

Attachment lesson 1 - nutrition

What is nutrition?

Facts to share to with the group:

- Consuming or eating of food for our body's needs
- We eat because it is delicious, for our energy, nutrients and vitamins
- Variation in our diet is required to receive all the different nutrients we need. Eat products as brown bread, potatoes, rice, pasta, fruit, vegetables and dairy products, a variety of different products
- Good nutrition is a well-balanced diet combined with physical activity
- Poor nutrition can cause a weakened immune system, so someone becomes more vulnerable for diseases. It counteracts physical and mental development
- Goal is to keep our heart and body healthy, so we live longer
- Eat the right fats, so unsaturated instead of saturated fats. They contain more vitamins
- Not too many salts, maybe instead use spices
- Enough vitamins and minerals
- Milk and other dairy products contain calcium and vitamins which we need for the growth of our bones
- Healthy food and enough activity give someone a happier and better feeling

Attachment lesson 1 - song lyrics

Today's topic is our food.
What happened jimmy?
Papa doesn't want me to eat pizza
But you ate pizza in lunch
Why you want it again?
Because I love pizza
Oh, even though I love pizza, but we need to eat all kinds of food
Why can't I eat pizza always?
Okay, tell me how many kinds of food you know
Fruit, vegetables, bread, oh, there are many
Do you know why we eat food?
Yes, to get energy to work and play, otherwise I feel tired and hungry
Yes, you're right. We also need food to grow
Yeah
Let me tell you about different kinds of foods:
We can divide food in 5 types;
I can see bread in the first one
Yeah, these are made of cereals. These are called carbohydrates
And second, it is butter hmmm jummy.
Yes these are fats. Now comes fish and milk, these contain proteins
Here are fruits, mummy always wants me to eat these.
Yes, these are vitamins and minerals
Oh there is water also
Now let us understand what these different foods do:

Like a car needs petrol to run, our body also needs energy to work.
This energy comes from carbohydrates. They also give us instant energy
Carbohydrates: energy giving food

Let us now look to fat
Fat also gives energy, but they give energy very slowly
Body keeps them to work and if you don't get carbohydrates on time body uses them
Like mama keeps some extra chocolates away at home,
Body also keeps extra energy in store
Oh
Fats: store of energy in body, slow energy

But if you don't use to store energy, you can become very fat
So, you should eat less of these
So, my friend john is fat because he keeps eating and does not play
Yes, you are right
More fat, you become fatty

Now proteins, how they help
Here are proteins. These help you to grow
You know, body keeps building new cells. These proteins help to rebuild and repair cells
Proteins: body building and repairing

Let me show you more:

Why does Pasan look sick?

There are few nutrients that keep our body healthy

And they fight diseases. They are called vitamins and minerals.

Vitamins and minerals: keep body healthy, fight diseases.

Now most important part of body:

This is water, yeah, this is very important

You know, half of our weight is water.

I am off to degage

That means there is 15 digits of water in my body

It helps to keep our body clean and helps in digesting our food

Water: keeping body clean and helps in digestion

Let me show you something:

Why milk again?

Because it has everything

This is called a wholesome food

Let me note it down

So now on, I will eat all kinds of food

But less fat

Let's revise what we learned

What is this?

This is called the food pyramid

It tells which food we should eat more and which we should eat less

Oh, we should eat less oil and butter

And see at the bottom. We should eat more cereals, bread

And also vegetables and fruits

Here is test for you

Can you tell me, which food is what?

Oh this is butter, this gives us fat and makes us fatty

So we should eat less butter

This is milk, which gives us protein and helps us in repairing and making new cells

Good for growth

Yes, so we should make more milk

Oh I am eating vitamins

Yes, vitamins helps us to fight diseases

You know, I love carrots

Yes, vegetables give us minerals and vitamins to give our body healthy

Oh rice is also here.

Yeah, but we need to cook it

These give us carbohydrates, the instant energy

Oh I need instant energy; I have to run to my soccer class