HEALTH



EAT A HEALTHY BREAKFAST



DRINK MORE WATER



GET PROPER SLEEP

"You'll never change your life until you change something you do daily."

John C. Maxwell, American author and pastor

The little things we do EVERYDAY = HABITS = LIFESTYLE. Let us make sure our *habits* are *healthy* ones!

COMMIT:

- **Eat** a healthy breakfast everyday
- **Drink** more water everyday
- **Get** proper sleep every night
- **Turn** these three things into healthy **habits**!

MY JOURNEY JOURNAL

What important things did I learn this week?

What is my commitment this week?

What will I do this week to keep my commitment?

9 SETTING GOALS

MAKING A GOAL IS PERSONAL

"For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord, and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father."

Mosiah 3:19

"Conversion basically represents the transformation from the 'natural man' to becoming the 'man of Christ'. It is a labor which takes more than an afternoon."



Elder Neal A. Maxwell, "Care for the Life of the Soul," General Conference, April 2003

We have talked about self-control. Self-control is important when trying to reach a goal and develop a healthy life. It is important that we choose our own goals and do not let someone else choose them for us. This makes the goal personal, increases the chance of success and gives us lasting results.

Remember that as we set and achieve goals, we may need to ask for the help of others and for the help of our Saviour, Jesus Christ.

SETTING GOALS AND MAKING A PLAN

Quote 1 "A goal is a destination or an end, while a plan is the route by which you get there."



Quote 2 "Goal setting is essentially beginning with the end in mind. And planning is devising a way to get to that end."

Quote 3 "Wise goal setting includes the understanding that short-term goals are only effective if they lead to clearly understood longer-term goals."

Quote 4 "Experts on goal setting tell us that the simpler and more straightforward a goal is; the more power it will have. When we can reduce a goal to one clear image or one or two powerful and symbolic words, that goal can then become part of us and guide virtually everything we think and do."

Elder M. Russell Ballard, "Return and Receive," General Conference, April 2017

REDUCING THE RISK OF DIABETES

Smoking - NO • Nutritional Food - YES
Alcohol - NO • Physical Activity - YES
Stress - NO • Spirituality - YES

PONDER: What is your **plan**? How will you achieve your **goals**?

SETTING AND ACHIEVING GOALS IS POWERFUL

In order to have success with our change to a healthy lifestyle, we must have a goal and a plan. Making the necessary changes to be healthy does not happen overnight – it takes time and effort.

EXAMPLE OF A PLAN FOR GOOD HEALTH

Here are some goals you may have right now:

GOAL (long-term): Be diabetes free.

GOAL (short-term): Walk without struggling.

Look at the steps below. How do these steps help accomplish your goals?

Put an X in the boxes of things you can do to accomplish these goals.

<input type="checkbox"/>	I will eat all four colours every day
<input type="checkbox"/>	I will eat more fruits and vegetables
<input type="checkbox"/>	I will avoid food and drinks with sugars
<input type="checkbox"/>	I will not eat late at night
<input type="checkbox"/>	I will drink plenty of liquids
<input type="checkbox"/>	I will eat a healthy breakfast
<input type="checkbox"/>	I will use portion control
<input type="checkbox"/>	I will do some type of physical activity every day
<input type="checkbox"/>	I will have self-control and only eat when I am hungry
<input type="checkbox"/>	I will keep trying even if I have a bad day

Now you have made a PLAN!

USING THE 4 FORMULA TO SET MEANINGFUL GOALS



SPECIFIC

Know exactly what you want to achieve. Goals need to be well-defined and focused.



MEASURABLE

You need to know when you have reached your goal. Answer the questions: How much? How long? How many?



REALISTIC

Goals need to be challenging but realistic. Do not set yourself up for failure. Is your goal achievable?



TIMEBOUND

Set a time frame of when you want to accomplish your goal.

Here is an example of using The 4 Formula in setting a goal of losing 5 kgs.

SPECIFIC: Lose 5 kgs.





MEASURABLE: I will exercise four times a week, eat healthy and weigh in at the end of each month to check my progress.





REALISTIC: I will be able to achieve this by attending the wellness program and applying what I learn in the 12 week course.

TIME BOUND: I will lose 5 kgs in 12 weeks.



Using what you have learned, set two goals. It might be helpful to think of where you see yourself in the future. Set small, short-term goals that will help you get there. Make sure you write something in each box.

 SPECIFIC	
 MEASURABLE	
 REALISTIC	
 TIMEBOUND	

 SPECIFIC	
 MEASURABLE	
 REALISTIC	
 TIMEBOUND	

WE NEED TO STAY STRONG TO KEEP OUR GOALS

KULANI

Kulani was doing very well with her goals to have a healthy lifestyle. She was exercising 3-4 times each week. She had planted a small vegetable garden and was eating vegetables she had grown and learned to prepare herself. Her husband didn't like some of her meals and started to complain. He wanted her to go back to the way she cooked before. He wanted meals that had more salty meat and sweet fruits. Her children also made fun of her meals and wanted more desserts.

