Train the Trainers in
Food Safety and Nutrition

FOOD FUNDA

MY FOOD PLATE
(Overcoming Nutritional Deficiencies)

Module 4
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
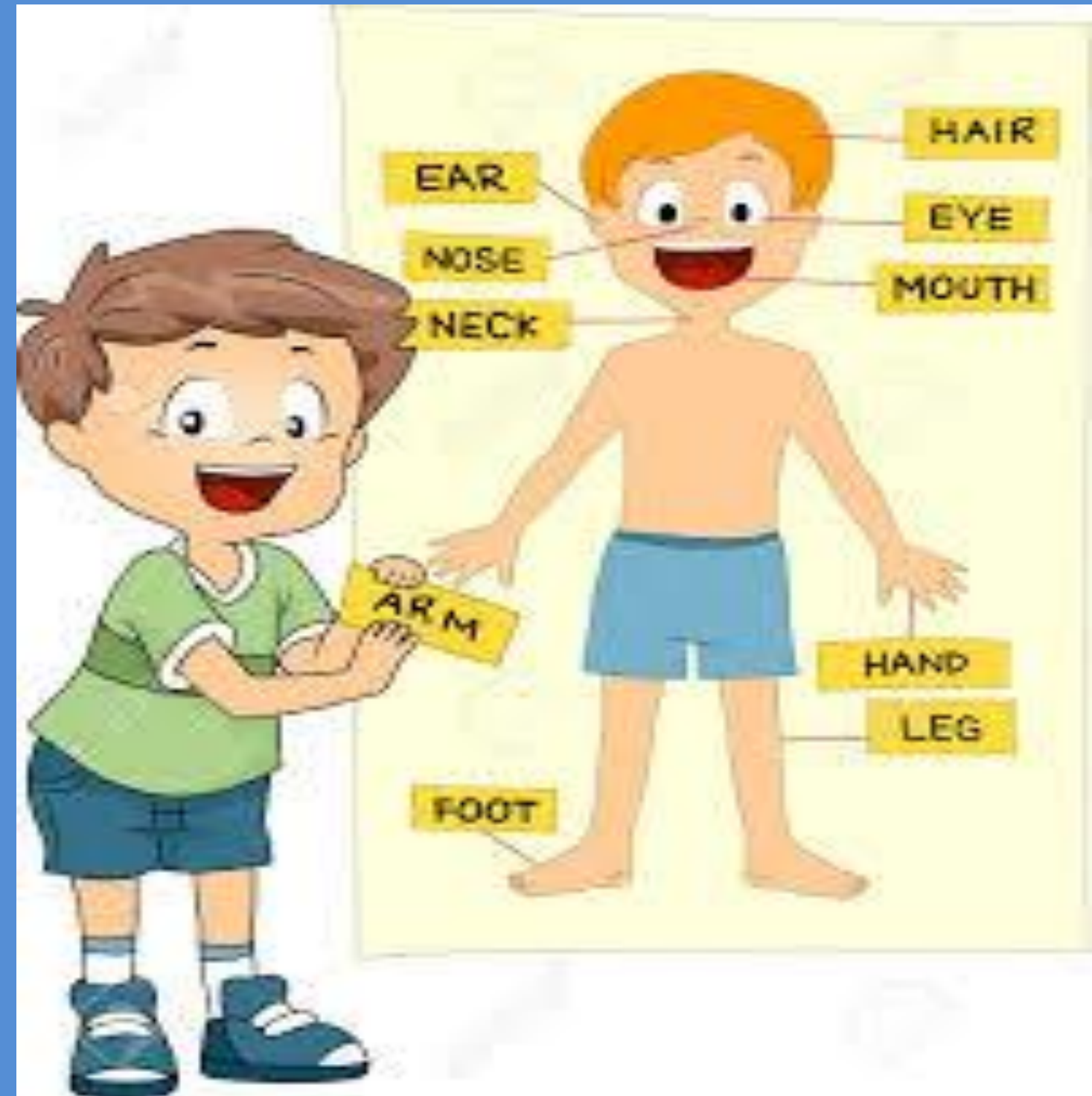your Safe & Nutritious
Food @ School
SUPERHERO!

I am Rohan

I am Riya

HEALTHY FOOD, WATER, EXERCISE AND SLEEP KEEP OUR BODY HEALTHY

Activity 1: Spot the Missing Part in Varun's Body

Correct! It's Varun's Nose!

We are healthy when we grow well and all parts of our body function properly.

ACTIVITY 2: MIRROR TEST!

