



Safe & Nutritious Food
A Shared Responsibility

www.snfportal.in

fssai


FOOD SAFETY AND STANDARDS
AUTHORITY OF INDIA

Inspiring Trust, Assuring Safe & Nutritious Food

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2017
SNF@School

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THE YELLOW BOOK

YOUR GUIDE TO
SAFE AND NUTRITIOUS FOOD
@SCHOOL

PREFACE

If ever there was a time to take charge of our food choices and habits, it is now. With our fast changing lifestyles, India faces a silent epidemic today; of rising childhood obesity coupled with under nutrition and micronutrient deficiencies. Each one of us, be it parents, teachers or children, has a right and a responsibility to make an informed choice. The Yellow Book of the Food Safety and Standards Authority of India (FSSAI) is your guide to making such choices, to assuring safe and nutritious food at school.

The 'Yellow Book' is aimed at inculcating wholesome food habits at a young age, as habits formed in our early years stay with us for life. It would aid the School Health and Wellness Teams in carrying out effective activities in the classroom. The content is divided into age appropriate modules. The activities and guidelines have been designed to encourage adoption of safe and nutritious food practices at schools. The book is a resource-pool of facts, information and concepts, along with a diverse range of supportive material and tools.

The SNF program mascots, 'Master Sehat' and 'Miss Sehat', are the superheroes and the 'health champs' to carry the message forward. They come with a 'School Crew', additional characters who provide an interactive means of bringing the central themes into focus.

A team of food technologists and nutritionists has brought the book together from various premier institutions in the country. Experts have carefully reviewed it. FSSAI would welcome any suggestions and feedback on this publication so that 'The Yellow Book' becomes a trusted companion and part of the Schools in our Country.

Lets join hands in building a Healthy and Happy India.

PAWAN AGARWAL

CEO, FSSAI

SNF@SCHOOLS VISION

Catch 'em young!

Create awareness of the benefits of eating healthy, thereby build lifelong habits that would significantly enhance health standards of the future generation.

Build capacities though knowledge:

Equip all School Health and Wellness Coordinators with resources to reach out to teachers, parents and school children, for generating awareness on safe and nutritious food based on the Core Guiding Principles.

ROAD MAP TO SNF@SCHOOL SOURCE BOOK

It is an established fact that eating safe and nutritious food is of vital importance for mental and physical health, longevity, productivity and overall wellness.

To ensure this, authentic knowledge becomes a must for parents, teachers & students. To this effect, a source book has been designed that serves as a ready reckoner that includes material for classroom narrative lectures as well as laboratory practicum or exercises.

For appropriate interventions to reach the entire target population, it is necessary to understand the two main segments of the SNF @ SCHOOLS TOOL KIT that are:

SNF@SCHOOL 'YELLOW BOOK' on SAFE AND NUTRITIOUS FOOD

SNF@SCHOOL TRAINING MANUAL FOR SCHOOL HEALTH AND WELLNESS COORDINATORS

Care has been taken to convert the most vital aspects into concise information capsules for easy retention. The sessions are expected to introduce concepts/practices and enhance knowledge through demos, activities, fun games, followed by check-lists to reiterate key learnings, and finally self-evaluation exercises to ensure lessons are soundly instilled and retained. For periodic rating individual student's progress, trackers (e.g., the smart 'rainbow tracker') are also provided.



YELLOW BOOK

The treatment given to any book that deals with children has to be to be appealing and participative. The 'Yellow Book', thus is an amalgamation of activities that are age appropriate, culturally appropriate and readily adaptable to available resources and context. The activities and guidelines are designed to encourage adoption of safe and nutritious food at schools extending to healthier lifestyles.

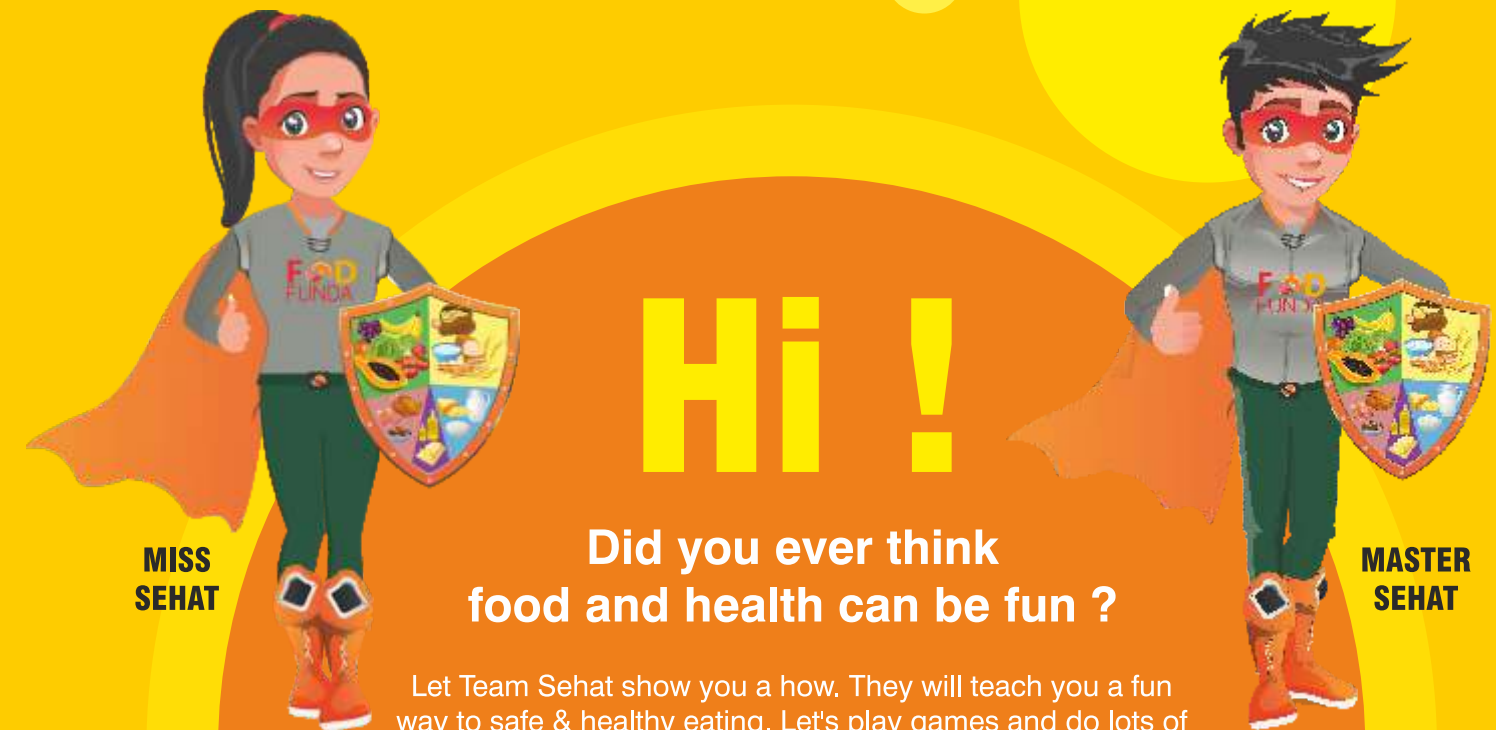
It is equipped with range of supportive material and tools to provide a comprehensive basis for presentation of the content areas in sessions, through slides, charts, activities, posters, handouts, and Power Point Presentations (PPTs). The 'Yellow Book' can be used independently as a guide, an activity book or in conjunction with the learning aids provided.

The resources include pointers on safe food, methods of detecting adulteration, essential nutritional facts, food groups and their health benefits. Instructive features are provided in the resource books for all levels which include, animation videos, audios, activities, stories, role-plays, on-/offline games, puzzles, mix-n-match exercises, etc. Components used uniformly through the books are, SNF Alerts, Did You Knows, Fact Files, Habit Forming Tools, Feature Story, Key Messages, Expected Learning/Queries, Ideas For Learning More, etc.

ROLE OF SCHOOLS

In this context, schools will play a vital role in ensuring the information reaches every household through the children. The teacher is their role model and children have a lot of faith in what is taught in school and what their teachers have to say & do.

Schools need to set examples by taking measures to ensure that food hygiene, personal hygiene and environmental hygiene i.e. hygiene of the classrooms and surroundings is maintained. Food served in schools must be healthy and palatable. Physical activity plays an important role in the overall growth and development of the child and this should not be neglected. Children will speak about the cleanliness, care and good food habits taught in school to their parents and this message in turn will percolate to the community.



MISS SEHAT

MASTER SEHAT

Hi !

Did you ever think food and health can be fun ?

Let Team Sehat show you a how. They will teach you a fun way to safe & healthy eating. Let's play games and do lots of activities that will not only make us enjoy ourselves but also will give us tips & easy way to nutrition. Master & Miss Sehat are keen to become your friends and partners to take you on a journey into a world of safe and nutritious food so that you can enjoy your life to the fullest !

Turn the pages and let the fun with food, nutrition and hygiene begin.



ROHAN



DR. SARA



RIYA



FOOD SAFETY AND STANDARDS
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I STAY CLEAN



INVISIBLE GERMS

I PRACTICE HEALTHY
HABITS



HOW DO GERMS
SPREAD?



TEAM SEHAT
KA

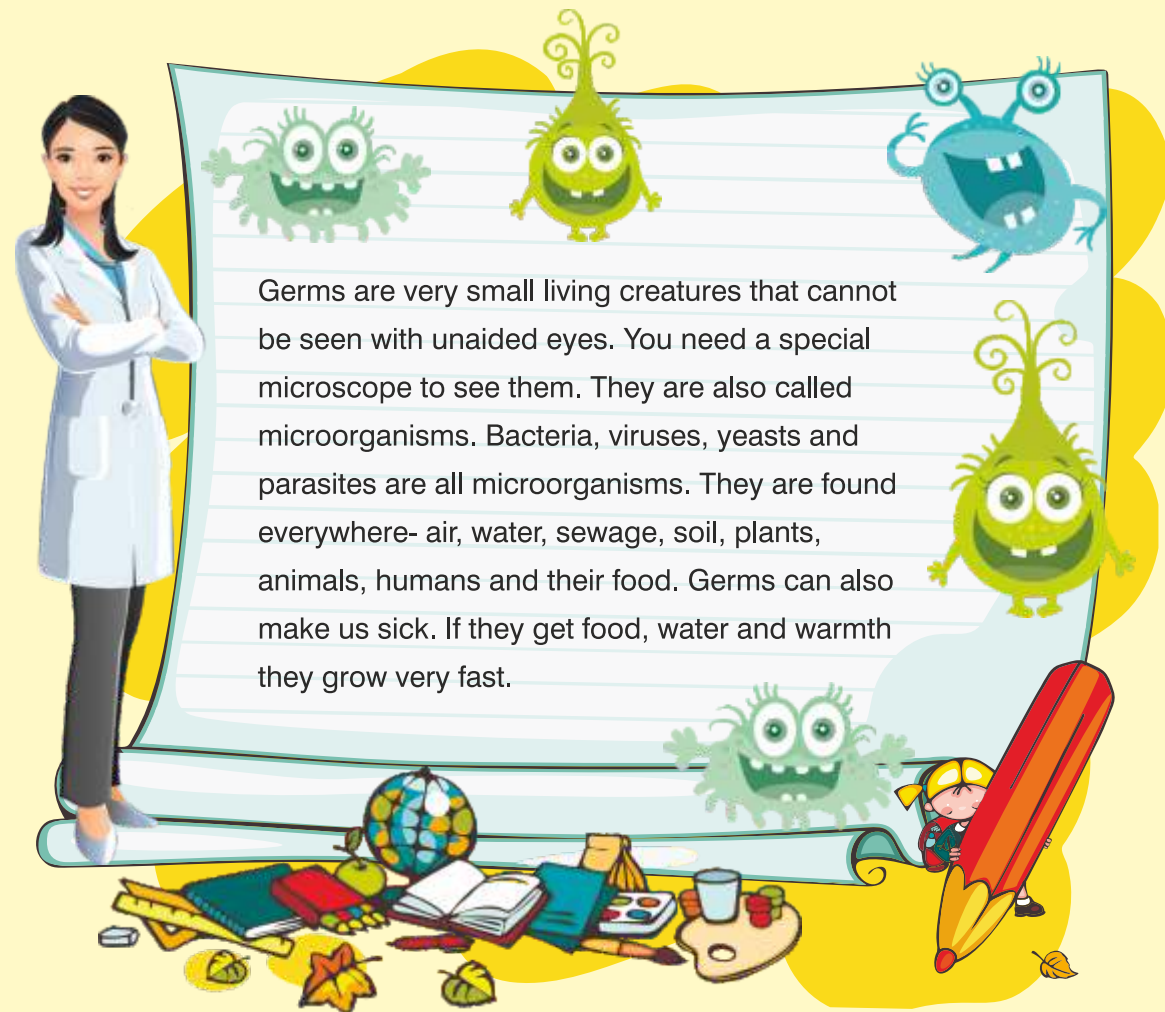
F
D
FUNDA



MODULE

1

GERMS ARE INVISIBLE



Germs are very small living creatures that cannot be seen with unaided eyes. You need a special microscope to see them. They are also called microorganisms. Bacteria, viruses, yeasts and parasites are all microorganisms. They are found everywhere- air, water, sewage, soil, plants, animals, humans and their food. Germs can also make us sick. If they get food, water and warmth they grow very fast.

Aaaachoooo! THE GERMS

You will learn how germs can spread through the nostrils and spread everywhere. When you sneeze, the germs are spread through droplets and can travel up to six feet to another person. Remember to cover your mouth and nose when you sneeze. Sneeze into a tissue or a handkerchief to avoid the spread of germs



FUN TIME 2

GERMS IN SPRAY

Look at this spray bottle! When I squirt it all the water droplets spread in the air. Same happens when we sneeze.

Water droplets were all over my face

Yes the droplets came on my hands and face too

AAA-CHOO!!

UNDERSTANDING HOW GERMS SPREAD

GLITTERY GERMS

All you need is some glitter or sawdust, some Vaseline or a drop of oil to rub it on your palms. Now sprinkle some glitter on your hands. You will see how the glitter or the 'pretend germs' travel from your hands to any object your hand comes in contact with. This is how the germs spread all over and you cannot even see them with your naked eyes.



