



EU-India Capacity Building Initiative for Trade Development (CITD)



Train the Trainers in Food Safety and Nutrition



FOOD
FUNDA

I PLAN MY MEALS

**(Planning Wholesome Meals
Module 7)**

Level 2: 8 to 11 years,

Meet SNF@School Crew



I am Dr. Sara



Hey ,
I am Master Sehat
your Safe & Nutritious
Food @ School
SUPERHERO!



Hey ,
I am Miss Sehat
your Safe & Nutritious
Food @ School
SUPERHERO!



I am Rohan

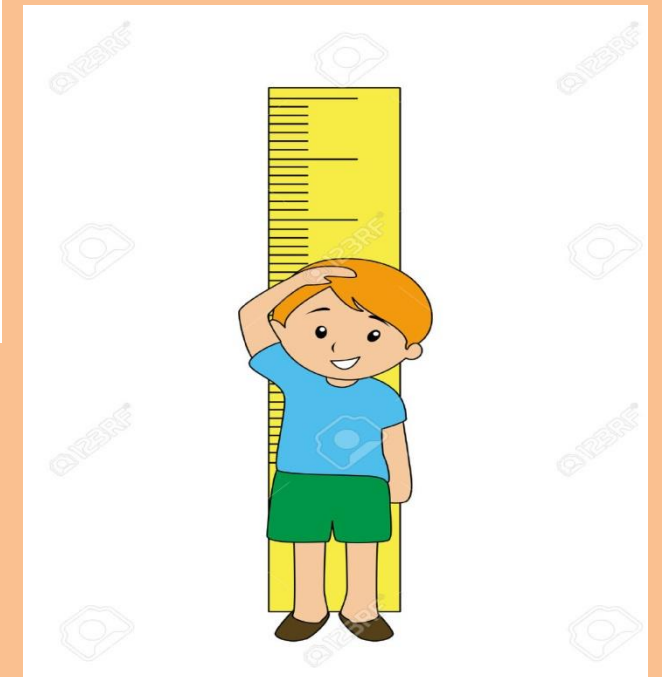
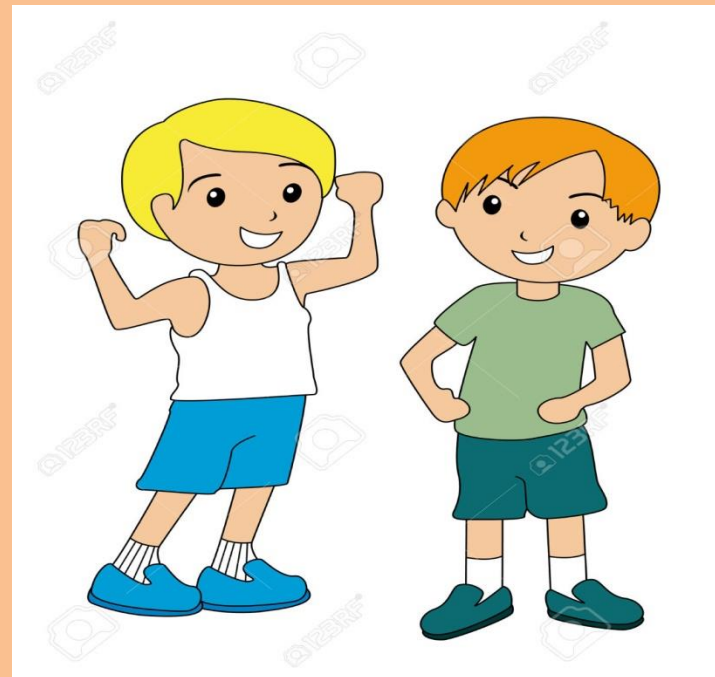


I am Riya

Do You Remember why we need Food?

Food gives us energy to work and play.

