

UBUNGQABAVU (VITALITY)

Food & Nutrition Security: Student voice @ DUT



UNLOCK YOUR POTENTIAL WITH
GOOD NUTRITION

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The views and interpretations contained herein are solely those of the authors.

I want to thank God most of all, because without God I wouldn't be able to do any of this.

Sincerely

Sboniso T Ngcobo (Student at the Department of Food & Nutrition: Consumer Sciences)

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A MESSAGE FROM PROFESSOR N. GWELE (DEPUTY VICE CHANCELLOR:TEACHING AND LEARNING—DURBAN UNIVERSITY OF TECHNOLOGY)

Food (in)security is a reality to which higher education can no longer turn a blind eye. The start of the 2019 academic year for a number of South African universities was severely affected by student protests. Top among the complaints raised by protesting students all over the country were psychosocial and economic hardships that students had to endure in pursuit of education. Inability to secure food, accommodation and other basic needs among university students is not peculiar to South Africa.

Globally, literature abounds with accounts of the pervasiveness of food insecurity among postsecondary students throughout the world. Citing Ferguson, Frank (2018) points to the difficulties related to the existence of mismatch between available student financial aid/assistance with regard to allowances and cost of food and other basic needs. It is no coincidence that invariably, students from poor homes – whose parents can hardly afford food for those left at home – let alone the ones who are at university often feel the burden of hunger and/or inappropriate eating habits the most.

Faced with a limited budget, if any at all, with a multitude of competing basic needs, students will often buy the cheapest food, irrespective of its nutritional value. A booklet such as the one written by a Food and Nutrition student at the Durban University of Technology will greatly assist students in making decisions about how best to spend the little money they have, in their efforts to eat healthy, and thus improve their chances of paying sustained attention in class. Being hungry in class is not an experience that any student should go through. The reality, however, is that for a huge number of students this is their university experience. Hopefully, this booklet, will go a long way in assisting students stay on track, both academically and nutritionally.

Frank, L. 2018. “Hungry for an education”: Prevalence and outcomes of food insecurity among students at a primarily undergraduate university in rural Nova Scotia. *Canadian Journal of Higher Education*, 48(2): 109-129.

A MESSAGE FROM ZWAKELE NGUBANE (DIRECTOR: ADVANCEMENT AND ALUMNI RELATIONS—DURBAN UNIVERSITY OF TECHNOLOGY)

As the director of Advancement and Alumni Relations at the Durban University of Technology, I am very proud to be associated with an initiative that seeks to understand more about the nutritional and eating habits of our students as well as the factors that may be contributing to poor or undernourishment among some of our students. It is well understood that students must be well-nourished in order to perform academically since nutrition contributes significantly towards cognitive development and function.

Food security has become an increasingly growing concern for many as high levels of poverty and unemployment leave many South Africans unable to provide themselves and their families with regular nutritious meals. This has also become a growing concern amongst universities as an increasing number of students struggle to access regular and nutritious meals due to the difficult financial backgrounds they come from. It is for this reason that the Advancement and Alumni Relations Office assists with the fundraising efforts for the Food Security Programme at the University. The Food Security Programme is an initiative that was established by the former Dean of Students, Mr Amar Singh, and aimed to provide students with support in as far as accessing regular meals.

This project aims not only to understand the extent to which students are able to access regular meals but also to understand the extent to which these meals are nutritious and then educate students on how to make smarter food choices by understanding the basics as well as the importance of good nutrition.

This, I believe, is the beginning of a much needed nutrition movement at DUT. If students can be armed with knowledge and information so that they are in a position to make smarter food choices, the chances of healthier and better performing students are increased significantly. We therefore fully support this initiative as it tries to educate our students on this important aspect of life.

After all, it is often said, “you are what you eat”

SUBMIT YOUR STORY

STUDENT VOICE — IT'S YOUR TURN TO TELL YOUR STORY

Step 1: Decide how you want to tell your story: you can film it with video, or submit it in writing. Instructions for each are below.

Step 2: However you choose to start, make sure you provide your name, your campus name.

Step 3: Get to the point. Tell your story as concisely as you can, so people will take the time to hear it. Stick to the relevant details and please do not share the names of other people. Not sure how to begin? Start here:

- What's really happening in University/Campus/ Students residence that most people don't know about?
- What do you wish Siyaphulela project at DUT knew about what's holding you back?
- What are you working on to make your Campus/ University/ students residence a better place to be? Why?

Step 4: If you have any trouble sharing your story, just let us know! You can find us in this email address: vibrantcampuses@gmail.com or WhatsApp: 0845968831

How to submit your story?

1. Make a video using your camera (making sure that the video you shared is of good picture and audio quality) or tell your story in writing.
2. Email it to us in this email address: vibrantcampuses@gmail.com.
3. In the message itself, please give us your name and a way to contact you and/or confirm we got it!

What happens next?

We hope that sharing your story will help create more resources for students like you. Your story will only be used with that purpose in mind. All eligible submissions will be included in a booklet called "Ubugqabavu" that can be accessed by the DUT community for educational and advocacy purposes.

Most submissions will be integrated into training/workshops/roadshow that will inform the Food security task team, Student success task team, DUT stakeholders, and policymakers. In order to develop suitable interventions that effectively benefits' students.

Some students will be invited to share their story in person at student success task team workshops and/or students focus group discussions.