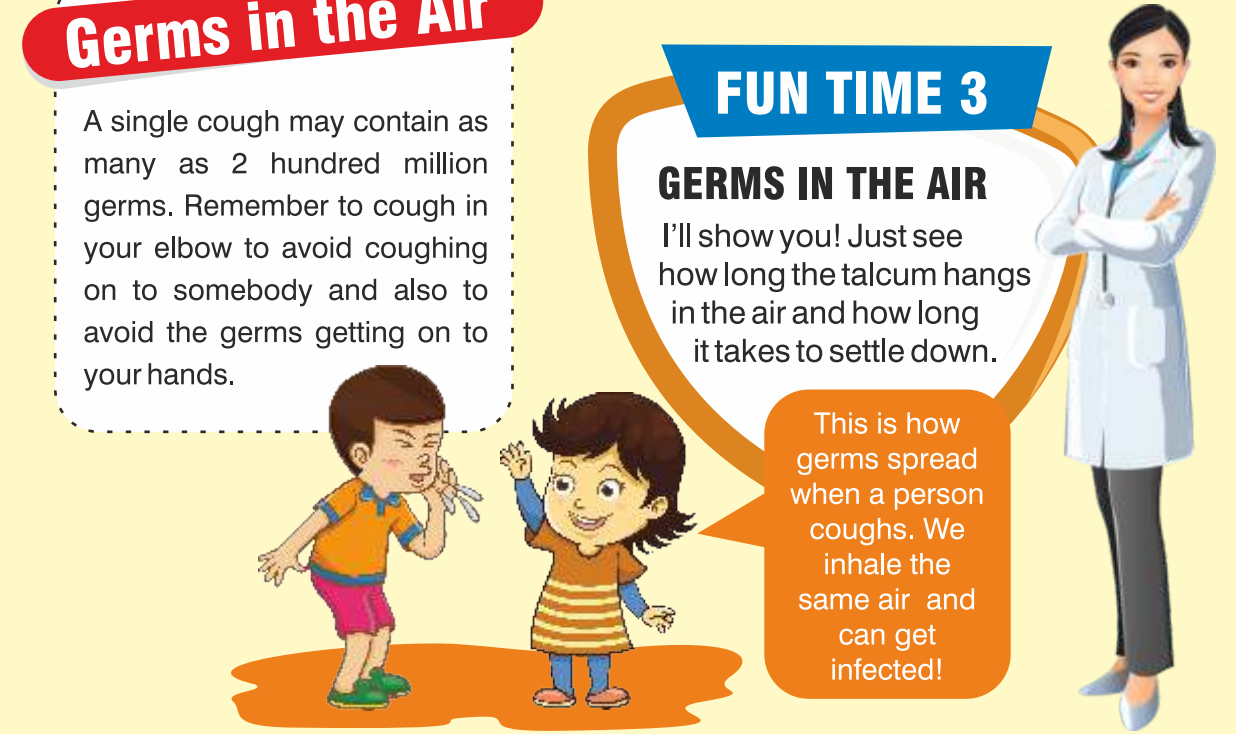
FUN TIME 1

GLITTERY GERMS

Look I'll show you...

Germs in the Air

A single cough may contain as many as 2 hundred million germs. Remember to cough in your elbow to avoid coughing on to somebody and also to avoid the germs getting on to your hands.



FUN TIME 3

GERMS IN THE AIR

I'll show you! Just see how long the talcum hangs in the air and how long it takes to settle down.

This is how germs spread when a person coughs. We inhale the same air and can get infected!

HYGIENE OF SELF!

Personal hygiene is generally defined as cleanliness of the body and proper maintenance of personal appearance. This generally includes all body areas and clothing.

Personal hygiene includes all personal practices which need to be followed to keep our body clean and healthy. The following personal hygiene practices should be followed every day.

HOW I STAY CLEAN

I wash my hands properly after going to the toilet



I have a bath every day



I wear clean clothes and clean shoes



I wash, comb and tie my hair neatly



I wash my ears and eyes while bathing



I brush my teeth twice a day



I clean and clip my nails regularly



I keep my cuts and wounds covered with a bandage



DO YOU KNOW HOW GERMS SPREAD?

The 5 F's Responsible for the spread of diseases

FOOD: Water and food contaminated by poor handling or through diseased animals and their products



FINGER: Unwashed hands and dirty fingernails



FAECES: Food contaminated by sewage or dirty water or by unwashed hands after using the toilet.



FOMITES: Such as unclean utensils, equipment, door knobs, taps, towels and others.



FLIES & PESTS: Like houseflies, cockroaches, rats or house pets.



TEAM SEHAT'S FACT FILE



Food Funda

- Germs spread from one dirty hand to the other.
- Always wash your hands with soap and water.
- Germs are dangerous, especially because we cannot see them.

SNF ALERT



- Cover your mouth and nose while sneezing and coughing.
- Keep food and drink covered during sweeping and dusting.



TOILET HYGIENE

TOILET HABITS

Visit the toilet regularly to clean your bowels every morning. Flush the toilet after use and wash hands well in the wash basin using soap and preferably warm water.

FUN ACTIVITY : To know your score on good toilet habits go to page 24 for the Germi-check score card.



WASH YOUR HANDS LIKE THIS

We need to wash away germs hiding on our hands.



1 Wash your palms



2 Scrub each finger and between fingers



3 Rub back of hands and between fingers



4 Rub the base of the thumbs



5 Back of Fingers



6 Scrub your nails on palms



7 Wash your wrist



8 Dry hands with clean towel or tissue

BRUSHING TEETH



Dental caries needs to be prevented because it causes

- 1 Discomfort and pain
- 2 Infection and pus formation
- 3 Tooth loss
- 4 Bad Breath



DO YOU BRUSH LIKE THIS?



FUN TIME 4

SMILE PLEASE

Spaces in between the teeth should also be brushed properly to remove food stuck in between teeth.

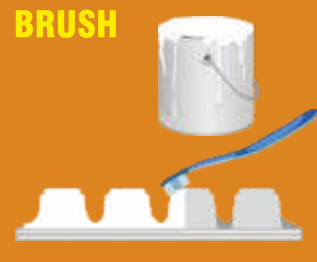


EGG-CEPTIONAL SMILES

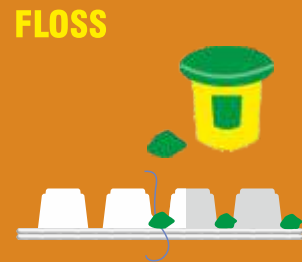
MATERIAL



BRUSH



FLOSS



MY GERMI-CHECK SCORE CARD



FUN TIME 5

Let's see what is your Germi-check score



- I bathe every day in winter or in summer.
- I take a bath even on a cold winter day.
- I take a bath even when I have a cold.
- I brush my teeth twice daily.
- I clean my tongue with a tongue cleaner.
- I visit the toilet daily.
- I wash my hands with soap and water.
- I wear clean washed and ironed clothes.
- I polish my shoes everyday.
- I wash my hair regularly and comb my hair daily.
- I clean my nose daily while bathing and do not pick my nose.
- I clip my nails regularly and keep them dirt free.

Y



N



WORK, RELAXATION AND EXERCISE

Balance your time between doing your home-work, relaxing and exercise for good health.

EXERCISE

Regular exercise and physical activity are important to maintain a healthy weight, develop strong bones and muscles and reduce the risk of getting sick later in life. Atleast engage in 1 hour of physical activity every day.



SLEEP

A good 8 to 10 hours of sleep will make you feel active and alert in class



RECREATION

Listening to music, dancing, singing, painting are some forms of recreation that are necessary for a healthy mind.

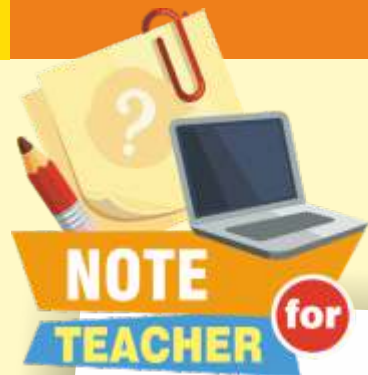


SNF ALERT



- Inform your teacher if you are not feeling well
- Stay back home in case of cold & cough or vomiting & diarrhea





NOTE
TEACHER for

THE HYGIENE SUPERSTARS!

Teach children to use the habit forming Hygiene Tracker given on page 83 to urge them to inculcate good practices to stay clean.



Identify 10 students from the class to create a skit on "Germs make me sick!".



Give a live demo on hand washing techniques with soap and water. Teach them to turn off tap while they are scrubbing their hands well before rinsing the soap lather.



SUCCESS-O-METER

NOW YOU KNOW

- ☛ Germs are dangerous, especially because you cannot see them. ☛
- ☛ Germs need to be washed clean by following all the 8 steps of hand washing. ☛
- ☛ Germs rocket out into the air when you sneeze or cough. It is important to cover your nose and mouth when you sneeze and wash your hands after that. Or sneeze into the tissue or a handkerchief to avoid the spread of germs. ☛



1

BEHAVIOUR CHANGES

Have the learners shown any behavioural changes observed a week after the training program.

2

CONCEPTUAL DEVELOPMENT

Has knowledge about the relevant topic increased?

3

PERFORMANCE CHANGE

Has the training contributed to any improved performance.



I KEEP FOOD

SAFE AND CLEAN



NEED FOR FOOD SAFETY.



HOW DO GERMS SPREAD?



HOW DO GERMS GROW?



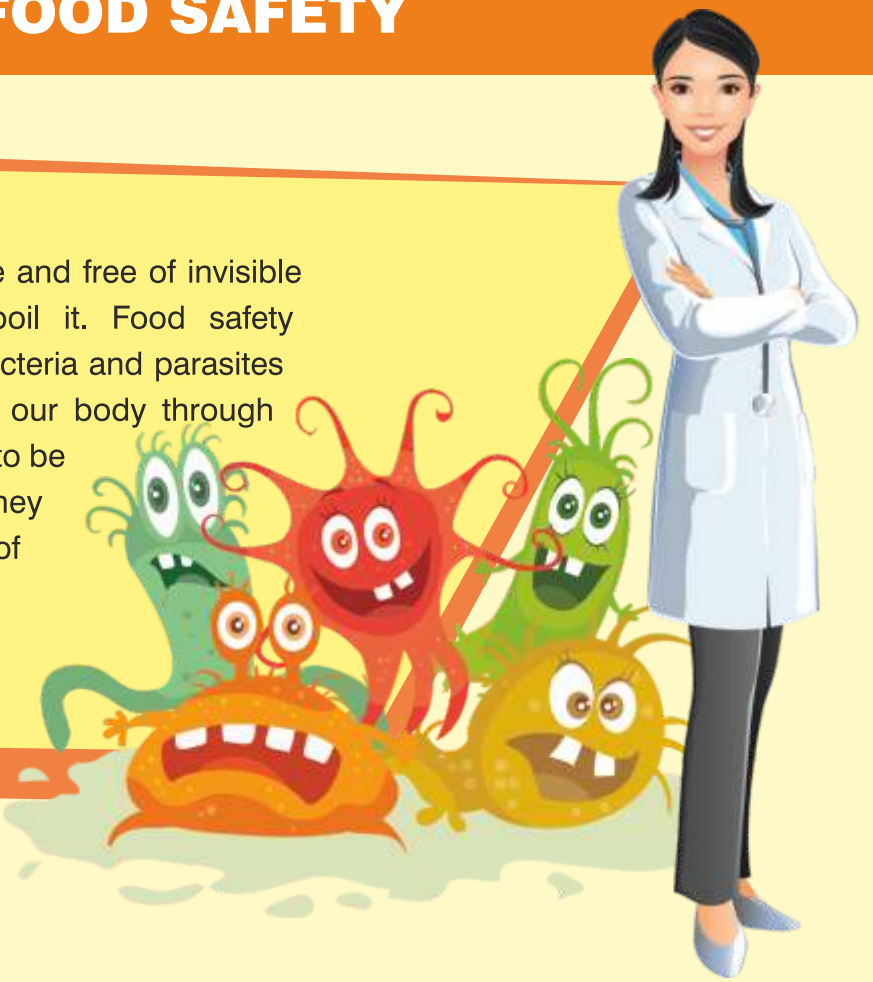
TEAM SEHAT
KA
**FOOD
FUNDA**



MODULE **2**

NEED FOR FOOD SAFETY

Keep the food safe and free of invisible organisms that spoil it. Food safety protects us from bacteria and parasites that can come into our body through food. Children need to be more careful as they have a higher risk of getting infected.



HOW DO GERMS GROW?

Like us, microorganisms also need certain conditions for their growth and multiplication. These are their basic growth requirements.

FOOD - Germs grow rapidly in protein rich food such as milk, meat, poultry, and leftover moist cooked food.

MOISTURE - Moisture helps them grow. Dry foods will not spoil.

TEMPERATURE - They love to grow within the danger zone. Food remains safe when refrigerated or frozen. There they do not die but simply remain inactive.

TIME - Microorganisms need time to grow to numbers large enough to spoil our food.

EFFECT OF MICROORGANISMS ON HEALTH OF CHILDREN

SNF ALERT



Children are constantly exposed to common infections like cold, coughs, flu and diarrhea caused by microorganisms. Unwell children have poor appetite resulting in reduced food intake. The nutrients do not get absorbed. Overall growth and development of the child gets affected.



FUN TIME 1

How clean are my Hands?

Even clean looking hands are dirty. Just dip your hands in a jar of clean water and see how soon it changes colour.

BEFORE



AFTER



HOW TO PREVENT GROWTH OF GERMS?



We must follow these rules to keep germs away.



Before eating wash and dry hands properly



Drink clean water

Eat food in a clean plate and bowl and finish your packed lunch in the break itself



Eat clean, healthy and covered food



If food falls on the ground, do not eat it



If flies sit on food do not eat



Wash fruits before eating them



Flush Toilet and wash your hands

STORY OF FUNGU & GERMY

Aarav, Bina and Tarun are friends. One day as the three are playing, Bina sneezed and Fungu, my germ friend came flying out of her nose. He was so happy to see me. We both decided to live together on Aarav's head.



At school, Aarav scratched me off his head but I stuck to his thumb. It hurt me when he started to write with his pencil! When he ate lunch, he picked up his sandwich and popped it into his mouth. He stuffed me in too!



The next day, Aarav could not go to school because he had a sore throat. That is because I was now in the back of his throat. His mom would not let him go anywhere. Days passed Aarav was down with terrible cold and fever. His Mom had to give him many medicines and his fever broke.



STORY OF FUNGU & GERMY

I dislike medicines! These medicines have soldiers who started attacking me and other germs. I was very weak with their attack but somehow I escaped.



I slowly found my way back to Aarav's mouth from his throat and when he touched his lips, I quickly grabbed his fingers. He touched the tap to wash his hands and I quickly climbed on to it tap.

Soon Aarav was feeling better and his friend Tarun came to visit him. They both ate chocolate and Tarun got into the wash room to wash his sticky hands. I quickly climbed on to his hand from the tap. Now I sit here, telling you my story in the mouth of Tarun, Aarav's friend.



Food Funda

I always wash the fruit well before eating to stay healthy and not fall sick. I also wash my hands with soap before eating to avoid germs from my unclean hands to go into my tummy.



NOTE TEACHER for

Teaching the concept of germs is quite a challenge. Try explaining your students the spread of germs through this little exercise - **Everything You Touch:** Get children to write the alphabet G for germs on pieces of paper or use smiley stickers or bindi's and stick these little germs to everything they touch for the next 20 minutes. Then ask them to look around at the classroom to see how germs spread.

NOW YOU KNOW

- Children will understand the importance of eating safe food only.
- They would know the 5 F's causing these germs to spread.
- Children will have a clear understanding of what are microorganisms.
- They will also know which factors are needed for their growth and multiplication.



1

BEHAVIOUR CHANGES

Have the learners shown any behavioural change? For e.g. Keeping flies out of the food area. Or washing hands before eating tiffin

2

CONCEPTUAL DEVELOPMENT

Has knowledge about the relevant topic increased?

3

PERFORMANCE CHANGE

Has the training contributed to any improved performance in daily routine.



MY LEARNING LIBRARY



You can show video clips on germs.