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

Bright and clear eyes

Lips are pink and moist

Teeth with no cavities

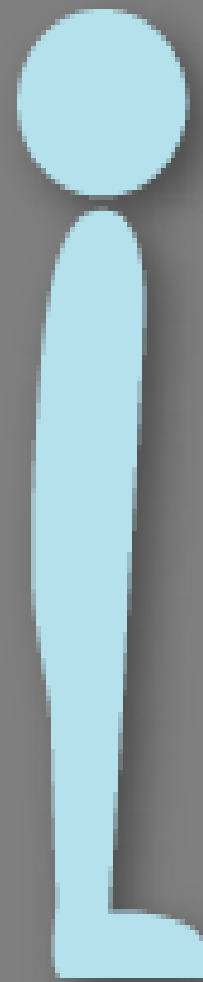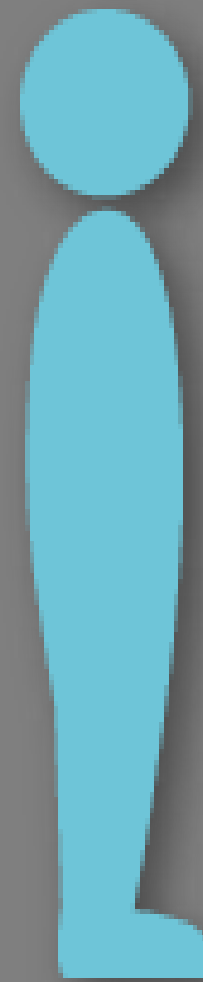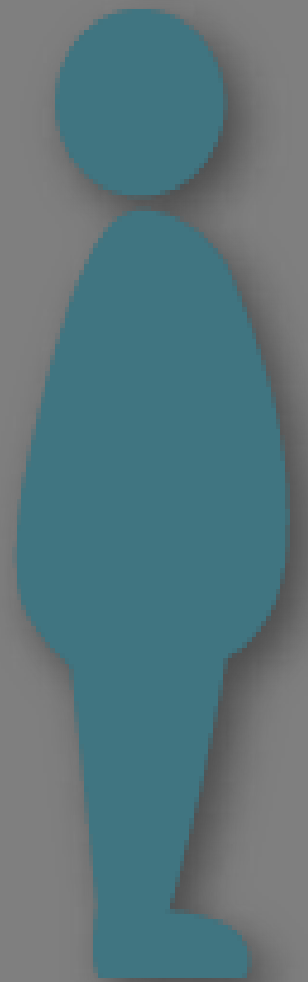Legs are straight

Stomach is flat

YOU ARE WHAT YOU EAT!

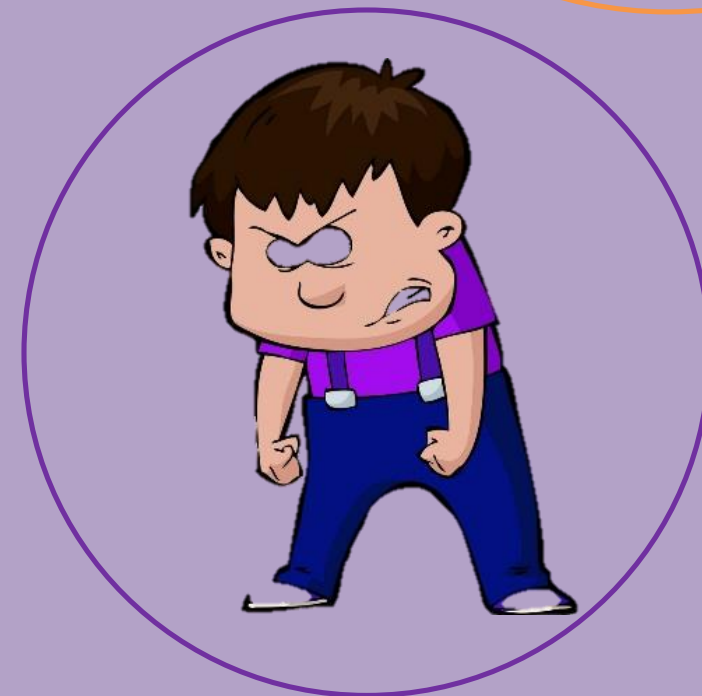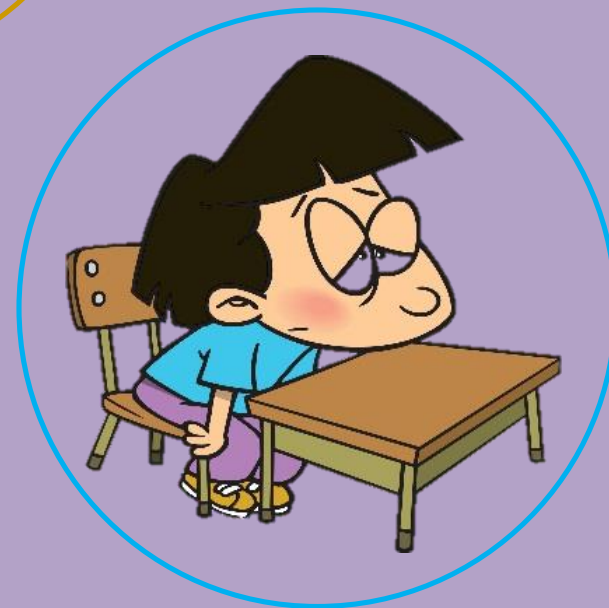**When you eat less you are thin and can fall ill**

