



Equipping Literacy Assistants

Nutrition

What is nutrition?

The way in which food helps the body keep healthy.

The body needs GOOD food to:

- grow
- repair itself
- fight off sickness
- build bones and muscles
- have energy

Some foods are good at doing this.
Some are not.

The link between good nutrition and learning

- Many studies have shown that there is a connection between nutrition and learning.
- Students who do not have good nutrition in the early years do not perform so well at school.



Good nutrition

A study in the USA ...

Children with **poor** nutrition were given **good** nutrition.

Improvements were seen in:

- School attendance
- Behaviour
- Concentration
- School performance

Protein foods

- These are sometimes hard to get, or expensive, but we must try!
- Protein foods build muscles, bones and help the brain to develop.
- Protein foods are: meat, fish, eggs, nuts, legumes (peas, beans, peanuts) and animal milk products.

Activity:

Suggest ways that you could encourage a mother to increase the protein in the family diet. What foods could she find?

Main Protein foods

- Meat
- Fish
- Lentils / Legumes
- Nuts
- Dairy products

Good fats

- The brain is made up of mostly fat.
- We need to eat good fats for the brain to develop and work properly... and for energy

Good fats are fats found in natural foods:

- Coconuts and nuts
- Butter if available
- Olive oil
- Margarine and cooking oils **are not good fats.**

Vitamins and minerals

- These are found in most natural foods.
- They get the body working, doing all the jobs that our amazing bodies are meant to do.
- They help the body to grow, to repair itself, and to be active.
- We get many vitamins and minerals from coloured fruits and vegetables.

Vitamin A

- Vitamin A is the vitamin that helps our eyesight.
- Vitamin A is found in orange fruits like mango, paw paw, green leafy vegetables and especially in sweet potato.

Garden food is best

- Some people would rather eat bread, rice or packages food than traditional root crops.
- Your traditional root crops are more nutritious than rice and bread! Our bodies need vegetables of all colours, including green.
- Packaged and processed foods are not very nutritious!

The problem with packaged food

Processed factory-produced foods are often high in things that are bad for our health:

- sugar, salt, flour, artificial sweeteners
- highly processed oils
- artificial food additives – colourings, flavourings, preservatives



Modern processed foods

- Modern processed foods containing ingredients that are responsible for diseases like diabetes, cancer and heart disease.
- Too much sugar, salt, bad fats
- Too much bread in many countries
- Poor food choice is a big problem in rich countries where there is too much food to choose from.

Eat your traditional diet

- Eat traditional foods
- WITHOUT adding the processed foods of modern Western society.
- And try to get a good balance of foods that give us protein, vitamins and minerals and good fats.
- This can mean less rice and less packaged food.

What do you eat in a week? USA



What do you eat in a week? Ecuador



What do you eat in a week? Chad



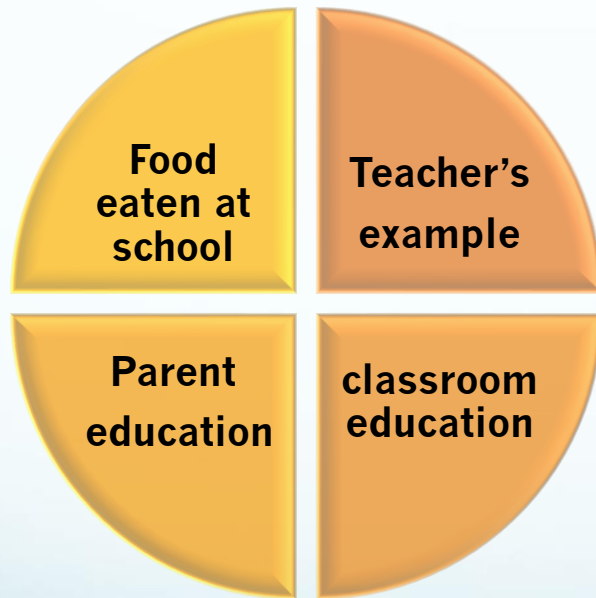
Food available in Chad

- ***Mostly:*** grain porridge (millet), red beans, peanuts, cassava
- ***In small amounts and not often:*** goat meat, goat milk, tomatoes garlic, okra, dates, guava, mangoes when in season
- ***Drinks:*** water, (not on-tap), hibiscus tea
- **Problem:** low and unpredictable rainfall

What can you grow in your country?

- How does food in your country compare with Chad?
- Does your country have better potential than Chad for good nutrition?
- How can nutrition be improved?

What is the role of the school?



- to help the whole school community to make wise choices
- to teach the importance of good food for good health
- to encourage good habits so that children can grow up to be fit and healthy
- to find out whether students are getting enough nutritious food

What would you do if you found out that one of your students was not getting breakfast at home?

Remember NEW START for good health.





for nutrients





for exercise



W for water





for sunlight



2 8 2
3 5 5
9 5 2

t for traditional diet

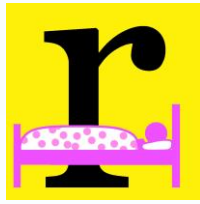
Get rid of the junk food and fizzy drink!



Avoid junk foods and drinks containing sugar chemicals which harm our health.



for air

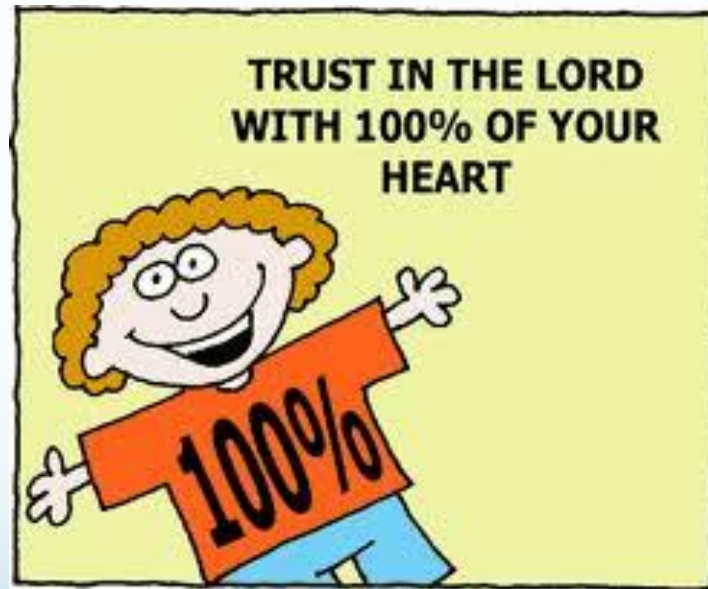


for rest





for think happy thoughts
and trust in God



Activity

1. Make a list of healthy traditional foods.
2. Make a list of the most common junk foods.
3. What nutrition problems are faced in a) rural areas
b) cities and towns
3. How could you encourage your students to eat a healthy diet?