Helps us to grow tall and build strong muscles





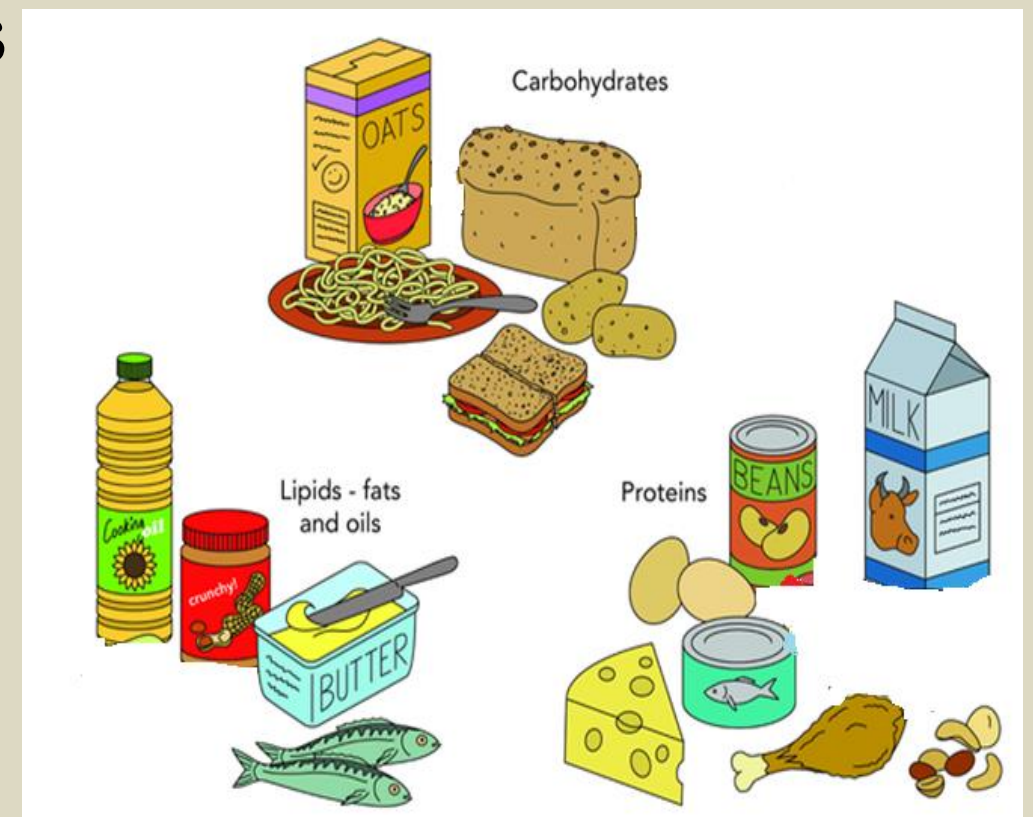
FOOD IS MADE OF NUTRIENTS



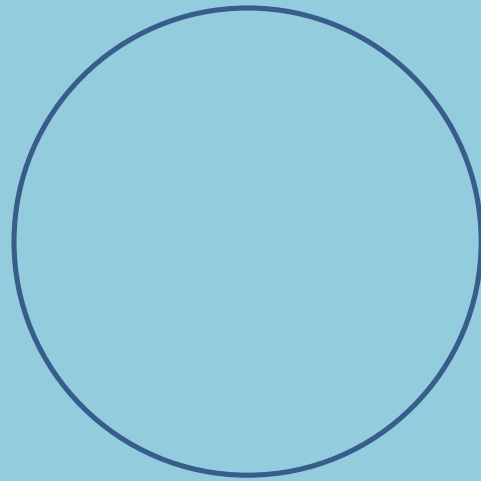
THE GROW FOODS -Proteins

THE GO FOODS – Carbohydrates and Fats

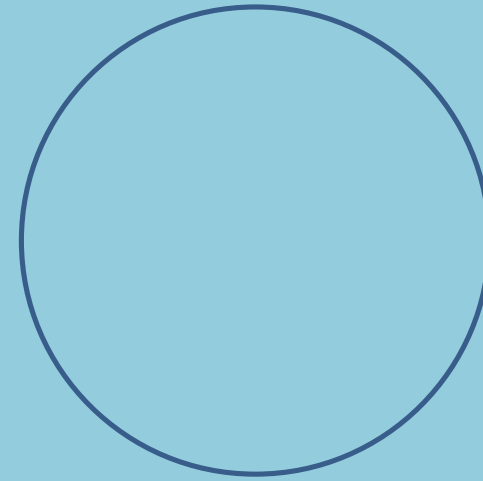
THE GLOW FOODS – Vitamins and Minerals



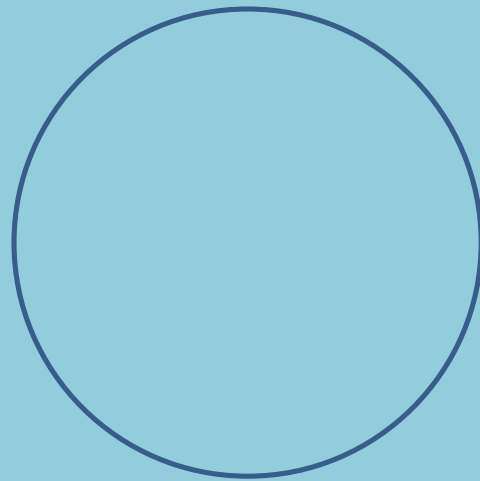
ACTIVITY 1: MATCH AND PASTE PICTURES IN THESE CIRCLES FROM THE LIST OF FOOD



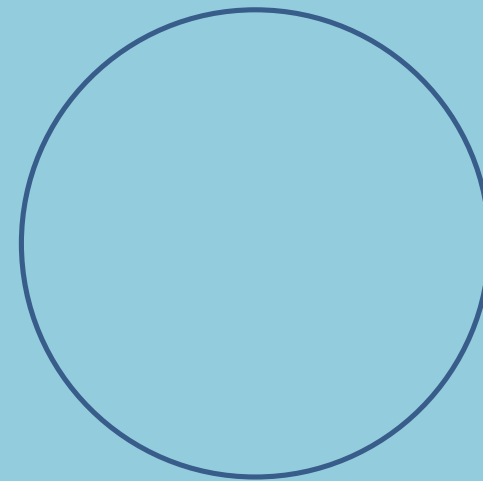
Fruits



Vegetables



Meat and Fish



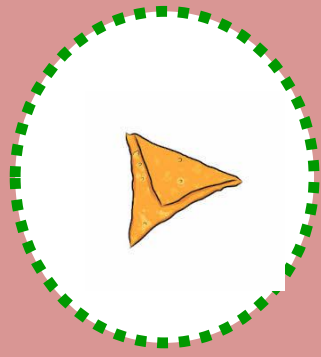
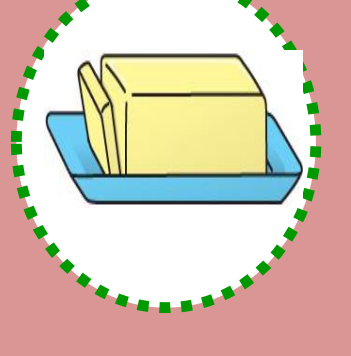
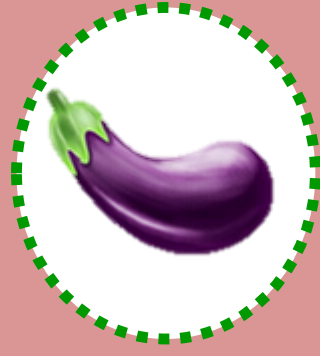