What were some of the challenges Kulani faced?

What could you tell Kulani that might encourage her to stay committed in keeping her goals?

FETU

Fetu planted a garden so he could grow healthy green vegetables for his family. He noticed that all the physical work was helping him lose weight and that he started to feel better. He was happy that he was learning about eating nourishing meals. Two of Fetu's older brothers made fun of him. They wouldn't help him do the work to get the garden ready. They said he was wasting his time and should give up.

What challenges did Fetu face?

What are some things you could tell Fetu that might encourage him to stay committed in keeping his goals?

LULU

Lulu didn't realise when she started making healthy lifestyle changes that accomplishing her goals would be so stressful. The exercise part was easy because some of her friends exercised with her. They had fun together singing and getting into the rhythm of the Zumba class. But then Lulu faced some challenges she wasn't ready for. Her two teenagers needed extra money to be involved in school sports. This meant she had to start working a part-time job. Also, she had to pay her neighbour to watch her younger children while she went to university classes and to Zumba class. The healthy meals she was now preparing were new to her and took more planning and time to prepare. This left her with little time to do her homework.

What challenges did Lulu face?

What could you tell Lulu that might encourage her to stay committed in keeping her goals?

GOALS ARE VISIONS FOR OUR LIVES

"Over the years, I have observed that those who accomplish the most in this world are those with a vision for their lives, with goals to keep them focused on their vision and tactical plans for how to achieve them. Knowing where you are going and how you expect to get there can bring meaning, purpose, and accomplishments to life."

Elder M. Russell Ballard, "Return and Receive," General Conference, April 2017

"Where performance is measured, performance improves. Where performance is measured and reported, the rate of improvement accelerates."

President Thomas S. Monson, "How Do I Use My Time Wisely," *Preach My Gospel: A Guide to Missionary Service*

COMMIT: During the week, ponder the quotes by Elder Ballard and President Monson on the importance of setting goals. Think about the personal goals that you have set this week.

MY JOURNEY JOURNAL

What important things did I learn this week?

What is my commitment this week?

What will I do this week to keep my commitment?

10 PLANTING A GARDEN

GARDENS BRING BLESSINGS

Have you ever visited the village of Sauniatu in Samoa? Sauniatu means "Prepare to go forth", which is a perfect thought for the things we will learn about today. We will learn how to grow our own garden. When we are able to grow some of our own food, we are truly being "prepared". Read the words from his blessings when President David O. McKay visited Sauniatu. He called it "The Eden of Samoa".

"Father, in Thy love, prosper the labor of the hands of all who work for the necessities and comforts of life, and may they possess in abundance, food and clothing. May their plantations be fruitful in products adapted to local conditions; but above all, may harmony abide in their hearts and homes. Our Father, may they have a clear understanding of the truth and make rapid progress in gaining a knowledge of Thee and Thy divine work."



President David O. McKay, from his blessings on Sauniatu, 1921



Osana Siuli Alesan



Onelau Faamoemoe Soti



Sam Williams



Ponaivao L. Fata



Patricia Kau



Tevita Makihele



Renee Solomon

GARDENS SUPPLY HEALTHY FOOD

Read what these people have to say about food and gardens on the islands.

"We've got lots and lots of people who are getting diabetes in Samoa. It's the mindset of the people . . . and the way they eat and the way they do their cooking."

Osana Siuli Alesan, Nutritionist Samoan Ministry of Health

"People are eating too much food imported into the country, rather than using their own local foods."

Onelau Faamoemoe Soti, Lecturer at National University of Samoa

"There is a special spirit that comes from working in the garden. The first man on earth was put in a garden and instructed to work and cultivate it. As we know there are many benefits of working in a garden. It helps you keep active and reduces your stress levels and that means it can help prevent heart disease, obesity and other associated lifestyle diseases . . . and it can answer the problem we now face - diabetes."

Sam Williams, Area FARMS Manager

"They [island people] should know making a garden will help themselves and to help their children so they can live healthy . . . and that will help their family and their children to grow healthy . . . and our children will follow the footsteps of what we teach them."

Ponaivao L. Fata, Apia Gardener

"Many years ago the Tongan diet was very different. Nowadays our island nation has been swamped with cheap food imports from overseas. The traditional fish and garden diets are being replaced with processed food; most people are no longer utilising their family plantation, more and more people are now being diagnosed with diseases such as diabetes and a lot of health issues are now arising in this generation."

Patricia Kau, LDS Employee

"From the day we started growing our own vegetables at our home, we saved lots of money to help with other family needs. Our family has learned to love to use vegetables in all of our cooking . . . our children are doing very well at their schooling . . . we can tell the differences when we didn't use much vegetables and we used noodles from the stores and other ways of cooking. They are all delicious to the taste but they are not helping us to stay healthy."

