

# ADDITIONAL MODULE

FOOD AND **YOU**

THE OBESOGENIC **ENVIRONMENT**



# ADDITIONAL MODULE

## THE OBESOGENIC ENVIRONMENT

### Introduction

One of the main causes of Australia's weight issue is the **obesogenic environment** we find ourselves in. While there is a lot of hard work being done by the public health sector to find solutions to the obesity epidemic, across multiple levels, these are going to take years (if not decades) to be implemented, and our health simply cannot wait.

In Australia, we are already at the stage where 2 in 3 of us are overweight or obese. And that third person is still living in an obesogenic environment making them susceptible to an unhealthy lifestyle and related disease, with or without the extra weight.

Something has to give, and we think this something is all of us. This is why the most important thing that we can all do is get involved and turn intention into action, when it comes to our health. If the people around us fall short, we need to step up and lead by example. It's time for each and every one of us to take a stand against the obesogenic environment that keeps us trapped in a victim mindset and that feeds disease. Join forces with us at [food.com.au](http://food.com.au) and take the First13 program to arm yourself with the knowledge, tools and skills needed to combat the global obesity epidemic. Take back your life, set up your environment so you will make healthy choices and fight the global obesity epidemic.



*Will the healthy warrior in you rise to the challenge of fighting against the obesogenic environment? Will you win?*

**We think you will....**

# Concepts covered in this module

## Overweight and obesity

are defined, *simply, as an energy imbalance between calories consumed and calories burned, which result in an abnormal or excessive amount of fat accumulation in the body. This presents an increased risk of chronic disease and premature death. Being overweight or obese is much more complicated than just 'calories in, calories out' though, and at food.com.au, we are very passionate about highlighting all the factors that weigh in, and knocking them out of the ballpark. Cue the 'obesogenic environment'...*

## Obesogenic Environment

In simple terms, the obesogenic environment describes an environment that encourages people to eat calorie-dense and nutrient-poor foods, and discourages physical activity. This environment is divided into internal and external environmental cues...

### Internal Obesogenic Environment:

- The impact that the obesogenic environment has on us shows up as symptoms of low energy, low mood, poor mental health, inflammation, pain, irritable bowel syndrome, and these are all components of our internal obesogenic environment which factor into the daily decisions we make - you don't feel like cooking if you're in pain, or have low energy.



**Are your lifestyle choices making you tired?**

## Concepts covered in this module

- Negative self-talk is another internal cue that acts as a barrier to us taking a leap of faith in our own kitchen. It's not easy picking up a wooden spoon if your internal dialogue is constantly telling you that you can't cook. (We firmly believe that you can, by the way.)
- Eating for reasons other than true hunger, such as emotional eating, boredom eating, stress eating or mindless eating are all forms of impact that our internal obesogenic environment have on us. These are often triggered by the *external obesogenic environment...*

### External Obesogenic Environment:

- Think about anything that you currently do on an ongoing basis, like watching TV, gaming or scrolling through social media, that is mindless or allows you to 'escape', either from your current thoughts or situation, and does not contribute to personal growth. Are you improving yourself in any way when you binge-watch that crime series every evening? Watching free to air TV is no better in terms of educational value, and exposes you to food commercials that influence what's on your dinner menu.
- Supermarkets - the very place that we visit in an attempt to 'do the right thing' and prepare our own healthy meals - are laced with unhealthy foods calling out to us from the middle aisles, or even at the cash register on our way out. This is because food retailers value prolonged shelf-life and profitability over and above what we consumers value - our health.

## What you will do, how you will know when you have mastered it, **what success in this area looks and feels like:**

When you have a firm understanding of the different factors that play into the obesogenic environment - internally and externally - you will then learn about strategies to effectively combat them. You will know that you have mastered your environment when:

- You can say no to food temptations at work or in public places like cinemas and main streets.
- You don't head straight for the couch when you arrive home after work, and the TV stays off, at least for a while.
- You stick to the outside aisles at the supermarket - or to the sections that sell fresh fruit, vegetables and protein foods. And what's more you get excited about smelling and seeing the sweet smells of fruits and the lush coloured vegetables.



Where are you spending your time in the supermarket? In the fresh food aisles we hope! Are you taking the time to stop and smell the.. fruit?

