



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



# 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

Do you know  
what keeps us in  
good health?





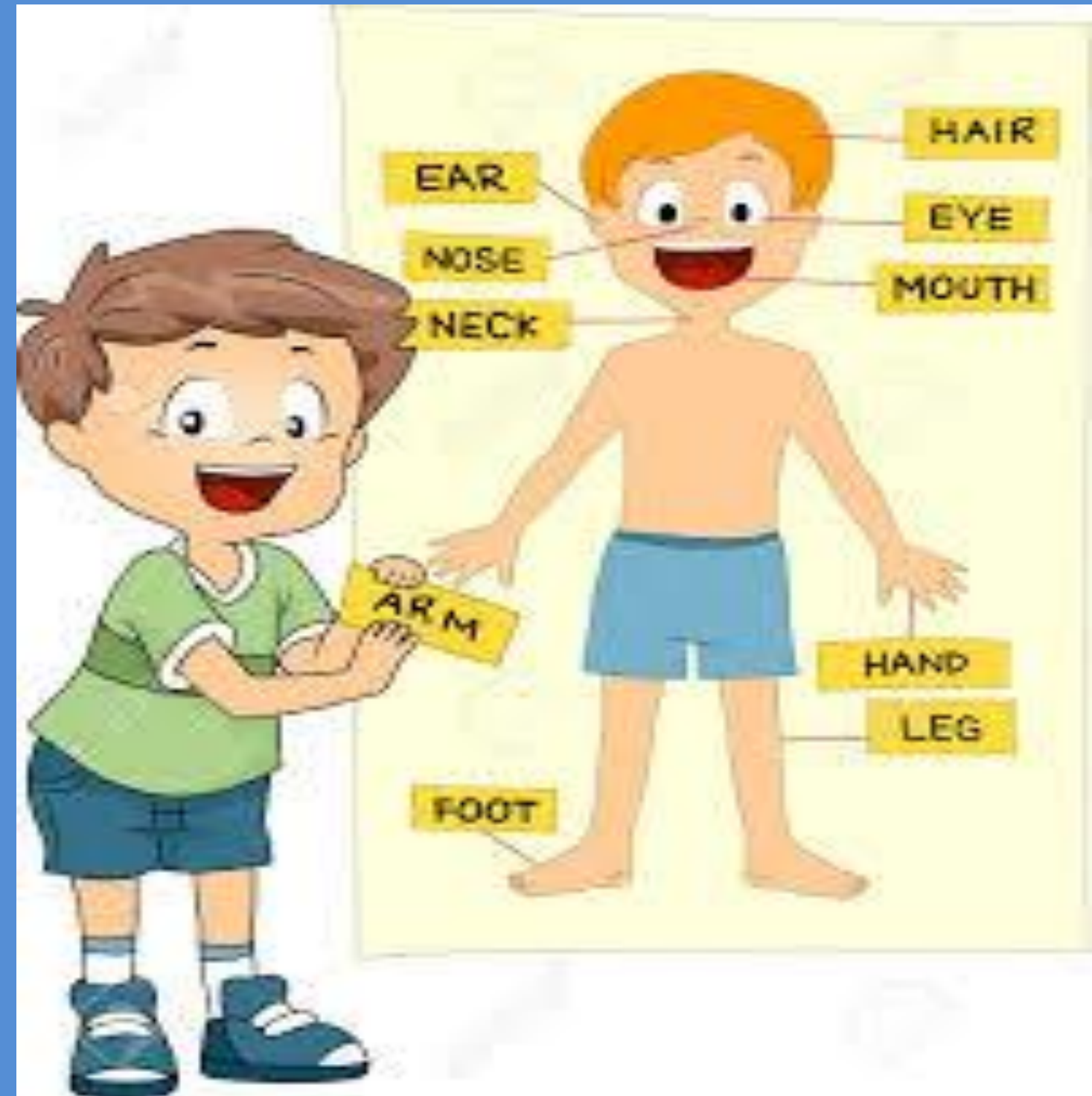
# HEALTHY FOOD, WATER, EXERCISE AND SLEEP KEEP OUR BODY HEALTHY



## 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

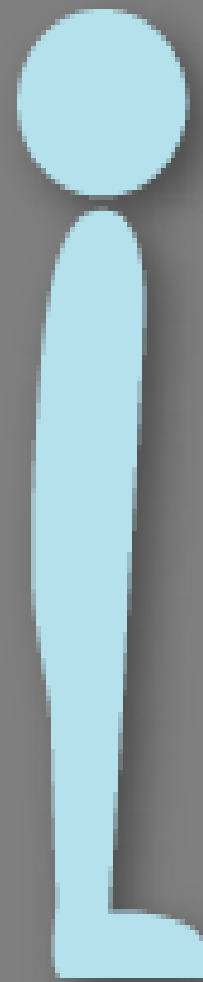




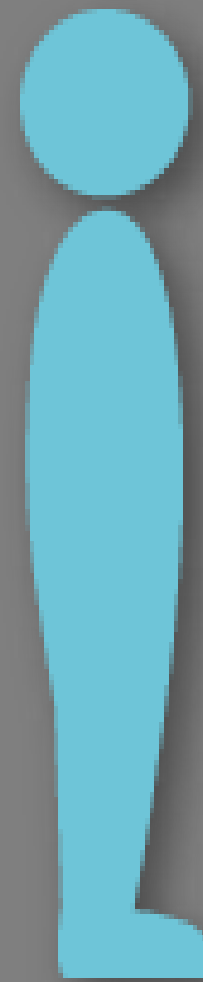
