

Kay-Tee Khaw

Professor and Physician - Gerontology

30-60
minutes

image source

Starters



5-10
mins

Kay-Tee is a Singaporean-British physician and academic. She is a professor of Gerontology at the University of Cambridge. Gerontology is the scientific study of old age and how we age. It also looks at the particular problems of old people. Kay-Tee studies and researches how to keep people healthy as they get older. She also figures out why some illnesses happen and how to stop them.

Watch **this video** of Kay-Tee talking about how a well-balanced diet can help us stay healthy, and think about the answers to these questions:

Kay-Tee's Video Transcript



What we really are interested in as we get older is not living forever, necessarily, but having the best quality of life, preventing frailty, preventing disability, so that we live the maximum number of years with a high quality life, with good functional health. The evidence is increasing that the lifestyles, diet and physical activity that are good for preventing cancer are also good for preventing other chronic diseases such as heart disease or diabetes. So I think there's very encouraging evidence that a healthy diet, and lifestyle, once we nail that down, will be good, not just for preventing cancer, but for all the other conditions that we're interested in when we get older in terms of quality of life.

Questions on Quality of Life and Healthy Living

- 1 What's your idea of a great quality of life?** Imagine you're older—what kinds of things would you want to still be able to do and enjoy? How do you think your choices now might affect that?
- 2 What do you think makes it hard to stick to a healthy lifestyle,** and how could we overcome those challenges?
- 3 If healthy food and exercise help prevent big health problems like heart disease or diabetes,** why do you think some people still choose unhealthy lifestyles?



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Main Course



20 mins 1 activity
40 mins 2 activities

image source



Make



Start a **My Healthy Day** journal to track your daily activities related to health and well-being. You can include your meals, activities, and relaxing moments. Add a fun twist by drawing or decorating your journal pages with themes that represent your day. Then, share it with the group and let's talk about our healthy lifestyles!

Ingredients:

- Paper
- Colouring pencils



Dessert



5 mins

Show and Tell

Spread the fun and excitement by sharing the challenges you've been exploring with your friends and family.

Explore



Explore how the foods we eat can affect our health. Choose three colourful fruits and look at their nutrients. Learn about the unique benefits of each fruit. Find out what essential nutrients they have and how these contribute to our health, especially as we get older. **Let your findings inspire others by presenting them in an engaging report or presentation** that highlights the power of nutritious choices for a healthier life!

Ingredients:

- Various fruits
- Internet access



Share

We would love to see how you're doing with the challenges. Remember to tag us on social media and use the hashtag **#GGSWExStemettes**