

EATING THE RIGHT FOODS

Knowledge	After working through this lesson, participants will be able to:
Attitude	1. Choose healthy foods.
Practice	2. Describe the risks of undernutrition and overnutrition.
	3. Choose healthy foods for meals.
	4. List foods that are high in protein, iron, and calcium.
	5. Teach others about good nutrition.

Overview This series of lessons is based on the *Health Education Program for Developing Communities*, 2021, which is available from <http://hepfdc.info/>. The illustrated manual and lessons are also available for download or for purchase at <http://www.chenetwork.org/healtheducation.php>.

These lessons are accompanied by a series of health teaching booklets on the individual topics. They are based on information and standards from the World Health Organization and can be used with adults or with older children and teens.

See also the series of lessons on *Nutrition* and the series on *Malnutrition*.

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
 - Handouts:
 - *What will you buy?*
 - *Who 5 keys to a Healthy Diet*
 - *Which foods will you eat? Why?*

LESSON

60 minutes

Game: (15 minutes)

Instructions: Divide into small groups.

Version 1:

You have only \$10 (use local money) to buy food for your family. You want them to be healthy. What will you buy? Why?

Version 2:

You have only a small amount of money to spend, but you want your family to be healthy. So you can only buy 8 foods. Which ones will you choose? Why? Choose eight foods from the *What will you buy?* handout.

Ask SHOWD Questions:

What did you **S**ee?

What was **H**appening?

Does this happen in **O**ur place?

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Undernutrition and Overnutrition (10 minutes)

Instructions: Discuss in large group. Our health depends on our nutrition, or how well we eat. Millions of people die each year from both undernutrition and overnutrition.

- A.** What is undernutrition? Give examples.
1. Some people don't eat enough food.
 2. Some people don't eat the right foods
 3. When they don't eat enough food, they won't grow well.
 4. When they don't eat the right foods, they won't be healthy.
 5. Without good nutrition, children can't fight off infections.
- B.** How much of a problem is undernutrition or being underweight?
1. Being underweight is one of the most common killers of children.
 2. Children under five years of age are most affected.
 3. More than one third of child deaths worldwide are related to undernutrition.
- C.** Can you ever eat too much? What is overnutrition?
1. Overnutrition is eating too much.
 2. Eating too much leads to being overweight or obesity.
 3. If you weigh too much, you are risk for health problems such as heart disease, high blood pressure, stroke, and diabetes.
 4. All of these are major killers of adults around the world.
 5. So, overeating can lead to health problems.

Healthy Eating (10 minutes)

Instructions: Discuss in large group.

- A.** Give out the illustration, *Five Keys to a Healthy Diet*. The World Health Organization recommends five keys to a healthy diet. What are they? Why are these important?
1. Give your baby only breast milk for the first six months.
 - Breast milk is best.
 - Breast milk protects against infections.
 2. Breast milk protects against infections
 - 3x3
 - Have a balance of different foods.
 3. Eat plenty of vegetables and fruits.
 - They are foods that "make you glow".
 - They are high in vitamins.
 - They give protection.
 4. Eat moderate amounts of fats and oils.
 - Fats and oils are high in energy.
 - But eating too much fat can lead to heart disease and stroke.
 - Choose a diet low in saturated fats and cholesterol.
 5. Eat less salt and sugars.
 - Sugars cause tooth decay.
 - A high salt diet can lead to high blood pressure.
 - Salt and sugar are found in "junk foods" that fill you up but don't make you healthy.
- B.** Look at the food triangle or food pyramid. According to this, what foods should we eat a lot of? What is the base of our diet?

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1. Bread
 2. Rice
 3. Whole grains
 4. Potatoes
- C.** What foods should we eat only in small amounts? Look at the top of the pyramid.
1. Soda
 2. Oils
 3. Cake
 4. Cake
- D.** It is important that children eat enough protein so that they are strong and grow well. What foods are high in protein?
1. Chicken, meat, and fish
 2. Milk, cheese, yoghurt
 3. Eggs
 4. Beans
 5. Eating rice and beans together makes a complete protein.
- E.** How can children and adults have strong bones?
1. Calcium keeps your bones strong.
 2. Milk is high in calcium and in protein.
 3. Be sure that you drink pasteurized milk.
 4. Yoghurt and cheese are also high in calcium.
 5. Some adults take vitamins or calcium supplement
- F.** Iron helps to prevent anemia or “weak blood”. What are some foods that are high in iron?
1. Meat
 2. Liver
 3. Beans
 4. Spinach and dark green vegetables.
 5. Raisins

Choosing Meals for your Family (15 minutes)

Instructions: Divide into small groups. Give out the handout, *Which foods will you eat?* Choose some meals for the next week. Explain your choices.

