



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



## Train the Trainers in Food Safety and Nutrition



**F**OOD  
**FUNDA**

# I PLAN MY MEALS

(Planning Wholesome Meals)

**Module 5**  
**Level 1: 4 to 7 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



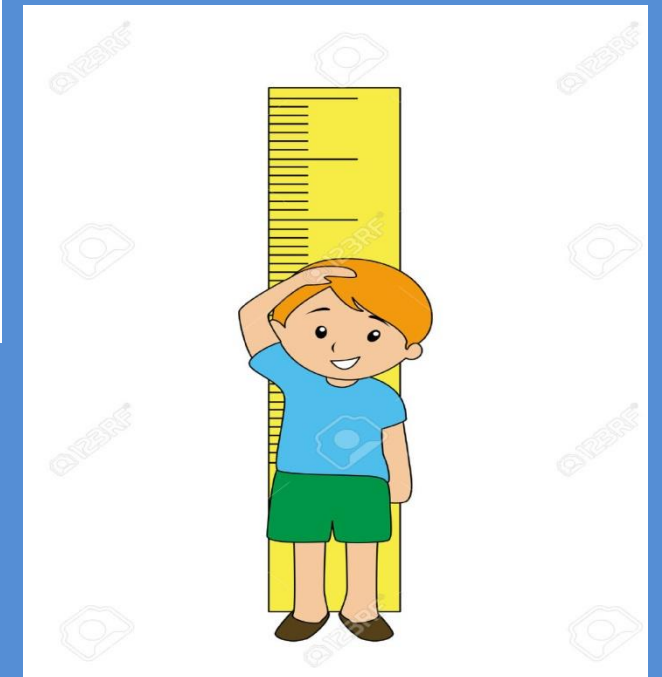
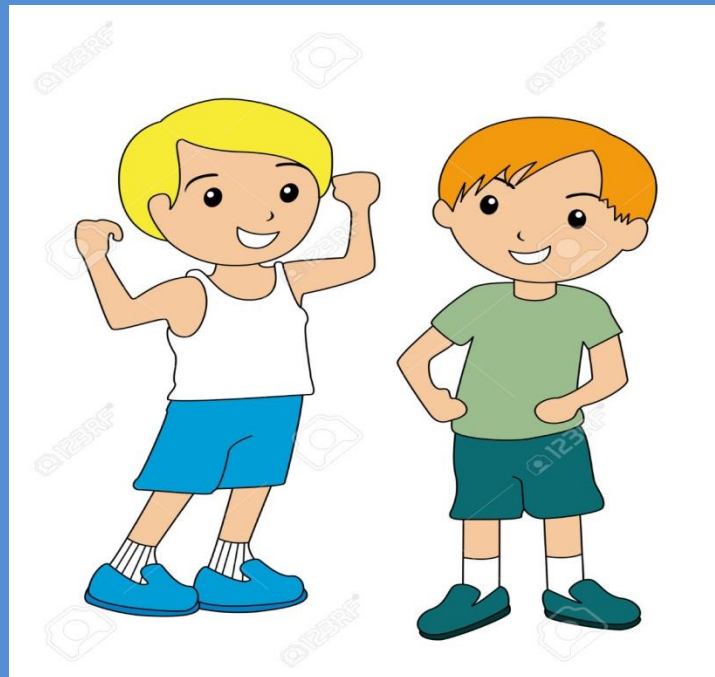
I am Riya