# Activity 3: Nurse Station

## Record Height, Weight of each student!

What's your weight?



Underweight

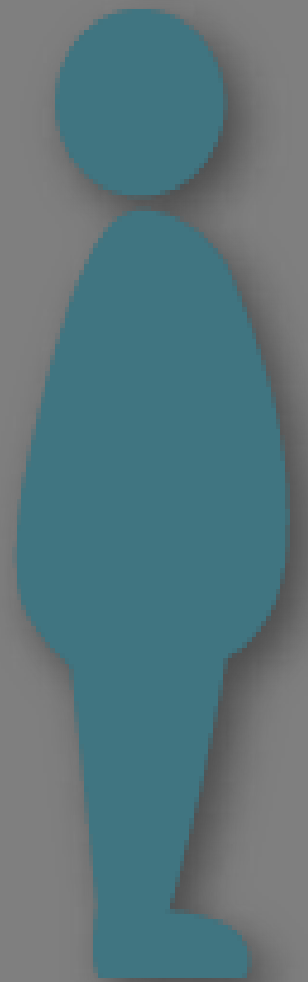


Normal



Overweight

+10%



Obese

+20%



# YOU ARE WHAT YOU EAT!



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



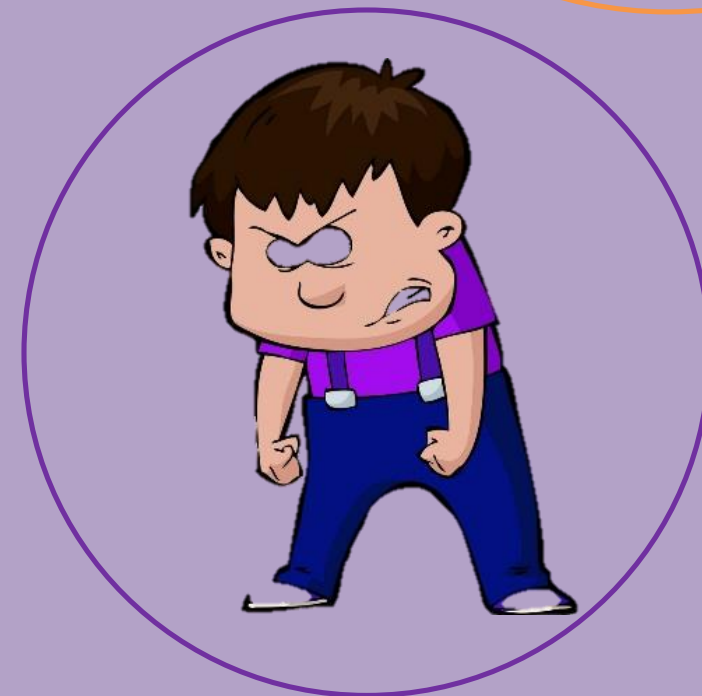
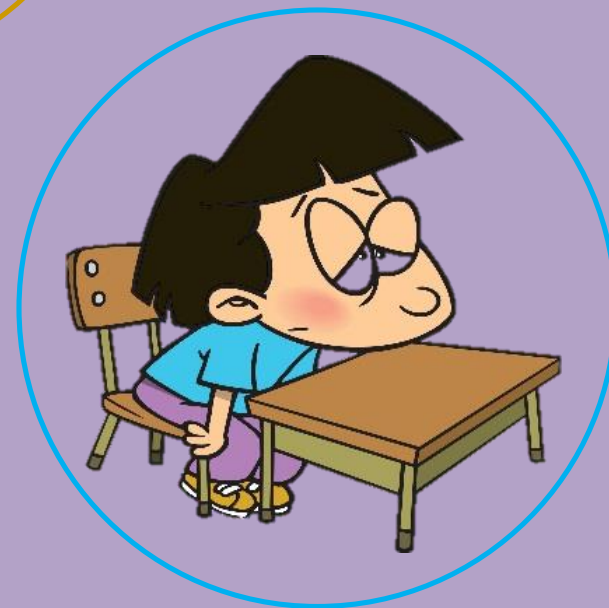
**When you eat well you have normal weight and can remain healthy and fit**