Tevita Makihele, Tonga FARMS Manager

"There are so many health problems we are facing due to the lifestyle we live. Habits we form when we are young are hard to change when we are older. We are eating too many processed treat foods like takeaways, chocolate, soda drinks and chips rather than eating whole nutritious foods that give our body the nutrients it needs to fight off disease and function like it should."

Renee Solomon, Self-Reliance Support Supervisor and Student of Natural Medicine

MANY PLANTS CAN BE GROWN IN A KEYHOLE GARDEN

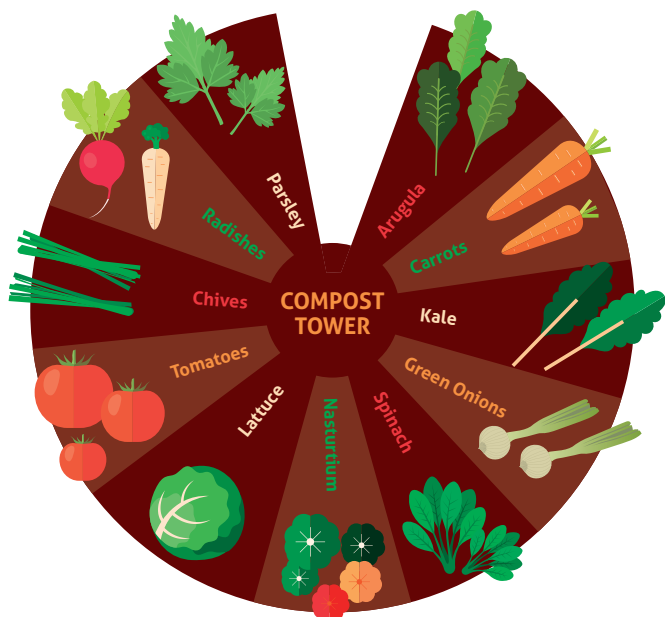


	Bok Choy		Pineapple		Pepper		Coconut		Corn
	Seaweed		Pumpkin		Onion		Taro		Eggplant

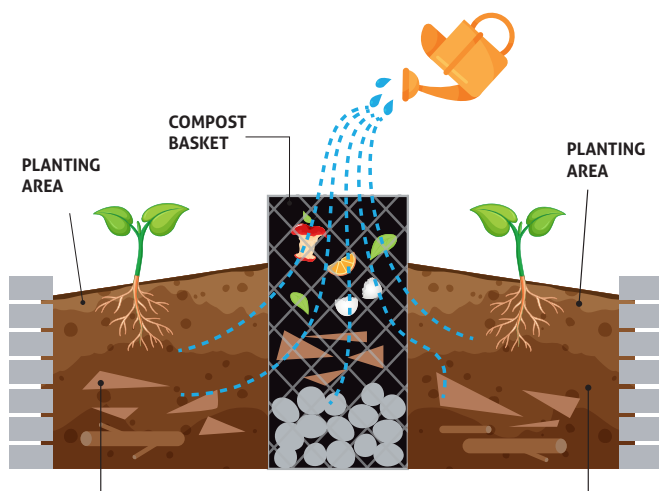
YOU CAN BUILD A KEYHOLE GARDEN



HOW TO BUILD A KEYHOLE GARDEN



SIDE VIEW



BENEFITS OF A KEYHOLE GARDEN

- Soil nutrient enrichment
- Moisture retention
- Labour saving technology
- Low-cost design
- Year-round vegetable production

1. **BUILD A CIRCULAR WALL** six feet in diameter using rocks, coconut husks, cinder blocks, timber, or old car tyres.



2. **ADD CARDBOARD AND/OR NEWSPAPER—**
WATER



3. **ADD TREE STUMPS AND BRANCHES—**
WATER



4. **PUT IN THE WIRE OR PLASTIC COMPOST BASKET** (about two feet in diameter) in the middle. Wire basket can be covered (see picture in #9).



5. ADD COCONUT HUSKS—**WATER**



6. ADD DEAD LEAVES—**WATER**



7. ADD FRESH CUT GREEN LEAVES—**WATER**



8. ADD TOP SOIL—**WATER**



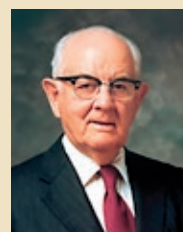
9. ADD SEEDLINGS, WATER AND ENJOY YOUR KEYHOLE GARDEN!



THE PROPHET SAID: PLANT A GARDEN!

For many years prophets have told us to plant a garden. Having a garden filled with fresh fruits and vegetables puts healthy food at our fingertips! These foods are often expensive to buy. Think about how wonderful it would be to grow your own food, working together as a family. The food would probably even taste better!