- Your pantry and fridge are stocked full of whole foods instead of processed foods .
- You actively engage in exercise or in conversations with your loved ones instead of resorting to television.
- You can't remember the last time you ordered takeaway.
- You feel empowered, positive, ready, willing and able to move often, shop for, cook and eat healthy food always and to connect with your loved ones - now you are really living.



This is what empowered, positive, ready, willing and able looks like. Is this you? Don't worry if it's not, it soon will be.

## Previous and future **relevant modules:**

- Week 1 - Mindset - Ready, Willing and Able
- Week 1 - Lifestyle - Creating Balance
- Week 1 - Food and You - Nutrition Basics,
- Week 2 - Food and You - A Well-balanced Diet
- Articles - Supermarket Guide and Label Reading

## How you know it's an **issue for you:**

Our response to the obesity epidemic - First13 Nutrition & Exercise Education Program - is for everyone that lives in and is influenced by the obesogenic environment. That's *all of us*. We also think that *First13 is especially for you if you're a Netflix-series-binge-watching couch potato, who has worn out the floor between the couch, fridge and pantry.*

Can you relate to this couch potato? Don't worry if you can. You're in the right place. We are going to get you on your two feet, re-engaging with your best life



If you have previously given in to fast food advertisements, or find yourself perusing the middle aisles of the supermarket at leisure to purchase not just what's on your healthy supermarket list, but whatever jumps out at you from the confectionary aisle, we can help you. If convenience has become a priority over and above your health and wellbeing, and your weight is on the upward creep, we are here to help. If you're ordering takeaway or buying less healthy foods out, instead of preparing your own healthy meals, First13 is your answer. If you drive and don't walk, take on the First13. If you have excuses in place of strategies to get you moving, cooking healthy meals and engaging in your life in a healthy way... First13 is for you.

## Why it's important and how mastering this subject will help you achieve your goals:

Understanding what makes up the obesogenic environment enables you to protect yourself from it. Instead of consuming calorie-dense and nutrient-poor foods, and driving rather than walking to the shop down the road, you'll take back control from surrounding influencers, and set up your environment so that you can achieve a healthy lifestyle.

The good news is that the food.com.au First13 Program Development Team has done all the hard work for you. We have gathered the evidence, summarised it and we present it in an easily digestible way. We are here to solve your problems, serving as a guide towards making healthier lifestyle choices. We're not just in this for a quick fix. First13, will be the first thirteen weeks of the *rest of your life*. *No matter what your internal and external environments are telling you to do, or not do, First13 is the little angel on your shoulder, reminding you to stick to your guns, and prioritise your health.*

First13 is designed and run by food.com.au's lead Accredited Practising Dietitian, and is an evidence-based, engagement-driven, sustainable, actionable and realistic health program.

In a nutshell, we provide you with the tools and education necessary to change your **mindset**, improve your **lifestyle** through behavioural changes, and understand nutrition basics and the relationship between **food and you**. We also get you to ditch the car and get moving on your own two legs, with our **exercise program**. We will get you putting your best foot forward, but then keep the momentum up and continue moving you in the direction of making healthy changes, which will open you up to achieve all your dreams.

## Section 3 - The Evidence & The Details

### Common misconceptions:



**So you think you can't cook? And? Who cares?**

**What harm can trying do?** We dare you to make yourself a salad. What about grilling up some protein like chicken or boiling an egg and adding that to it? Still can't cook? Yeah, that's what we thought.

## Common misconceptions:

If you have told yourself you *can't cook, stop right there*. *This negative self-talk is almost as powerful as actually not being able to cook. Can you boil an egg? We thought so. If you do need help with this, we've got your back over on the worksheet. We firmly believe that you are 100% capable of delivering healthy meals to yourself, round the clock, and it can be made easier, and certainly cheaper than ordering takeaway. Not to mention the added benefits of enjoyment that come along with cooking for yourself - it's much more fun than queuing at the local cafe for 30 minutes. Take the next step in your fight against obesity and bridge the gap between intention and action by joining the food.com.au community in the First13 program. While you're waiting for your program to start, head over to food.com.au/recipes for some of the simplest and healthiest recipes around. Or take action over on our worksheet for this module, where you actually will boil an egg. It's go time.*

## The details:

The obesogenic environment is divided into the internal and external cues that prompt us to make unhealthy life choices, such as eating processed foods or avoiding physical activity. First13 addresses these problems and provides tips and strategies to overcome them, enabling you to get back to reaching your life goals. Let's take a closer look at some of the issues that crop up in our obesogenic environment, and how First13 can help you to conquer them.