Picture Book (15 minutes)

- A.** Divide into pairs. Practice teaching each other the *Eating the right foods* picture book
 1. Practice teaching.
- B.** During the week, visit your friends and neighbors to teach about nutrition using this.
 1. Home visiting

References:

Foundation for His Ministry, <http://www.ffhm.org/products/?catid=18>

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

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WHAT WILL YOU BUY?

You only have a limited amount of money to spend,
but you want to have a healthy family.
What will you buy?

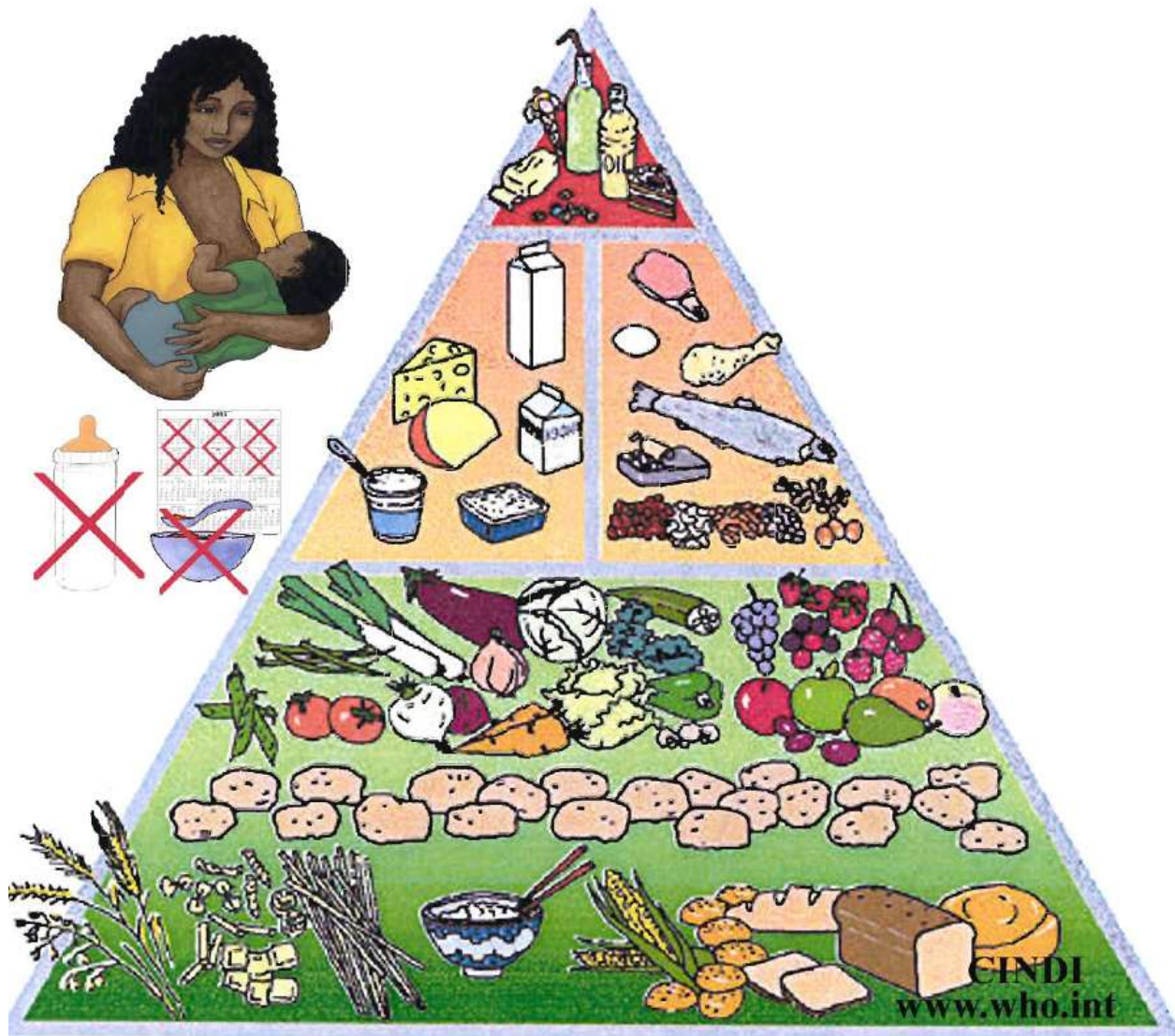
Chocolate cake	Yoghurt
Milk	French fries
Tomatoes, corn, squash, carrots	Coke or soda
Beer	Tortillas
Cheese	Beans
Candy bars	Bananas, oranges, melons
Potato chips	Baked potatoes
Rice	Baby formula