"We encourage you to grow all the food you feasibly can on your own property . . . plant . . . if your climate is right for their growth. Grow vegetables and eat them from your own yard. Study the best methods of providing your own foods. Make your garden neat and attractive as well as productive. If there are children in your home, involve them in the process with assigned responsibilities."



President Spencer W. Kimball, *Teachings of Presidents of the Church*, 2006, pages 114-123

THE PROPHET SAID TO PLANT A GARDEN

*The prophet said to plant a garden,
So that's what we'll do.
For God has given rich brown soil,
The rain and sunshine too.
And if we plant the seeds just right
And tend them carefully,
Before we know good things will grow
To feed our family.*

*We'll plant the seeds to fill our needs,
Then plant a few to spare,
And show we love our neighbours
With the harvest that we share.
Oh, won't you plant a garden, too,
And share the many joys
A garden brings in health and love
To happy girls and boys!*

COMMIT: During the week, ponder the quote by President Kimball on growing a garden. Prepare to build a keyhole garden of your own, if possible.

MY JOURNEY JOURNAL

What important things did I learn this week?

What is my commitment this week?

What will I do this week to keep my commitment?

11

REST AND RELAXATION

HEALTHY MIND = HEALTHY BODY

"Many people, including me, have difficulty finding time for sufficient rest, exercise and relaxation. We must schedule time on our daily calendars for these activities if we are to enjoy a healthy and balanced life."



Elder M. Russell Ballard, "Keeping Life's Demands in Balance," General Conference, April 1987

"It is really important to look after your physical well being . . . being in good physical health will also help your mental health."

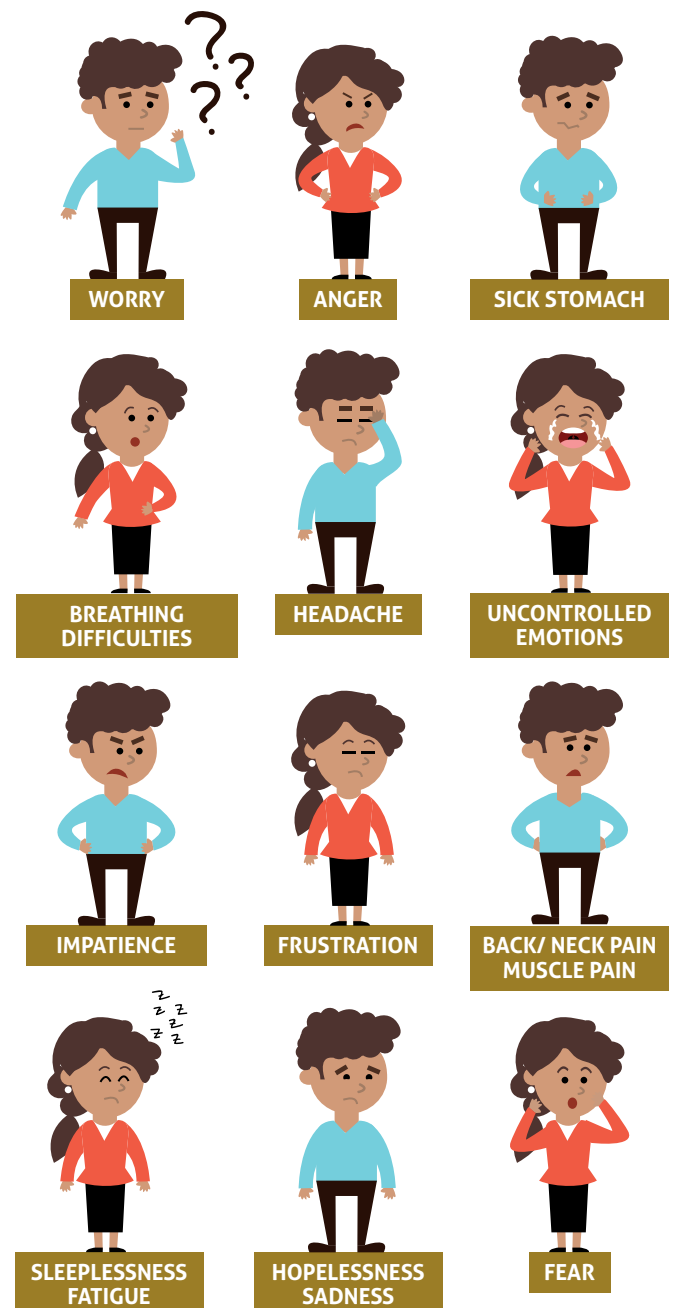
Mental Health Foundation New Zealand

STRESS IN OUR LIVES AFFECTS US PHYSICALLY

Stress affects us emotionally and can also manifest itself in physical ways. Stress happens when something causes our body to react as if it were under attack. When this happens our body sends sugar (glucose) into our bloodstream. This can be bad for someone who has diabetes.