Ineligible submissions

A submission will be considered ineligible if it contains any of the following:

- Hate speech or depictions directed at others (but if a student sees or experiences hate speech and chooses to make this part of their submission that is considered eligible)
- Graphic violence
- Depictions of drug or alcohol that glorify its use or abuse
- Naming people who have not given permission to be used in the story. Other people should be identified by the relationship, such as “my lecturer” or “my aunt.”
- Inaccurate portrayals, dishonest content or plagiarism



UBUNGQABAVU ROADSHOW

Get Tips tools, Tricks & Tasting
to Inspire healthy eating

When BETWEEN THE MONTH OF JULY
AND SEPTEMBER 2019

Where DUT STUDENTS RESIDENCE



A QUICK AND HEALTHY, COOKING DEMONSTRATION
on how to make healthy meal

The cooking demonstration will include examples of correct food choices within limited budgets, discussion on mixed meal and different food preparation techniques. The show will finish with move your body activities and **Prizes to be Won.**



Siyaphumelela
we succeed

MORE INFO
CONTACT: 0845968831
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SOME FOOD FOR THOUGHT



A healthy student is happy, productive and successful. Eating for health is about eating a variety of foods from the five food groups in the right amounts. Choosing food that is easily available to you and that you can afford will make a healthy lifestyle easy to maintain. Remember three healthy meals a day are what every busy person's body needs to perform well. Good energy levels are only possible if we limit harmful foods like added salt, added sugars, saturated fat and alcohol.

THE LINKS BETWEEN CORRECT FOOD CHOICES, HEALTHY LIFESTYLE AND ACADEMIC PERFORMANCE

Many students take for granted the role played by correct food choices in their academic performance. Often students are faced with 'all you can eat' cafeterias, street vendors, fast food and late-night unhealthy snacks, not to mention a lack of kitchen facilities and financial constraints that limit their food budget. A lack of skills and knowledge around preparing and cooking healthy meals within a limited student budget and a demanding course load can easily contribute toward individuals' incorrect food choices. In addition, a regular physical activity routine is easily disrupted when a student chooses an extra hour of studying over a daily exercise routine.

Food provides the nutrients needed for regulating body processes. Therefore, choosing correct foods from a variety of food groups in the correct amounts, according to your body's needs helps the body to stay healthy; improves your ability to do everyday tasks and improves your mental ability and overall sense of wellbeing.

For that reason, improving eating and physical activity habits make a difference in the health, wellness and academic performance of a student.

The findings of a study conducted at the Durban University of Technology by a third year Food & Nutrition: Consumer Sciences student, under the supervision of Dr Delysia Timm (Advisor: Special project office of the DVC Teaching & Learning) and Dr Heleen Grobbelaar (Lecturer: Consumer Sciences: Food & Nutrition), show that a very small number of DUT students seem to regularly consume a varied diet which includes pulses (beans/ lentils) and a variety of fruit and vegetables and not only starchy foods and meat. The results of this student survey indicated that students seem to depend more on ready-made meals from 'on campus' vendors and fast food restaurants. Ready-made meals are more likely to be expensive, less nutritious and have a high fat and salt content.

This booklet is a user-friendly guide for students that explains the benefits of healthier food choices within a limited budget. It will give students some tips as they plan, shop for, prepare, cook and eat healthy meals and consequently enjoy a healthy lifestyle with improved academic performance.

GUIDELINES FOR HEALTHY EATING

Often students ask themselves what is healthy eating, how and why should they choose a healthy diet? Eating healthily is one of the most important things you can do for yourself. A healthy lifestyle helps the body to stay healthy; it improves your ability to do everyday tasks and your mental ability and gives an overall sense of wellbeing and/or prevent non-communicable health problems. To do so, the World Health Organization (WHO) has proposed that there is a need to improve world food standards. Such as having available dietary guides that provide information on (1) the amounts of food, (2) food groups and eating plans that promote health, (3) the consumption of whole food, rather than processed foods.

Healthy eating involves consuming the right amount of food from all food groups, which are: cereal and cereal product, fruits, vegetables, milk and dairy products, meat, and meat alternatives. Healthy eating has many benefits for our bodies. Foremost, our brain needs enough nutrients to function well. Consuming a healthy diet that is low in fat and high in essential nutrients such as vitamins, minerals, and phytochemicals, which are found in fruits and vegetables, may help boost memory. It also helps your brain to produce happy hormones, which make you feel good.

Eating healthily also boosts alertness because the brain needs a steady supply of glucose to concentrate and stay alert. Therefore including minerals such as iron, found in both animal and plant products but is most abundant in animal products, in the diet helps with the delivery of oxygen to the brain which will prevent fatigue.

Healthy eating provides protection from various diseases such as cancer, heart disease, and stroke. Studies have shown that you may reduce your chances of getting cancer by consuming a healthy diet. That diet should include fruits and vegetables because they contain nutrients called antioxidants which are said to reduce the chances of getting cancer. In addition, good nutrition ensures a proper supply of blood to the brain, therefore, lowering the risk of stroke.

Furthermore, eating healthily helps with the maintenance of body weight in relation to your age, gender, and height. This, in turn, boosts your self-esteem and mood because when you are physically active, you feel good about yourself.