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WHO 5 KEYS TO A HEALTHY DIET

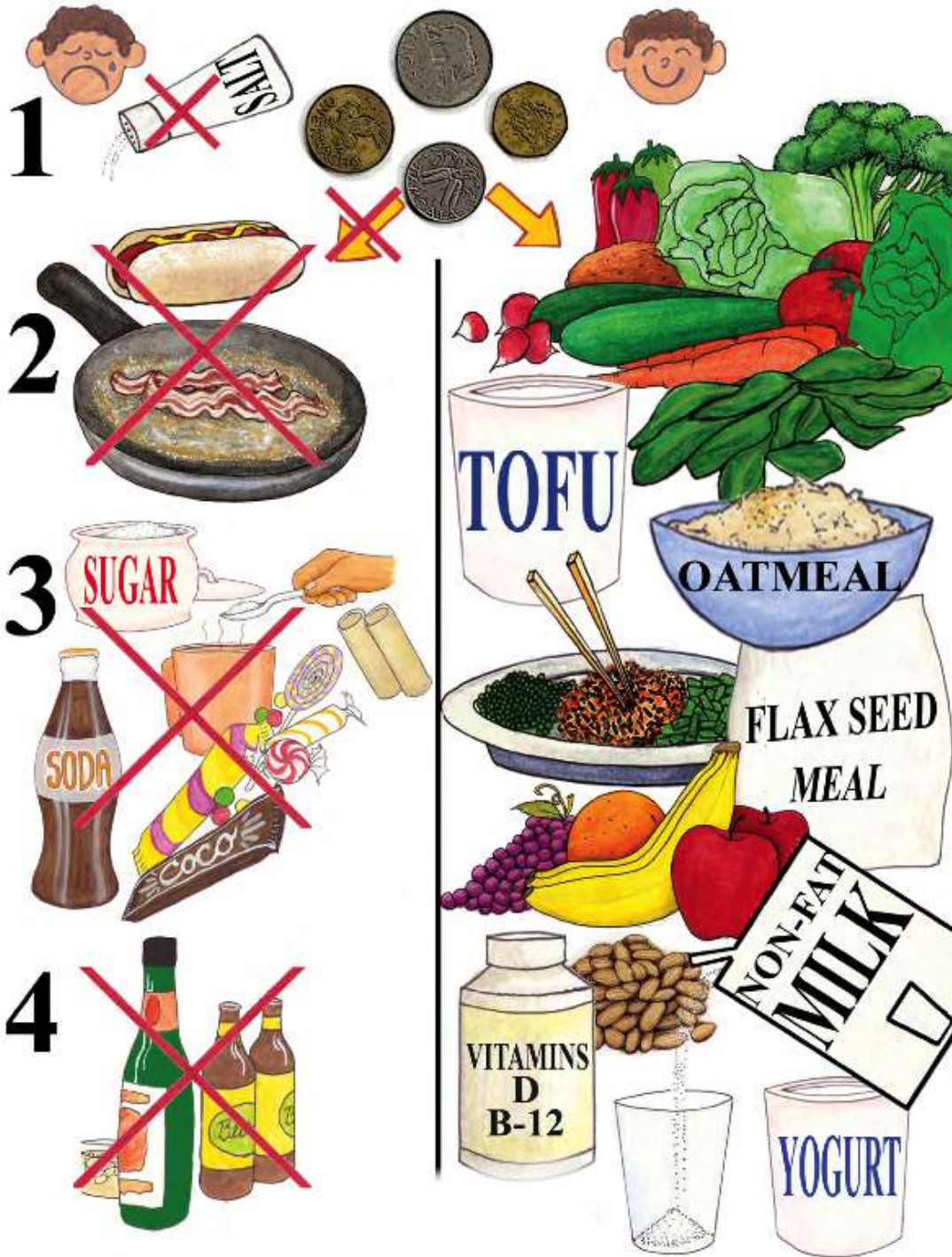
1. Give your baby only breast milk for the first 6 months of life.
2. Eat a variety of foods.
3. Eat plenty of vegetables & fruits
4. Eat moderate amounts of fats & oils.
5. Eat less salt & sugars



Source: Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

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Which foods will you eat? Why?



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