<https://www.youtube.com/watch?v=2elxz5x2s1Y>

<https://www.youtube.com/watch?v=jEy0Ltlm3nU>



You can design your own story on Germs and narrate in class. Read our story on Fungu and Gerny.

I EAT CLEAN AND SAFE FOOD



KEEPING FOOD SAFE



SIGNS OF FOOD SPOILAGE



FOOD POISONING AND FOOD ALLERGIES



TEAM SEHAT
KA

FOOD
FUNDA



MODULE **3**

WHAT IS FOOD SPOILAGE?

INTRODUCTION

Food safety refers to the conditions and practices that preserve food quality. We need to ensure that these germs do not enter food at the time when buying, preparing and storing food. By practicing good food hygiene we can prevent food spoilage. These practices are washing hands before touching food, washing fruits and vegetables properly before eating, cold foods should be eaten cold and hot foods hot.

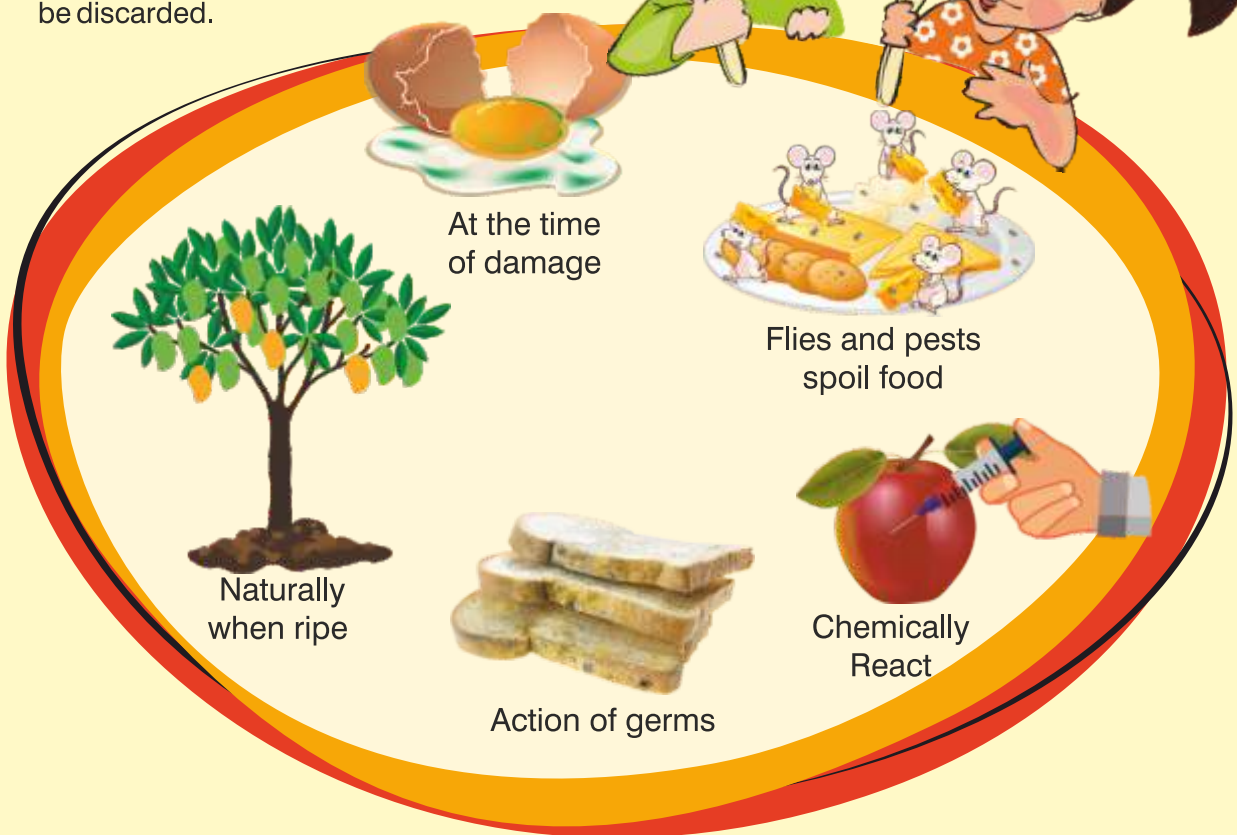
It is also very important to keep our surroundings clean, throwing garbage and litter into a covered dustbin.



HOW DO FOODS SPOIL?

Spoilt food has an unattractive colour, smell, taste and looks unfit to eat.

Both spoilt and contaminated food should be discarded.

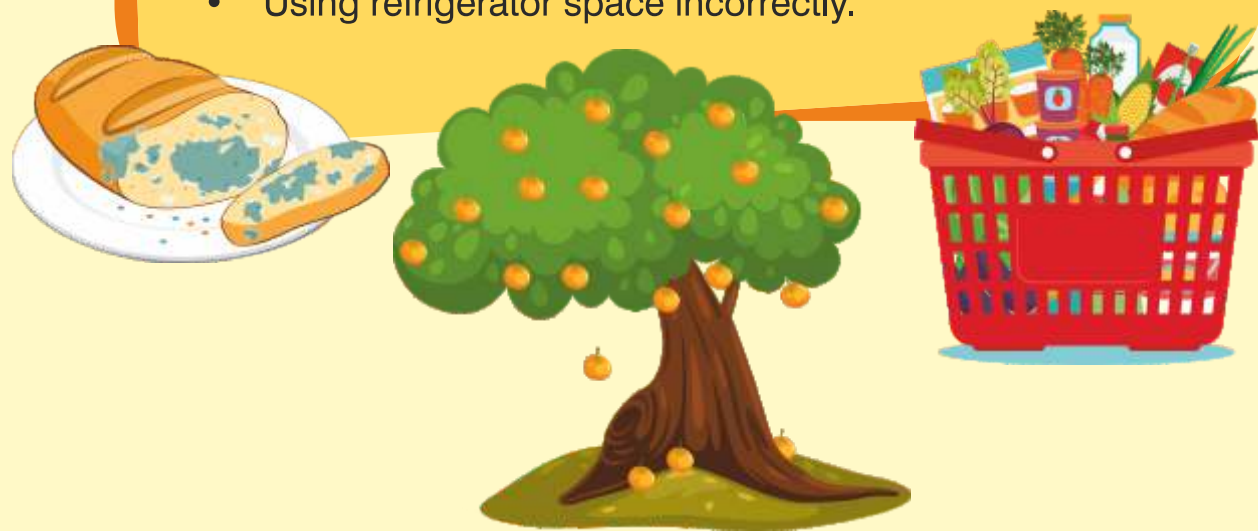


FUN WITH FOODS -CHECK IT OUT!

1. Ever noticed an over ripe fruit about to fall off a tree? Foods spoil naturally due to enzymatic reaction.
2. Ever noticed a cracked egg or blood specked egg? Damaged food gets spoilt.
3. Ever noticed rust on canned foods? Food spoils due to chemical reaction.
4. Ever noticed insects like weevils in grains? Insects spoil food.
5. Ever noticed molds on bread or souring of milk? Food spoils due to action of germs.
6. Ever noticed stone or grit in boiled rice or any other food? Foods spoil due to contamination.

Other common reasons why food gets spoilt-

- Buying more than required.
- Buying poor quality food.
- Not checking commodities, packaging and labels.
- Not refrigerating or freezing. Purchased food promptly.
- Refrigerators or freezers not working properly.
- Using refrigerator space incorrectly.



SIGNS OF FOOD SPOILAGE

FUN WITH FOOD 1

Circle the food you will not eat.



HOW TO AVOID FOOD SPOILAGE?

FOOD STORAGE

Food should be stored at proper temperatures and at right places to avoid food from getting spoilt.

Perishable foods get spoilt within a day such as eggs, fish, poultry, milk, some of the fruits and vegetables.



Semi-Perishable Foods stay good upto a few weeks or months such as flours of grains, onions, potatoes, frozen foods.



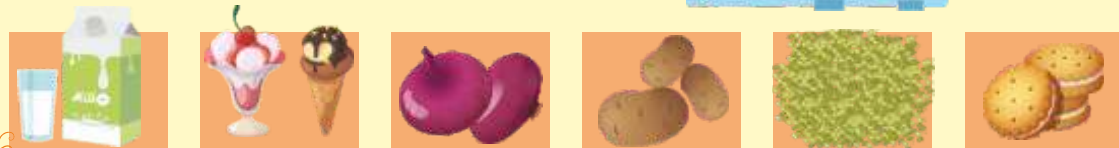
Non-perishable Foods stay good upto a year such as sugar, legumes, oil, pickles, whole grains.



FUN WITH FOOD 2

Grocery Bag

Store the food in the right place.



MILK ICE CREAM ONION POTATOES DAAL COOKIES

FOOD POISONING, FOOD INFECTION AND FOOD ALLERGIES

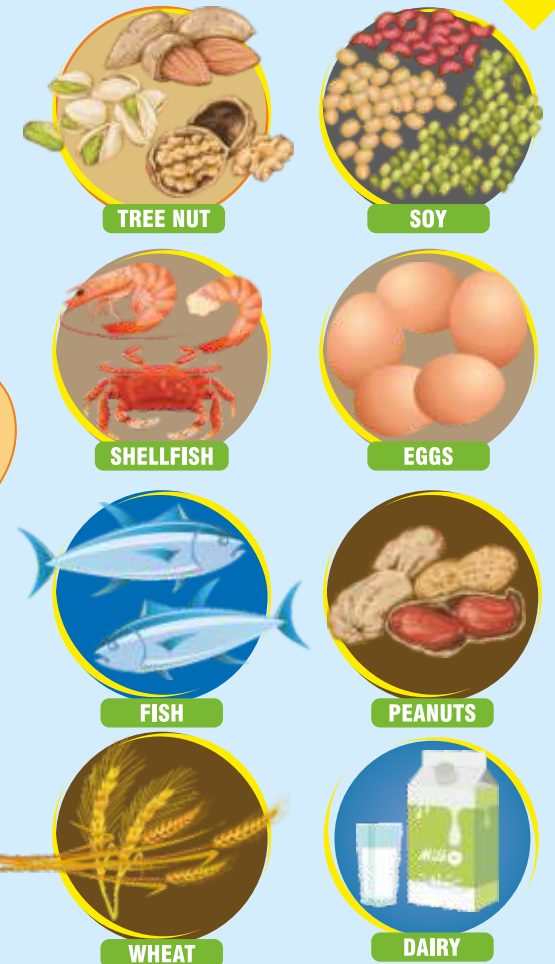
Sometimes after eating food from outside, you end up with a bad tummy ache or fever, it is possible that you have a stomach infection or food poisoning.



ALLERGIES

A Food allergy occurs when our body reacts soon after eating a certain food. Only some of us react to certain foods that are otherwise harmless to others. Substances which cause allergies are called Allergens'.

MOST COMMON FOOD ALLERGENS



Did You Know?

If all of a sudden your lips turn red or swell and your throat chokes up, or there is a red rash after eating a certain food then you could possibly have an allergy.

SYMPTOMS OF FOOD INFECTION



- Nausea
- Diarrhoea
- Abdominal pain
- Vomiting • Fever
- The incubation period is longer, approximately 12 to 24 hours.



Did you know? For bacterial food poisoning or food infection to occur, approximately one million or more bacteria must be present in food.

CROSS CONTAMINATION

Cross-contamination is one of the most common causes of food poisoning. It happens when harmful germs are spread onto food from other sources such as uncooked food, unclean surfaces, hand or equipment.



TYPES OF CONTAMINANTS

Into three main categories namely

- **BIOLOGICAL CONTAMINANTS** –Visible contaminants like rat droppings, beetles and weevils, insect body parts, flies and worms which can be seen in food as well as invisible contaminants, like bacteria, viruses, molds, algae, and parasites which cause food borne diseases
- **CHEMICAL CONTAMINANTS** - Like non-permissible food additives, adulterants, cleaning chemicals, packaging adhesives and inks and refrigerants, heavy metals (lead, mercury, cadmium) pesticide residues, veterinary drugs, naturally occurring toxins in food.
- **PHYSICAL CONTAMINANTS** - Glass, metal, bone, shell, hair, sticking plasters, stones, grit, feathers, cigarette stubs etc.

SNF ALERT



Although food may look, smell and taste good, it may contain harmful chemicals, non-food matter and germs which means food is contaminated.
Contaminated food is therefore considered as spoilt.



Food Funda

TO AVOID CONTAMINATION -

- Keep raw and cooked food apart.
- Store cooked food above raw food in the refrigerator to prevent drip.
- Colour code chopping boards and knives
- Practice hand hygiene



TYPES OF GERMS

Living things that cannot be seen with the unaided eye.

- **Good Germs are useful in**
 - Making food and drinks eg cheese, yoghurt
 - Making medicines eg penicillin
 - Digesting food
- **Bad Germs**
 - Do not usually make people sick
 - Cause food to smell bad, taste horrible and look disgusting
- **Dangerous Germs**
 - Make people sick, even kill!
 - Called “pathogens”

HOW DO PESTS TRANSMIT DISEASE?

- They live in dirty places like garbage dumps, in kitchen and bathroom drains
- They collect many disease causing microbes on their bodies and in their stomachs and contaminate uncovered foods, utensils and other surfaces.
- They spread diseases like diarrhoea, dysentery, typhoid fever, intestinal worms and food poisoning.

PEST CONTROL

What are Pests?

Creatures which spoil our food and cause food borne diseases are pests

SNF ALERT 

Do not let the fly have its meal before you!

HYGIENIC SURROUNDINGS

Don't we like to study in a neat and clean classroom? We do not like to eat food at a place where there are too many flies and insects. We should learn to keep our classroom, our school our homes and surroundings clean.

Even our kitchens need to be very clean because this is the place where our food is cooked. All kitchen items must be kept in their proper places. Utensils must be used only after cleaning them properly.





FUN TIME 3

DUNK THE JUNK

Learn to dispose off the classroom waste properly. Waste like wrappers, fruit peels, dry leaves, pencil shavings, used tissue should be disposed off in the green bin and other waste in the blue bin.

Objective: Dispose the waste as Biodegradable and Non-biodegradable after sorting, It should be disposed off in labeled waste baskets.



SUCCESS-O-METER

1

BEHAVIOUR CHANGES

Check for any noticeable change in the behavior of the learners. For e.g. Keeping flies out of the food area or washing hands before eating their tiffin food.

2

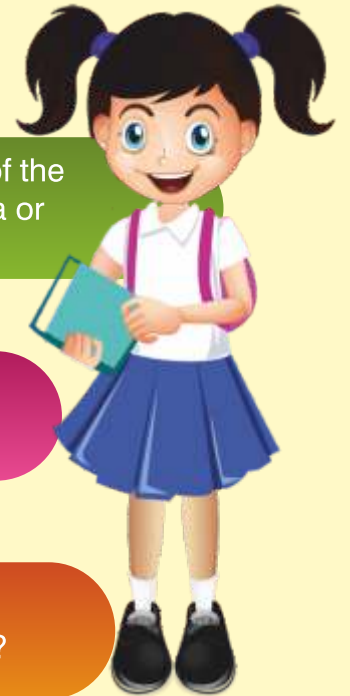
CONCEPTUAL DEVELOPMENT

Has knowledge about the concepts of food spoilage increased?