**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.**





**When you eat less of  
Go Foods or energy  
foods such as  
chapaties, pasta,  
rice, potatoes, bread,  
butter or ghee you  
feel weak and lack  
energy**





**When you do not eat  
Grow foods that give  
you strength and help  
you grow tall in the  
amounts needed by  
your body, you feel  
weak and have no  
strength!**



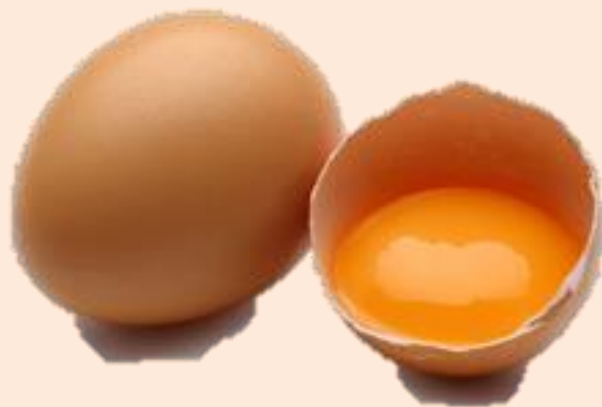




**Fats like butter, ghee  
or oils should be eaten  
in the right amounts for  
good health.**



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 <sup>us</sup>  
fight  
germs <sup>that</sup>  
make us **sick**



## Sources of Vitamin C





# DID YOU KNOW!?



Strong bones are needed to support weight of your body.

Weak bones can bend and get deformed!