Using the information in the Food Guide when making food decisions in order to meet the messages in the guidelines and the recommended amounts from the Food Guide can help you achieve and maintain a healthy lifestyle. For the South African food guide go to:

http://www.who.int/foodsafety/publications/consumer/manual_keys.pdf

THE SOUTH AFRICAN FOOD GUIDE



KEYS:

- FOOD
- NUTRITION
- FUNCTION

The Food Guide groups foods primarily on the basis of their type and nutrient contribution. The main distinguishing nutrients for each of the five food groups are shown in Table 1, although foods within each group also make significant contributions to other dietary components. Note that the grouping system is simplified for educational purposes and the foods within each group can vary.

NUTRITIONAL CHARACTERISTICS OF THE FIVE FOOD GROUPS

Food Groupname	Cereal and Cereal product	Vegetables and Fruit	Lean meat andpoultry, fish,eggs, and nuts,seeds, legumes/ beans	Milk, yogurt, cheese and/or alternatives, mostly
Main distinguishing nutrients	carbohydrate protein iron dietary fiber thiamin folate iodine	beta-carotene and other carotenoids vitamin C folate dietary fiber	protein iron zinc vitamin B12(animal foodsonly)long chain omega3 fatty acids	calcium protein riboflavin vitamin B12
Other important nutrients	energy magnesium zinc riboflavin niacin vitamin E	carbohydrates (potato, sweet potato, sweet corn, legumes) magnesium iron potassium	dietary fibre (plant foods only) energy essential fatty acids niacin vitamin E (seeds, nuts)	energy fat carbohydrate magnesium zinc potassium

MAKE SURE THAT YOUR MEALS ARE NUTRITIOUS – IT SHOULD INCLUDE FOODS FROM ALL THE FIVE FOOD GROUPS

PLAN A GOOD MIXED MEAL

Keeping your body energetic and in a good shape is every student's dream come true. What you need to do is create a healthy eating plan and enjoy a variety of foods from each food group every day, every week and all the year through. Eat foods seasonally, eat at home more so you enjoy meals you cook yourself and keep healthy by consuming fresh fruit and vegetable.

Hence, consider the following tips to help you plan well-mixed meals.

- Make starchy foods such as brown/white bread, maize meal, rice, samp, noodles or pasta part of most meals.
- Eat plenty of vegetables and fruit every day
- Eat dry beans, split peas, lentils, and soya regularly (at least once a week)
- Chicken, fish, lean meat or eggs can be eaten every day. However, if your food budget is limited, eat beans, split peas or lentils, as they are cost effective.
- Milk, Maas or yogurt can be eaten every day.
- Use salt and foods high in salt moderately.
- Use fat sparingly.
- Keep your sugar consumption low by eating sugar, food, and drinks high in sugar infrequently. See these foods as treats for special occasions only.
- Drink lots of clean, safe water.

Mixed meals are eating plans including food from two or more food groups at each meal. Eaten regularly three times a day in similar sizes.

Choose from these foods groups for mixed meals:



Pulses (beans & lentils) in your diet are 'meatier', more filling, make a more balanced side dish than rice or phuthu, and are simple to cook.

They will improve the total nutritional value of food when added to a meat or chicken dish, as they are high in fibre and a good source of plant protein and energy. They are an affordable source of protein..

EAT ACCORDING TO YOUR BODY'S NEEDS

What you eat on an everyday basis is what determines whether you will be energetic or lazy. Therefore, your eating patterns are the key to your health and wellness. In fact, lifestyle factors such as food and drink, sleep, exercise, and your mental state have a positive or negative influence on your social or academic performance depending on how you take care of yourself.

For example, skipping your breakfast or the kind of meal you eat during your lunch break will determine whether you are able to concentrate and engage well with your lecturers and classmates. Therefore, the quality and quantity of food you eat play a most important role in your everyday activities. Eating the correct food amounts from all the food groups will help you to ensure that you get all the nutrients your body needs.

However, each individual is unique and the quantity of energy that a person needs from their everyday food intake will differ based on age, gender and activity levels. For instance, the body composition of women and men is not the same and therefore their food intake will be different. For example, even though Njabulo (male) and Zintle (female) are both DUT students studying Food and Nutrition and are both active, Njabulo will need to eat a bigger portion of starchy food compared to Zintle, but eating the same portion size of fruit and vegetables will be sufficient for them both. Tables 1.1 to 1.5 show you the daily-recommended food intake, portion size for both males and females:

Table: Daily recommended number of servings for both males and females

Gender	Starchy foods e.g. bread, maize, pasta	Vegetables	Dry beans, Lentils, split	Fish, chicken, lean	Milk, maas,	Fats, oils	Sugar
Female	11	3	1	1	1	6	6
Male	15	3	1	1	1	8	6

A unit of food within a food group is calculated based on the nutritional value of the food, and this amount is then stated. Thus a single unit of each food in a food group supply a similar quantity of nutrients as other units in that same group.