3

PERFORMANCE CHANGE

Are there noticeable changes in the day to day practices on Keeping the classroom neat and tidy?



NOW YOU KNOW

• The importance of Food safety to preserve food quality. •

• Storing food at the right temperature is important. •

• Food allergies are caused by allergens present in foods we eat every day like eggs, wheat, tree nuts, groundnuts, fish, shellfish, chocolate, strawberries and cow's milk. •

• Foods spoil naturally or at the time when germs enter food. Food can also spoil due to any physical damage or with any chemical reactions. •

• Just like personal hygiene is important for good health, our surroundings also need to be neat and clean. •



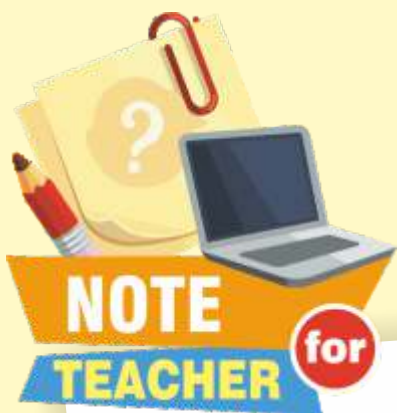
STAR CLASS

Children may follow good Hygiene practices only for a day or two. For such practices to become a habit, they need to follow everyday. A Star Class rating system in each class will encourage them to keep class and surroundings clean and other such habits will become part of their routine.





Watch the link:
<https://www.youtube.com/watch?v=UkV2dxdGXo8>



NOTE
TEACHER for

Teaching the concept of germs is quite a challenge. Try explaining your children the spread of germs through this little exercise - **Everything You Touch**: Get children to write the alphabet G for germs on pieces of paper or use smiley stickers or bindi's and stick these little germs to everything they touch for the next 20 minutes. Then ask them to look around at the classroom to see how much germs spread.

I STAY NOURISHED



WHY DO WE EAT FOOD?

WHERE DOES FOOD COME FROM?

3G FOOD-GO, GROW AND GLOW FOODS



TEAM SEHAT
KA

F  **D**
FUNDA



MODULE

4

WHAT IS FOOD ?



- Any substance which nourishes the body and is fit to eat
- It is the source of energy and nutrients in our body
- Food contains chemical components similar to those that make up the body called nutrients



PLANT AND ANIMAL FOOD SOURCES



Food comes from plants and animal sources. Have you ever seen fruits growing on big trees? Have you visited any vegetable garden? Some foods we eat come from plants such as fruits, vegetables, wheat, rice, pulses and nuts. Foods such as milk, eggs, chicken, fish or meat comes from animals sources.



OLD LADY AND GINGERBREAD MAN



There lived a poor old couple in a village

They had no money to buy food or medicines. The old lady prays to God to give her endless supply of food.



God listens to her prayer. One day she finds her farm covered with golden wheat ready to be harvested.



OLD LADY AND GINGERBREAD MAN

She used the wheatflour to bake bread everyday for her husband and herself. One day she baked a gingerbread man out of the bread dough.

As soon as she took the gingerbread man out of the oven, he came to life. He asked the old lady to use wheat to bake yummy cinnamon buns and cakes and put them up for sale. With the money earned she could then buy vegetables and fruit for a healthy diet.

The old lady baked yummy goodies and sold them to villagers. This way ginger bread man became friends with the old couple and the three lived happily ever after.



WHERE DID I COME FROM ?

Match the food to its source

FUN WITH FOOD 1



POPCORN



BREAD



MILK



FRENCH FRIES



EGG



JUICE



MY BALANCED DIET

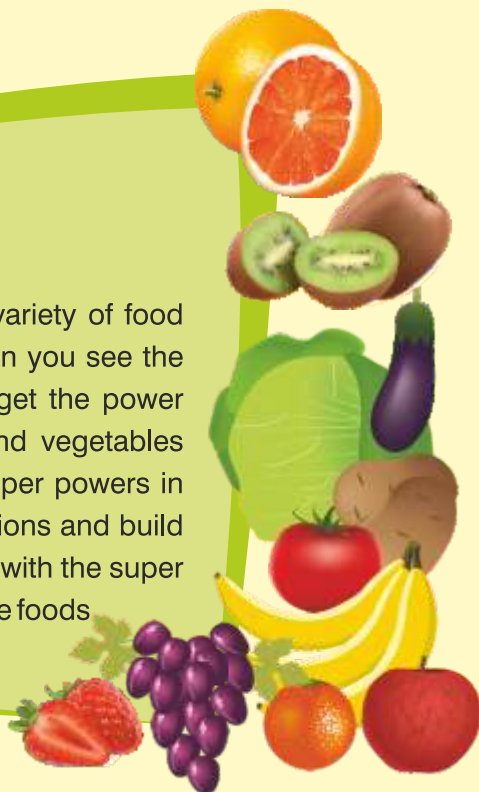


Food has nutrients. Nutrients nourish our body and are essential for all body functions. A balanced diet gives us these nutrients.



Food Funda

A balanced diet is when we eat a variety of food from each of the food groups. Can you see the food groups on our Shield? We get the power from grains and proteins, fruit and vegetables along with dairy products. The super powers in these foods protect us from infections and build immunity. You can also get strong with the super powers that come from eating all the foods



THE GO GLOW GROW FOODS

Food Funda

We eat the GO, GROW AND GLOW foods to stay healthy and super strong



THE 3 G FOODS

GO FOOD

GO FOODS give us energy to run, walk, hop, skip and jump.

The main nutrients in this food group are carbohydrates and fats.

Carbohydrate rich foods: Bread, Chapaties, Poories, Cake, Rice, Maize, Potatoes.

Fat: Cooking oil, butter and ghee.



GROW FOOD

Grow Food are the protective foods.

The main nutrient in this group is protein. The foods in this group are meat, fish, poultry, eggs, milk and milk products like curd, cheese etc., dried Pulses and nuts like almonds, walnuts, pistachios .



GLOW FOOD

Glow foods are for good health and well being. They provide good eyesight and healthy skin.

The main nutrients are vitamins and minerals. The foods in this group are fruits, green leafy vegetables, red and yellow vegetables and other vegetables.



LET US NOW STUDY THEM IN MORE DETAIL

There are six groups of nutrients which are essential. They are broadly classified as follows:-



Nutrients are the chemical substances obtained from the food we eat and are used by our body for growth, maintenance or repair and for protection from infections

Groups of Nutrients

Macro Nutrients
(Protein, Carbohydrates and Fats)

Micro Nutrients
(Vitamins and Minerals)

CARBOHYDRATES



Let us learn more about Carbohydrates



Definition	Food Source	Types
They are the body's main source of energy and fulfill the need for dietary fibre. They provide 4 calories per gram.	Cereals – wheat, rice, millets (ragi, jowar, bajra etc), pulses, fruits, sugar, jaggery, sweetmeats and preserves.	<ul style="list-style-type: none"> • Sugars or simple carbohydrates • Starches or complex carbohydrates

PROTEIN

Protein is essential for growth and repair and keeping cells healthy. Protein also provides energy: 1 gram of protein provides 4 kcal.

SOURCES OF PROTEIN

Animal: Meat, Fish, Eggs, Milk, Cheese.



Plant: Pulses, lentils, beans, nuts and seeds, soyabean products.



FATS

One gram of fat gives 9 Calories.

Food Sources: Butter, ghee, vegetable oil, salad dressings, nuts & oil seeds, dairy products made with whole milk or cream and meats.



THE MYSTERY BASKETS

FUN WITH FOOD 2

Place TWO labeled food baskets in the School common area. Label them as "Protein Basket" and "Carbs Basket". Students need to bring food pictures or empty cartons and place in the corresponding basket.



Fat - Soluble Vitamins

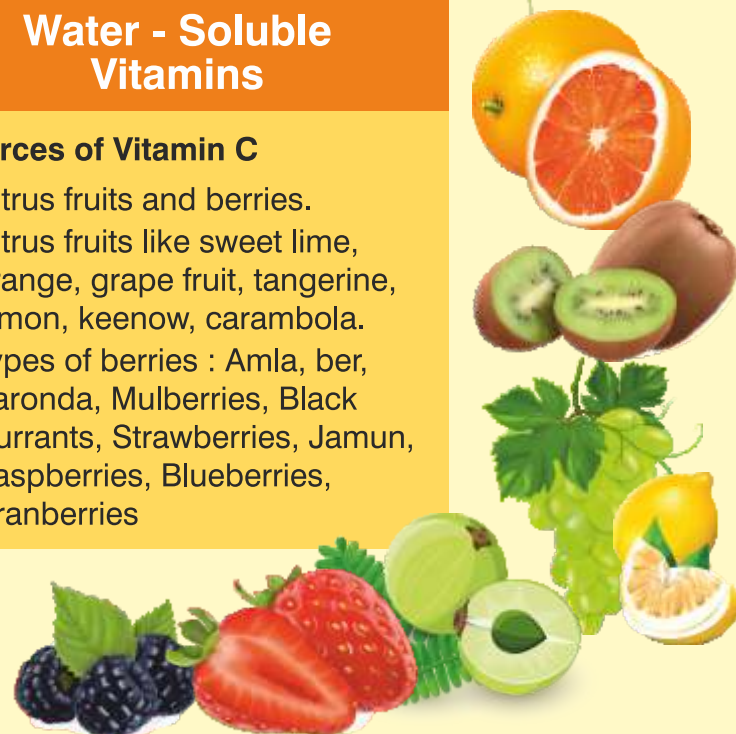
Sources of Vitamins A

- Vitamin A is pre formed in liver and whole milk.
- Can also be produced from the beta carotene found in dark green leafy vegetables, carrots and orange coloured fruits such as papaya.

Water - Soluble Vitamins

Sources of Vitamin C

- Citrus fruits and berries.
- Citrus fruits like sweet lime, orange, grape fruit, tangerine, lemon, keenow, carambola.
- Types of berries : Amla, ber, Karonda, Mulberries, Black Currants, Strawberries, Jamun, Raspberries, Blueberries, Cranberries



CALCIUM



Did You Know?

The skeleton contains about 99% of the body's calcium with approximately 1kg present in adult bones. The body requires different amounts of each mineral. People have different requirements, according to their age, gender & physiological state.

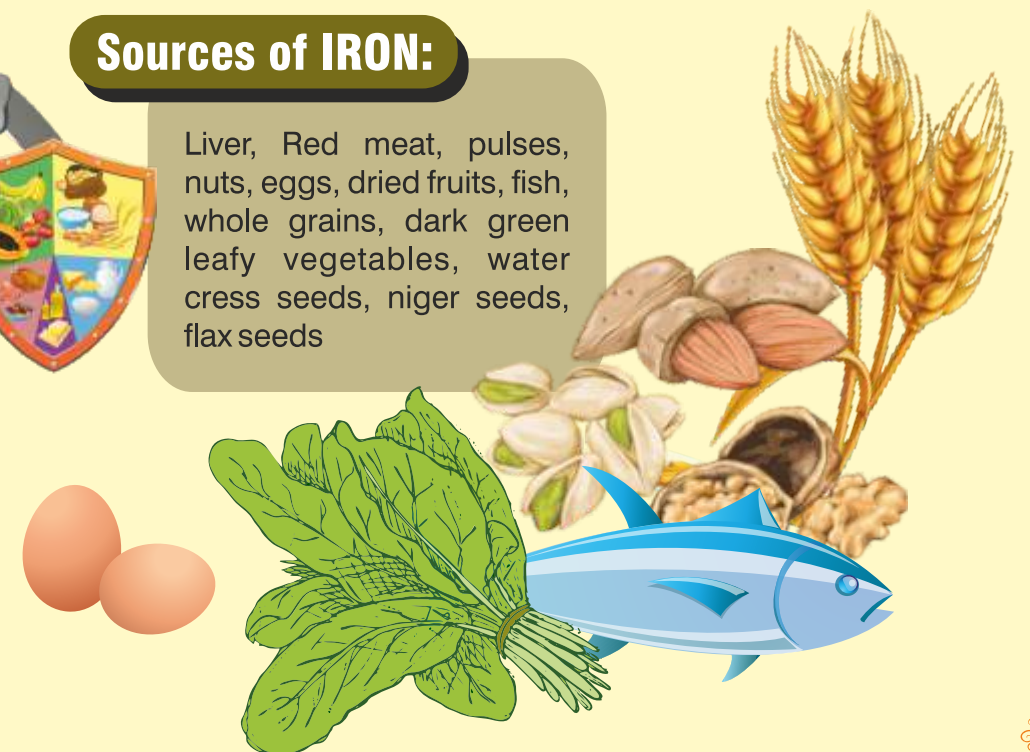


IRON

Iron is essential for the formation of hemoglobin in the red blood cells. RBC's carry oxygen and transport it in the body. Lack of iron in the body leads to anemia. Iron is also required for normal metabolism and removing waste substances from the body.

Sources of IRON:

Liver, Red meat, pulses, nuts, eggs, dried fruits, fish, whole grains, dark green leafy vegetables, water cress seeds, niger seeds, flax seeds



WATER

Did you know that water is also a nutrient?

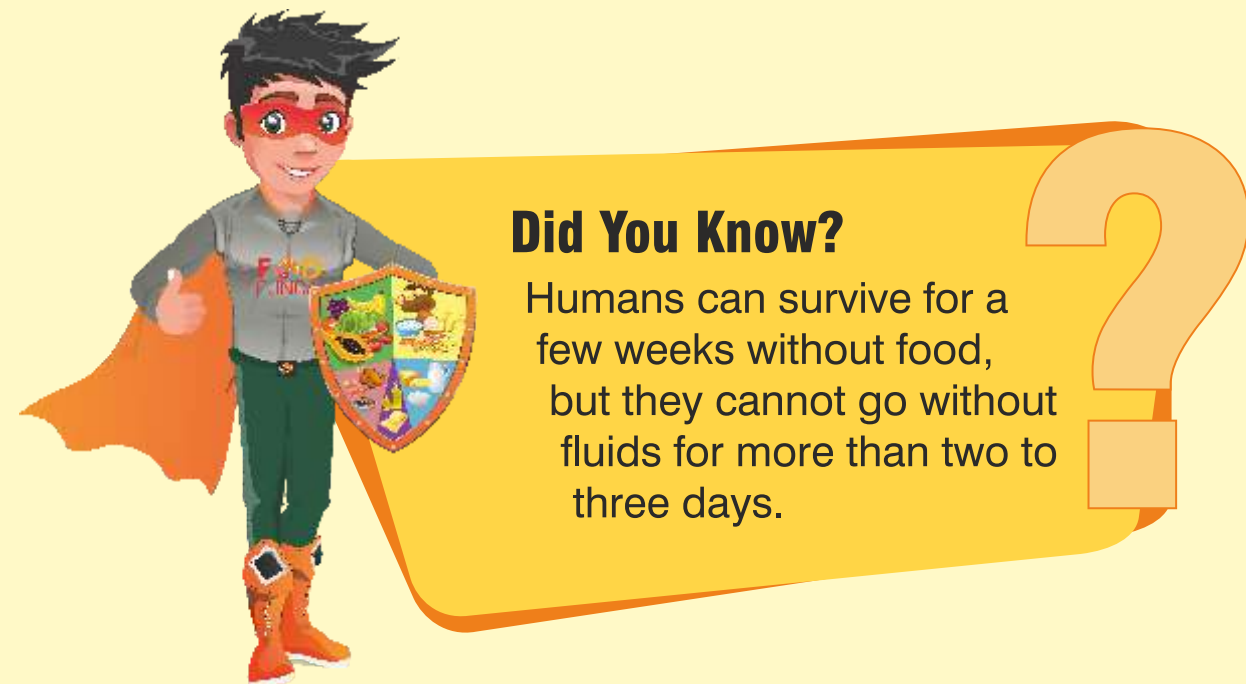
Water is essential for all body functions

- Our body is nearly two-thirds water
- Water is essential for life and it is very important to get the right amount of fluid to be healthy



Food Funda

We drink lots of water to stay hydrated. Find your daily water consumption with the water tracker given on page 80 and get into the habit of keeping your body hydrated!