# Do You Remember why we need Food?

**Food gives us energy to work and play.**

**Helps us to grow tall and build strong muscles**





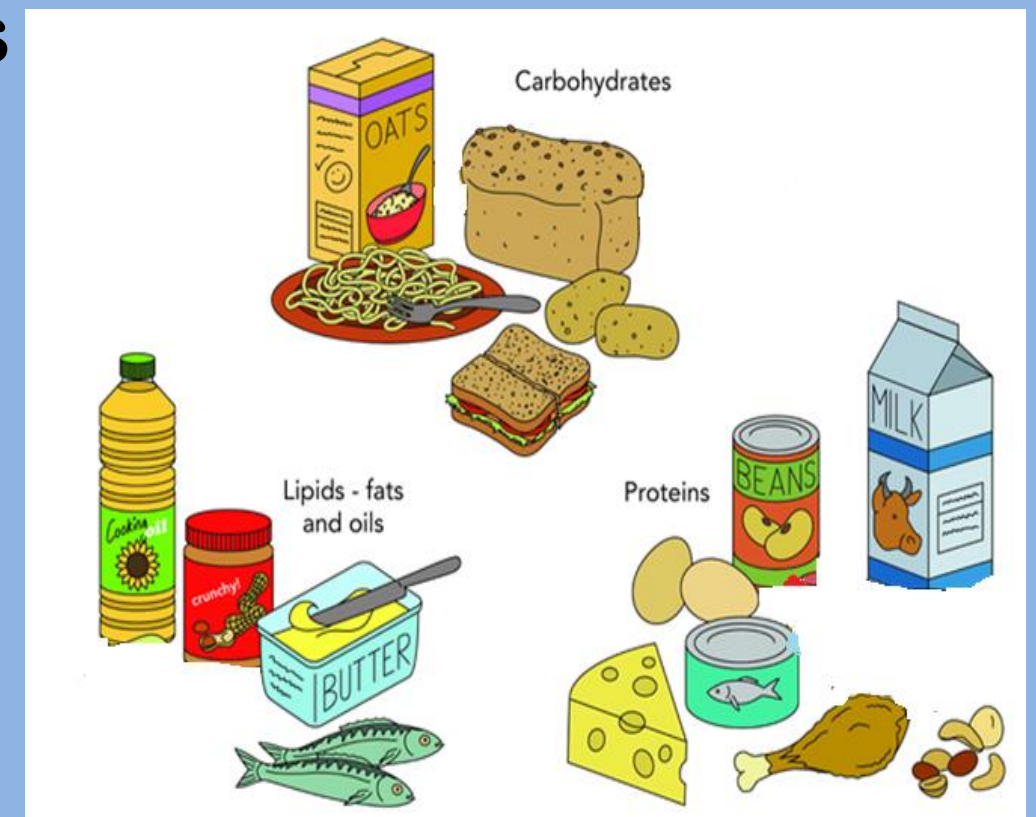
# FOOD IS MADE OF NUTRIENTS



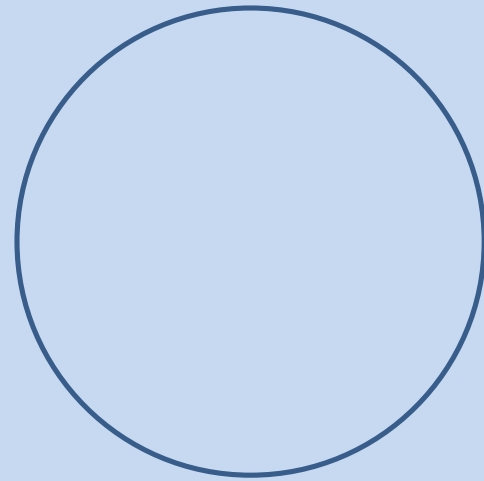
**THE GROW FOODS -Proteins**

**THE GO FOODS – Carbohydrates and Fats**

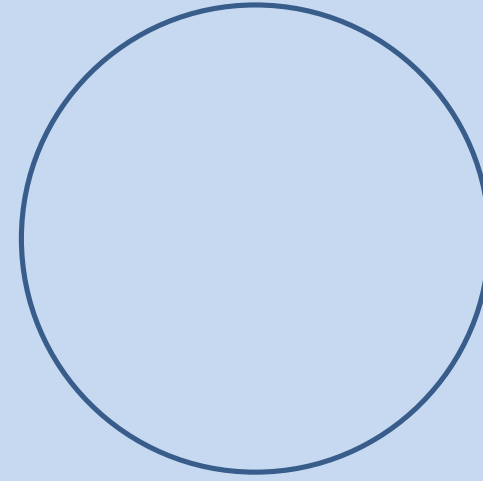
**THE GLOW FOODS – Vitamins and Minerals**



