

## NUTRITION: BALANCED DIET

**10.b**

<b>ACTIVITY:</b>	What do you eat?
<b>CARD SET:</b>	none
<b>TIME:</b>	One hour
<b>MATERIALS:</b>	Each person to bring a dish of typical food to this meeting
<b>OBJECTIVE:</b>	To see what food is eaten locally
<b>KEY MESSAGE:</b>	You are what you eat, so eat well
<b>HOMEWORK:</b>	Nutrition garden and fruit trees at home

### **METHOD: MAKE A BALANCED MEAL**

#### **ACTIVITY 1: FOOD GROUPS**

1. Discuss the difference between types of food: Body building (proteins), protective (vitamins) and energy giving food (fat and carbohydrates).
2. Hold up the pictures and ask which group each picture belongs to until everyone knows the difference and can identify the three groups easily.
3. Each person must come forward and show the food they have brought to the group, and say which food group it is. Applaud when they get the right food group.
4. On the ground make three groups and each participant should put their food in the right group.
5. Encourage discussion between participants so they help each other to make the choice of food group. Only intervene if they get the facts wrong.

#### **Activity 2: MAKING A BALANCED MEAL**

##### **IN GROUPS OF FOUR:**

1. All the food has now been grouped into three food types but now mix up all the food dishes again.
2. Divide the whole group into sets of four people.
3. Each group find an open piece of bare ground.
4. On the ground, draw a circle like a big plate and divide it into four.
5. Ask the four people in each group to come forward and make a selection of four different foods, ensuring they have one type from each of the four food groups.

##### **DISCUSSION FOR EACH GROUP:**

- Is the recipe practical?
- Discuss the challenges of eating a balanced diet: cost, seasonal availability, habit
- Discuss how to overcome some of the challenges
- Can we grow some of the food we need?