Did You Know?

Humans can survive for a few weeks without food, but they cannot go without fluids for more than two to three days.

NUTRIENT QUIZ

FUN TIME 3

1. I serve many functions in the body. I help carry nutrients to the body's cells and I also help regulate body temperature. I am _____.
2. I can be converted into energy. I am also used to build, maintain and repair body tissues. I am _____.
3. I have a bad reputation in many people's minds but I do serve many functions in the body. For example, I am the most concentrated source of energy and I also am needed for growth and healthy skin. I am _____.
4. I am the body's main source of energy and I come in two forms, simple and complex. I am _____.
5. I do not provide energy (calories) but I do help regulate many of the chemical processes in the body. You need 13 different forms of me everyday. I am _____.
6. I am depended on for nearly every process necessary for life. The body requires 16 types of me everyday from calcium to iron. I am _____.

Key Words: vitamin, fat, minerals, protein, water, carbohydrates.

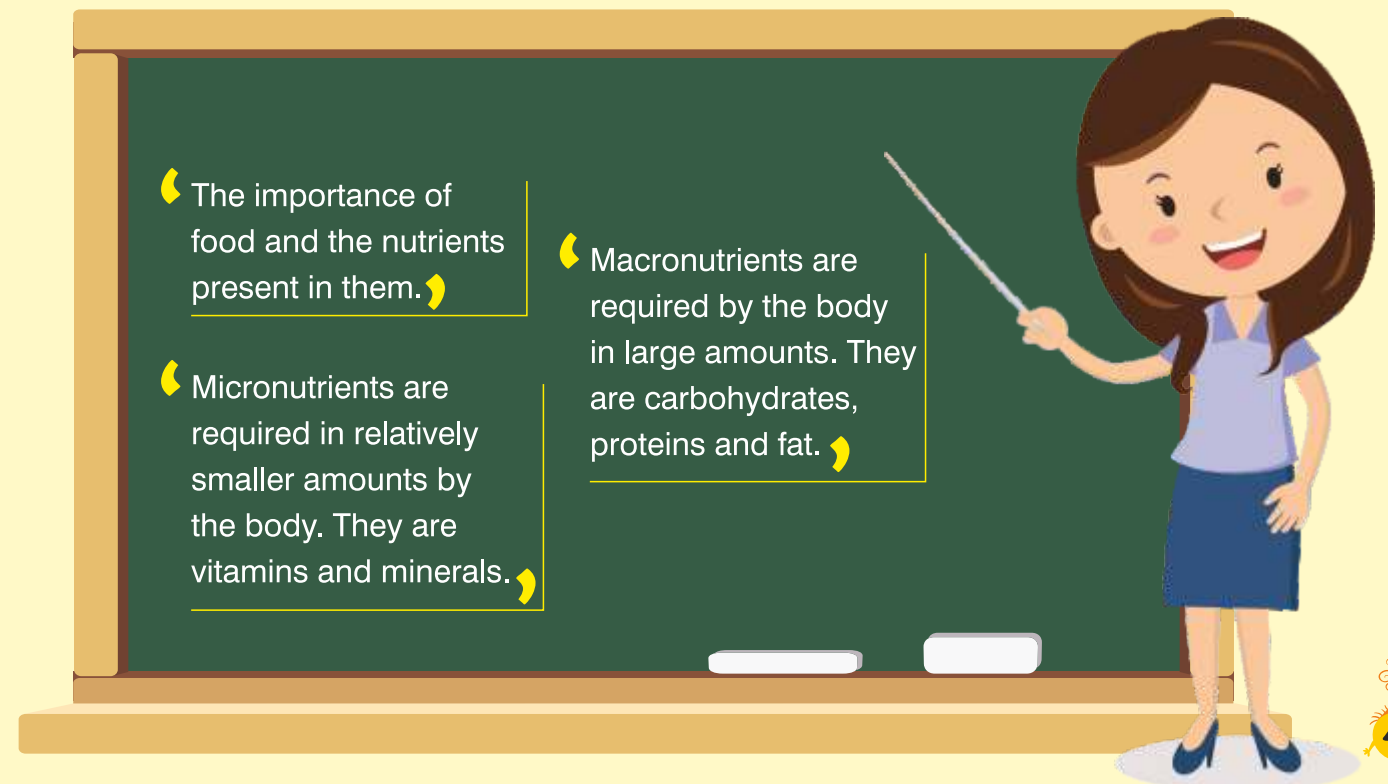


NOW YOU KNOW

☛ The importance of food and the nutrients present in them. ☛

☛ Micronutrients are required in relatively smaller amounts by the body. They are vitamins and minerals. ☛

☛ Macronutrients are required by the body in large amounts. They are carbohydrates, proteins and fat. ☛



SUCCESS-O-METER

1

BEHAVIOUR CHANGES

Noticeable change such as eating more colours of fruit and vegetables. MY RAINBOW TRACKER given at the end of the chapter is a measurable habit forming tool for the children. They should evaluate their process.

2

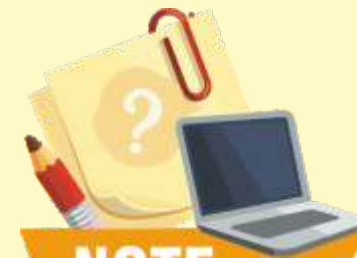
CONCEPTUAL DEVELOPMENT

Has the concept of 3-G foods been understood by them. Has the knowledge on the basics of Nutrition increased?

3

PERFORMANCE CHANGE

Has the learning contributed to any improved performance such as developing healthier eating habits, trying new food or dishes?



NOTE for TEACHER

Getting children to eat green vegetables or other vegetables at home can be quite a task. Do encourage the parents to sit with their child everyday and fill the RAINBOW TRACKER featuring in the Habit forming tools and evaluation Trackers section. This exercise will encourage the child to eat a variety of vegetables to complete the rainbow tracker.



MY LEARNING LIBRARY



Ask a vegetable vendor to visit school. Students will get to see a variety of vegetables.

Dedicate any one day in a week as “Banana eating day” which the students can bring from home. This will encourage all students to eat that fruit. You can also make the days of the week based on a colour of the Food rainbow. Ask the student to bring any vegetable or fruit of the same colour in the tiffin.



I BALANCE MY FOOD PLATE

WHY SHOULD I EAT HEALTHY?

IF I DO NOT EAT HEALTHY?

HOW TO REMAIN HEALTHY?

TEAM SEHAT KA



MODULE 5



YOU ARE WHAT YOU EAT!



UNDERWEIGHT
If you eat less than what you need, you can fall ill.



NORMAL
When you eat as much you need, your weight is normal and you are healthy and fit.



OVERWEIGHT
When you eat more than you need you become overweight and remain unfit.

MIRROR ON THE WALL, AM I HEALTHY, FIT AND TALL?

FUN TIME 1

When I stand in front of the mirror I see....

- A GOOD POSTURE, STANDING STRAIGHT WITH TUMMY IN AND CHEST OUT
- SMOOTH SKIN WITH A HEALTHY GLOW
- LIPS SOFT, PINK AND MOIST
- HEALTHY GUMS AND TEETH
- LEGS STRAIGHT, NO FLAT FEET
- FLAT STOMACH

Do you know what Nutritional Deficiency is?

- When you do not eat healthy food, you can fall ill or show signs of poor health.
- This is because the nutrients present in the food will not reach your body.



CARBOHYDRATES



Deficiency of Carbohydrates is uncommon in India as our diet is cereal based

Deficiency of fiber causes constipation

Cereals | Potatoes | Starch-rich Foods



Let us see what happens when we do not eat Protein

- LOSS OF WEIGHT
- FATIGUE
- ANEMIA
- LOWERED RESISTANCE TO INFECTION
- POOR HEALING OF WOUNDS
- POORLY DEVELOPED MUSCLES
- WEAK HAIR AND NAILS
- RETARDED GROWTH

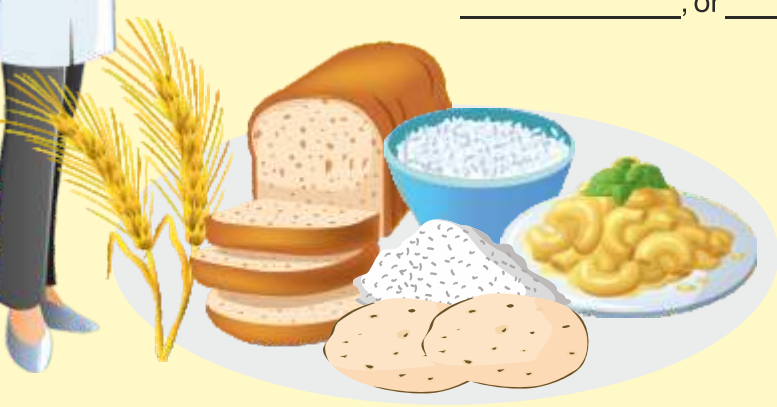
When you don't eat protein you become weak!

Symptoms of protein deficiency include...



FUN TIME 2

THE GREAT GRAINS



Fill in the blanks!

WORD LIST: Rice, Macaroni, Energy, Bread, Starch, Chapati

Grains are great because they give us lots of _____ to run and play. Grains have _____ which our body turns into the energy we need. There are lots of grains to choose from. You can eat _____, _____, _____, or _____. Grains are great!

Draw and label your favourite food made out of grains.



FAT

When there is a deficiency of Fat

- Skin becomes rough and dry, growth is poor and the body weight is low.
- Fat deficiency can lead to deficiency of other vitamins such as A, D, E and K. These vitamins are soluble in fats.



VITAMIN A DEFICIENCY



When you don't eat fruits & veggies your eyesight suffers!

This is mainly because of Vitamin A deficiency!

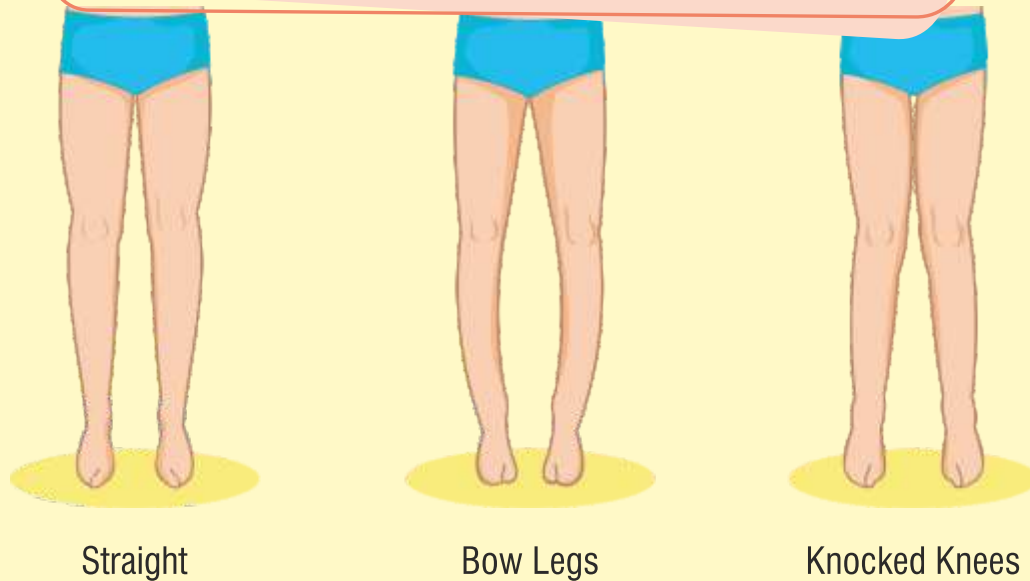
- Our eyes become dull and weak
- Our Skin becomes dry and pale
- Eyeball dry and lusterless
- Eyes sensitive to bright light
- Skin rough, dry & scaly
- Growth failure and stunted bones
- Night blindness



VITAMIN D AND CALCIUM DEFICIENCY

If legs are not straight, it indicates that bones are not strong. Weak bones can bend and even break.

Calcium and Vitamin D are required for strong bones. Vitamin D and calcium are best friends. They both are needed to make the bones and teeth stronger. Drink milk everyday to keep bones healthy and strong.



VITAMIN C

Food Funda

Vitamin C is found in oranges, guavas, amla and green leafy vegetables.

If it is less it can lead to bleeding gums, dryness of hair and skin and general weakness in the body. Eating vitamin C also helps to increase iron absorption in our bodies.



Symptoms of Vitamin C deficiency

- Bleeding gums
- Frequent colds and fever
- Low resistance to infection
- Easy bruising
- Slow healing of Wounds

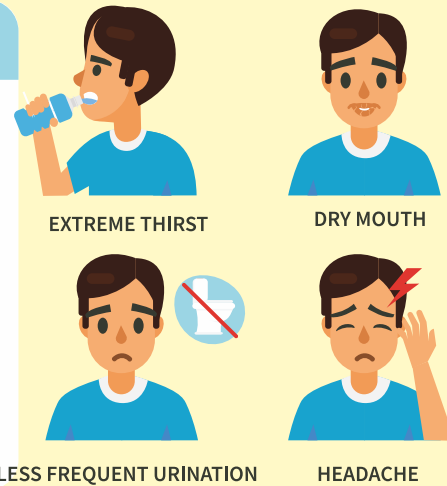


WATER

The word for water deficiency is **DEHYDRATION!**

Dehydration symptoms are...

- Mild to severe dehydration leads to dry mouth, sunken eyes, and skin when pinched remains elevated.
- Restlessness
- Irritability
- Lethargy
- Unconsciousness in extreme cases



VITAMIN B GROUP DEFICIENCY

- Vitamin B1 or Thiamin
- Vitamin B2 or Riboflavin
- Vitamin B3 or Niacin
- Folic acid or Folate
- Vitamin B12 or Cobalamin

They occur in different forms in our body!

Vitamin B is a family of water soluble Vitamins!



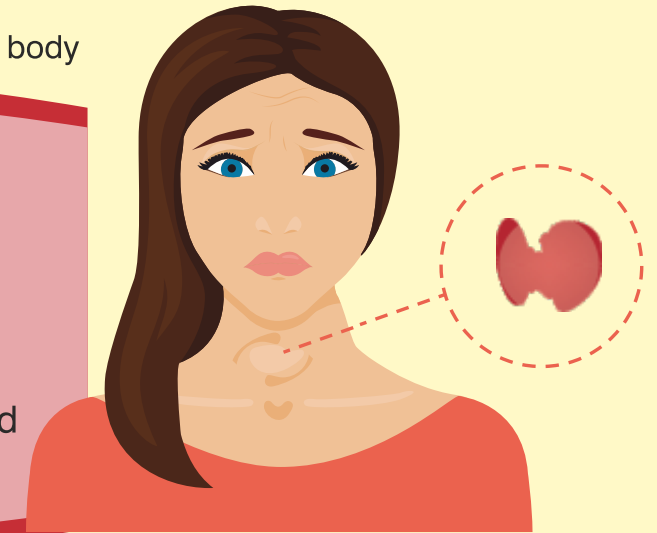
Symptoms are...