Table: Food portion size per serves

Food Group	Foods	Unit/portion size
Starch food & Cereal product	Bread, brown/white	1 slice
	Porridge, soft	½ cup
	Maize meal, dry powder	3 heaped tablespoons
	Potato	1 medium
	Rice/ pasta/ samp/ whole grains, cooked	½ cup
	Breakfast cereal	Varies
	Popcorn, popped, (no salt or fat added)	2 cups
Vegetables & fruit	Cut corn, mealie	½ cup
	Fresh / frozen vegetables	½ cup cooked
	leafy vegetables	1 cup raw
	All fresh fruit	1 piece medium-sized fruit
		e.g. apple, banana.
		2 pieces of small fruit
		e.g. apricots, plums
		½ large fruit e.g. grapefruit.
		½ cup chopped fruit
		½ cup fruit juice

Table: Food portion size per serves

Food Group	Foods	Unit/portion size
Fish, chicken, lean meat, egg	Fish, white Fish, high-fat flesh Chicken, no skin Meat, lean	1 large piece 1 small piece 1 medium breast Size palm, sliced 10mm 2
	Eggs, hens Chicken liver; Cheese, yellow	3 cube 30mm 3/ 40g (match box size)
Milk, maas, yogurt	Milk, low fat or skim Maas, low fat Yogurt, low fat or fat-free	1 cup 1 cup 1 tub, 100ml
	Oil; sunflower; canola, olive or other plant oil Tub margarine Peanut butter	1 teaspoon 1 teaspoon 1 heaped teaspoon
Sugar	Sugar, brown or white Jam	1 teaspoon 1 heaped teaspoon



Table: The number of servings per day from each food group for Njabulo (male), who is an active adult and allowed to consume 10 500 kilojoules per day.

Meal	Cereal & Cereal products	Meat & Meat alternatives	Fruit & Vegetables	Milk & Dairy products	Fats & Oils
Breakfast	6		1	1	7
Snack	2		1		2
Lunch	2	1	1		1
Supper	3	1	2		2
snack	2				2
Total number of Units	15	2	4	1	14



Table: Guideline table illustrating a one-day menu plan for Njabulo (male)

Meal	Menu	Food group	Serving size (household measures)	Number of units
Breakfast	Oats, cooked	Cereal & Cereal Products	1 cup	2
	Sugar	Fats & Oil	4 teaspoon	4
	Milk (low fat)	Milk & Dairy Products	1 cup	1
	Bread (brown)	Cereal & Cereal Products	4 slice	4
	Margarine	Fats & Oils	3 teaspoon	3
Snack	Provita (Whole wheat crispbread).	Cereal & Cereal Products	6 each	2
	Margarine	Fats & Oils	2 teaspoon	2
	Apple	Fruit & Vegetables	1 medium size	1
Lunch	Stir-fried vegetables	Fruit & Vegetables	½ cup stir fried	1
	Carrot			
	Butternut			
	Broccoli			
	Cauliflower			
	Sunflower oil	Fats & Oil	1 teaspoon	1
	Rice, cooked	Cereal & Cereal Products	1 cup	2
	Lentils	Meat & Meat alternative	½ cup	1

Meal	Menu	Food group	Serving size (household measures)	Number of units
Supper	Chicken stew	Meat & Meat alternative	1 chicken breast	1
	Maize meal, dry	Cereal & Cereal Products	6 heaped tablespoons	2
	Salad; -Carrot -Tomato and Onion mix	Fruit & Vegetables	1 cup	1
	Sunflower oil	Fats & Oils	2 teaspoon	2
	Frozen vegetables	Fruit & Vegetables	½ cup	1
	Potato (baked)	Cereal & Cereal Products	1 med size	1
Snack	Margarine	Fats & Oils	2 teaspoon	2
	Provita (Whole wheat crispbread).	Cereal & Cereal Products	6 each	2



Table: The table below shows the number of servings per day from each food groups of Zintle (Female), who is an active adult and allowed to intake 8 500 kilojoules per day.

Meal	Cereal & Cereal products	Meat & Meat alternatives	Fruit & Vegetables	Milk & Dairy products	Fats & Oils
Breakfast	4		1	1	5
Snack	2		1		3
Lunch	2	1	1		1
Supper	3	1	1		3
Total number of Units	11	2	4	1	12



Table: Guideline illustrating a one-day menu plan for Zintle (Female)

Meal	Menu	Food group	Serving size (household measures)	Number of units
Breakfast	Weetabix	Cereal & Cereal Product	1 cup	2
	Sugar	Fats & Oil	3 teaspoon	3
	Milk(low fat)	Milk & Dairy Products	1 cup	1
	Bread (brown)	Cereal & Cereal Product	2 slice	2
Snack	Margarine	Fats & Oil	2 teaspoon	2
	Apple	Fruit & Vegetables	1 med	1
	Provita (Whole wheat crispbread).	Cereal & Cereal Product	6 each	2
	Margarine	Fats & Oil	3 teaspoon	3
Lunch	Brown bread	Cereal & Cereal Product	2 slice	2
	Split peas	Product	½ cup	1
	Frozen vegetables	Meat & Meat alternative	½ cup	1
	Sunflower	Fruit & Vegetables Fats & Oil	1 teaspoon	1
Supper	Fish	Meat & Meat alternative	1 large peace	1
	Rice, cooked	Cereal & Cereal Product	1 cup	2
	Potato	Cereal & Cereal Product	1 med	1
	Spinach	Fruit & Vegetables	1 cup raw	1
	Sunflower	Fats & Oil	3 teaspoon	3

MORE HEALTHY RECOMMENDATIONS

Replace large portion sizes of starch (maize meal, rice, pasta) with smaller portion sizes and include fresh vegetables in the meal.

Replace large portion sizes of fatty meat with smaller portion sizes of lean meat, skinless chicken, and include vegetables and beans in the meal.