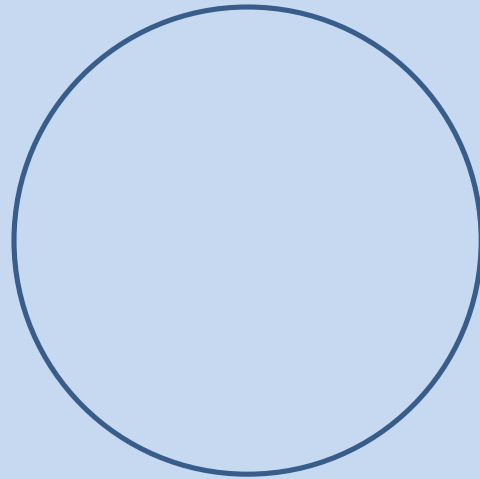
# ACTIVITY 1: MATCH AND PASTE PICTURES IN THESE CIRCLES FROM THE LIST OF FOOD



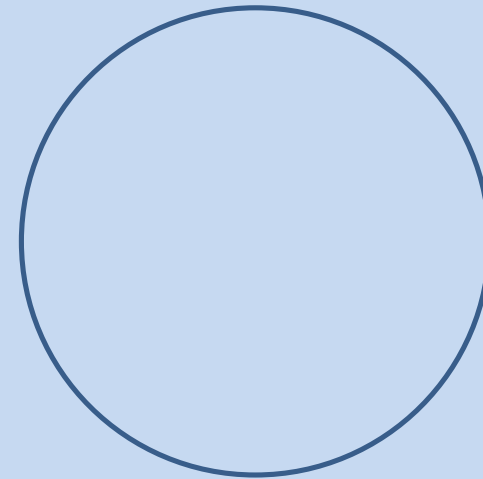
**Fruits**



**Vegetables**



**Meat and Fish**



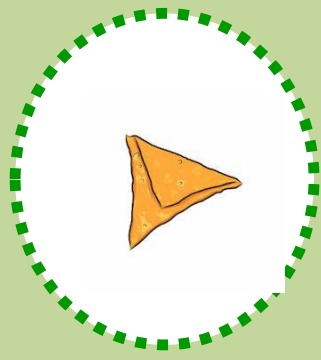
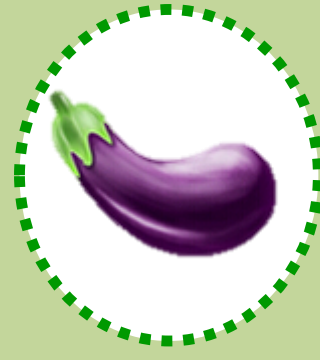
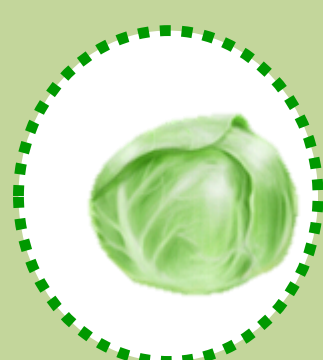
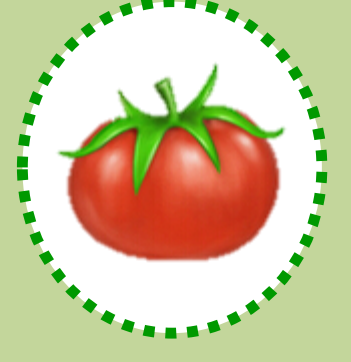
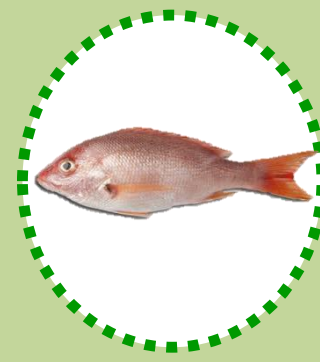
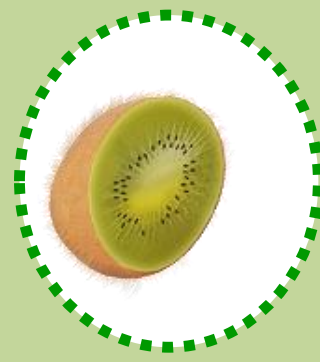
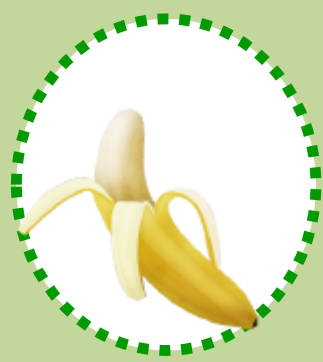
**Milk**