When you eat well you have normal weight and can remain healthy and fit

When you over eat you become grossly overweight and remain unfit.

DO YOU LOOK LIKE ANY OF THEM? These are signs of not eating a healthy diet.

For good eye sight and sharper vision we should eat foods rich in vitamin A. Eat the red, yellow, green and orange coloured fruits and vegetables.
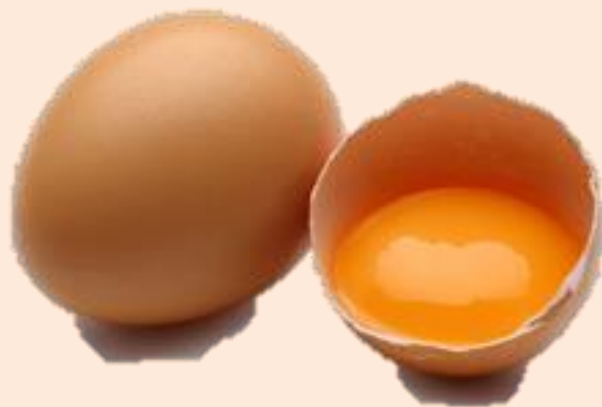
Vitamin C is found in oranges, guavas, amla, green leafy vegetables.

It helps us fight germs that make us sick

Sources of Vitamin C
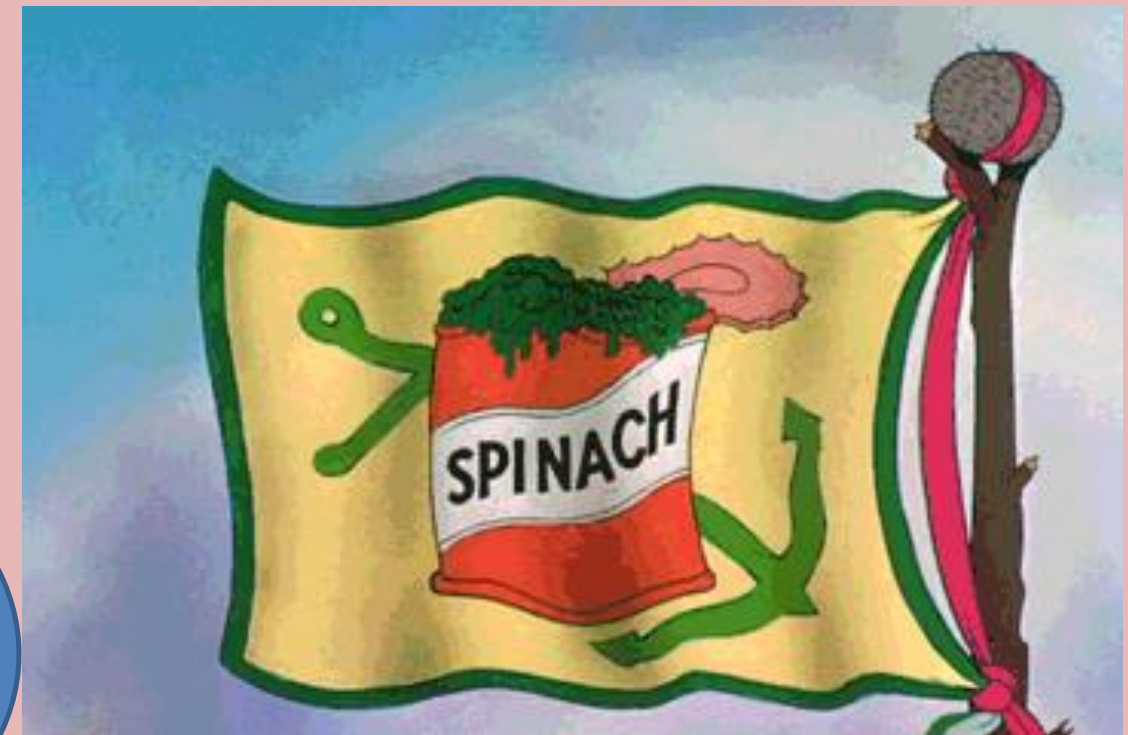
Did you know?
Anaemia is a common deficiency disease caused by a deficiency of Iron, B- complex Vitamins – B12 & Folic acid, Vitamin C and Protein.
All these nutrients are needed to form healthy Red Blood Cells