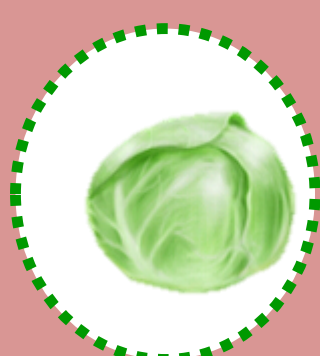
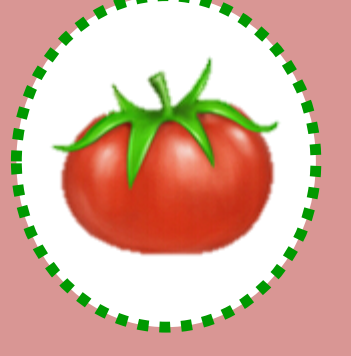
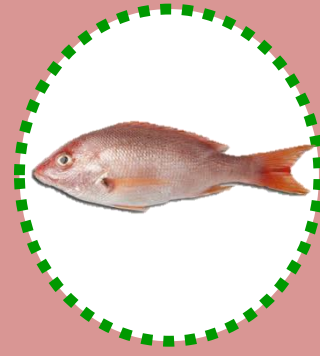
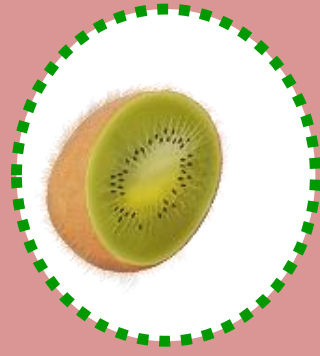
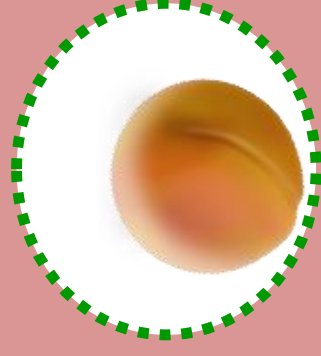
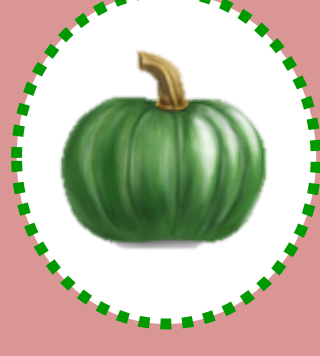
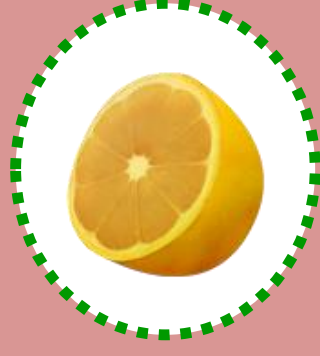
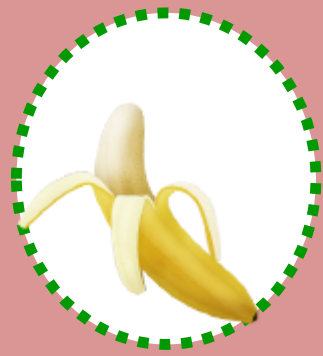
Milk

FOOD GROUPS



ACTIVITY 9

PASTE PICTURES OF FOOD IN THE CIRCLES





Did you know?

All the 6 nutrients are needed in your food every day in right quantity and quality.



This is called a balanced diet.



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.



Balanced diet



Can you identify these foods ?