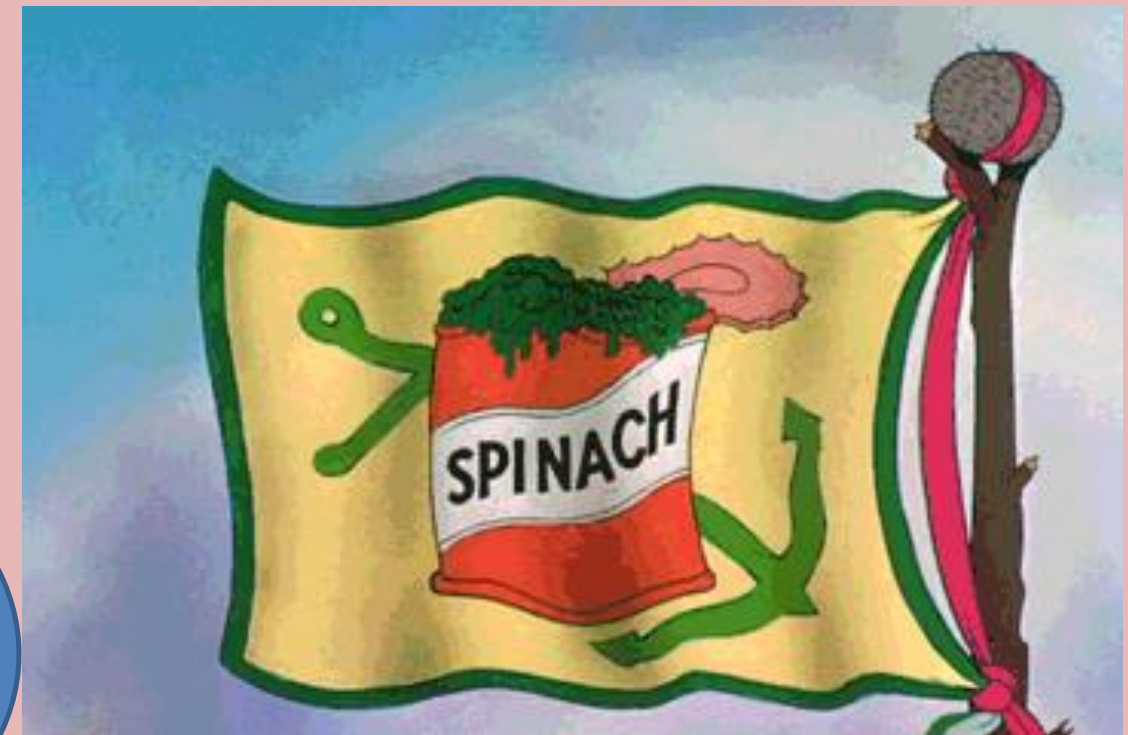


# DID YOU KNOW!?



My friend, Popeye the Sailorman eats spinach and becomes powerful!

Our body needs IRON to make blood that keeps us healthy and strong!



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

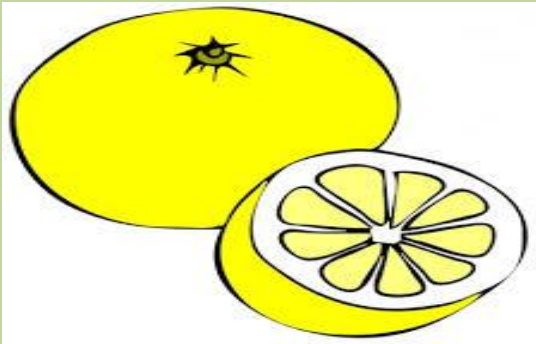


**Physical activity keeps our body healthy and strong.**

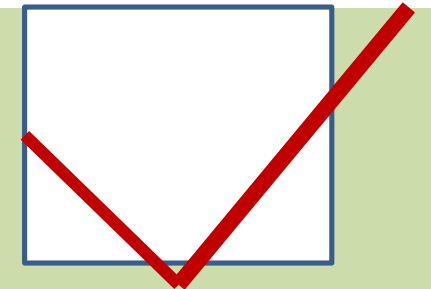
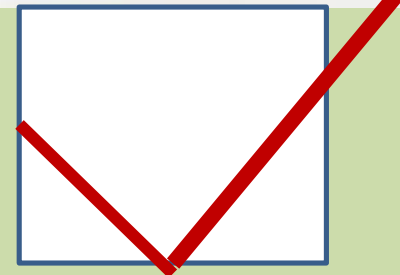
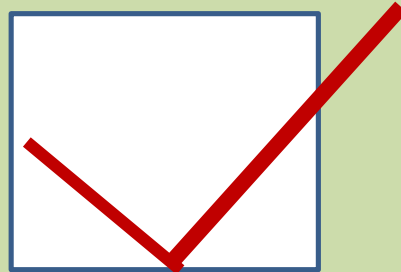
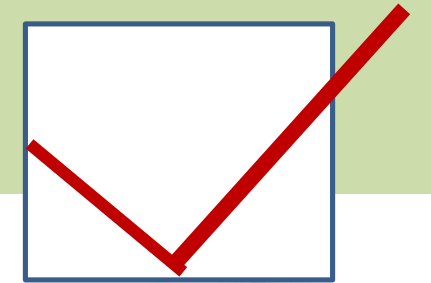
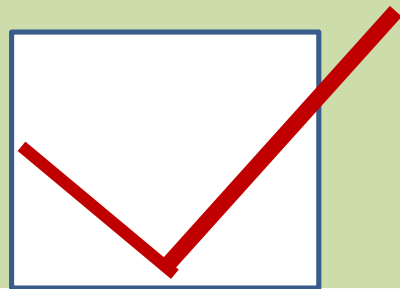
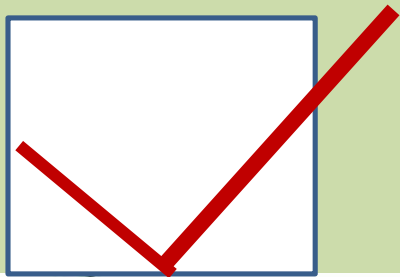
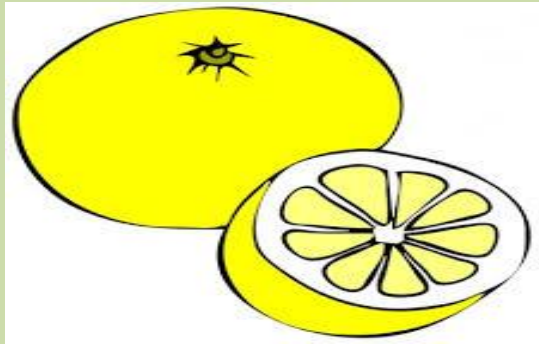
**Spend some time outdoors in fun activity everyday**