Prepare yourself a lunchbox with sandwiches, fruit, and water, instead of buying fried potato chips, amagwinya, and cold drinks.

Use low-fat milk or yogurt in your breakfast cereals.

Remember to keep an eye on your portion sizes, keep physically active and avoid smoking.

The key to eating healthily is regular mixed meals, of a similar size, eaten three times a day (breakfast, lunch, and supper).

CHANGES YOU CAN MAKE

- Use brown bread instead of white bread.
- Eat fresh fruit instead of drinking fruit juice, as it is more filling and has more fiber.
- Prepare meals using fresh ingredients instead of buying ready-made meals. Fresh food is likely to be less expensive, more nutritious and has a lower fat and salt content.
- Eat fruit, vegetables or yogurt as a snack between meals instead of a packet of chips



BREAKFAST REALLY IS THE MOST IMPORTANT MEAL OF THE DAY

You might be one of those breakfast 'skippers'! Most people skip breakfast because they are not hungry, do not have enough time or are in a hurry for the first-morning lecture. However, there are many good reasons why breakfast is often called the most important meal of the day. People who skip breakfast are more likely to be tempted by unplanned harmful food choices and large portion sizes at their next meal.

Students who usually eat breakfast based on wholegrain cereal or bread, low-fat yogurt or milk and maybe some fruit or vegetables are less likely to become overweight and are more physically active than students who skip breakfast most days.

A healthy breakfast helps to kick-start your energy levels, both for your brain and body. It will help you stay alert and keep your concentration levels up until lunch break and can even help to improve your memory. When you eat a healthy breakfast, you may find that you eat less during the rest of the day so your energy levels are more constant.

Breakfast does not have to be a big meal. Start with something simple and small if you are not that hungry. If you are in a hurry, grab something to have as breakfast 'on-the-go' or on campus, for example, a boiled egg.

Breakfast becomes less healthy if we add too much sugar, salt or butter. Try to avoid too much sugar from jams or sugar added at the table, salt added to meals and fat from bacon.

Try to include three food groups in your breakfast to keep you fuller for longer:

- Oats with milk and fruit.
- Brown bread with avocado or peanut butter
- Fruit and/ or vegetables with an egg (boiled, scrambled) on brown bread.



LUNCH BOX TIPS

PLAN AHEAD



Planning your lunchbox night before gives you more flexibility and control. Trying to squeeze your lunchbox prep into the morning chaos will cause your nutritional and creative intentions to fall by the wayside.

You need to keep a regular checklist of regular lunchbox fillers in your grocery box and ensure that these popular items are in stock.

Make note of any recipes you want to try and buy the ingredients on a weekly basis.

KEEP YOUR LUNCHBOX FRESH



Avoid all preservatives, artificial flavoured, processed foods. But include raw fruits and vegetables in a variety of shapes and colours, every day.

PACKING SANDWICHES



Keep fresh ingredients like lettuce, tomato and cucumber separately to add to your sandwiches – this prevents them from going soggy.

Pack salad dressing in a little container and add before you eat the salad.

Pack into a small cooler bag to keep everything fresh.

PLANNING YOUR DRINKS



Avoid fizzy or sugary cool drinks, rather enjoy diluted 100% fruit juice

Water is the best choice, add lemon slices for extra flavour.

In summer, freeze water bottles overnight to have ice cold water throughout the day and to keep your lunch box cool.

The attention you spend planning and packing your lunchbox will communicate to your academic performance all the wholesome values of thoughtfulness, good nutrition, understanding, creativity, dedication and enjoyment often neglected in our everyday contest against time, and you will find that you are not keen to eat unhealthy food next time around.

IT STARTS WITH YOUR SHOPPING LIST

You can make your shopping easier, quicker and cheaper if you know which foods are healthy.

- Plan meals and snacks for the week/month and make sure you buy everything you will need all at once.
- Concentrate on buying a variety of foods (Five Food Groups) and limit harmful foods.
- Write a list and stick to it.
- Look for different types of lean meat and mince without visible fat.
- Choosing fat-reduced spreads limits weight gain.
- Eating a wide variety of fresh in-season fruit and vegetables will increase your nutrient intake, lower your kilojoules, cost less and keep meals and snacks interesting.
- Look for whole-grain breakfast cereals, as they are high in fiber and therefore more filling.
- Do not shop when you are hungry so that you are less tempted by unplanned choices.
- Read food labels so that you learn which products are the best choices with the least harmful ingredients.
- Know which food you can stock up on so that you save money and time (e.g. canned fish, dried beans, frozen vegetables).
- Look for a variety of frozen vegetables (long shelf life).
- Dried legumes (beans, lentils) and couscous are low in salt and are cheaper

LINK BETWEEN FITNESS, NUTRITION AND STUDENT SUCCESS

A JOURNEY WORTH EMBARKING ON

The benefits of healthy eating cannot be considered without also including physical activities because health and exercising are deeply intertwined. Regular physical activity not only improves your body composition, but it also enhances several aspects of heart function, improves sleep habits, reduces stress and positively affects blood pressure, blood cholesterol, regulation of blood glucose and immune function, see figure 1:1 (Wardlaw and Smith 2009, 408).

Unfortunately, not many students practise moderate to vigorous physical activities on a regular basis, and most of them quit an exercise program within one month of initiation.