SYMPTOMS OF STRESS

Look at the "Symptoms of Stress" below. These are very serious conditions that can make us unhealthy and interfere with activities we want to do in our lives.



What things can cause stress?

OUR "STRESS" BOX

In the yellow boxes below, write four stressors that affect you:

STRESS REDUCTION TECHNIQUES

Stop and Take a Deep Breath	Get away from the situation that is giving you stress. Take a deep breath; then push out as much air as you can. Breathe in and out again, this time relaxing your muscles on purpose while breathing out. Do this a few times, until you calm down.
Exercise	Relax by moving. Walking, stretching and shaking parts of your body are good things to do. Make it fun and move with good music.
Replace Bad Thoughts with Good Thoughts	When you notice a bad thought, think of something that makes you happy. Replace negative thoughts with a favourite scripture, story, or song.
Reach Out to Others	Family and friends are some of the best tools for handling stress. Talk to others face-to-face. Sharing can help reduce stress. It can help you see things in a different way while connecting and learning from someone else.
Laugh	Laughing helps to improve our happiness. Right now, have all the members of the group laugh out loud with you!
Good Music	Singing or listening to peaceful music helps lower stress, it can lower blood pressure, heart rate and improve our mental mood. To make the music even better, invite your family to join you. Right now, hum "I Am a Child of God" with everyone.

Be Grateful	Think about or write down all the many blessings you enjoy in your life. Think about the "tender mercies" you have felt or experienced. President Henry B. Eyring said, "Our Father in Heaven commands us to be thankful in all things . . . to be happy, we must have a grateful heart." (November 2013, Friend.)
Think of Your "Happy Place"	Close your eyes and think of a place, person, or thing that makes you happy. Why does it make you happy? How do you feel? Warm? Calm? Peaceful? Relaxed?
Eat and Drink Healthier	There are foods that can regulate stress. Foods with omega 3, like salmon and tuna, or foods that contains magnesium, like nuts, avocado and spinach, can help manage stress. Follow the Word of Wisdom. Sugar and caffeine are not good for you when you are stressed.
Get Sufficient Sleep	Before going to bed, relax your mind and body and give your brain time to calm down. Forget about things that worry you so that you can rest your body well. Set aside digital devices an hour or two before going to sleep to allow your brain to prepare for sleep and maintain mental wellness.
Manage Your Time Wisely	When you feel you have too much to do, do the important things first. Break "big things" up into many "little things" that are easier to do. Don't fill up your whole day with things to do. Have some "free" time too.

Remember the "Stress Box" on page 52? Now that you have learned some good ways to handle stress; review what you wrote in the yellow boxes and write in the **white** boxes ways you could manage these stressors.

PRACTISING STRESS RELIEF - LESS STRESS IN OUR LIFE IS HEALTHY

"In preventing illness whenever possible, watch for the stress indicators in yourself and in others you may be able to help. . . . When you face "depletion depression," make the requisite adjustments. Fatigue is the common enemy of us all—so slow down, rest up, replenish, and refill. Physicians promise us that if we do not take time to be well, we most assuredly will take time later on to be ill."



Elder Jeffrey R. Holland, "Like a Broken Vessel," General Conference, October 2013

More
control of
emotions



**Healthy
thoughts**

**Better regulation of
blood sugars**

MAKING A HEALTHY BRAIN

- Learning Something New
- Eating Healthy
- Being Physically Active
- Getting At Least 7 Hours Sleep
- Feeling Gratitude
- Being with Positive People
- Using Stress Reduction Techniques

COMMIT: During the week, ponder the quote by Elder Holland and practise stress reduction techniques.

REMINDER: Next week we will have diabetes screenings at the end of class. *Do not eat for at least 2 hours* before coming to class. Drinking water is OK. Bring a few of your favourite healthy recipes to share next week. Be sure and have copies for everyone in the group.

MY JOURNEY JOURNAL

What important things did I learn this week?

What is my commitment this week?

What will I do this week to keep my commitment?

12 LOOKING BACK AND MOVING FORWARD

WE HAVE LEARNED MANY THINGS ON OUR JOURNEY OF CHANGE

PONDER: Look at the data on page 4. Take a moment and think about your health when you began your wellness journey 12 weeks ago.

- How has your lifestyle changed?
- How is your body and mind stronger and healthier?
- How do you want to feel 12 weeks from now?

Turn to page 3 and fill out the post-assessment form. Compare your answers with your pre-assessment form. Do you see positive changes?

"If you do not change direction, you may end up where you are heading"

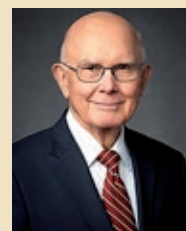
Lao Tzu, Chinese philosopher

Remember this quote from lesson 2? As you come to the close of your journey, it is hoped that you can say you are heading down a healthy path!