Select a variety of food to eat every day

There are 5 food groups
Grains, Pulses & Legumes,
Fruit, Vegetables, Dairy,
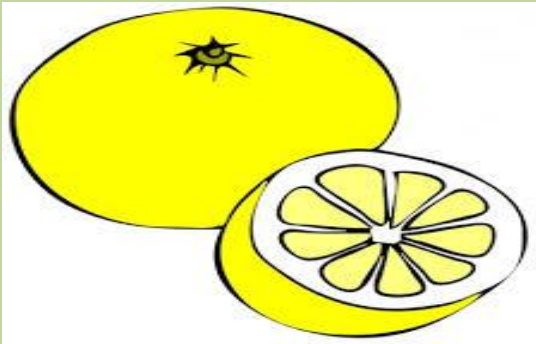Meat Poultry Fish, Fat &
oils

PLAY ACTIVITY
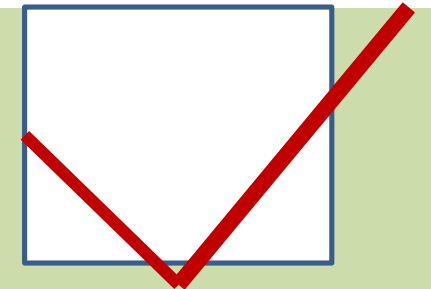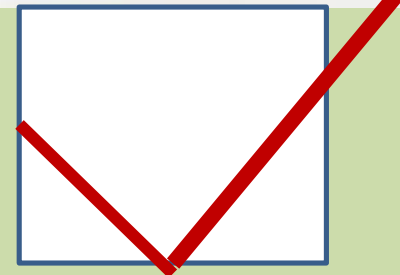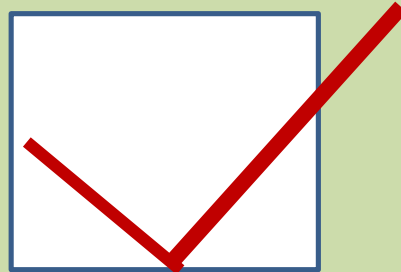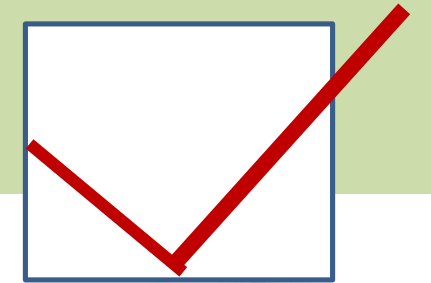

Physical activity keeps our body healthy and strong.

Spend some time outdoors in fun activity everyday

Activity 4 with answers - Put a tick in a box for Healthy Food and an X for hollow calorie food
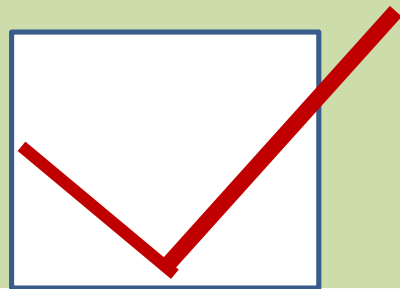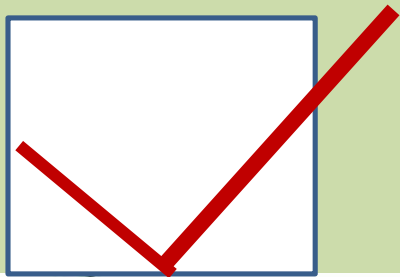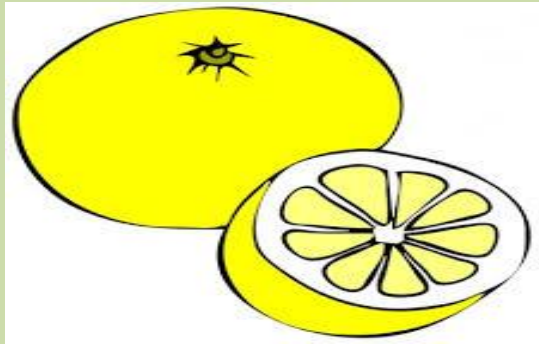
Unhealthy Food