WHO (the World Health Organisation) recommend 30 minutes of physical activity for an adult and 60 minutes of activity for adolescents, each day of the the week. This can be achieved by jogging or playing a fast game. Vigorous aerobic exercise requires the heart and lungs to work hard to deliver more oxygen to the arms, legs, and brain. Aerobic exercise increases oxygen intake. On the other hand, muscle-strengthening exercise build the body and self-esteem.



STUDENT TESTIMONIAL: GYM CAME TO MY RESCUE AND GAVE ME A VOICE



It all started as 'just going to the gym' but as I started to see results and as I decided to commit myself fully to "going to the gym" everything changed. Maybe a few will get this and relate to it: not everyone is as bold, some of us are even afraid to take compliments from our peers due to the lack of self-confidence and I was "once" there.

Gym came to my rescue and gave me a voice I never imagined myself having. It came and broke barriers that held me down and kept me caged up; some I didn't even know existed. The moment I started hearing whispers of encouragement saying "you can do this" and "keep pushing" I knew the journey had a lot of great things in store for me and I was excited about it. I started to change my diet and by changing my diet I do not mean "starving yourself" as that is what most of us young people tend to think helps. What I did is I ate appropriate portions of meals and followed the right diet to help attain my goal. We don't diet, we eat according to our end goal.

While my peers were struggling with stress; 'STRESS' was something that was completely foreign to me and that is all thanks to working out at the gym. It helped me to balance all spheres of life not only that but also taught me to value my time and most off all to keep calm. As some may say 'I have everything figured out'. Dedication and consistency will take you to greater heights when it comes to gym. You cannot expect the first few months to be easy though as nothing worth having comes easy but as soon as you get the hang of it, it will be a hobby. Just remember your body can stand almost anything. It's your mind that you have to convince. As I said before, Nothing truly great ever comes from a comfort zone.

"Strive for PROGRESS not PERFECTION"- Nhlanzeko Sithabile Ngcobo



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EASY & QUICK RECIPES

Get Tips, Tools, and Tricks to inspire healthy eating



HEALTHY BREAKFAST

CREAMY OATS WITH BANANA

Serves: 2

Preparation time: 5min

Cooking time: 10 min

Ingredients

- ½ cup oats, uncooked
- 1 cup water
- 1 cup low-fat milk
- 1 pinch salt
- 1 med banana, sliced

Method

- 1 Add oats, water, milk, and salt to a pot and bring to boil over medium heat. Once it starts to boil, stir constantly to prevent lumps, then simmer until cooked about 5-10 minutes.
- 2 Oats can be eaten with fresh fruit such as banana, a peach or orange, and cinnamon.

Cook's Tips

- Prepare oats as explained, or mix in a large enough glass bowl and microwave for 3-5 minutes, depending on your microwave. Stir often and make sure it does not boil over.
- Pumpkin or sunflower seeds are delicious with oats and fruit. Try chopped raw, unsalted almonds – 2 tbsp per portion of oats.
- If you are used to sugar on your oats, try this version – the fruit adds a natural sweetness and you won't miss the sugar.
- If you struggle at first, gradually reduce the sugar until you do not need it at all anymore.



Did you know ?

Oats is high in fibre and is known as effective in lowering high blood cholesterol. Compared to boxed cereal, you can control the amount of salt and sugar when cooking oats. Serve it in different ways to keep it interesting. Try other spices or mixed spice with any seasonal fruit like kiwi, banana, plums, apple and/or strawberries.

HEALTHY BREAKFAST

SPICY MUG OMELETTE

Serves: 1

Preparation time: 5 min

Cooking time: 2 min

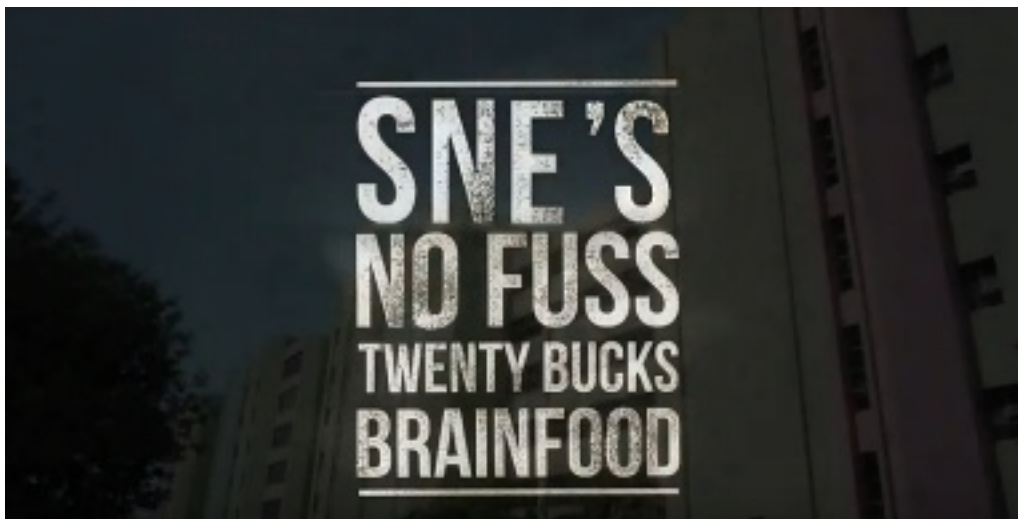
Ingredients

- 1 med tomato, roughly chopped
- 1 slice brown bread, break into small pieces
- 2 eggs
- ½ cup milk
- ½ red chili, chopped
- 1 Tbsp fresh thyme, chopped