You will find that even though one journey is ending, another is beginning. As the saying goes: This day is the first day of the rest of your life! You must strive each day to develop and keep good health habits.

In the quote below, President Dallin H. Oaks reminds us to consistently practise the "small and simple things" we have learned.

"None of these desirable small and simple things will lift us to great things unless they are practiced consistently and continuously. President Brigham Young was reported as saying: 'Our lives are made up of little, simple circumstances that amount to a great deal when they are brought together, and sum up the whole life of the man or woman.'"



President Dallin H. Oaks, "Small and Simple Things," General Conference, April 2018

PONDER: Look at the words below: Do they mean more to you and your lifestyle today? (The numbers refer to the lesson where you learned about them.) Which words mean the **most** to you and why?

FAITH 1	PORTION CONTROL 6
CHANGE 2	SUGAR 7
TYPE 2 DIABETES 3	PROCESSED FOOD 7
4 COLOURS 4	BREAKFAST 8
PROTECTIVE FOODS 4	WATER 8
ENERGY FOODS 4	SLEEP 8
BODY-BUILDING FOODS 4	THE 4 FORMULA 9
PHYSICAL ACTIVITY 5	GARDENS 10

WHAT NOW?

PRAY ALWAYS

BE AWARE OF YOUR FOOD CHOICES

KEEP UP YOUR HEALTHY HABITS

CHANGE UP YOUR EXERCISE ROUTINE

STAY IN TOUCH WITH GROUP MEMBERS

DISCOVER HEALTHY LOCAL RESOURCES

TRY NEW RECIPES

For the Strength of Youth pages 25-27

PONDER: Remember that the lifestyle changes you are making are for a **lifetime**, not just for 12 weeks. Think about the many ways you can stay strong and committed to eating healthy and being active.

Write ideas to help you move forward:

[illegible]

MOVE FORWARD WITH KNOWLEDGE AND STRENGTH

"I testify that if we will turn to the Lord and call upon him, he will help us, but he will not circumvent our agency. With the right attitude and the Lord at our side, we can learn to live a healthy lifestyle, which will enable us to more fully participate in life and enjoy its blessings."



56

COMMIT: Remember the Word of Wisdom and its promises.
Ask the Lord for help everyday. Choose to continue to "Eat Healthy and Be Active".

MY JOURNEY JOURNAL

What important things did I learn this week?

What is my commitment this week?

What will I do this week to keep my commitment?

MOVE FORWARD: PREPARE AND EAT USING HEALTHY RECIPES

Let's look at some healthy recipes in our Appendix that you can prepare and serve to your family.

Taro or Breadfruit Pancakes

INGREDIENTS

2 cups taro (cooked and mashed)
4 eggs
3 teaspoons baking powder
1 teaspoon salt
1 cup **lite** or **fat free** coconut cream or milk

COOKING INSTRUCTIONS

1. In a large bowl, mash cooked taro or breadfruit
2. Add eggs, baking powder, salt and coconut cream, mix until smooth
3. Add a little oil to the frying pan
4. Spoon in batter, turn and bake until golden brown on both sides

Sua Fa'i (Banana breakfast)

INGREDIENTS

4 ripe bananas
Water
1-2 tablespoon sago
1/3 cup of **lite** coconut cream
Lemon (optional)

COOKING INSTRUCTIONS

1. Peel bananas, mash with a fork
2. Scoop banana into a pot and add cold water to cover bananas
3. Add sago
4. Stir until sago is mixed well with the bananas, simmer 10-15 minutes and continue to stir
5. Add coconut cream, stir before serving

Chicken or Beef with Tomato

INGREDIENTS

2 tablespoons flour
pepper to taste
250 grams lean beef OR chicken, cut into cubes
1 onion, chopped
1 clove garlic, crushed
1 teaspoon herb seasoning
1 tablespoon chopped parsley
1 cup tomato juice
1 tablespoon tomato sauce
1 tomato, chopped
1 carrot, diced
Optional: other diced vegetables

COOKING INSTRUCTIONS

1. Toss meat in flour and pepper
2. Brown meat in saucepan
3. Add onions, garlic, herbs, tomato sauce and tomato juice

4. Cover and simmer for 30 minutes before adding tomatoes, carrots and other vegetables
5. Simmer another 30 minutes. Serve

Two-Ingredient Pancakes

SERVES 1 (Makes 4-5 small pancakes)

INGREDIENTS

2 eggs
1 medium ripe banana

COOKING INSTRUCTIONS

1. Peel and mash banana until smooth
2. Beat eggs in separate bowl
3. Combine banana and eggs, mixing well. (If mixture is runny, add a little flour to thicken)
4. Add optional extras (below)
5. Heat pan with teaspoon of oil or butter
6. Reduce heat to medium-low, add batter (2 tsp per pancake)
7. Cook until golden brown on both sides – about 1 minute per side