CAN YOU SEE WHAT THE LITTLE GIRL IS CARRYING IN HER BASKET?
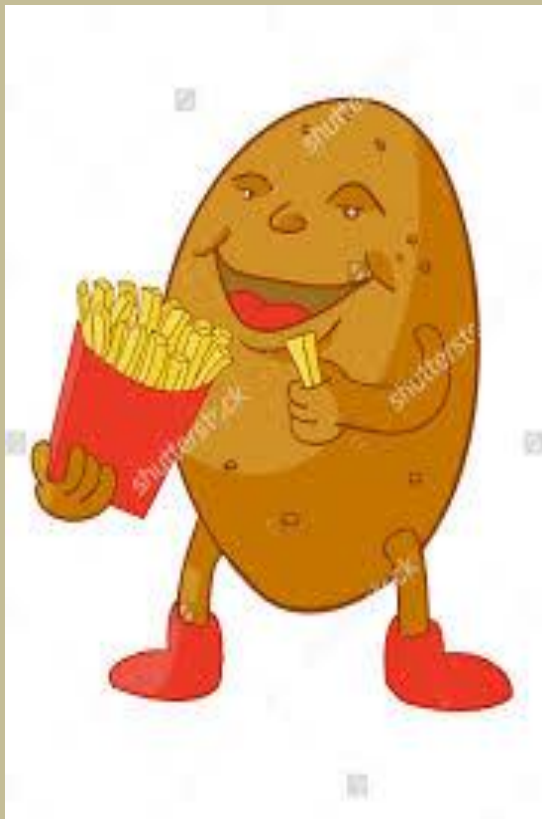
WE ❤ JUNK FOOD

High in fat

High in Sugar

**Low in Fibre.
It is tasty, but unhealthy.**
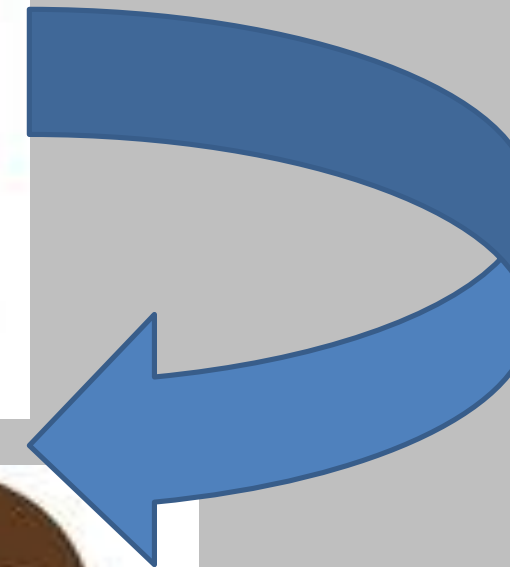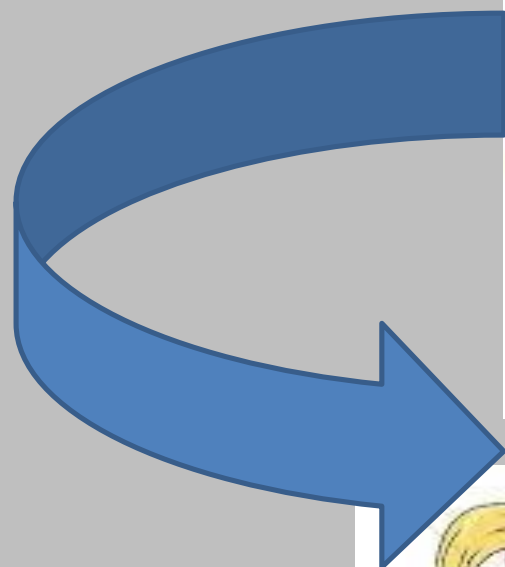
WHY IS JUNK FOOD BAD

Junk food is low in nutrients and high in salt, sugar & fat
Junk food is responsible for rise in obesity and lifestyle related diseases like heart attacks, Diabetes and tooth decay.

Junk v/s Healthy- Who would you like to be?

Activity 5- For each of the pictures given below, select the better option

healthy   unhealthy

Thank You