Method

- 1 Crack the egg into a mug, add milk and mix well
- 2 Add tomato and bread
- 3 Microwave the mug for 2 mins or until the egg is cooked.
- 4 Serve omelet with a glass of milk

See YouTube video of Sne's Chakalaka on Eggs (link:
https://www.youtube.com/watch?v=Mo_tUL6ENC8)



HEALTHY BREAKFAST

WARM WEEKEND OVEN ROASTED VEGETARIAN BREAKFAST

Serves: 2

Preparation time: 7 min

Cooking time: 60 min

Ingredients

- 1 Tbsp sunflower oil
- 1 Tbsp white vinegar
- 1 tsp dried mixed herbs
- 1 pinch salt and pepper to taste
- 1 onion, cut in thin wedges
- 2 baby marrows, cut in thick slices
- 2 med tomatoes, cut in wedges
- ½ green pepper, shredded
- 2 large spinach leaves, shredded
- 4 eggs
- 4 slices brown bread
- ½ handful parsley leaves (optional)
- 1 avocado, sliced (optional, when in season)

Method

- 1 Preheat oven to 200°C.
- 2 Mix oil, vinegar, dried herbs, salt, pepper and in a large bowl
- 3 Add all the vegetables except the spinach and mix well to coat with oil
- 4 Place coated vegetables in greased large baking tray and roast for 20 minutes or until golden brown. Stir in spinach and roast for another 5 minutes to heat through.
- 5 Meanwhile, heat oil in a frying pan. Crack eggs in a bowl, season with a pinch of salt then fry over medium heat until cooked.
- 6 Serve a spoonful of vegetables on each slice of bread. Place an egg on top of each and adjust your seasoning if necessary.
- 7 Garnish with parsley and serve immediately with slices of avocado

Did you know ?

- o You can serve these vegetables as a side dish with meat, fish or stir in a tin of chickpeas for a vegetarian meal.
- o Left-overs are perfect for a lunch box.
- o Cook a double batch of the vegetables to use some for supper, e.g. tossed into pasta.
- o If you don't want to serve the roasted vegetables with eggs, heat a tin of pilchards (fish) and serve on the vegetables

HEALTHY LUNCH

DELICIOUS MUSHROOMS, PEA, AND POTATO CURRY WITH A FISH LOAF

Serves: 2

Preparation time: 7 min

Cooking time: 60 min

Ingredients

- ½ punnet (125g) mushrooms, sliced
- 1 Tbsp sunflower oil
- ½ med onion (finely chopped)
- 1 tsp garlic and ginger
- ½ tsp curry powder
- 1 med potato, cubed
- ½ cup peas
- ½ tsp salt
- ¼ tsp black pepper
- ¼ cup chicken stock (the mixture of ¼ Knorr cube & ¼ cup hot water)

Fish loaf

- 410g tin pilchards in tomato sauce
- 2 slices brown bread, soaked in a ¼ cup of water
- 1 med onion, finely chopped
- 1 Tbsp green chilies
- 1 tsp salt
- ½ tsp black pepper
- 2 Tbsp ginger and garlic paste

Method

- 1 Heat oil and sauté onion until golden brown.
- 2 Add Mushroom, garlic and ginger paste, curry powder and stirring frequently for 2 minutes
- 3 Add potato, peas, and seasonings (salt and pepper), stock and cook on a medium heat stirring occasionally until potatoes are soft

Fish loaf

- 1 Preheat the oven at 180 °C
- 2 Remove all bones from the fish. Mash with sauce from the can and the bread.
- 3 Add onion, green chilies, garlic, ginger paste, black pepper, and salt.
- 4 Put the mixture into a loaf pan or any suitable baking dish and press down.
- 5 Bake for 30 to 40 minutes

LENTIL FRITTER

Serves: 3

Preparation time: 5 min

Cooking time: 40 min

Ingredients

100	g	Brown lentils (washed and water drained)
1	Cup	Water
2	Tbsp	Oil
½	med	Onion (finely chopped)
½	med	Pepper (seeds removed and finely chopped)
1	med	Carrot (finely chopped)
½	tsp	Mixed herbs
½	tsp	Curry powder
1	tsp	Tomato puree
½	Cup	Peas
½	tsp	Salt
¼	tsp	Black pepper

To fry

1	cup	Breadcrumbs
1	each	Egg
4	Tbsp	Oil

Method

- 1 Bring lentils to the boil and simmer gently for about 25 minutes, until mushy and the water is absorbed.
- 2 Peel the carrot and onion, fry in a little oil until soft.
- 3 Add finely chopped pepper into the mixture. Cook on medium heat stirring occasionally for 5 minutes. Add tomato puree and herbs.
- 4 Stir the cooked lentils into the vegetables.
- 5 Add salt and black pepper for taste. Then divide into six (6) round shapes.
- 6 Brush with beaten egg, then coat with crumbs. Shallow fry in hot oil until golden brown on each side.

Serving tips:

Very good served with tomato sauce and a salad.

HOMEMADE BREADCRUMBS

Bake bread or crusts in low oven heat until golden brown. Cool, then process to fine crumbs by crushing it with a rolling pin.