OPTIONAL EXTRAS

1/8 tsp cinnamon
1/2 cup oats
1/4 teaspoon vanilla extract
1 teaspoon peanut butter
1/8 tsp baking powder if you like your pancakes fluffy

Egg and Vegetable Bake

SERVES 4

INGREDIENTS

1 onion, finely chopped
3 cloves garlic, finely chopped
2 cups vegetables, finely sliced or chopped
½ cup low-fat cheese, grated
4 eggs
1 ½ cups low-fat milk
¾ cup self-rising flour
Black pepper to taste
Enough cooking oil to grease a pie dish

COOKING INSTRUCTIONS

1. Preheat oven to 200°C
2. Grease pie dish, add onion, garlic and vegetables. Sprinkle cheese over top
3. Lightly beat eggs and milk together. Add flour slowly. Mix well making sure there are no lumps, pour egg mixture over vegetables, sprinkle with pepper
4. Bake 30 minutes until set in the middle, serve hot or cold

Monkey Roll Breakfast

SERVES 1

INGREDIENTS

1 slice whole-grain bread
1 tablespoon peanut butter
1 banana

PREPARATION INSTRUCTIONS

1. Spread peanut butter on bread, roll bread around the banana — it's ready to eat.

PaluSami or Lu-Taro Leaves

INGREDIENTS

6 taro leaves
½ cup lean beef
1 onion diced
½ cup **lite** coconut cream

PREPARATION FOR SALAD

1. Remove taro leaf stalks
2. Layer 6 taro leaves, overlapping them so that the coconut cream does not leak through
3. Add coconut cream mixed with a pinch of salt or coconut cream and meat, pour onto the taro leaves
4. Close taro leaves up at the top and wrap the taro leaves in foil
5. Place in the oven on a rack making sure a little water is in a pan under the rack to steam the taro leaves while in the oven
6. Serve with boiled green bananas

Coconut Chicken Coleslaw

INGREDIENTS

Boneless chicken
¼ cup **lite** coconut cream
1 teaspoon ginger
2 garlic cloves, crushed
1 small onion
¼ medium cabbage; finely cut
2 carrots
½ cup of coriander; chopped into small pieces
3 teaspoons lemon juice

PREPARATION FOR SALAD

1. Strip chicken into thin pieces, add coconut cream, ginger and garlic into a pot on low heat

2. Cook for 10-15 minutes or until chicken is cooked through, take off heat and cool, refrigerate
3. Combine ingredients, add chicken then coriander, cabbage and lastly the lemon, mix well
4. Serve on the side with dinner

Fresh Salsa

INGREDIENTS

½ cup chopped white onion
3 diced tomatoes
½ chopped capsicum
1 minced garlic clove
Juice of 1 lime
1 avocado, chopped
1 tablespoon olive oil
salt and pepper to taste

VARIATIONS

Add diced fresh pineapple or mango
Add 1 can of black beans
Add 1 cup corn

PREPARATION INSTRUCTIONS

After chopping all the vegetables, mix together and serve

Chicken and Rice Soup

SERVES 6

INGREDIENTS

½ chicken
4 cups water
1 tablespoon olive oil
1 onion, chopped
2 cloves garlic
2 carrots, sliced
Can corn (optional)
1 cabbage (optional)
1 stalk of celery, diced
salt and pepper to taste
1 cup rice

COOKING INSTRUCTIONS

1. Remove skin from chicken
 2. Place large pot over medium heat
 3. Fry chicken, onion and garlic in oil until browned
 4. Add water and vegetables
 5. Cover pot and simmer until chicken and vegetables are cooked
 6. Remove bones, chop chicken into bite-size pieces
 7. Add more vegetables (corn, sliced cabbage), simmer
 8. Add rice and salt/pepper to taste
 9. Simmer until rice is tender — about 30 minutes. Serve warm
-

Pumpkin Soup

SERVES 4

INGREDIENTS

1 pumpkin, roasted
3 cups water or broth
1 cup coconut milk
½ tablespoon olive oil
1 clove garlic, finely chopped
1 teaspoon ginger, crushed
1 onion, finely chopped
1 cup carrots, finely chopped
1 teaspoon curry powder
Salt and pepper to taste

COOKING INSTRUCTIONS

1. Cut pumpkin in half, scoop out seeds, lay face down on baking sheet
 2. Roast in oven for 1 hour or until pumpkin is tender
 3. Remove pumpkin from oven and let rest until cool enough to handle
 4. Gently scoop roasted pumpkin out of the skin into a large soup pot, discard skin
 5. Add water and coconut milk
 6. Brown onion and garlic in olive oil, add to pot
 7. Add spices and seasonings, heat through. Serve
-