**Activity 4- Put a SMILEY 😊 in a box for Healthy Food and a SADDDY ☹️ for hollow calorie food**



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



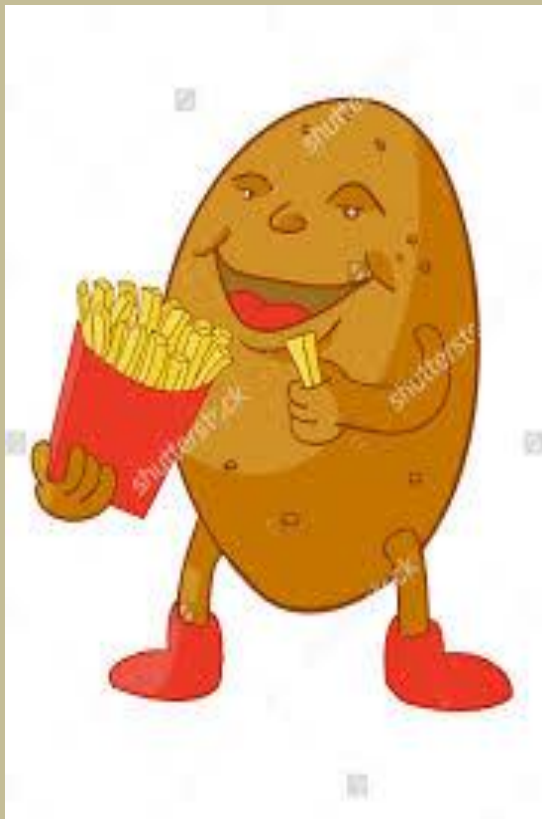


## Unhealthy Food



**CAN YOU SEE WHAT THE LITTLE GIRL IS CARRYING IN HER BASKET?**





**High in fat**

# WE ♥ JUNK FOOD



**Low in Fibre.  
It is tasty, but unhealthy.**



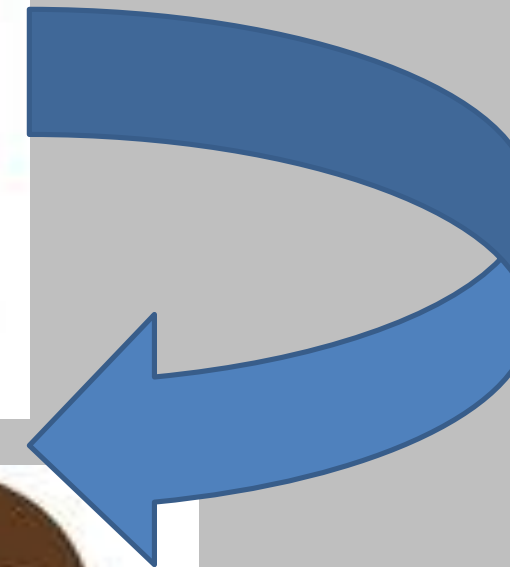
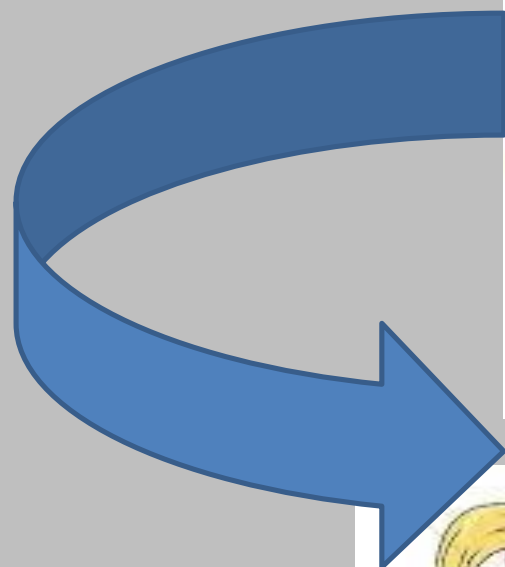
**High in Sugar**

# 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**





Reduce use of TV,  
mobiles, tablets and other  
gadgets!

Work your way to  
becoming sehat-ful  
like us!



# DID YOU KNOW!?



Too much  
**screen time**  
is bad for you

It leads to weak  
eyesight and poor  
health. You could also  
become fat just by  
sitting and not going  
out to play!







**Thank You**