

FACILITATOR GUIDE TO PARTICIPATORY ACTIVITY

TOPIC 12: Nutrition

After this session participants will know how to ensure a balanced diet, and the different uses of food for our body.

In preparation for this session ask everyone in the club to bring a sample of some type of food that they eat at home.

Ask them each to come up and say what kind of food it is and how it helps their body in one of three ways:

1. **Protective Food:** Fruit and Vegetables which help the body to fight disease
2. **Body building food:** Protein which helps to build muscle and strength
3. **Energy giving food:** Carbohydrate and fats which fuel the body and give power to enable us to work and play.

Once everyone is clear on what different roles food play, you can ask them to imagine a perfect meal with includes some of each of the 3 types of food.

Use the set of cards but first take out those cards which are not found in your area.

1. Get everyone to sit in a circle holding up their card.
2. Shuffle the 4 suits of 12 cards together and give out one card to each person.
3. 12 people can take turns to make a perfect meal (even if it is a bit strange and doesn't make sense in the real world)
4. She must tell everyone what is on her card and then select three other cards, one from each of the other suits, which could be combined to make a perfect meal.

DISCUSSION

What are the barriers to making a balanced diet and what can we do to make our food healthy. This should lead into the next session which is how to grow our own vegetables and fruit trees. If this is not appropriate as there is no follow on or no land available, then skip to how to choose good food from the shops.