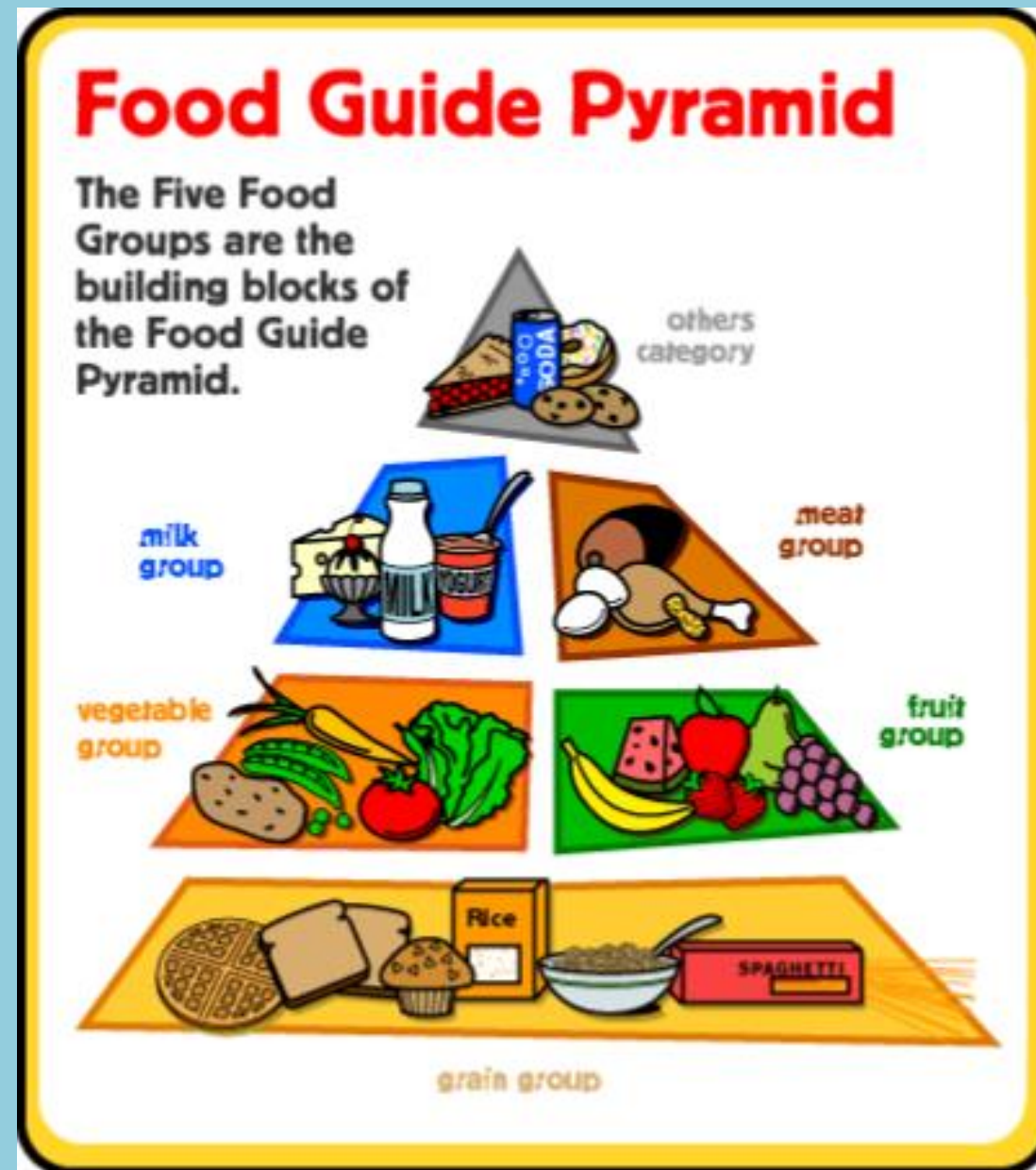
1. Cereal, millets and pulses
2. Vegetables
3. Fruits
4. Milk ,milk products, eggs, flesh foods and fish
5. Oils, fats, sugars and nuts

When similar type of foods are grouped together they are called **“Food Groups”**