**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.





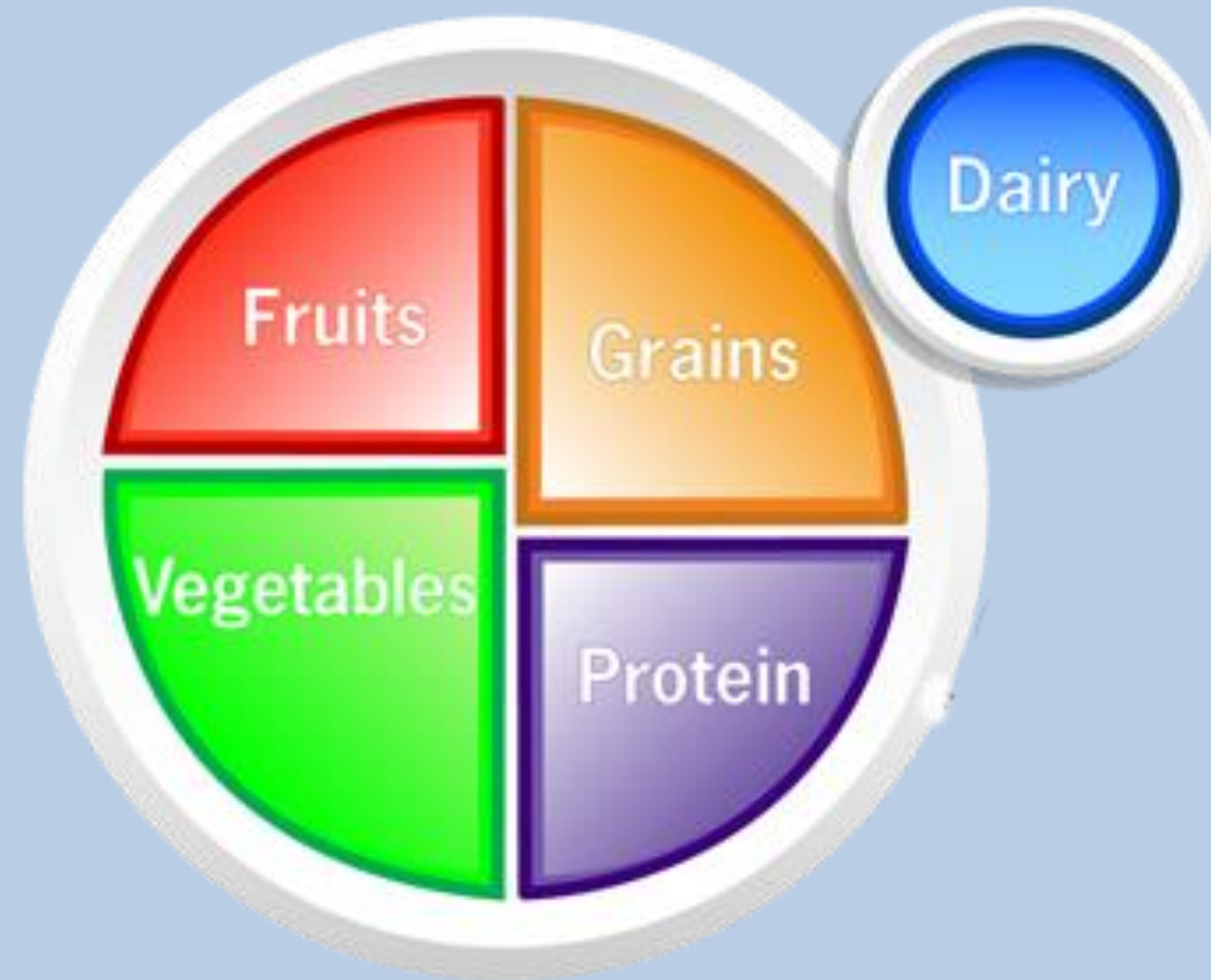
# Balanced diet



# FOOD FUNDA



**Look at the Healthy Eating Plate ! I eat all the food groups daily to stay healthy and fit!**



# Fruit and Vegetables

What foods can you see?



I can see Fruit and vegetables in so many colours!







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



# GRAINS: Bread, chapatti, rice, potatoes, pasta

These foods give us energy. Eat a variety of such foods in the entire day





I love poories and paranthas. And even  
the cakes baked at home.

