Increasing Awareness Of Healthy Eating Through The Use Of Performing Arts An Evaluation Of The Starbites Project 1
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The novel opens with Aunt Polly scouring the house in search of her nephew, Tom Sawyer. She finds him in the closet, discovers that his hands are covered with jam, and prepares to give him a whipping. Tom cries out theatrically, “Look behind you!” and when Aunt Polly turns, Tom escapes over the fence. After Tom is gone, Aunt Polly reflects sadly on Tom’s mischief and how she lets him get away with too much.

Tom comes home at supper time, with his hands and face covered with jam. He tells how he had left school that afternoon and went round to the old grindstone sharpener on Main Street. He filled his pockets with knickknacks and got a cowhide to sharpen his knife. Tom has warned his aunt about his adventures. During supper, Aunt Polly.BOLD

Tom goes out of the house for his handkerchief. The air is cool and filled with the sound of whistling. While wandering the streets of St. Petersburg, Tom and his new friend encounter a group of boys whose presence makes Tom envious and envious. The boys tease him and eventually chase the newcomer all the way home.

When he returns home in the evening, Tom finds Aunt Polly waiting for him. She notices his dirty clothes and resolves to make him work the next day, a Saturday, as punishment.

On Saturday morning, Aunt Polly makes Tom out to whiten the fence. He passes by, and Tom tries to get him to do some of the whitewashing in return for a “white alley,” a kind of muddle. His offer is rejected, but Aunt Polly appears and chases him off, leaving Tom alone with his tasks.
Increasing Awareness Of Healthy Eating

Healthy eating means eating a diet that is high in nutrients and low in fat, sugars, and sodium. According to the Dietary Guidelines for Americans 2010, a healthy eating plan includes:

- Up to 80% of heart disease and stroke can be prevented by simply living a healthy lifestyle and that includes healthy eating. Eating well and making good nutritional choices is one of the best weapons you have in the fight against heart disease, as well as many other chronic conditions such as diabetes, obesity and some cancers.

Orthorexia

Orthorexia was coined in 1998 and means an obsession with proper or 'healthful' eating, although not formally recognized in the Diagnostic and Statistical Manual.

Healthy Eating

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Despite the current attention afforded to obesity, other nutritional issues are also important in the UK. The prevalence of malnutrition is high across all community and care settings and is a serious public health problem, yet awareness of malnutrition continues to be low amongst the general public and policy makers.

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