### Problem: Disengagement via the TV, phone, gaming

We are glued to our television, computer or phone screens, with our bottoms planted firmly on the sofa. We do this because we are avoiding our current situation or perhaps some uncomfortable thoughts. We are consequently disengaged from the opportunity for any real human connection, or personal development. Not to mention, we've just missed the opportunity to prepare and cook ourselves dinner, so we're resorting to take-away again tonight, thanks to a TV commercial that got to us first.



Are you disengaged when you get home from work? We've got solutions for you if you are. **Read on.**

## Solutions:

1. **Organise your time and be prepared.** Don't let fate dictate your lifestyle. If you fail to plan, you plan to fail. As with achieving any goal in life, it's all about getting organised, managing your time effectively and actually scheduling your priorities for the day into your day.
2. **Practise mindfulness.** Be kind to your wandering mind, don't worry about the things it comes up with and don't turn on the TV to avoid thinking. Instead allocate some time to moving your body or preparing healthy meals
3. **Plan, prepare and cook your own healthy meals.** This does not look like preparing a gourmet feast over 4 hours, this looks like a simple and affordable but healthy meal that will take you 15 minutes max. If you need some inspiration, browse our recipes at [food.com.au/recipes](http://food.com.au/recipes).
4. **Get and stay connected with your fellow foodies.** Again, turn off the TV, and talk to someone about the lifestyle changes you're making, about any challenges that have come up for you, about life. [food.com.au](http://food.com.au) are firm believers in the power of human connection, and the influence people can have on your daily habits. Perhaps your partner or housemate can shed some light on your situation if you're stuck in a rut or in need of a boost.
5. **Take action by being active.** Prioritise walking instead of driving. Ride a bike. Go for a swim. Meet friends for a casual game of tennis instead of coffee and cake. Stop doing anything passively. Turn off your TV, put in your headphones, pull on your sneakers and just walk out your front door. Start talking more, listening more, moving more and start cooking, good looking!

### Problem: Our Workplace and Public Spaces do not promote Physical Activity

Some workplaces encourage the use of elevators over the stairwell. Public places like cinemas, shopping malls and main streets are more car-friendly than they are pedestrian-friendly. Once you step inside any of these shops or centres, we find they are dominated by nutrient-poor foods that are jam packed with kilojoules. Not usually good for your wallet, and certainly not good for your health.



**Been sitting at a desk all day? Time to kick off those heels and get moving.**

## Solution

First13 will help you to start acting in your own best interest, instead of everyone else's.

Make your health a priority, and have a healthy snack before you go out. Take the stairs anyway. Walk to work, or park further away from work to get in some steps before you start your day at the office. Come up with your own solutions to the barriers you think exist between your intention to exercise and getting moving.

**Problem: Food retailers, such as those belonging to the food industry companies or supermarkets, are not putting the needs of their consumers first.**

In an ideal world, our supermarket aisles would be lined with fresh, healthy produce, and there would only be the necessary amount of processed foods - wholegrain, low-GI cereals, pastas, rice and bread in the middle aisles. The reality is that nearly 60% of food and beverage products available in retail outlets and food venues in Australia are packaged or processed foods. Another reality is that Australians receive 35% of daily energy intake from processed (junk) food. The majority of Australian food businesses and industries are in fact feeding the global obesity epidemic.



Are you hungry whilst walking down the confectionary aisle? Are you filling your trolley with chips and chocolates instead of whole foods?



**Is it time to invest in YOU, rather than in companies who sell you processed foods?**

## Solution

Buy into your own health instead of someone else's food business.

Part of this solution is about changing the way you see the supermarket, and the different brands of food that line the aisles. You really need to take a step back and see some of these companies for what they are - the enemy. As you walk down the supermarket aisles, armed with your First13 knowledge, we will help you identify the "goodies" and the "boddies" with our tips on nutrition label reading and navigating the supermarket. You'll also learn that it's not about saying *never to some of your absolute favourite treats, it's about recognising them as a treat in the first place, and then enjoying them as a treat on that 'sometimes' occasion.*

**Problem:** Your pantry is jam-packed full of processed foods, your fridge isn't looking good either. And they both consistently call to you when you're sitting watching TV.