Chicken or Corned Beef Stir Fry

SERVES 6

INGREDIENTS

1 can corned beef or shredded cooked chicken
1 tablespoon olive oil
15 laupele leaves
1 onion, chopped
1 clove garlic, finely chopped
1 cup carrots, cut into strips
1 cup cabbage, chopped
½ cup capsicum, chopped
¼ cup soy sauce
salt and pepper to taste

COOKING INSTRUCTIONS

1. Place can of corned beef into boiling water for 15 minutes, open can and drain off fat, if using chicken, trim fat
 2. Brown onion in olive oil, add garlic
 3. Add vegetables to onion and garlic
 4. Add meat and soy sauce, salt and pepper to taste
 5. Simmer for about 10 mins, stirring occasionally
-

Chop Suey

INGREDIENTS

1 packet vermicelli
1 cup cold water
1 tablespoon canola oil
1 kg diced chicken or meat
3 cloves of garlic, crushed
1 teaspoon ginger, crushed
1 packet long beans
2 carrots, chopped
soy sauce

COOKING INSTRUCTIONS

1. Add oil to the pot; add ginger and meat or chicken, let boil for about 30 minutes or until cooked
 2. Drain oil, leaving just a little oil, add garlic, stir for 5 minutes
 3. Add the vermicelli, carrots and beans
 4. Stir and let simmer for 10 minutes, add a little soy sauce, a pinch of Chinese salt and serve
-

Fish Salad

INGREDIENTS

- 4 eggs
- 1 packet of long beans
- 1 head of lettuce
- 3 taro, boiled ready to eat
- 2 tomatoes
- 1 lemon
- 1 tin sardines

COOKING INSTRUCTIONS

1. Boil the eggs, chop up beans and tomatoes, slice lettuce, chop taro into cubes
2. Place lettuce in a large bowl, add tomatoes, eggs, taro, mix together
3. Add sardines (drain well)
4. Mix and squeeze lemon juice on top

All-in-One Dinner

SERVES 1

INGREDIENTS

- 2 small fresh fish (any kind) or 500g beef
- 2 cabbage leaves
- ½ small onion, sliced
- 1 kumara or potato, sliced
- 1 carrot, sliced
- salt and pepper to taste
- lemon juice

COOKING INSTRUCTIONS

1. Wash fish, remove bones and scales
2. Lay out rectangle of foil, put two cabbage leaves in center
3. Add onion slices, potato and carrots
4. Put two fish on top – squeeze lemon juice over the top
5. Wrap up tightly in foil and cook in a hot oven or umu
6. Bake until done, about 45–60 minutes

Coconut Mango Chicken Bowls

SERVES 4

INGREDIENTS

- 4 chicken breasts, cooked and shredded
- 2 cups cooked rice
- ¼ cup shredded coconut
- ½ cup corn

MANGO SAUCE

- 1 mango, diced
- 2 tablespoons olive oil
- 2 tablespoons lime juice
- 2 cloves garlic, minced
- 1 teaspoon salt

Cooking Instructions

1. Blend together ingredients for mango sauce
2. Add mango sauce to chicken
3. Serve over rice. Top with coconut and corn

Sweet and Sour Vegetables

INGREDIENTS

- 6 cups chopped mixed vegetables (e.g. pumpkin, green beans, carrots, green pepper, tomatoes, sweet potato, cassava, any dark green leaves, etc.)
- 3 tablespoons olive oil
- 4 large onions, chopped
- 4 half-ripe mangoes
- 1 cup water
- ¼ cup **lite** coconut cream
- salt and pepper to taste

COOKING INSTRUCTIONS

1. Fry the onions in the oil for 5 minutes
2. Add chopped vegetables, water and cream

3. Cook vegetables. **Do not** overcook the vegetables
4. Wash and peel the mangoes; cut into slices
5. Add mango slices to vegetables and cook for 2 minutes
6. Add salt and pepper to taste

Fish Fingers with Vegetable Salad

INGREDIENTS

- 1.35 kg white fish (16 strips)
- ¼ cup olive oil
- 5 eggs, beaten
- 1 cup flour
- 1 ½ cups breadcrumbs
- ½ green cabbage
- ½ red cabbage
- 3 carrots
- 3 tomatoes
- 1 large cucumber
- 2 lemons, cut into wedges
- 1 large avocado
- 2 pinches salt
- 1 teaspoon chili sauce
- ¼ teaspoon lemon juice
- ¼ cup chopped tomato
- ¼ cup water

COOKING INSTRUCTIONS


1. Cut fish fillet into 16 strips and dip into flour, then into egg, and into breadcrumbs
2. Heat oil in frying pan, add fish and lightly brown, put fish into bowl
3. **Make Sauce:** Mash avocado with chili sauce, lemon juice, chopped tomato and water
4. **Make Salad:** Grate carrots, green cabbage and red cabbage, slice tomatoes and cucumber, mix together
5. Mix together fish, salad and sauce, serve with lemon wedges

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ENGLISH



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