

# Active 8 Glossary

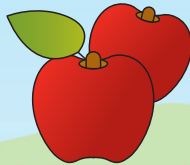
Found a word in an Active 8 resource that you're not sure of? Look it up here!

## Friendly Foods

Friendly foods are packed full of goodness to help you grow and stay fit and healthy. They contain the nutritious 'nuts and bolts' to keep your body running.

Here are some examples of Friendly foods and drinks:

- Fruits - apples, bananas, kiwis, pears, berries
- Vegetables - carrot, capsicum, lettuce
- Nuts - unsalted (almonds, cashews, pistachios)
- Eggs
- Grilled fish and lean meat
- Water
- Low fat milk and yoghurt



## Unfriendly Foods

Unfriendly foods should be eaten only sometimes and in small amounts. They do not contain any goodness to help keep your body fit and healthy.

Here are some examples of Unfriendly foods and drinks:

- Salty crackers or crisps
- Ice cream, cake, biscuits
- Soft drink
- Lollies and chocolate
- Processed and fried meat
- Fruit juice with added sugar

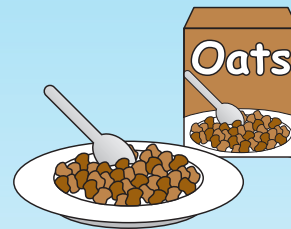
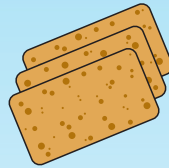
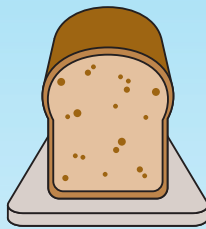


## Unrefined Starchy Foods

The word 'unrefined' means that foods are unprocessed and/or wholegrain and have very little taken away or added to them between the time of harvesting and the food reaching the supermarket shelves. Unrefined, grainy foods are released slowly into the blood stream leaving you feeling full, alert, energetic and happier for longer periods of time.

Examples of unrefined starchy / grainy foods include:

- Wholegrain / wholemeal bread
- Brown rice
- Brown pasta
- Porridge oats
- Wheat cereal flakes e.g. Weet -Bix

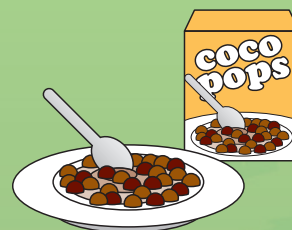
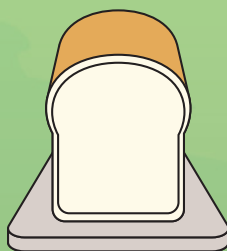


## Refined Foods

These are usually processed, and not wholegrain. They have their goodness taken away and other things added to them after harvesting such as sugar, fat and/or salt. These foods also are fast - release which means that after eating them you will have a surge of energy which will drop rapidly a short time later. This will leave you feeling tired and hungry. These foods should be eaten only sometimes and in small amounts.

Examples of refined foods include:

- White bread
- White rice
- Biscuits
- Cakes
- Sugary breakfast cereals



## SMART Goals

SMART goals are different to normal goals because they have to meet five important principles. These principles will make it more likely that you will be successful in achieving your goals. Each letter in SMART stands for one of these important principles:

### S = Specific

The goals you set need to focus on one key behaviour. If you don't include a key behaviour in your goals you may get confused about what you want to achieve.

A good example would be: *riding a bike; walking to school*

A not so good example would be: *get healthier* (this one is not specific enough)

### M = Measurable

You must be able to tell if you have reached your goals or not. Include things like how long you will do an activity for, how often you will do it and when you want to have done it by.

A good example would be: *riding my bike for 20 minutes twice a week*

A not so good example would be: *ride my bike more often* (we need to know how much more you would like to do this)

### A = Achievable

Is your goal possible to achieve? Make sure you're not being over enthusiastic. Try not to use the words 'never' or 'every day' as this may not be realistic.

A good example would be: *eat one chocolate bar per week*

A not so good example would be: *never eat chocolate again*

### R = Relevant

Is the goal important to what you are trying to achieve? Make sure you write and choose a goal that will make a difference to what you are trying to do.

A good example would be: *cycle twice a week, as you already cycle once a week*

A not so good example would be: *choosing not to eat chocolate bars even though you only eat them about twice a month normally*

### T = Time - limited

We all need a time frame to get things done. Make sure your goal has a time limit so you know when you have to achieve it by. With the end nearly in sight you are more likely to work harder to achieve it.

A good example would be: *go cycling twice this week*

A not so good example would be: *go cycling six times this year*

*Next time you set a goal, make sure that it is SMART!!*

# Triggers

## External Triggers

External triggers are things from our environment that influence our behaviour.

Examples of some external triggers, which will help us to eat healthy foods and do more activity include:

- Having a bowl of fruit on the table
- Putting chopped up fruit in the fridge at eye level
- Eating together as a family at the table
- Routine walks e.g. walking to school
- Joining a sports club

Examples of some external triggers, which will cause us to eat unhealthy foods and do less activity include:

- Having chocolate, chips or other unhealthy food in the home
- Seeing other people eating unhealthy food
- Inactive parents or other family members
- No one to play with outside
- Not having any activities planned / boredom

## Internal Triggers

Internal triggers are things inside of us that make us behave a certain way. The most common internal triggers related to healthy eating and activity are: **hunger, cravings, thoughts and feelings.**

Can you tell the difference between when you are genuinely **hungry** and when you are **craving** a particular food? Here are some things that might help:

1. When we feel hungry, we will eat whatever will fill us up, but a craving is usually for a particular food (like something sweet).
2. Hunger will get worse over time if we ignore it, whereas a craving tends to disappear over time.
3. Hunger is telling you that your body needs more food, whereas a craving is just something we feel like or want to have. Therefore, it is bad for us to ignore our hunger signals, whereas it won't hurt us to ignore a craving.

Next time you reach for that snack, have a think about whether you are genuinely hungry or if it is a craving!

The way we **think** and **feel** can also influence our eating and activity habits. Thoughts come from our brains, whereas we usually experience feelings in our bodies. Unhelpful thoughts and feelings can make it more likely that we will eat Unfriendly foods and be inactive. For example, an unhelpful thought such as "I am not good at sport, so I may as well not bother" will make it more likely that you will stay home and sit on the couch. In the same way, if you are feeling sad or worried about something, you may be more likely to eat Unfriendly foods.

It can be helpful to talk to others about these unhelpful thoughts and feelings. Parents and carers, be on the look out for how unhelpful thoughts and feelings might be impacting your child's eating and activity habits.

*For more information about any of the information contained within the Active 8 resources, please contact the Better Health Company at [info@betterhealthcompany.org](mailto:info@betterhealthcompany.org)*