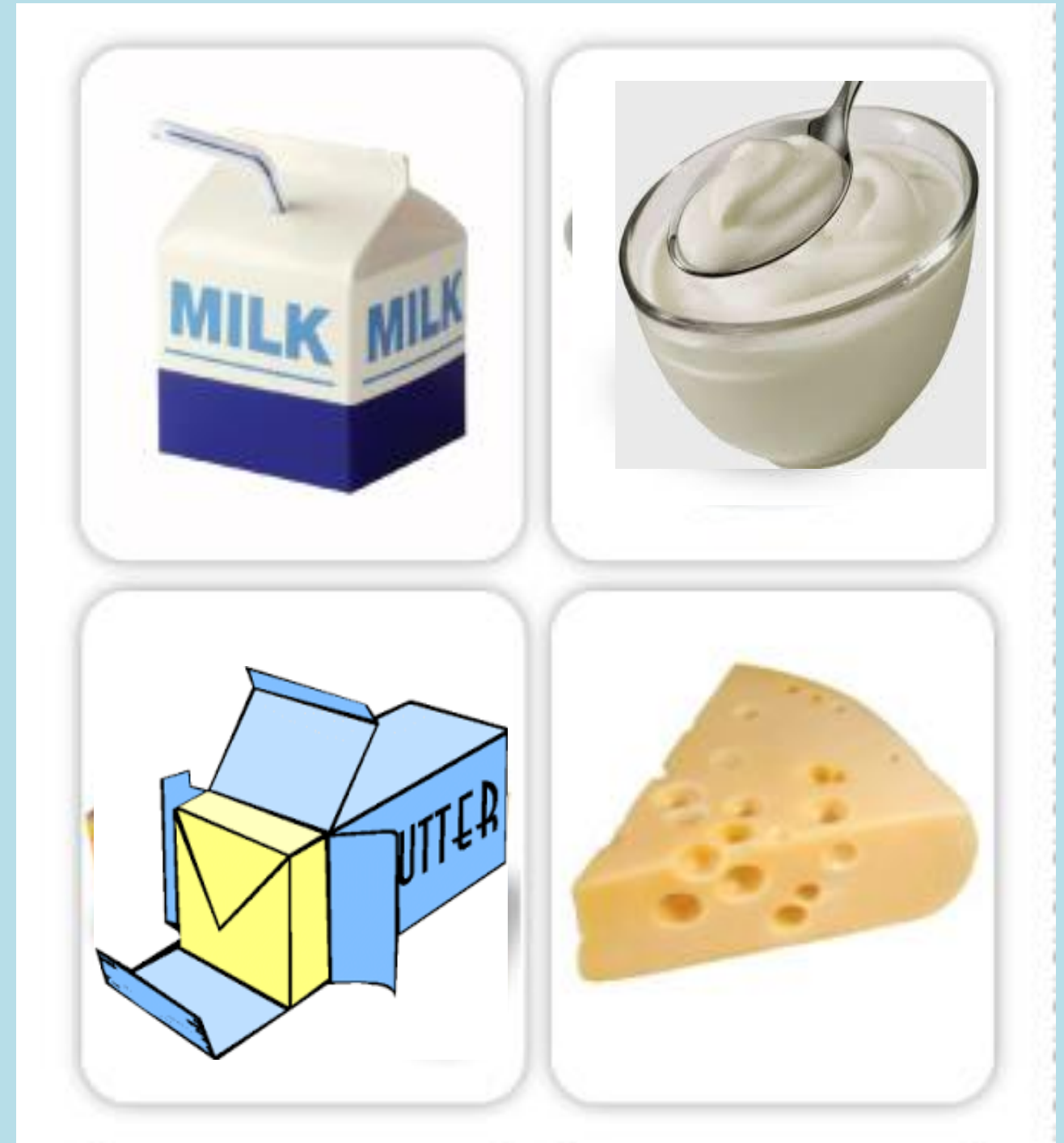




# **DAIRY** : We need to eat some foods from this group each day.



**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



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



# PROTEIN: Meat, fish, eggs, beans

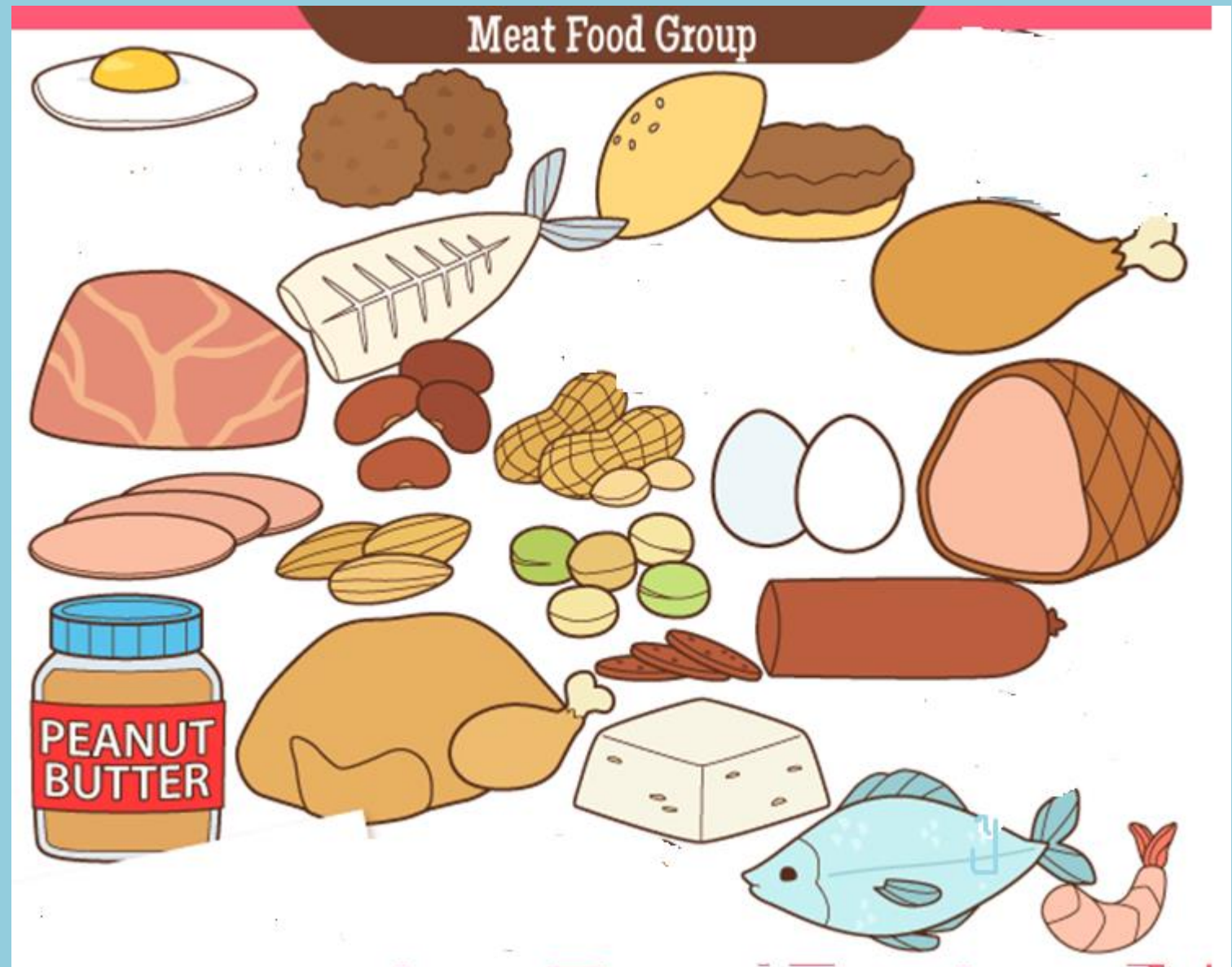
We need to eat some foods from this group each day.

These foods eaten in right quantity make us strong and healthy





I eat an egg everyday. It makes me strong!



# HFSS: Foods and drinks high in fat and/or sugar

What foods can you see?

I can see chips and pizza and candies



**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.**





# Activity on Food Group Relay

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



## Outdoor Activity 2: RUN AND GRAB A BITE





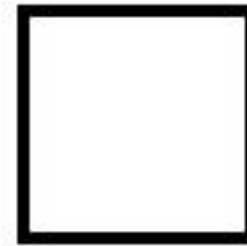
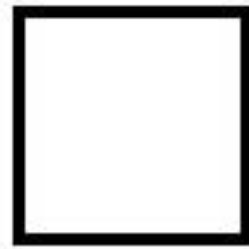
# Activity 3: Identify the correct food groups

Which 2 foods belong to the Fruit and vegetables group?



