

Name:

Class:

Task: Diet, activity and health - There are health issues related to dietary excess or deficiency. It is important to include a variety of different activity in everyday living, supporting physical, social and mental wellbeing. Read the following information and answer the questions below.

A balanced diet is based on the Eatwell Guide. An unbalanced diet can lead to dietary related diseases.

Malnutrition

Having intakes of energy and/or nutrients below or in excess of needs for long periods of time can affect health. The risk of malnutrition is increased by:

increased requirements for some nutrients	restricted range of foods	reduction in available income	very low income	medical conditions	psychological conditions
---	---------------------------	-------------------------------	-----------------	--------------------	--------------------------

Diet and health

There is a link between a poor diet, and the risk of developing some diseases.

This includes the risk of:

cancer	coronary heart disease (CHD)	bone health	anaemia
--------	------------------------------	-------------	---------

Over nutrition

The most common over nutrition problem is obesity caused by too much energy being consumed, or high levels of inactivity.

Body Mass Index

BMI measures your height and weight to work out if your weight is healthy.

Recommended BMI range (adults)

Less than 18.5	Underweight
18.5 to 25	Desirable
25-30	Overweight
30-35	Obese (Class I)
35-40	Obese (Class II)
Over 40	Morbidly obese



cycling



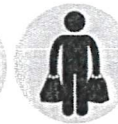
active recreation



swimming



exercising with weights



or carrying heavy shopping



yoga

walking



gardening



hiking



Under nutrition

Worldwide, Kwashiorkor and marasmus are two common diseases caused by a lack of protein and energy. Fat soluble vitamins (A, D, E and K) are stored in the body so it takes time for deficiency diseases to develop.

Diet and cancer

The World Cancer Research Fund has released nine cancer prevention recommendations.

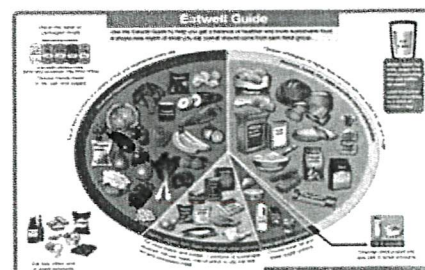
Be a healthy weight	Move more	Avoid high-calorie foods and drinks	Enjoy more grains, veg, fruit and barley	Limit intake of red meat and avoid processed meat	Don't drink alcohol	Eat less salt	Don't rely on supplements	Breastfeed your baby
---------------------	-----------	-------------------------------------	--	---	---------------------	---------------	---------------------------	----------------------

Diet and CHD

It is believed that 80% of CHD and strokes could be prevented by changes to lifestyle factors, such as diet, physical activity and smoking.

Changes to the diet to reduce the risk of CHD include:

- increasing oily fish intake;
- reducing salt intake;
- increasing fruit and vegetables;



Physical activity recommendations

Pre-schoolers (3 to 4 years): 180 minutes (3 hours) spread throughout the day, including at least 60 minutes of moderate-to-vigorous intensity physical activity

Children and young people (5-18 years): at least 60 minutes of physical activity every day and engage in a variety of types and intensities of physical activity across the week.

Adults (19-64 years): at least 150 minutes each week (moderate intensity), or have 75 minutes of vigorous activity a week and do muscle strengthening activities on two days or more each week.

Bone health

Calcium is important for strong bones. Vitamin D is needed for calcium to be absorbed from food.

Iron

Iron is vital for making red blood cells. Iron from the diet forms haemoglobin, which carries oxygen in the blood.

Iron deficiency develops if the body's stores of iron are too low.

Sedentary activity

It is also important that the amount of time being sedentary is reduced.

Over time, sedentary behaviour can lead to weight gain and obesity, which can increase the risk of developing chronic diseases in adulthood.

1 in 4 women and 1 in 5 men are classified as inactive (<30 mins per week).

Obesity

People who are obese are more likely to suffer from CHD, type 2 diabetes, gall stones, arthritis, high blood pressure and some types of cancers, i.e. colon, breast, kidney and stomach.

-
1. What is the basis of a balanced diet according to the provided information?
 2. What can lead to dietary-related diseases?
 3. What are some factors that increase the risk of malnutrition?
 4. What are some diseases linked to a poor diet?
 5. What is the most common problem caused by overnutrition?
 6. How is Body Mass Index (BMI) used to assess weight?
 7. What are the two common diseases caused by undernutrition worldwide?
 8. What dietary recommendations does the World Cancer Research Fund provide for cancer prevention?
 9. How can diet changes reduce the risk of coronary heart disease (CHD)?
 10. What are the physical activity recommendations for adults aged 19-64 years?

Year 8 - RS HOME LEARNING - The Jahiliyya Period (Pre-Islamic Arabia)



What is the Jahiliyya Period?

The term "Jahiliyya" means "the Age of Ignorance" and refers to the time before Islam in the Arabian Peninsula. This period lasted until the 7th century CE when Islam was introduced by Prophet Muhammad (pbuh). It was called the Age of Ignorance because of the widespread practices of idolatry, tribal conflicts, and social inequalities.

Society and Tribal Life

- Arabian society was tribal, meaning people were loyal to their extended families and clans.
- Tribes provided security and protection but also led to frequent conflicts and blood feuds.
- Nomadic Bedouins moved through the desert for survival, while settled tribes lived in towns like Makkah.
- There was no central government, and law was based on tribal customs and revenge.
- Social status was determined by birth and wealth, with little social mobility.

Religious Beliefs

- Most people practiced polytheism, worshipping idols representing different gods and spirits.
- The Kaaba in Makkah housed 360 idols and was an important religious site for Arabian tribes.
- Some Arabs followed monotheistic religions, including Judaism and Christianity.
- The Hanifs were a small group of Arabs who rejected idol worship and sought a belief in one God but did not follow an established religion.

Economy and Trade

- Makkah was a major trade hub, attracting merchants from Byzantium, Persia, and India.
- Caravans transported goods like spices, incense, silk, and perfumes across the desert.
- The Quraysh tribe, who controlled Makkah, became rich and powerful by taxing traders and managing the Kaaba pilgrimage.
- The souks (markets) were centers for trade and cultural exchange, where merchants made deals and poets performed.

Social and Cultural Life

- Oral poetry was a key part of Arabian culture, used to celebrate victories, mourn losses, and honor ancestors.
- Women had few rights and were often seen as property; they could be bought, sold, or inherited.
- Some families practiced female infanticide (burying newborn girls alive) due to financial struggles or social shame.
- Slavery was common, with captives from wars and debt slavery forming the lowest social class.
- Tribal leaders and wealthy merchants lived in luxury, while the poor and enslaved suffered great hardship.

Moral and Ethical Values

- Honor and revenge were central values; if a person was wronged, their tribe was expected to seek revenge.
- Generosity and hospitality were admired, with wealthy tribes hosting feasts and helping travelers.
- Raiding (ghazu) was a common practice between tribes, used to gain wealth and resources.

Why is the Jahiliyya Period Important?

- It shows what life was like before Islam and how society changed after its arrival.
- Many of the problems of Jahiliyya, such as tribal wars, idol worship, and social injustices, were directly addressed by Islam.
- Understanding this period helps explain the early challenges faced by Prophet Muhammad (pbuh) and his followers, as they sought to change deeply rooted customs.
- The transformation from Jahiliyya to an Islamic society highlights the impact of Islamic teachings on law, morality, and social justice.