- General apathy
- Depression
- Indigestion
- Irritability
- Loss of appetite
- Tiredness/fatigue

IODINE

Iodine deficiency results in poor growth of body

- Goiter or swelling in the neck
- Flabby muscles
- Dry skin
- In case of severe Iodine deficiency, stunted growth and mental retardation occurs.



Food Funda

Minerals are as important as Vitamins. Diets insufficient in these minerals can lead to deficiencies.



Did You Know?

The main source of Sodium is **SALT!**

Always get Iodized Salt at home!



BALANCED DIET

FUN WITH FOOD 3

THUMBS UP FOODS THUMBS DOWN FOODS

Put a tick in the box for Healthy food and cross in the box for Unhealthy food



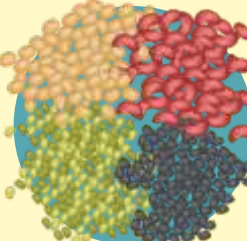














JUNK FOOD

Junk foods contain little or no proteins, vitamins or minerals.



Junk food is any food which is low in essential nutrients and high in sodium, sugar and fats. They also include foods that are processed and packaged.



Here are simple steps to overcome deficiencies

- Eating a balanced diet with variety of fresh wholesome food.
- Following proper cooking and storage practices.
- Using simple measures to enhance the nutrient content of food like sprouting of grains and fermentation of cereal/pulse batters.

Fruit and vegetables

Bread, rice, potatoes, pasta



Pulses, Legumes, Meat, Fish and Eggs

Fats and Oils

Milk and dairy foods

NOW YOU KNOW

You show signs of poor health or deficiency when you do not eat balanced diet.

Protein deficiency leads to loss of weight and retarded growth.

Vitamin A Strengthens our immunity which helps us fight off infections Improves vision in dim light Keeps the skin and hair shiny and bright.

Fat deficiency can lead to deficiency of other vitamins such as A, D, E and K. These vitamins are soluble in fats.



1

BEHAVIOUR CHANGES

Nutrient deficiencies that have been explained will bear some impact on children's food acceptance and behaviour.

2

CONCEPTUAL DEVELOPMENT

Has the concept of My healthy plate or Team Sehat's protecting shield been understood by them?
Has the knowledge on the basics of Nutrient deficiencies increased?

3

PERFORMANCE CHANGE

Has the learning contributed to any change in their food consumption?



Video on Balanced Diet
<https://www.youtube.com/watch?v=YimuldeZSNY>

The Berenstain Bear story on Junk food
<https://www.youtube.com/watch?v=VkqMiKlc6wE>



NOTE
TEACHER for

Build interest through stories around eating healthy to avoid nutrient deficiencies. You could also do a quick recall on children's dinner eaten the previous night and help them assess if it was healthy and balanced.



I PLAN MY MEALS



BALANCED MEALS

FOOD GROUPS AND THEIR SOURCES



FUN TIFFINS



TEAM SEHAT
KA
**FOD
FUNDA**



MODULE

6

DO YOU REMEMBER WHY DO WE NEED FOOD?

Food is important for life. Food provides us energy to stay active, work and play. Food helps us to grow tall and build strong muscles. It helps to fight infections and stay healthy.

Food gives us energy to work and play.



Food helps us fight infections.



Helps us to grow tall and build strong muscles



FOOD IS MADE OF NUTRIENTS



There are two type of nutrients

- Macro nutrients are needed by the body in larger amounts.
- Micro nutrients are needed by the body in small amounts.

THE GO FOODS

Carbohydrates and Fat



THE GROW FOODS

Proteins



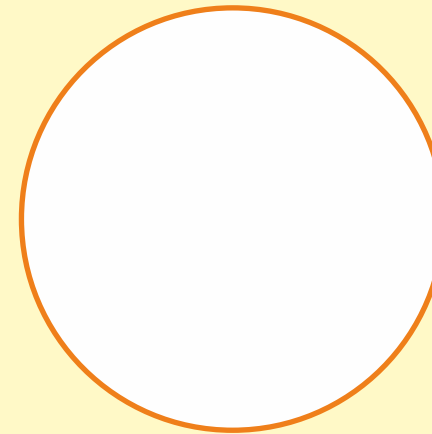
THE GLOW FOODS

Vitamins and Minerals

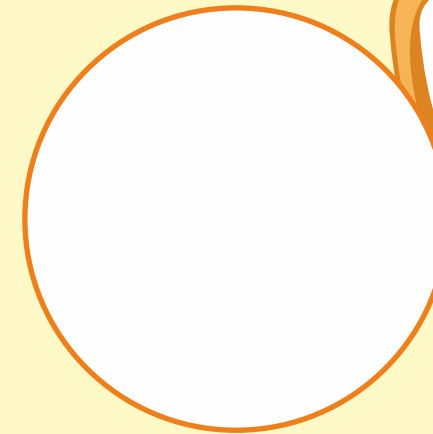
FOOD Pictionary

FUN WITH FOOD 1

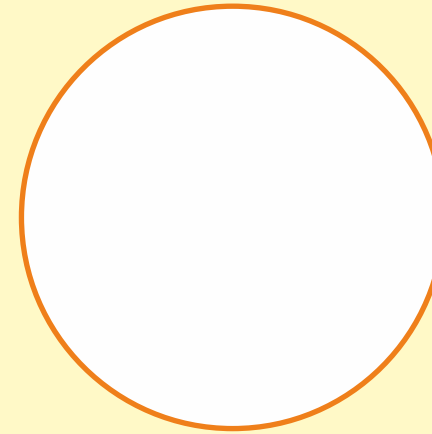
Match and paste pictures in these circles from the list of food given below



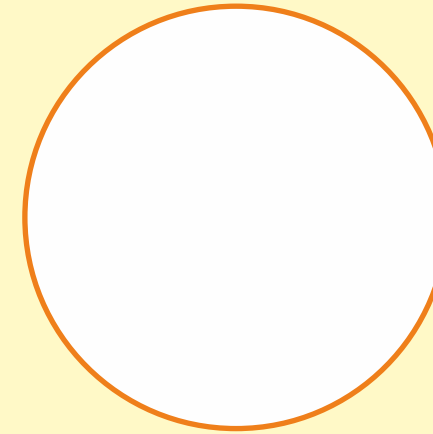
FRUIT



MILK



VEGETABLES



MEAT & FISH



What is a balanced diet?

Balanced diet is one which contains different types of foods (from all food groups).

In such quantities and proportions that the need for all the nutrients such as carbohydrates, proteins, fats, vitamins, minerals, water and fibre are adequately met.

It not only meets our day-to-day nutrient requirements but also provides for an extra allowance of the nutrients to be stored in our body, which can be used in conditions of stress.



HEALTHY FOOD

Fruit and vegetables

Bread, rice, potatoes, pasta



Pulses , Legumes, Meat, Fish and Eggs

Fats and Oils

Milk and dairy foods

Nutrients	Found in	Function in the body
Protein	Meat, fish, poultry, eggs, nut, legumes (dried beans, peas and lentils), milk, yoghurt and cheese.	Essential for growth and repair and maintenance of a healthy body. Makes up part of the structure of cells in the body.
Carbohydrate	Bread, cereals, rice, pasta, noodles, potatoes, legumes, fruits milk and yoghurt.	Essential for giving energy to perform all body functions and all other physical activities such as run, walk, study and play sports.
Fats Saturated Fats Monosaturated Fats Polyunsaturated Fats	Butter, coconut oil, sunflower oil, other vegetable oils, ghee, cream, nuts and oilseeds.	Most concentrated source of energy. Fat is used in the structure of every cell in the body. Supplies fat-soluble vitamins (A, D, E and K) as well as essential fatty acids. Some fats help protect the heart whilst others are a problem for heart health.
Vitamins and minerals	Found in lots of different foods. For example, Vitamin C is found mostly in fruit and vegetables while the Vitamin B Group is found mostly in cereals as well as fruit and vegetables.	Needed in small amounts for normal growth and health everyday. Essential for the body to help carbohydrate foods to release energy. Important for other body structures.

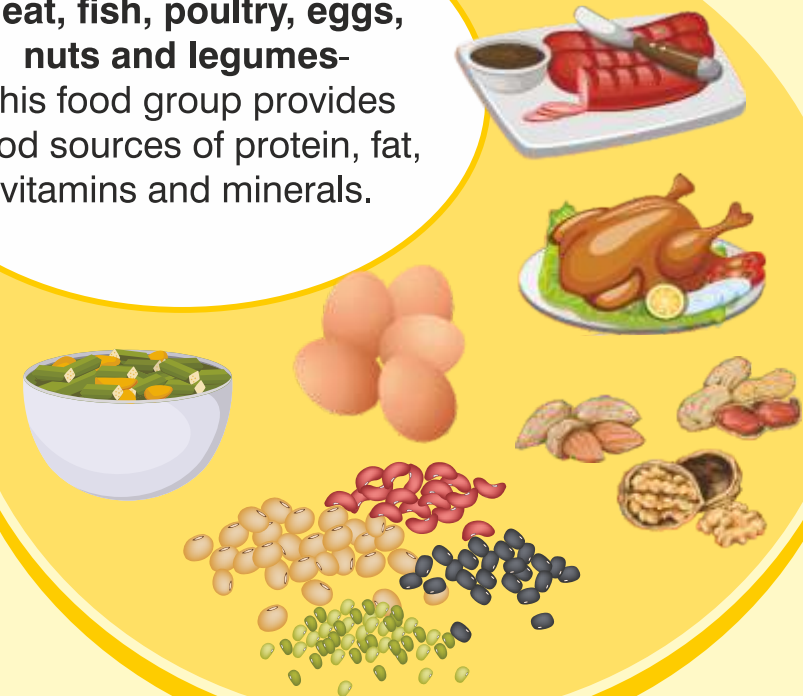


THE FOOD GROUPS

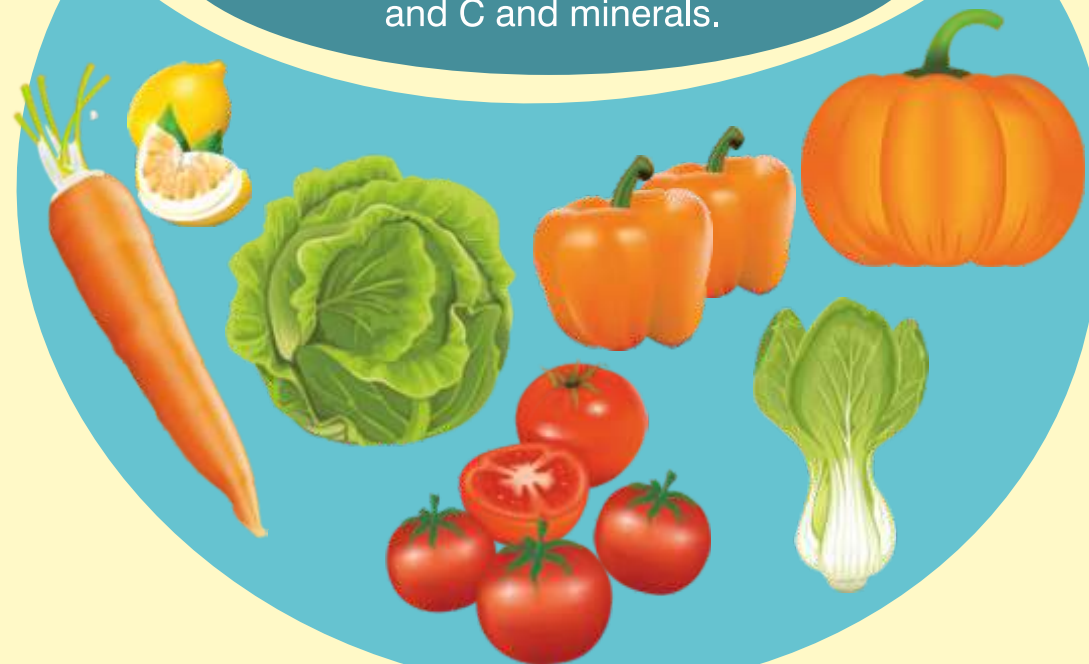
Cereals and Grains-
This food group provides carbohydrates, some protein, fibre, vitamins and minerals.



Meat, fish, poultry, eggs, nuts and legumes-
This food group provides good sources of protein, fat, vitamins and minerals.



Vegetables- This food group provides fibre, carbohydrates, vitamins, particularly Vitamins A and C and minerals.



Fruit -
Fruit is a good source of Vitamin C and another vitamin called folate. Fruit skins also provide carbohydrate and fibre





Milk, yoghurt and cheese-
Dairy foods are the best source of calcium. They also provide carbohydrates, protein, vitamins and minerals and some fat.

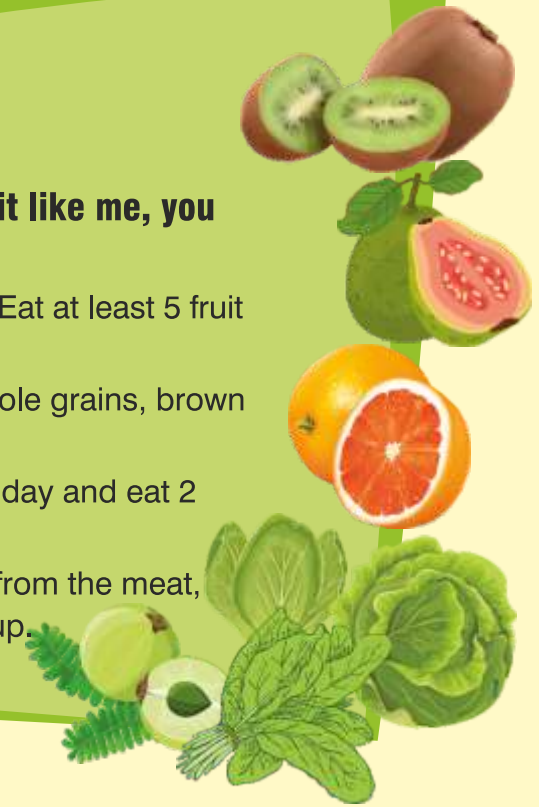


Food Funda



To be healthy, strong and fit like me, you need to eat the way I eat.

- Remember the HI-FIVE ! Eat at least 5 fruit and vegetables every day
- Eat Healthy Carbs like whole grains, brown rice and potatoes.
- Drink Milk at least twice a day and eat 2 dairy products.
- Eat Protein! some foods from the meat, fish, eggs and beans group.



COMPOSITE FOODS

Food Funda

Look at the Food groups on my Shield. I eat all the food groups daily to stay healthy and fit!



Many recipes and dishes we eat are made up of foods from more than one group of the healthy eating plate.

These are called composite foods. Can you think of some examples?