# Activity 3: Identify the correct food groups

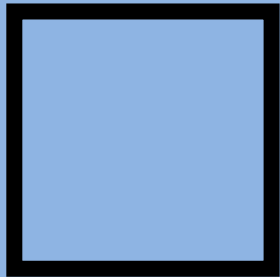
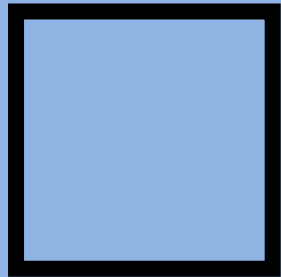
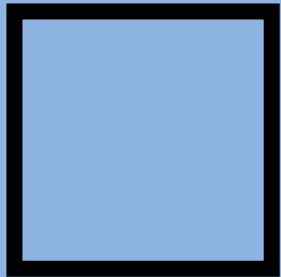
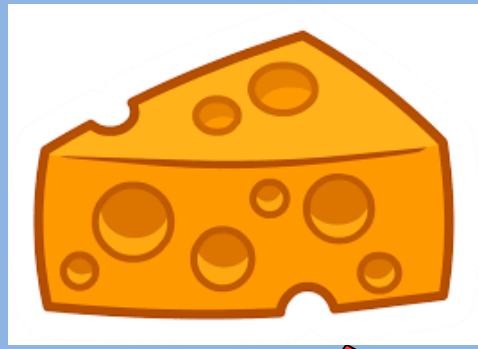
Which 2 foods belong to the Fruit and vegetables group?





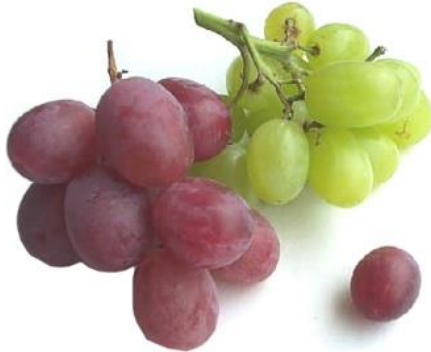


Which 2 foods belong to the **Milk and dairy** foods group?



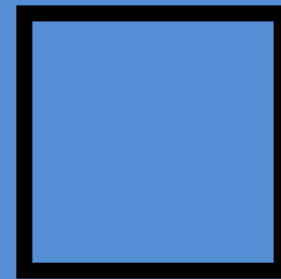
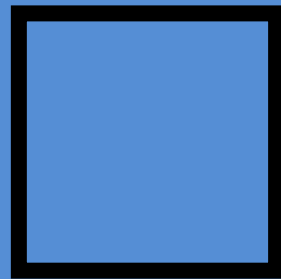
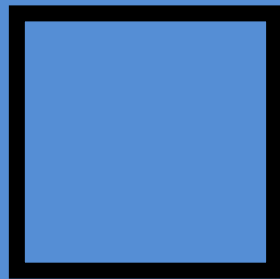
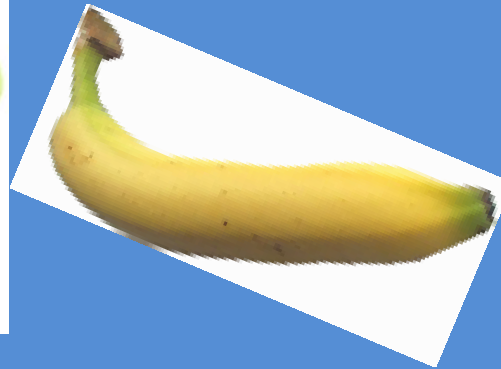


**Which 2 foods belong to the Meat, fish, eggs, beans group?**





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







# The Healthy Lunch Box



# WHAT WILL A HEALTHY LUNCH BOX PROVIDE?



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





- 1. Carbohydrates** will give your child energy to sustain him/her till the 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 your child grow.
- 4. Milk and dairy foods** are a good source of calcium for strong bones and teeth.



## LIMIT OR AVOID FOODS HIGH IN FAT, SUGAR AND SALT



**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.**

# To be healthy, strong and fit like me, you need to eat like I do !



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



# 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!



# 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!**



# ACTIVITY: CHOOSE BETWEEN GOOD TIFFIN OPTIONS AND NOT SO GOOD TIFFIN OPTIONS



## Parents please note-School tiffin should have:



**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.**



**Thank You**