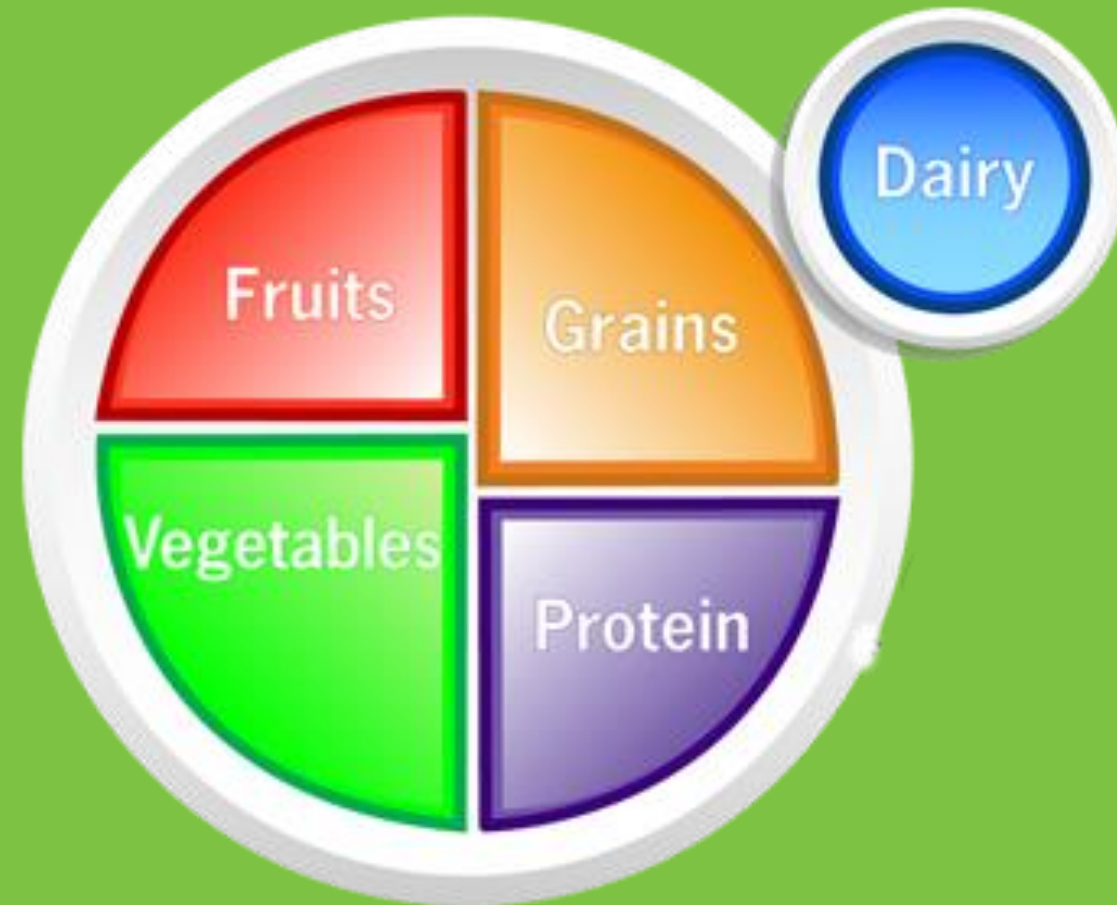


Pre-Primary & Primary

Activity2 : Name at least 3 foods from each food group.



The Healthy Eating Plate



The Healthy Eating Plate

To stay healthy we need to eat a balance and variety of foods.



Fruit and Vegetables

What foods can you see?



I can see Fruit and
vegetables!





We need to eat atleast 5 fruit and vegetables from this group. I eat a rainbow on my plate



Bread, chapatti, rice, potatoes, pasta



These foods give us energy. We should eat a variety of such foods in the entire day



Milk and dairy foods -We need to eat some foods from this group each day.



**Milk gives us strong bones and teeth.
What foods can you see? Have you eaten any of these foods today? If so, what were they?**

Milk and dairy foods

We need to eat some foods from this group each day.



Yummy! This is my favourite Food group. I love Kheer and Ice cream



Meat, fish, eggs, beans

We need to eat some foods from this group each day.