Your priorities have shifted from your health to convenience. Maybe your thinking is that time is precious and you don't want to take the time to chop and prepare fresh foods, or you don't want to waste any fresh produce you don't use... You buy processed foods in bulk, and you stock up on treat foods that you know will serve you as a comfort food, but how comforting is it to know that you're doing your body more harm than good? How does it feel when you haven't cooked your dinner for the seventh night in a row? Do you feel well? Do you start craving vegetables? What if we told you it's actually a much easier and more fulfilling way of life to prepare, cook and consume your very own healthy meals, rather than relying on a business that's only after your meal money? Well, it is.

## Solution

Get everyone involved in cleaning out the fridge and pantry.

Whether this means in your home or your workplace, it's more fun when you involve others. Throw away or donate anything that does not serve you or your health. Brainstorm some healthy meal ideas and make a shopping list. Then stock your fridge, pantry and fruit bowl full of healthy options. Use the Food and You modules from the First13 to serve as a guide as to what foods you should shop for, and for extra help, refer to Additional Modules - The Supermarket Guide and Label Reading.



Some people really enjoy a good cupboard or fridge cleanse. If this isn't you, why not involve your kids, spouse or house-mates? Everyone eats and it's everyone's responsibility to keep a healthful, well-stocked pantry and fridge

**Problem:** There are a lot of nutrition and health "experts" out there

To complicate matters, there is a lot of misinformation in the nutrition and health space, and it spreads like wildfire on social media, influencing anyone who is not skilled in analysing the evidence. By the time a patient walks into a Dietitian's clinic, they are often overwhelmed, confused or discouraged by what they've read or heard from media sources, and they're often engaging in unhealthy practises they have picked up along the way.

## Solution

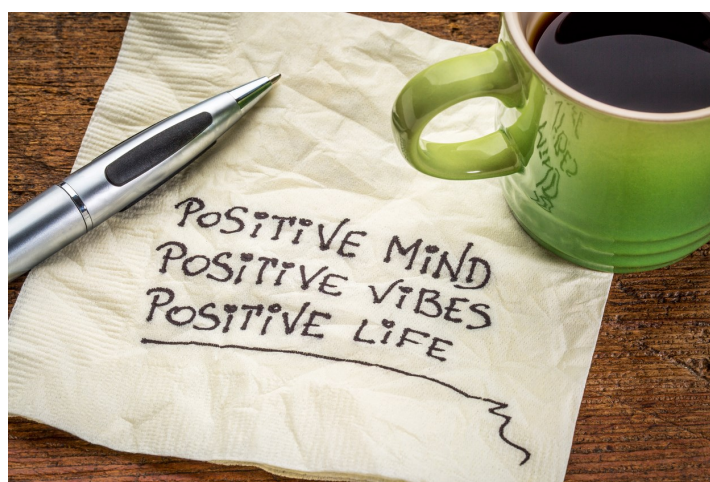
First13 cuts through the misinformation available online, and is an evidence-based program, created by the Gold Standard in nutrition and lifestyle - the Accredited Practising Dietitian.



Have you ever seen an Accredited Practising Dietitian? Have you heard of one? They're the gold standard in nutrition, that dish out evidence-based nutrition education and they are trained counsellors too.

## Problem: A Negative Mindset

A negative attitude can also contribute to making less healthy choices, keeping you in a negative cycle. If you don't feel good about yourself, or look forward to the week ahead, you're probably not taking the time to prepare healthy meals or take yourself out into the sunshine or for a walk. If you've been a glass-half-empty kind of person for most of your life, you're increasing your risk of degenerative diseases and it's time to change your mind and live the life you've dreamed of.



Are negative thoughts standing between you and your health? Have you tried shifting your perspective and looking on the brighter side? We help you to become a more positive person in the First13 Mindset modules, which opens you up to creating big, healthy changes. If you think you can, you will

## Solution

We are all about positive vibes here at food.com.au, and we know they are contagious. Take on the First13, and your mindset will shift to a more positive one in no time. You'll learn techniques to boost your mood and you'll be encouraged to find your purpose and focus on what's important and reward yourself every step of the way, as you continue kicking goals. You won't be checking the scales daily, because you'll know weight fluctuates with hydration status and other factors, and you'll know it's more important to focus on non-weight goals such as reducing your blood pressure, sleeping without snoring or being able to walk up a flight of stairs without gasping for air. You'll find yourself in the kind of mindset where it's so much easier to create the changes you want to see in yourself and your world. Positive mind, positive vibes, positive life.

