

What would happen if we lived on fast food for a month?

**Supersize me!**





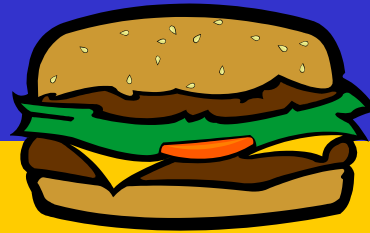
What would happen if we  
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# Today's lesson:

By the end of today's lesson you should be able to :

- Explain what cholesterol is
- Describe the effects of different fats on blood cholesterol levels
- Describe the effects of too much salt in the diet may have on some people.

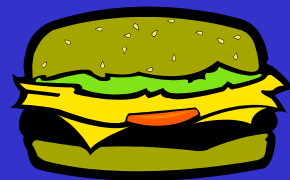
# Lets have a look at what is in fast food



In your groups :

1. Grind up a sample of your food in a pestle and mortar
2. Add some water and mix it
3. Let it settle out and then decant a little into a test tube
4. Carefully add a few drops of ethanol to the test tube
5. Put a stopper in the test tube and shake
6. What do you notice?



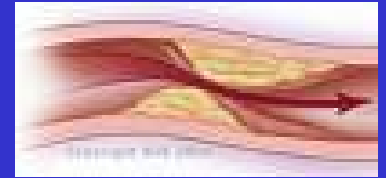


Fast food tastes good. But it has a lot of things added to it to make it easy to cook and eat! These include salt and fat.

We now have serious concerns about the effect that too much SALT and FAT in your diet can have on your health



# CHOLESTEROL



What is it?

Cholesterol is a substance that is made in your liver. It is carried around the body in the blood.

Its uses:

- a) Make membranes of body cells
- b) Make sex hormones
- c) Make hormones that help you deal with stress

Without it you wouldn't survive!

# So why is it bad?



- High levels increase your chances of getting heart disease or diseased blood vessels.
- Cholesterol builds up in your blood vessels and can even block them.
- Heart disease is one of the main causes of death in the UK and USA.....
- This is why Doctors are worried!



Use what you have just learnt to make notes on cholesterol

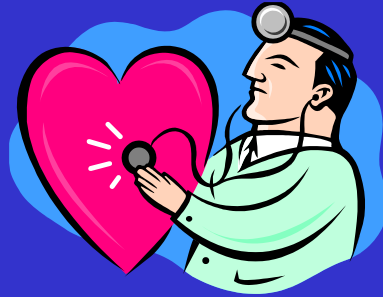
Title: Cholesterol

1. What is it?
2. What is it used for?
3. Why is it bad?



# Controlling Cholesterol

Task:



Time limit: 5min



In pairs, using your text books, research how we can control the levels of cholesterol in the blood

Make notes in your books . You will need to share these ideas with the class

The amount of cholesterol you have in your blood depends on:

1. *Genetics* you have no control over the way your liver works

2. Amount of *fat* you eat

Cholesterol is carried around our bodies by 2 types of LIPOPROTEINS

Low density lipoproteins (LDLs)

BAD

High density lipoproteins (HDLs)

GOOD

It is important that the balance of the two is right!

# So what affects Cholesterol?

Type of fat	Effect on body	Foods

# Salt



Salt is vital in our diet . It is needed for:

- Nervous system to work

- Chemistry of cells to work

For about 1/3 of the population (30%) too much salt in the diet will lead to HIGH BLOOD PRESSURE.

This damages your Kidneys, heart and increase the risk of a stroke

**Control it by:** Cooking your own meals or reading labels carefully!

**Homework: What advice would you give to Homer Simpson why he shouldn't eat so much fast food**



Image source: Google images

**Search the web to find information and facts and put a poster together**

**There will be a prize for the best advice!**