


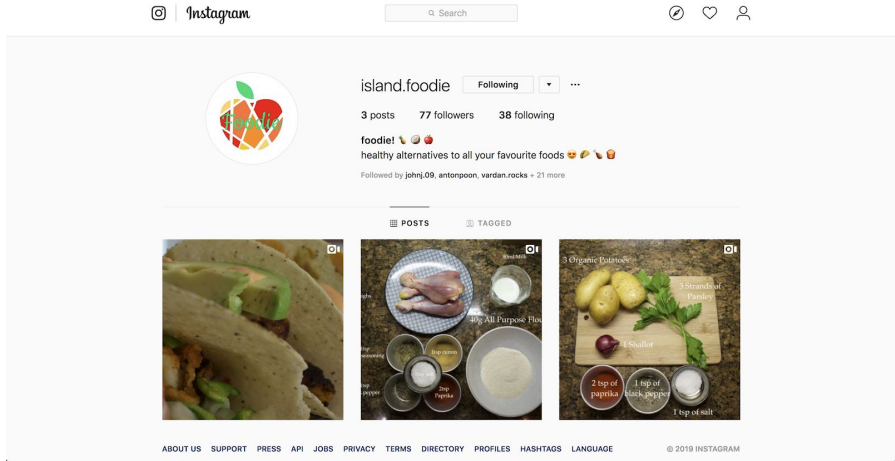
Student Number: 19601

Topic Area: Disease and Health

Research Question: To what extent
can healthy eating habits be
developed in our community?

Word Count: 1286

TEAM ELEMENT

Topic Area	Disease and Health
Research Question	To what extent can healthy eating habits be developed in our community?
Aims & Objectives	<ul style="list-style-type: none"> - Raise awareness about the importance of healthy eating - educate youth about healthy diets and alternatives to junk food - Advocate healthy alternatives to normal foods through the Instagram page - learn about the effects of obesity on youth
Description/ Evidence of Outcome	<ul style="list-style-type: none"> - organized a cooking class for Year 7 students to educate them about healthy diets - taught them how to make healthy alternatives to their favorite junk food - started an Instagram page that showed videos of healthy alternatives to our favorite unhealthy foods  

Outcome link to Cross-Cultural Research	<ul style="list-style-type: none"> - Cooking class informed by one of our Instagram videos, - The Instagram video was made using research on cross-cultural research, based on a documentary stating that 'Indian food, Greek food, and American food have different standards of fat levels, and the ideal recipe will find a balance of these'¹. So we did this with our chicken, cooking it in the oven instead of frying it - After the cooking class, we asked each student what their thoughts were, and all agreed to it being healthy regardless of their nationality. - The majority of overweight or obese children live in third-world countries, where the number of obese children has increased by 30%² - A lot of this is also due to a lack of education about healthy diets - We also looked at different healthy eating guides around the world for example the Eatwell plate in the UK, which states that we should eat a diet consisting of 40% vegetables and 40% carbohydrates.³
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PERSONAL ELEMENT

Strengths and Limitations of Outcome

One aspect of our outcome involved teaching a cooking class to our school's cooking club, teaching them how to make healthy alternatives to their favourite junk foods. This could've been more well organised as it was very close to the deadline due to availability on the teacher's behalf. To improve, we could've taken things into our own hands and made our own class. Another aspect of our outcome was making an Instagram page with healthy

¹ "Healthy eating - food from different cultures (video) - YouTube." 9 May. 2012, <https://www.youtube.com/watch?v=Yjq7cwvOXcY>. Accessed 14 Mar. 2019.

² "WHO | Facts and figures on childhood obesity." 13 Oct. 2017, <https://www.who.int/end-childhood-obesity/facts/en/>. Accessed 14 Mar. 2019.

³ "The Eatwell Guide - NHS." <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>. Accessed 14 Mar. 2019.

recipes, targeted at teenagers. This could've been improved with better quality videos as we weren't very experienced with video making, and perhaps more promotion to get it to a wider audience. One way to improve would be to work with IT teachers on learning how to edit videos, or perhaps taking an online course. Overall I believe our outcomes were effective as they did reach a relatively large audience, and we made people aware of the issue of lack of healthy eating in Hong Kong and how imperative it actually is to our daily lives.