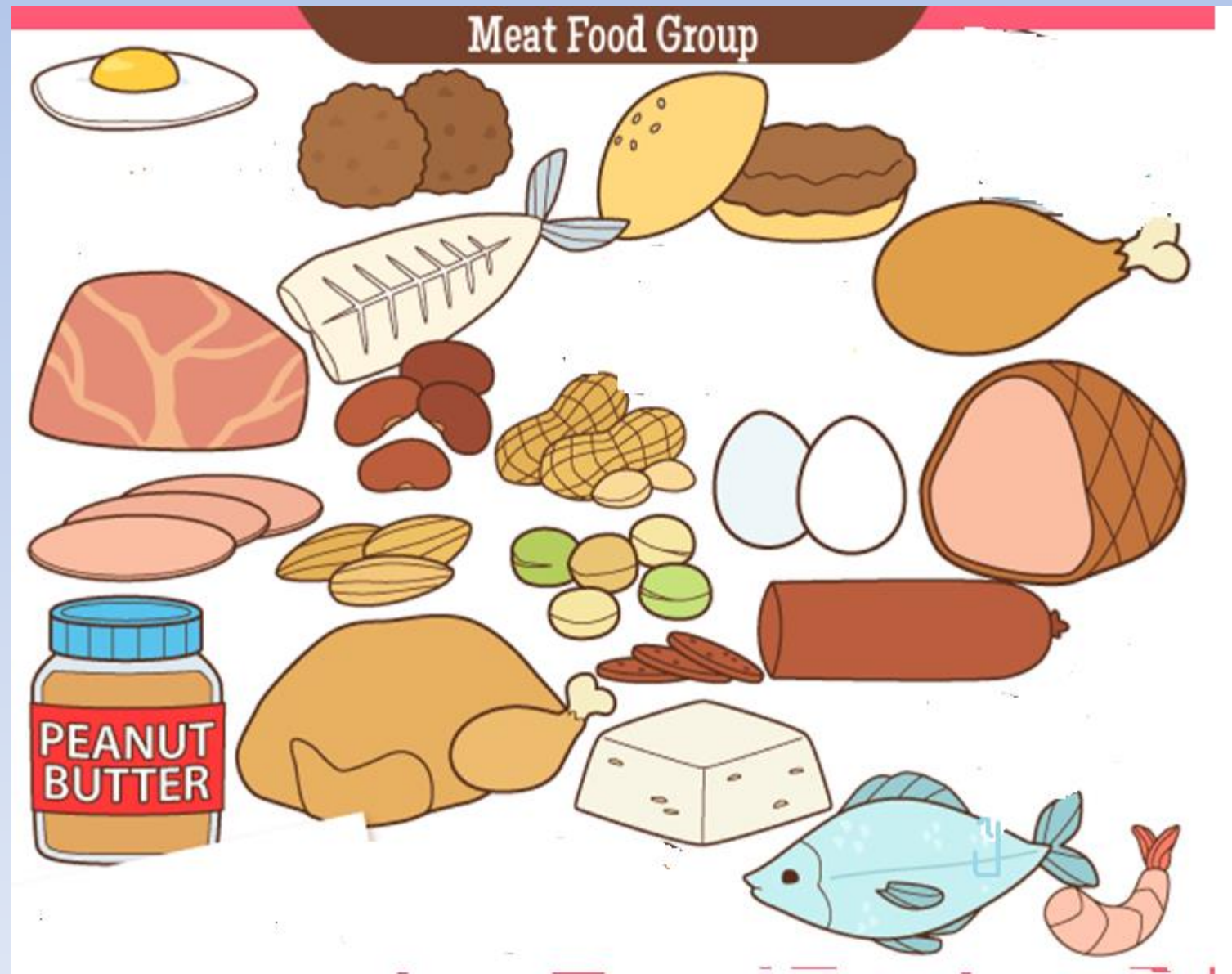


These foods eaten in right quantity make us strong and healthy





I eat an egg everyday. It makes me strong!



Foods and drinks high in fat and/or sugar

We only need to eat small amounts from this group.



What foods can you see?





We only need to eat small amounts from this group.



Colas and candies have a lot of sugar while pizzas and chips are very high in oils and salt.

You should eat such foods only on special occasions or once a week.



Outdoor Activity: RUN AND GRAB A BITE

Activity on Food Group Relay

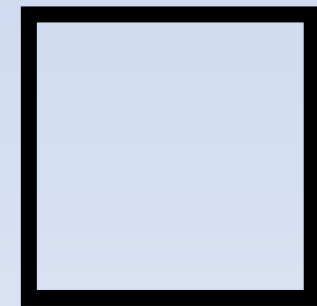
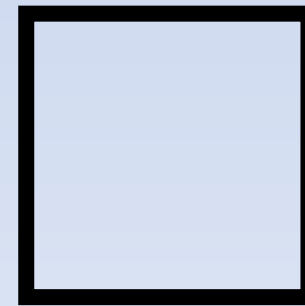
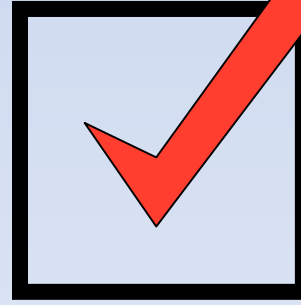
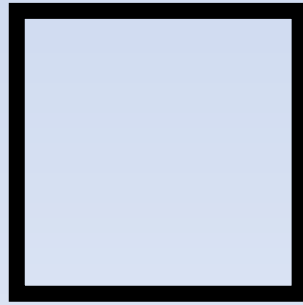
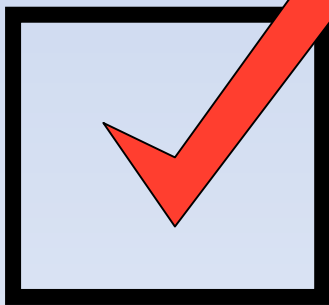
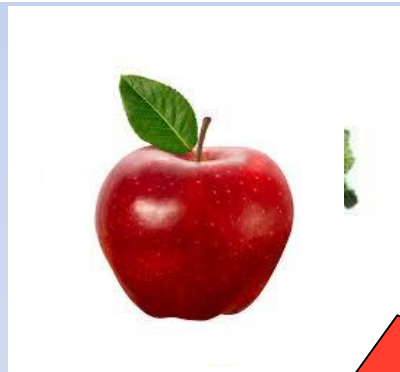
To be healthy and fit, we need to choose from all the food groups



Activity 3: Identify the correct food groups

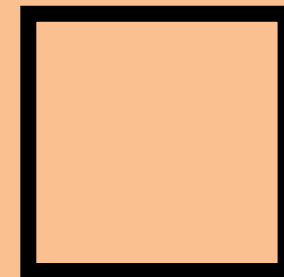
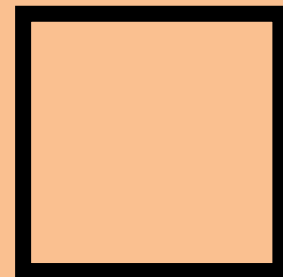
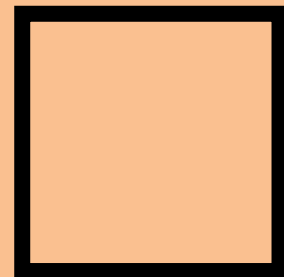
Pre-Primary & Primary

Which 2 foods belong to the **Fruit and vegetables** group?