## THE PITCH

It is so important to address the barriers that come up for you in your obesogenic environment, as they come up. These truly are the enemy and they stand between you and healthy life choices. The good news is we are here to help you knock these barriers down, with the First13. Our nutrition education program will put you in a position of power, ready to make the best choices for your health, and share them with your friends and family. The potential here really is limitless, you might even end global obesity. At the very least, you will become a healthier version of yourself.

Make sure you have some fun along your path to a healthier lifestyle. Make it social, and challenge your colleagues to a 'best' prepared healthy lunch at work, or involve your family in your pantry and fridge clean-outs. They're responsible for their health too and should be getting involved for the same reasons you are! Once you've finished reading, head over to the Cooking Challenge worksheet where you can unlock a Bronze, Silver or Gold Kitchen Achievement by preparing simple healthy snacks and meals. Share the challenge with colleagues or with family and friends, and see who can achieve the Gold Kitchen Achievement first! Is it going to be you, your son, husband, wife or boss? Have some fun and get your hands dirty in the process.



What are your colleagues eating for lunch today?  
Why not challenge them to a healthy eating contest where the person who makes the first backwards step (and has an unhealthy lunch) has to buy it for the other?

# VISUALISATION

Visualising what you want to happen can and will make it happen. Mental processing results in real life improvement. So what does being healthy mean to you? Imagine it and then create it, down to every single step you need to take.

For example, you might like to take 5 minutes of quiet time and visualise a trip to the supermarket. Imagine yourself confidently walking the outer aisles, filling your trolley with fresh, healthy produce from a shopping list based on meals you have planned. This way you know exactly what you are going to buy and how it fits into your healthy eating for the week.

Feel the sense of power and control as you are not tempted to load up with processed and unhealthy food and drinks that you know don't serve your health.

Smile as you pass through the checkout without even looking twice at the shiny wrappers and walk to your car proud of your achievement, and in control of your personal nutrition.

Use the example above as a guide to help you visualise and plan out the finer details of any healthy behaviours you can think of, like putting your sneakers on and heading out the front door for a walk, opening the fridge door to a selection of healthy foods to create meals and snacks, preparing and presenting a healthy meal for your family, from start to finish - think of laying the ingredients out on the bench, washing, chopping, mixing, cooking and serving, and again of that feeling of taking responsibility for healthy eating. **You got this!**



**Put your hand up if you're ready to make some healthy behavioural changes and take a stand against obesity.  
Together, we will do just that.**

# THE PLAN

1. Complete the worksheet for this module - a cooking challenge designed to help you get comfortable in the kitchen through 3 simple tasks which give you the chance to put into practice what you have learned in this module.
2. Take a closer look at how to read nutrition labels in our Label Reading article by heading over to [food.com.au/articles](http://food.com.au/articles).
3. Browse through our 800+ recipes at [food.com.au/recipes](http://food.com.au/recipes) and find a few that you would like to try. From there, create a shopping list. We think you can figure out what to do next.

## SUPPORT

### Falling off the wagon:

If in time, you are hesitating to switch off your TV, get up off that couch and bust a move, or if there are roadblocks in the way of cleaning out your fridge and pantry of processed (junk) foods and you haven't made a healthy shopping list or learned how to read labels, you may need to revisit this module, as well as go over our Label Reading and Supermarket Guide articles, and reflect on the Food and You modules. If you're not pumped up to get home after work and prepare the healthiest and most delicious meal of your dreams, remind yourself of some of the benefits you will experience from just a *5% reduction in total body weight if you are overweight or obese*.