Store in an airtight container, then freeze. Take out the amount you want to use, leaving the rest frozen.

ABBREVIATIONS MEANING

•Med = Medium

•Tbsp = Tablespoon(s)

•tsp = teaspoon(s)

•Pinch = the amount of something you can hold between your finger and thumb: "Add a pinch of salt to the stew/soup etc."

•Sprig = a cutting, stem, or small branch, including leaves and flowers.

HEALTHY LUNCH

NOODLE STIR-FRY

Serves: 2

Preparation time: 10 min

Cooking time: 15 min

Ingredients

- 85 g (1x85g) Noodles
- 3 tsp Sunflower oil
- 1 tsp Garlic and ginger paste.
- ½ each Green pepper
- ½ each Red/yellow pepper
- ½ cup Green beans, sliced
- 125 g Chicken breast, cut into strips
- 1 sprig Parsley

Method

- 1 Cook one packet 2-minute noodles as per instructions, discarding flavour sachet. Drain and set aside.
- 2 Heat 1 tsp (5ml) oil in a pan and sauté green beans, garlic and ginger paste for 2 minutes.
- 3 Add green and red pepper. Cook, stirring continually until veggies are cooked. Remove and set aside.
- 4 Heat 1 Tbsp (15ml) oil and fry 1 chicken breast (125g). Toss noodles and vegetables with chicken breast.
- 5 Garnish with roughly chopped parsley (optional) and serve.



Cook's tips

Stir-fry is a method where food is fast-fried in a frying pan or wok with a little

- It is ideal, to prepare all ingredients before you start to cook such as cut vegetables to size, meat into strips and so forth.
- When stir-frying vegetables, cook hard vegetables first, soft vegetable last, then add most leafy veggies at the end of cooking, off the heat.
- It is important to keep lifting, stirring and moving ingredients in the pan when stir-frying.
- Meat should sizzle; too low temperature will cause meat to stew in its own juices and toughen

HEALTHY LUNCH

SPICY TUNA SANDWICH

Serves: 2

Preparation time: 2 min

Cooking time: 10 min

Ingredients

170 g (1x170g) tin Tuna, drained
2 Tbsp Mayonnaise
1 tsp Parsley leaves
1 Tbsp Peri-peri sauce
½ tsp Black pepper (to taste)
4 slices Brown bread
1 med tomato

Method

- 1 Mix tuna, mayonnaise, parsley and Nandos peri- peri sauce (optional). Divide mixture between 2 slices of bread.
- 2 Add tomato (or lettuce), season with ground black pepper and close the sandwiches with the remaining slice of bread.

COOK'S TIPS

- To pack in a lunch box, you can pack the tuna mixture separately and spread on the bread when you are ready to eat.
- You can serve with lettuce and cucumber or fruit of your choice
- Do not forget, when buying mayonnaise or chutney, to choose the one lower in salt, sugar and oil.

RESOURCES: COOKING DEMONSTRATION VIDEOS

FOOD & NUTRITION: CONSUMER SCIENCES; SNE'S NO FUSS
TWENTY BUCKS BRAIN FOOD- LINKS:

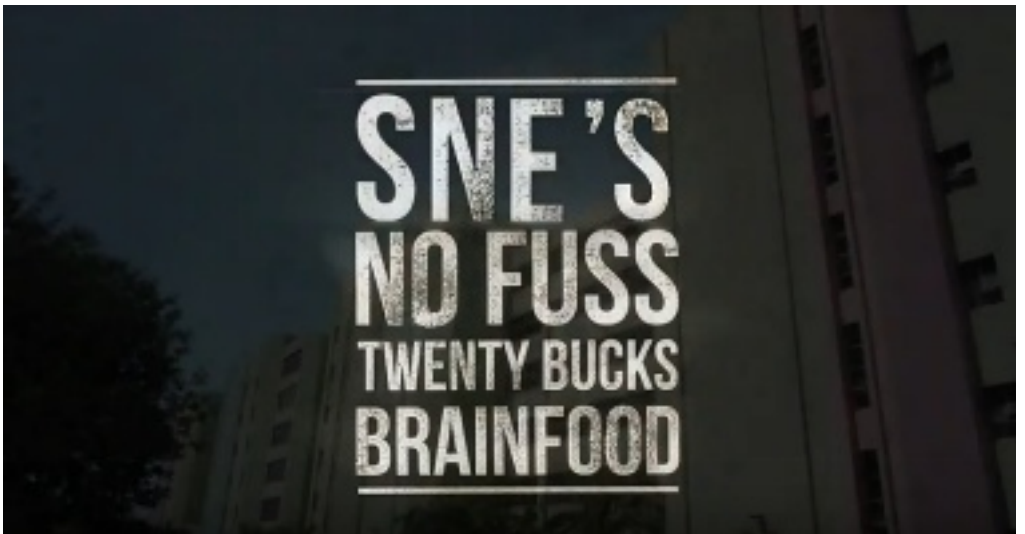
POSH RICE:

https://www.youtube.com/watch?v=2M2X_fwSVJ0



KUNG FU STIR FRY:

<https://www.youtube.com/watch?v=Hkbr9w3Dqow>



CHAKALAKA ON EGGS:

https://www.youtube.com/watch?v=Mo_tUL6ENC8