- Idli / dosa & sambhar
- Stuffed Veg. Parantha / Kathi rolls
- Sindhi Kadhi
- Shepherds pie
- Lasagne
- Pizza



CHOOSE WHAT YOU EAT WISELY!



FUN WITH FOOD 2

How to Choose Healthy

Don't Eat This!

Eat This!

RUN AND GRAB A BITE

FUN TIME 4

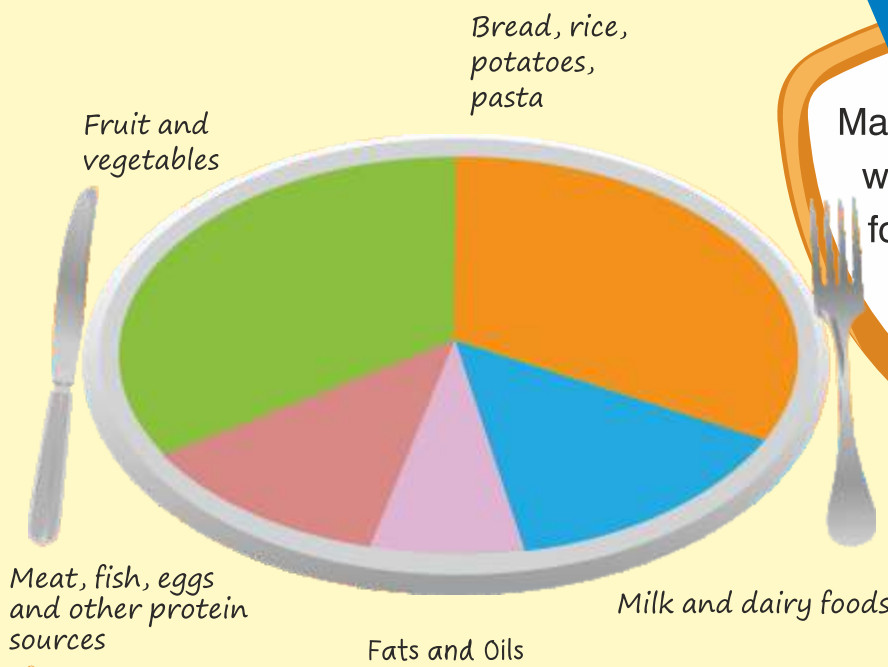


FOOD GROUP RELAY
To be healthy and fit, we should eat foods from all the food groups



INSTRUCTION-Place individually labeled food group bags at the finish line. Children are to run a relay race grabbing one food model from each group placed in their running track and finally drop them in the respective food group bags.

Let's draw foods to make a "HEALTHY EATING PLATE"



FUN WITH FOOD 3

Many recipes and dishes we eat are made up of foods from more than one group of the healthy eating plate.



CORRECT FOOD GROUPS

FUN WITH FOOD 5

Which 2 foods belong to the Fruit and vegetables group?











MY HEALTHY LUNCH BOX





Which 2 foods belong to the Milk and dairy foods group?









WHAT WILL A HEALTHY LUNCH BOX PROVIDE?

A healthy, balanced and nutritious lunch box will provide the energy and nutrients required to go, grow and glow. develop and learn.





Which 2 foods belong to the Meat, fish, eggs, beans group?







1 Carbohydrates will give energy to sustain you till afternoon.

2 Fruit and vegetables will provide all the vitamins and minerals to help protect against illness.

3 Meat, fish, eggs, beans and other non-dairy sources of protein will help in growth. Such foods also contain iron and zinc to help you grow.

4 Milk and dairy foods are a good source of calcium for strong bones and teeth.

5 You should drink water and stay hydrated.





Which 2 foods belong to High Fats, Salt and Sugar group?







MY SCHOOL TIFFIN

Good and Not so good food choices

GO FOR THE WHOLE WHEAT SANDWICH INSTEAD OF WHITE BREAD SANDWICH!



GO FOR THE WHOLE FRUIT INSTEAD OF ITS JUICE!



SALAD STICKS IN TIFFIN TASTE YUMMY!



CARRY FRUIT IN THE TIFFIN INSTEAD OF CANDIES!



CHOOSE BETWEEN GOOD TIFFIN OPTIONS AND NOT SO GOOD TIFFIN OPTIONS



FUN WITH FOOD 6

Which food do you think are a healthy choice for your tiffins?



GOOD OPTIONS

- Multi Grain Sandwich
- Daal Cheela
- Baked Potato Wedges
- Fruit • Idli • Wraps

BAD OPTIONS

- White Bread Sandwich
- Pakories
- French Fries
- Fruit Juice
- Instant Noodles

PARENTS, PLEASE NOTE-

A Protein source (such as Daal ka chilla, Chana chaat, sprouts.)

A Healthy Carb (such as Parantha rolls, vegetable wrap, whole wheat bread or pasta.)

A Dairy source (such as cheese, buttermilk, paneer stuffings, a small dessert.)

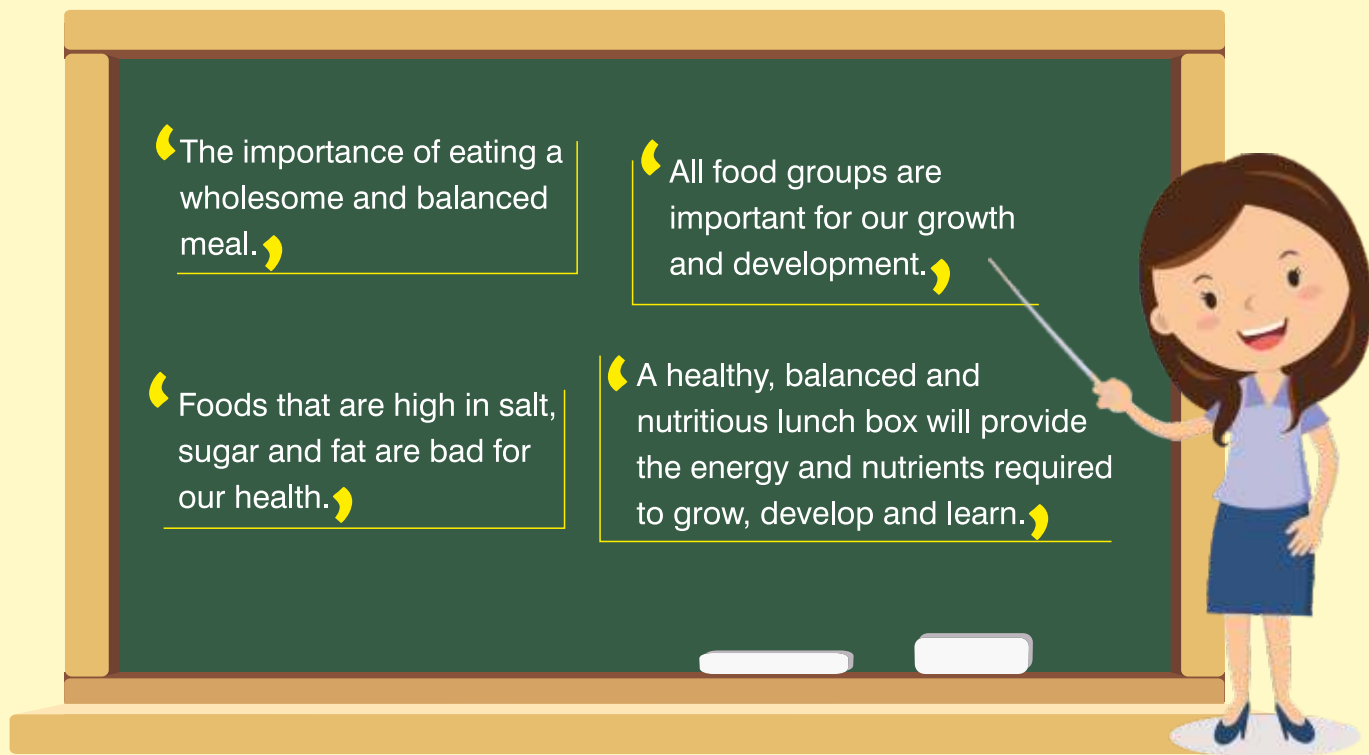
A Seasonal fruit.

Vegetables as stuffing, (steamed corn, salad sticks.)

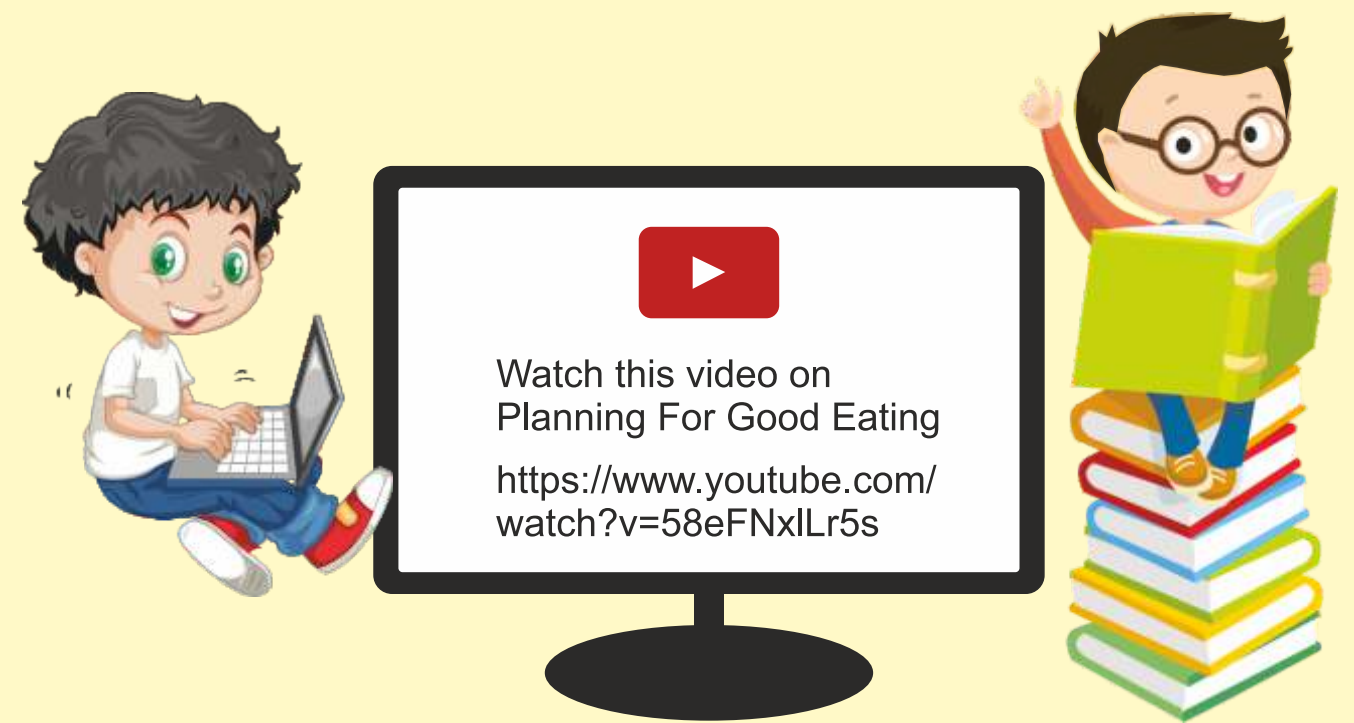
Vary lunchbox contents for a good balance of nutrients.



NOW YOU KNOW



MY LEARNING LIBRARY



SUCCESS-O-METER

1 BEHAVIOUR CHANGES

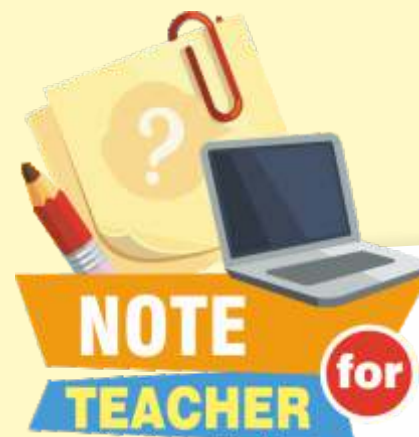
Are there any noticeable changes in children's food acceptance?

2 CONCEPTUAL DEVELOPMENT

Do they have an understanding /of the importance of eating balanced meals? Do they know that many nutrient deficiencies can be avoided by eating food from all food groups

3 PERFORMANCE CHANGE

Has the learning contributed to any change in their tiffin menus? Has the junk food consumption in tiffins decreased?



Children must be encouraged to bring healthy and wholesome meals in their tiffins. You can do a quick 'peep-in-tiffin' check and reward the children with smiley stickers for healthy tiffins.



MY SUGAR TRACKER

FOOD TYPE TOTAL	DAY 7	DAY 6	DAY 5	DAY 4	DAY 3	DAY 2	DAY 1	EXAMPLE	FOOD ITEM
								✓✓✓	Dairy
								✓	Cold Drinks
								✓✓	Chocolates & Candies
								✗	Packaged Foods
								✓	Bakery
									Day's Total

INSTRUCTIONS : Put a tick against the food item eaten in a day. You can put more than one tick in the same box if the food has been consumed more than once. See example as given.