- **Reduced risk of diseases mentioned earlier including heart disease, cancer, stroke and Type 2 Diabetes (T2DM).** In fact, a Harvard study found that switching off your TV halves your risk of T2DM. Prevent or reverse chronic disease before it's too late!
- **Gained energy.** More energy means more productivity and being able to do all the things we want to as well as need to do. Some examples are playing with the kids or grandkids, finishing off a project, socialising with family or friends and finally actually reading that book you've had sitting on your bedside table for months.
- **Improved mood.** You'll feel lighter and have a more positive outlook on your life and the people in it. As you make goals and plan ways of achieving them, your self-esteem will also improve, which will then flow into a better mood too.
- **Better flexibility and mobility.** You'll be able to get down on the floor more readily, whether it's with your kids, or at the next picnic.
- **Reduced breathlessness.** Once your exercise routine has become second nature to you, you will wonder why you hadn't made this simple change sooner. Those short shallow breaths that made you worry they were going to be your last, can now be replaced with one long exhale. You can't imagine going without your daily walk and your mind and body, with special mention to your brain, heart, gut and lungs, are full of gratitude.

# How to close the intention-behaviour gap:

Below we have summarised our solutions to the problems that come up in the obesogenic environment and how the First13 program can help you close the intention-behaviour gap.

Obesogenic Environment Factor	Factor Explanation	Potential Solution	First13 Relevant Module
Food retailer VS Consumer Values	<ul style="list-style-type: none"> <li>-Shelf life</li> <li>-Profitability</li> <li>-Do not prioritise consumer health</li> </ul>	<ul style="list-style-type: none"> <li>-Shop the perimeter or fresh food sections of the supermarket and only go to the middle aisles for necessities (eg. wholegrain/low GI foods and tinned foods)</li> <li>-Be prepared with planned meals and a shopping list.</li> <li>-Learn how to read nutrition labels</li> </ul>	Additional Module - Meals and Planning, Label Reading. Week 1 - Food & You - Nutrition Basics, Week 2 - Food & You - Well-balanced Diet. Label reading
TV, Gaming and other forms of disengagement	<ul style="list-style-type: none"> <li>-Escapism</li> <li>-Wanting a distraction from uncomfortable feelings or thoughts</li> <li>-Procrastination - avoiding housework or other form of work</li> <li>-Not working towards personal growth</li> <li>-Not goal oriented</li> <li>-Existing, not living</li> </ul>	<ul style="list-style-type: none"> <li>-Engage in your surroundings</li> <li>-Go for a walk, whilst actively listening to an audiobook for personal growth eg. 'Breaking the Habit of Being Yourself'</li> <li>-Clean and set up your environment to be health-friendly</li> </ul>	Mindset Module - Mindfulness, Exercise/Activity
An unhealthy food pantry and fridge	<ul style="list-style-type: none"> <li>-Convenience foods</li> <li>-Shelf life/less food waste</li> <li>-Buying in bulk means less trips to the supermarket</li> </ul>	<ul style="list-style-type: none"> <li>Clean out</li> <li>Write a list of healthy food staples for your pantry and fridge</li> </ul>	Additional Modules - -Supermarket Guide -Label Reading Meals & Planning
Negative attitude and a cannot cook mindset	A negative attitude gets in the way of you living your life, if you think you can't, this is just as powerful as not being able to	<ul style="list-style-type: none"> <li>-Shift your thinking towards being more positive through practising mindfulness and connecting with others</li> <li>-Have a go and realise that actually, you can</li> </ul>	Mindset modules Cooking Challenge Worksheet
Limited access to Dietetics and Healthcare Services	<ul style="list-style-type: none"> <li>-High cost</li> <li>-Operate between the general public's business hours etc.</li> </ul>	Education and affordable flexible consultations	Hello First13 and food.com.au lead Dietitians :)!!

## ADDITIONAL SUPPORT

- Community - Your food.com.au community forum is the place you can discuss all of the barriers that come up for you - whether you're teaching others about how you've hit them head on, or reaching out for support, the forums are good for it.
- Professional external providers - If you have a condition or need some extra help, we recommend you see a health professional to help guide you towards a healthier lifestyle. This might be an Accredited Practising Dietitian, Psychologist, Exercise Physiologist, General Practitioner, Specialist doctor or someone from another allied health service.
- Food.com.au representative contact request - If you would like to get in touch to give us some feedback or because you require support with the First13 program, please contact a food.com.au representative via [feedback@food.com.au](mailto:feedback@food.com.au).