Strengths and Limitations of Working in a Team

I think there were various benefits and challenges that came with working in a team. The most significant benefit was being able to share out the work that needed doing. We also knew each other very well, so we were able to delegate tasks based on each others' abilities. For example, some members focused on the technical elements of video-making due to their experience, whereas I focused on contacting people for our cooking class. This allowed us to work to our strengths. This also hindered our growth, however, as we tended to stay in our comfort zones where possible.

Another challenge we found in working in a team was keeping everyone on task and on schedule. We had a tendency to get distracted and as a result, we lost a lot of time. This was particularly challenging towards the end because we had to rush a lot of our work and as a result, didn't complete the work to the best of our ability. If I were to improve on this element I would ensure that all work that wasn't done in lesson was definitely done in time for the next lesson, and stick to our plan.

Strengths and Limitations of the Work Process

Our work process was relatively straightforward and for the most part our team was well coordinated. Because we were all in the same class, we knew each other well initially, allowing us to work around each other's strengths and weaknesses right from the start. We were well organised, and followed our plan very closely resulting in high quality outcomes. One thing in particular that we could've improved on was our time management skills. Although we did follow our plan, we didn't follow the dates we set on it, instead cramming much of the work into the final three weeks. This could've been improved if we had met up more externally, and kept up with each other to ensure all work was being completed. The plan also could've been much more detailed, which would've allowed for more organisation.

One example of this was our outcome- we pushed this back until quite late, and if we'd managed to stick to our plan, we would've been able to carry it out earlier and as a result, we likely could've made more of an impact.

Cross Cultural Perspectives

Our cross-cultural research allowed us to gain further insight into why this issue is so prominent in today's society, with over a third of our global population being overweight or obese.⁴ As a group we all felt that these numbers were very concerning, and as a result we decided to take this on as our project. We specifically looked at what different countries define as a healthy diet as well as their obesity rates, and used this to help us come up with recipes for our Instagram as well as our cooking class. We also did research on various diets around the world and their correlation with obesity in those areas. For example, we looked into the Mediterranean diet, which is common in countries surrounding the Mediterranean Sea such as France, Greece and Morocco. This diet is known for its low carb, high protein foods and as a result, research has shown that this diet was remarkably related to less overweight/obesity or more weight loss. Likewise, these countries had significantly lower numbers of overweight/obese people.⁵⁶ We then used this research to come up with recipes for our Instagram page, such as fish tacos, which are a healthy, low carb alternative to regular unhealthy tacos.

Strengths and Weaknesses as a Team Member

One of the limitations I had over the course of this project as a team member was my personal preference for working. Initially, my expectations of teammates may have been unrealistic. At times, I may have come across as bossy rather than supportive, which hindered our performance as a team. If I were to improve it, I would make more of a conscious effort to let others set deadlines they were comfortable with and instead of expecting high quality work right away, offer constructive feedback where needed. An example of this was when we

⁴ "The vast majority of American adults are overweight or obese, and" 28 May. 2014, <http://www.healthdata.org/news-release/vast-majority-american-adults-are-overweight-or-obese-and-weight-growing-problem-among>. Accessed 13 Mar. 2019.

⁵ "Mediterranean Diet - Obesity Medicine Association Obesity Medicine" <https://obesitymedicine.org/mediterranean-diet/>. Accessed 13 Mar. 2019.

⁶ "(PDF) Obesity and the Mediterranean diet: A ... - ResearchGate." https://www.researchgate.net/publication/5308553_Obesity_and_the_Mediterranean_diet_A_systematic_review_of_observational_and_intervention_studies. Accessed 13 Mar. 2019.

were doing our initial project research- initially I made a plan with quite demanding deadlines and was unsatisfied with the outcome, however when I let my teammates work at their own pace I found that we had a lot less conflict and we were overall much more productive. One of the strengths I had as a team member was my leadership skills. This allowed me to coordinate the team well, meaning our group was able to avoid conflict for most of the project. Any conflicts that we did have were minor, and were easily resolved. I think this resulted in a more or less successful project and outcome as a result. I led the group through various leadership skills such as keeping the team motivated and communication.

Practical Skills

I have developed a range of practical skills over the course of this project. In particular, I learned a lot about leadership skills. I learned how important it was to trust teammates and rely on them when working, to get the best quality work possible. If I were to redo this project, one skill I'd like to focus on is effective planning. I think that that would've made the entire project run a lot smoother and would've allowed us to work to the best extent of our abilities.

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