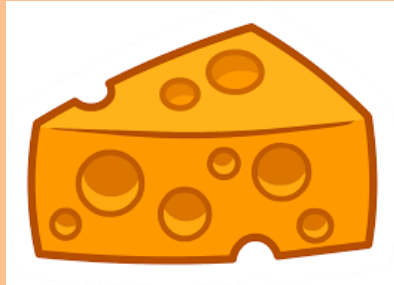


Which 2 foods belong to the cereals, bread, chapatti, rice, potatoes, pasta group?





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



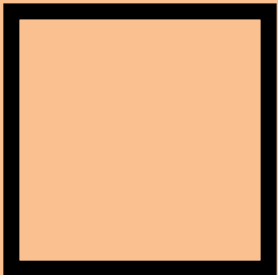
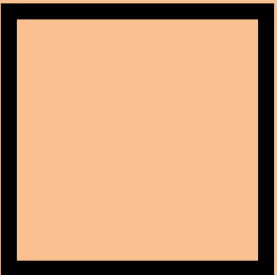
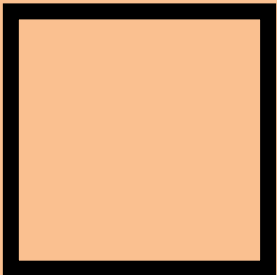


Which 2 foods belong to the
Meat, fish, eggs, beans group?





Which 2 foods belong to the Foods containing fat and Foods containing sugar group?



To be healthy, strong and fit like me, you need to eat how 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



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/ Khathi rolls
- Sindhi Khadi
- Shepherds pie
- Lasagne
- Pizza



Let's sum it up



A healthy diet includes a large variety of foods from each of the food groups on **The Healthy Eating Plate**. This provides all the nutrients needed.

We should eat more fruits and vegetables and cereal grains like roti , khicidi, brown rice, potatoes, pasta and other starchy foods.

Main meal dishes are usually made from two or more of these food groups and are called **composite dishes**.



Foods and drinks high in fat and/or sugar



These foods should be used moderation if eaten every day

The following foods are high in fat:

Ghee, margarine, butter and other spreads and reduced fat spreads;
cooking oils and oil-based salad dressings;
mayonnaise;
cream;
fried foods including fried chips;
most chocolate, some crisps and biscuits;
pastries, cake, puddings and ice-cream;
rich sauces and gravies.

The following foods are high in sugar:

soft drinks (not diet drinks);
sweets;
jam;
sugar and honey;
cakes, puddings and biscuits;
pastries and ice-cream.



Foods and drinks high in fat and/or sugar



Foods and drinks high in fat and/or sugar

It is important to have a small amount of fat in the diet, but foods containing a lot of fat will be high in energy.

Foods containing high amounts of saturated fat should only be eaten in small amounts.

Sugar adds flavour and sweetness to foods, but frequent consumption of sugar-containing foods and drinks is associated with an increased tendency towards tooth decay, especially in those with poor dental hygiene.



Activity 4. Check your progress Poster

The Healthy Eating Plate

How to Choose Healthy

Don't Eat This!

White Bread

White Rice

Fried Fish Sticks

Spare Ribs

Sausage

Double Cheeseburger

Pepperoni Pizza

Low in Fiber

Oily!

Lots of Fat

Full of Sugar!

Soda

Juice

Eat This!

Green Beans

Banana

Spinach

Water

Orange

Apple

Carrots

Fat-Free Milk

Grilled Beef

Baked Fish

Oatmeal

Low-fat Yogurt

Low-fat or Natural Peanut Butter

Cheese

Egg

Yams

Corn

Whole Wheat Bread

Whole Wheat Veggie Pizza

Beans

Full of Vitamins

Helps You Grow

1/2 vegetable

Full of Fiber

1/4 protein

1/4 starch

Learn about nutrition with the Student Wellness Center
September 13, 2012 11-2:30
Atrium First Floor



Adapted with permission from Learning About Diabetes Inc., Bedminster, NJ

Activity 5: Food Quiz

The Healthy Eating Plate



Question

True or false?

Reduced fat dairy products
contain less calcium than
standard versions.

True

False

Activity 5: Food Quiz
The Healthy Eating Plate



Question

True or false?

Reduced fat dairy products
contain less calcium than
standard versions.

True

False

Activity 5: Food Quiz
The Healthy Eating Plate



False. Calcium is in the water part of dairy foods and is not removed with fat.

True

False

Activity 5: Food Quiz

Question

True or false?

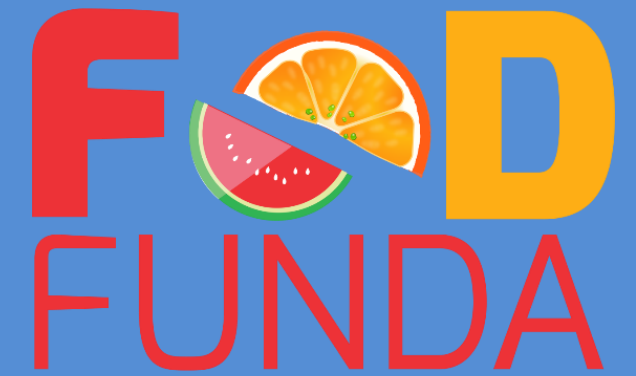
Starchy foods provide more energy (calories) than fat

True

False



Activity 5: Food Quiz



False. Gram per gram, carbohydrate provides less than half of the energy provided by fat.