## SHARE THE HEALTH

- Social media - share the impacting factors from your obesogenic environment - like vast availability of processed food over healthy food at your local supermarket, or lack of accessibility to green spaces or walking paths for physical activity - and ask for other people's insight and solutions. Share your solutions to the problems that come up for you when you think about making healthy meals or exercising.
- Email and Messaging (mobile device) - forward something you have learned from this article - The Obesogenic Environment or First13 program. Mention what it was and how it helped you and feel free to tag us [#foodcomau](#) [#first13](#)

We've made it easy for you to [#sharethehealth](#). Just copy and paste this:  
 "I just learned about the obesogenic environment from food.com.au's First13 program. I am committed to making sustainable healthy changes, not just for now, but for life. Check out the program here: [food.com.au/first13](http://food.com.au/first13)"

# COOKING CHALLENGE

ACTIVITY WORKSHEET



# COOKING CHALLENGE

## ACTIVITY WORKSHEET

This activity is *designed to challenge and fine-tune your food shopping, budgeting and cooking skills.* It will bring out the chef in you plus train you to shop for your ingredients in the right aisles!

The retailers are secretly hoping you would give in to the packaged foods with the big 'sale' sign or the products at the check-outs. *Not today.* Today, you will discover that you have control over those supermarket aisles, and you have what it takes to be the *healthiest version of yourself!*

# BRONZE CHALLENGE

## GOLDEN EGG

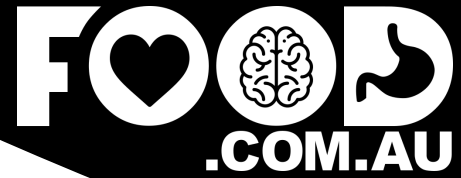
The first challenge is for you to boil an egg - simple! We firmly believe you can and will be good at this. Don't worry, we are here to guide you every step of the way. [Get in the kitchen!](#)

### Steps:

1. Place an egg in the saucepan and add tap water
2. Place the pan over high heat to boiling
3. Gently stir the eggs (this helps to centre the yolk)
4. Simmer the egg for 4 mins for soft-boiled and 5 mins for hard-boiled
5. Place the egg in a bowl of ice water
6. [Peel and eat!](#)

# SILVER CHALLENGE

## FOOD.COM.AU DYNAMIC SALAD



In this challenge, we ask you to step it up and make a **customised salad!** Apart from brushing on your cooking skills, you will also get to practice smart food shopping.

**Remember - stay close to the fresh food section and away from the middle aisles!**

You will pick 5 ingredients from the veggie list that we have provided and make your own salad just the way you like. Pick 1-2 protein sources that you like. And finish it off with a dressing that takes your fancy!

### Veggies (5)

Cos lettuce  
Spinach  
Tomatoes (any kind)  
Avocado  
Carrot  
Cucumber  
Red onions  
Sweet corn  
Purple cabbage  
Walnuts or cashews

### Proteins (1-2)

Feta  
Chickpeas  
Chicken  
Egg you just boiled!

### Dressing (1-2)

Salt and pepper  
Olive oil  
Lemon juice  
Balsamic vinegar

### Steps:

1. Wash and cut your choice of veggies
2. Toss the veggies into a large bowl
3. Add your protein sources
4. Sprinkle some dressing and mix
5. **Plate and enjoy!**

As you indulge in this beautiful plate of salad, we encourage you to take credit for this creation and appreciate every bite. You're doing fantastic!

# GOLD CHALLENGE

## SKINNY EGGS BENEDICT

In this challenge, we want you to pull out your inner chef and create a more sophisticated yet easy dish. We present to you - eggs benedict! Not just a regular eggs benedict but a healthier version that replaces Hollandaise sauce with a fruit chutney. This means less fat

### Ingredients:

- 1 piece English muffin
- 1 large egg
- 1 slice fat-free cheese
- 1 handful spinach
- 1 tablespoon fruit chutney

### Steps:

1. Poach the egg - this is similar to boiling eggs but poached eggs are cooked without the shell
2. While egg is poaching, toast the muffin
3. Place the spinach and cheese slice on the muffin, and place under the grill until the cheese is melted
4. When the egg is done, place it on the prepared muffin
5. **Sprinkle some salt, pepper and serve with fruit chutney on the side**

For more content like this visit our website: [Food.com.au](http://Food.com.au)

Connect with us

