

STUDENT WORKSHEETS



WORKSHEET 1: CRITIQUING MEDIA MESSAGES

Name:

Title of the media message you are critiquing:

1. What is the main message this piece of content is trying to convey?

2. Does it used emotive language? How?

3. Does it use emotional appeal? How?

4. Do you think this message would influence peoples food choices? Why or why not?



WORKSHEET 2: HEALTH STRATEGY PLANNER

Name: _____

1. Describe your strategy. What activity will you deliver as part of Healthy Eating Week?

2. How will this promote the nutritional benefits of capsicums and their place in a balanced diet?

3. What challenges might arise?

4. How will you address these challenges?

APPENDIX 1: ADVERTISING EXAMPLES

HEALTHY BODY CO.

VEGETABLE OF THE MONTH

TRY THESE TASTY CAPSICUM RECIPES!

healthbodyco Add some colour to your meals with capsicum!

Fun Fact: Did you know that green, yellow, orange and red capsicums and the same vegetable? The colourful capsicums you see are picked from the same plant at different stages of ripeness.

Follow @healthbodyco for more healthy eating tips and programs to keep you active.

Head to the link in our bio to see these and other healthy recipes.



POWER UP WITH CAPSICUMS!

Delicious. Nutritious. Colourful.

Why add capsicums to your plate?

- ✔ **Vitamin C Boost** – One capsicum = more Vitamin C than an orange!
- ✔ **Eye & Skin Health** – Packed with antioxidants like beta-carotene.
- ✔ **Low in Calories, High in Fibre** – Keeps you full and feeling good.
- ✔ **Versatile & Tasty** – Eat them raw, roasted, grilled, or stuffed!

ADD A SPLASH OF COLOUR TO YOUR MEALS. EAT CAPSICUMS. FEEL THE BENEFITS.

Available at your local grocer or farmers market!

TIME4HEALTH

rich in lutein, it is also filled with vitamins and minerals.

CAPSICUM HEALTH BENEFITS

COMBAT INFLAMMATION WITH CAPSICUM

Benefits of Capsicum

- prevents hypertension
- improves eyesight
- provides immunity
- promotes digestion
- boosts metabolism

CREAMY CAPSICUM PASTA recipe

INGREDIENTS

- 3 large red capsicums
- 1/2 cup cashews, soaked for 2 hours
- 2 tablespoons nutritional yeast
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- 1 small clove garlic
- 3 tablespoons lemon juice
- 2 tablespoons water
- 2 cups pasta
- 2 tablespoons pine nuts
- large handful of rocket
- 1/4 cup extra-virgin olive oil + extra for roasting capsicums

DIRECTIONS

- 1 Begin by cutting your capsicums in half lengthways and coating the outsides of them with some extra virgin olive oil. Place them on a tray and under a hot grill. Leave them to blister and blacken, checking regularly. Once nice and black, remove and pop them in a bowl and cover with a plate to let them sweat a little for 5 minutes.
- 2 Place 4 of the capsicum halves (this will leave you 2 halves aside still) into a blender with the lemon juice, cashews, nutritional yeast, garlic, extra virgin olive oil, salt, pepper and water. Blend till smooth and creamy. Set aside.
- 3 Cook pasta till tender and then drain keeping about 3 tablespoons of the pasta water.
- 4 Roughly dice up the remaining capsicum then divide the pasta with creamy capsicum roasted sauce between two bowls and top with toasted pine nuts, capsicum, generous handful of rocket and a drizzle of extra virgin olive oil.

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KIDS WILL LOVE

10 FUN AND HEALTHY WAYS TO ENJOY CAPSICUM



Orange capsicums and peppers. Images courtesy of the Queensland Alliance for Agriculture and Food Innovation (QAAFI).

Orange capsicums on the menu for long-term eye health

A five-year cross-industry project, *Naturally Nutritious* is researching the development of innovative food products and varieties that are nutritious, delicious and visually appealing. Project Lead Dr Tim O'Hare provides an update, with the focus on developing orange capsicums.

First it was carrots; now capsicum has been identified as good for your eyes – and it is the nutrient linked to the orange colour that counts.

Just as carrots were found to promote night vision through a nutrient called beta-carotene, now another orange vegetable has been found to be pivotal for eye health.

Research by Dr Tim O'Hare from the University of Queensland has identified orange capsicums as the richest source of the orange pigment zeaxanthin, which is vital for central vision.

He is now helping to address the lack of zeaxanthin in our diets through research based at the Queensland Alliance for Agricultural and Food Innovation (QAAFI) and funded by Hort Innovation.

The findings are part of the *Naturally Nutritious* project, which is seeking to increase the level of nutrients in fruit, vegetables and nuts.

Nutrition you can see

Dr O'Hare explained that he and his project team are interested in products that can be visually identified by consumers as containing vital nutrients.

"A number of nutrients we are interested in for human health are actually pigmented. In most cases, it's

the zeaxanthin itself that gives orange capsicums their vivid orange colour," Dr O'Hare said.

Another example of this is the purple pigment anthocyanin, found in purple sweet corn (more about purple sweet corn can be found on page 54 of *Vegetables Australia* – Spring 2019).

"With these nutrients, what you see is what you get – the more intensely coloured the product, the more nutrients it contains," Dr O'Hare said.

When it comes to orange zeaxanthin and health, Dr O'Hare said the compound accumulates in our macula, at the back of our eyes. It protects against blue light, which is particularly damaging as it can oxidise our photoreceptors and leads to macular degeneration.

As such, zeaxanthin deficiency leaves eyes susceptible to age-related macular degeneration, which in Australia affects one in seven people over 50 years of age and one in three over 80.

Too much blue light can damage the light receptors (called cones) in the retina that are responsible for high-resolution central vision and colour perception. The more zeaxanthin in your macula, the more blue light is naturally screened from hitting the back of the eye.

Dr O'Hare stressed that food is essential to achieve this protection.

"Our bodies can't make zeaxanthin, which means we rely exclusively on dietary sources or on artificial supplements," he said.

High zeaxanthin

A comparative analysis of different fruits and vegetables identified orange capsicums as the richest source of zeaxanthin by far. One capsicum (typically 450 grams) was found to contain zeaxanthin levels equivalent to 30 supplement tablets, with two milligrams of zeaxanthin the daily recommended dose.

"Each zeaxanthin tablet is roughly equivalent to 10 grams of orange capsicum flesh – that's how rich the capsicums are in this pigment," Dr O'Hare said.

"The trouble at the moment is that orange capsicums are not always available in shops. This is something we are looking to overcome."

In contrast, the 'traffic light' capsicums – coloured red, yellow and green – contain no zeaxanthin.

The analysis also compared zeaxanthin levels among the different orange capsicum varieties that are available in Australia.

A total of eight orange varieties of capsicum were analysed, with seven all

This article has appeared in *Vegetables Australia* – Summer 2020/21. To read the full publication:

https://ausveg.com.au/app/uploads/2020/11/AUSVEG_VegetablesAustralia_2020-21_Summer_WEB-150DPI_F01v1.pdf