Activity 6 Primary : Let's make a "Healthy eating plate"

- Divide the class into five teams.
- Assign each team with anyone food group.
- Create a poster promoting that group.
- Cut out pictures (from food magazines) or draw foods that belong to the group.
- Discuss *The healthy eating plate* poster with the pupils for more ideas of what can be included in each group.
- Display these posters in the classroom





The Healthy Lunch Box





Why a Healthy lunch box?

A healthy lunch box will provide the child with:

- The energy and nutrients required to grow, develop and learn.
- A healthy, balanced and nutritious packed lunch should include foods from all the food groups.



Healthy Lunch Box



MY SCHOOL TIFFIN

Choose over Good and Not so good food choices



Go for the whole wheat sandwich instead of white bread sandwich!

MY SCHOOL TIFFIN

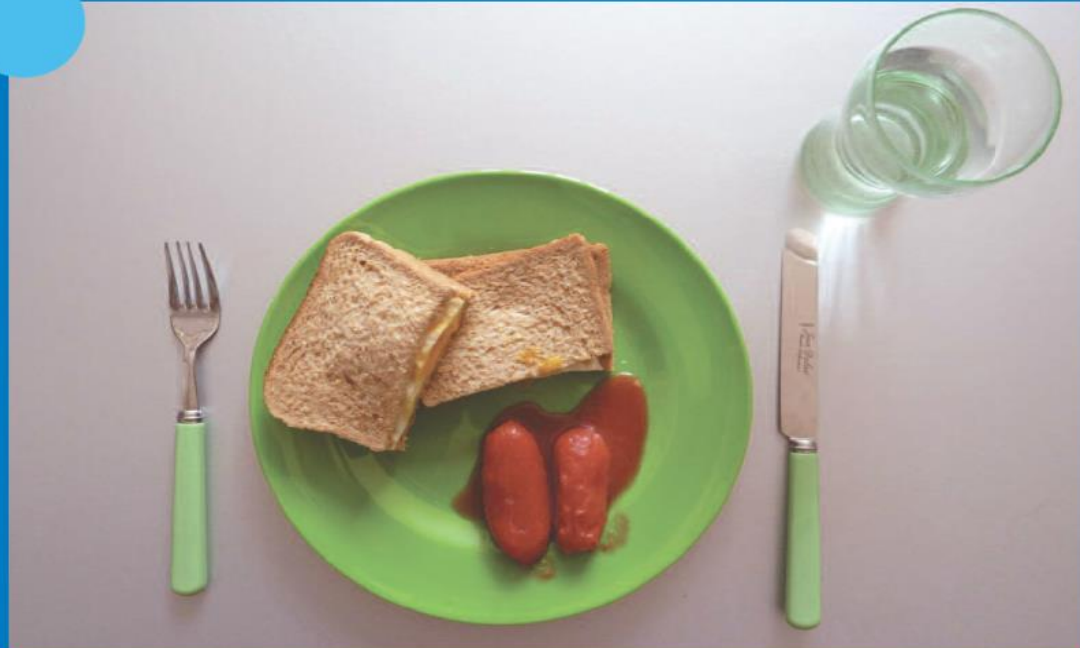
Choose over Good and Not so good food choices



Go for the whole fruit instead of its Juice!

Healthy Lunch Boxes...

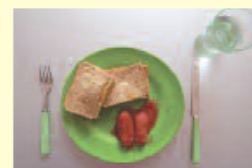
LIGHT MEAL/SNACK Fried egg sandwich with tomatoes



LIGHT MEAL/SNACK Speedy mini pizza



LIGHT MEAL/SNACK Fried egg sandwich with tomatoes



12-18 year olds

250 kcal

Fried egg sandwich	110g
Tomatoes (canned)	100g
Water	150ml

LIGHT MEAL/SNACK Speedy mini pizza



12-18 year olds

250 kcal

Speedy mini pizza	130g
Water	150ml



MY SCHOOL TIFFIN

Choose over Good and Not so good food choices



**SALAD STICKS IN TIFFIN TASTE
YUMMY!**

MY SCHOOL TIFFIN

Choose over Good and Not so good food choices



**CARRY FRUIT IN THE TIFFIN
INSTEAD OF CANDIES!**

Parents Please note: A healthy Tiffin includes:



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 instead of fruit juice

Vegetables as stuffing, steamed corn, salad sticks.

Vary lunchbox contents for a good balance of nutrients.



Why a Healthy lunch box?



- 1. Starchy food** such as cereals, bread, potatoes, rice, pasta – these foods provide carbohydrate to give your child energy for the afternoon.
- 2. Fruit and vegetables** – these foods provide vitamins and minerals to help protect against illness.
- 3. Meat, fish, eggs, beans and other non-dairy sources of protein** – these foods provide protein, iron and zinc to help your child grow.
- 4. Milk and dairy foods** – these foods are a good source of calcium, for strong bones and teeth.

Foods to be avoided



5. Foods and drinks high in saturated fat, sugar (and/or salt) – try to limit these types of food and drink. Too much salt and saturated fat can increase the risk of some illnesses in later life while,

- **Too much sugar can damage children's teeth.**



Thank You