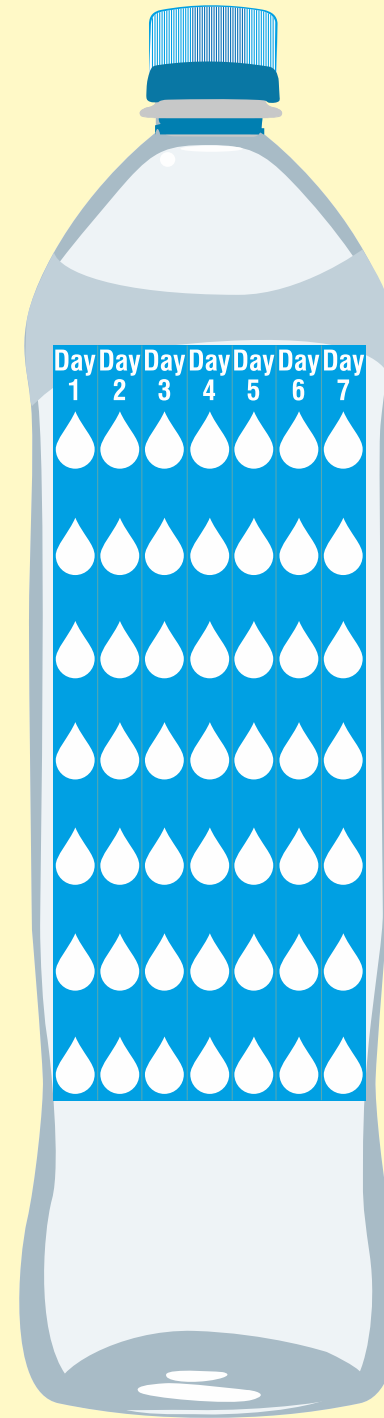


SOURCE: TOOLS AND TRACKERS -ARNEY'S FITKIDS-PROMOTING HEALTHY CHILD DEVELOPMENT

MY WATER TRACKER

Name _____

Class _____ Section _____



INSTRUCTIONS

Track your water intake over a week by colouring one drop blue each time you drink a cup of water. (1 cup = 150 ml)

Recommended Daily Amount of total water intake (including other beverages)

5-6 cups for 4 to 8 years

7-8 cups for 9 to 12 years

8 to 10 cups for 13+ years

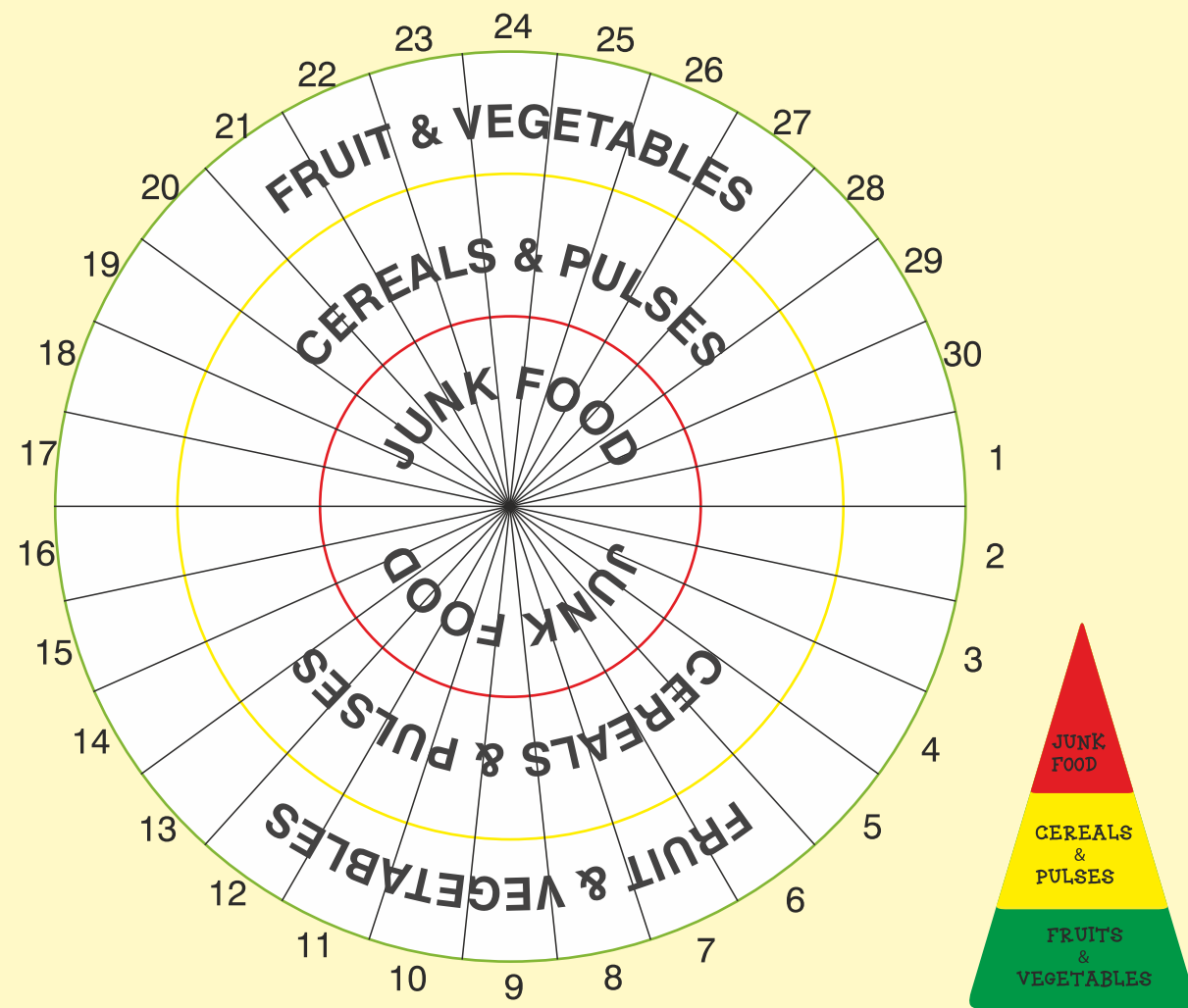


SOURCE: TOOLS AND TRACKERS -ARNEY'S FITKIDS-PROMOTING HEALTHY CHILD DEVELOPMENT

MY JUNK FOOD TRACKER

Name _____

Class _____ Section _____



INSTRUCTIONS

Each numbered band indicates one day of monthly calendar. Match and Tick the colour of the food group consumed in the day on the tracker. Ensure the consumption of junk food goes down daily.

JUNK FOOD EXPLAINED

Any food item that has high fat content, contains saturated fats, has high sugar- salt content, low on nutrients, contains msg/flavour enhancers. They contain preservatives and chemicals.

MY HYGIENE TRACKER

Name _____

Class _____ Section _____

I AM
HYGIENE
SUPERSTAR

 BRUSH TEETH - Morning - After Big Meal - At Bedtime	 BATHE - Morning - After Play - Before Bedtime	 CHANGE CLOTHES - After Bath - After School - Before Play - Before Bedtime	 WASH HANDS - Before Brushing - Before any Meal - After any Meal - After Play - After visiting the washroom - Before Bedtime
-------------------------------------------------------------------------	-------------------------------------------------------------------	--------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------

Activities	1	2	3	4	5	6	7
BRUSH TEETH							
BATHE							
CHANGE CLOTHES							
WASH HANDS							

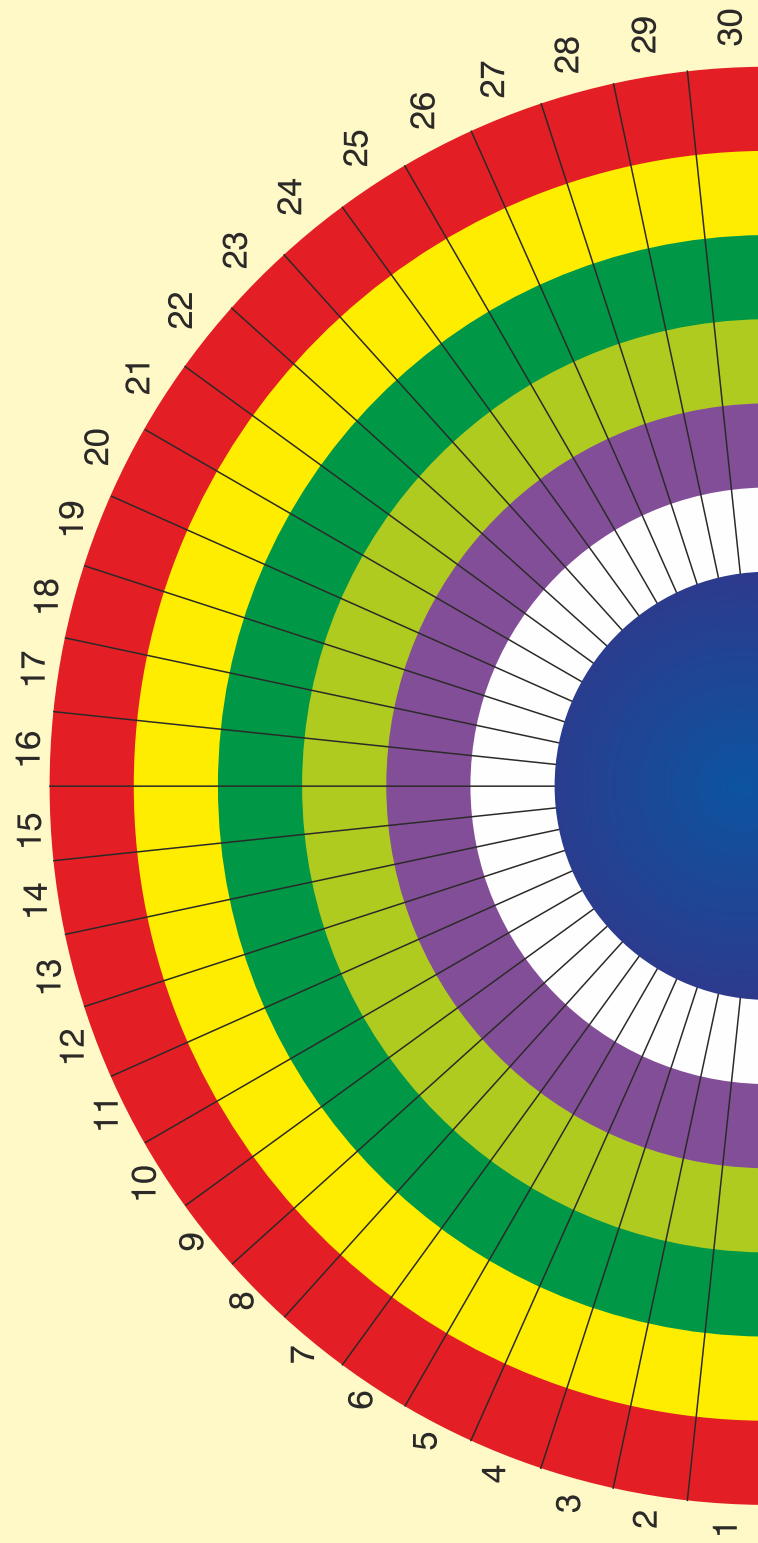
INSTRUCTIONS

1. Work on your tracker by slaying the germs with your pencil.
2. Kill one germ each time you perform the personal hygiene activity.

MY FRUIT TRACKER

Name _____

Class _____ Section _____



FRUIT COLOUR KEY

Red : Apple with skin, Pomegranate, Cherries, Strawberries, Water Melon
 Orange : Papaya, Orange
 Yellow : Pineapples, Golden Apple, Mango, Indian Ras-bhari
 Green : Pears, Green Apple Kiwi
 Purple : Jamun, Black Grapes
 White : Banana, Litchi, Mangosteen, Dragon Fruit

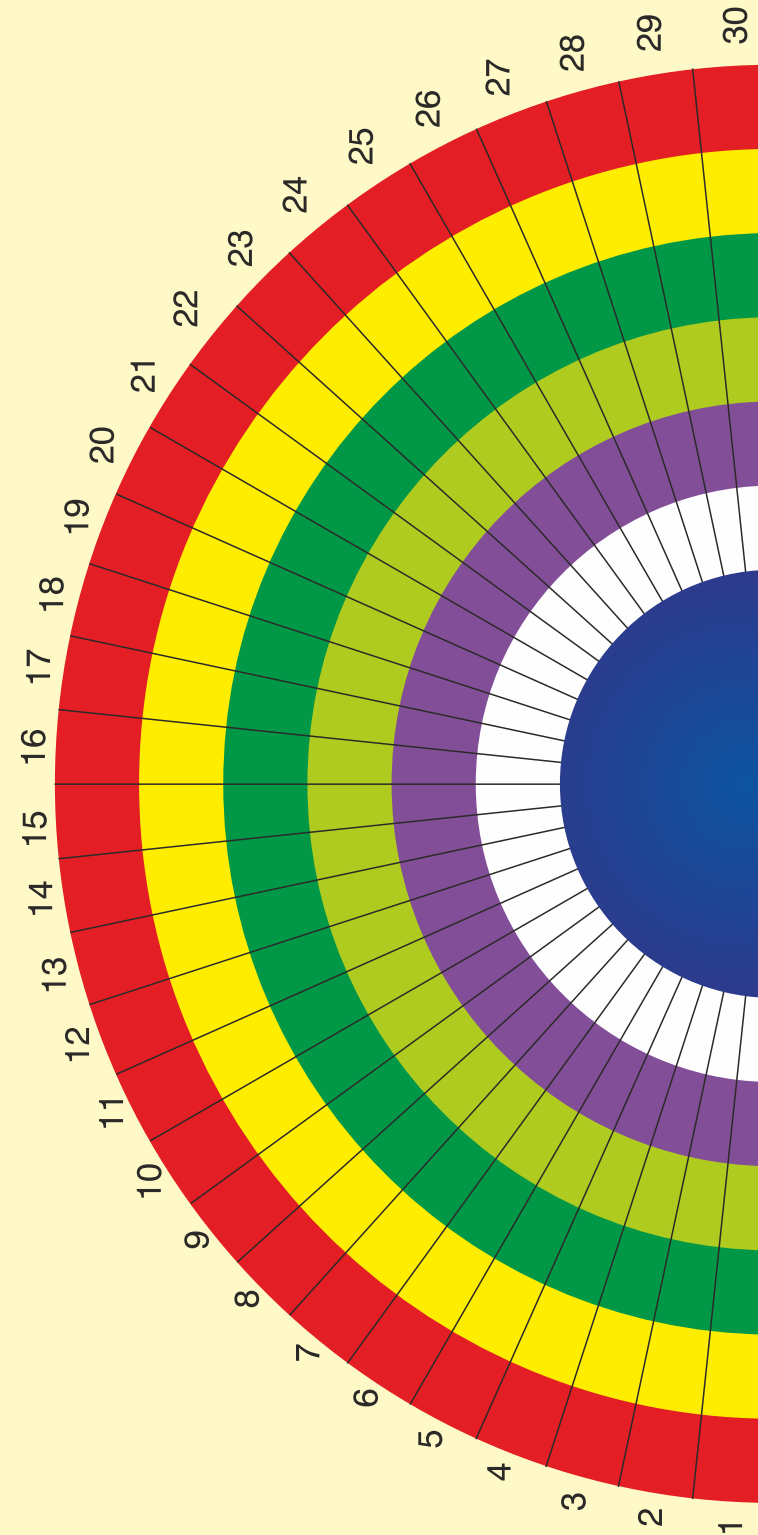
INSTRUCTIONS

Each numbered band indicates one day of monthly calendar. Match and Tick the colour of the fruit consumed in the day on the tracker. Ensure the consumption of different coloured fruits goes up daily.

MY VEGGIE TRACKER

Name _____

Class _____ Section _____



VEGETABLE COLOUR KEY

Red : Tomatoes, Carrot, Beet, Red Peppers
 Yellow : Bell Pepper, Yellow Squash, Sweet Corn, Yellow Tomato, Pumpkin, Sweet Potato
 Dark Green : Spinach, Methi, Broccoli, Green Beans, Capsicum, Spring Onions, Zucchini, Karela, Torai, Okra, Green Pumpkin, Parwal
 Light Green : Cabbage, Cucumber, Peas, Lauki, Tinda, Lettuce, Celery
 Purple : Purple Cabbage, Brinjal, Black Olives
 White : Potato, Mushroom, Arbi, Turnip, Lotus Stem, Cauliflower, Raddish, Onions

INSTRUCTIONS

Each numbered band indicates one day of monthly calendar. Match and Tick the colour of the vegetable consumed in the day on the tracker. Ensure the consumption of different coloured vegetable goes up daily.

CERTIFICATE OF ACHIEVEMENT

15th Oct. is celebrated as Global Hand Washing Day

Certificate of Achievement

THIS IS TO CERTIFY THAT _____ IS THE

“HAND WASHING CHAMP”

DATE _____

SIGNATURE _____

FEEDBACK FORM

Name

Address

Contact Information

Gender : Male Female

Name of School

Did you find the Yellow Book useful ? Yes No

Did you find the Yellow Book easy to read? Yes No

Would you like to know more about food safety and nutrition? Yes No

What do you think should be added to the book?

What do you think should be removed from the book?



Inspiring Trust, Assuring Safe & Nutritious Food



Inspiring Trust, Assuring Safe & Nutritious Food

Food Safety Connect

