

Integrating Gender and Nutrition within Agricultural Extension Services

Nutrition Activity Sheet I

Diet Painting

Age:

8-10 years

Time:

70 minutes

Materials Needed:

- Sheets of white paper
- Pencils
- Color pens, pencils, or crayons
- Pictures of a sample healthy meal (large enough that children can see, using the dish, bowl, etc. that is commonly used in that community)

Introduction

Children need to eat a variety of foods to support adequate growth, increase strength, increase brain function (do well in school), and improve health (less illness). The goal of the “Diet Painting” activity is to encourage children to eat a variety of foods from the 3 basic groups on a daily basis.

Objectives

At the end of the lesson, children will be able to:

- 1) Identify the 3 basic groups
- 2) Lists foods more associated with each group
- 3) Understand the importance of consuming these foods
- 4) Build a meal that uses a food from each of the 3 main food groups

Guide

Use the table below to associate the 3 basic groups and some example foods (think about more foods too!). Color coding helps visualize these groups on a dish.

Color	Group	Examples
Red	Energy Giving	Rice, bread, grains and cereals, roots and tubers, sugar, oil, coconut, ghee
Yellow	Body Building	Meat, fish, egg, milk, lentils, nut, seeds
Blue	Body Protecting	Dark green leafy vegetables, yellow vegetables, orange vegetables, fruits

Class Activity

- I. Awareness and Prompt. Use the table above to guide the discussion.
 - a. Teach students what each color represents for the food groups, what are some foods associated with each group, and their importance (objectives 2 and 3).



Dish 1. Example of balanced meal



Dish 2. Example of a painted student meal

2. Group Activity.

- a. Distribute a piece of paper to each child.
 - b. Ask them to recall a typical home meal and to draw it on the paper with pencils. This will be called the “usual diet.” (~ 10 minutes)
 - c. Ask the students to paint over each of the foods in the picture of their “usual diet” using the colors (dish 2) of the 3 basic groups (objective 4) (~ 5 minutes)
 - d. Once everyone has finished, ask the children:
 1. Do you have all three colors in the dish you drew?
 2. Which color(s) do you have the most?
 3. Which color(s) do you have the least? (objectives 1,2)
 4. What other foods can you add to your dish to show all the colors? (~ 25 minutes) (objective 4)
 5. Have the students draw additional foods onto to their plate to have a balanced meal (objective 2) (~15 minutes)
- ## 3. Take home and conclusion. The instructor will include by asking the children: (~ 15 minutes)
- a. What are the 3 basic food groups? (objective 1)
 - b. What foods are found in these food groups? (objective 2)
 - c. Why do you need to consume these foods on a daily basis? (objective 3)
 - d. Will you be able to eat the picture you drew on a daily basis?

References

Food and Agriculture Organization, *Basics on Food and Nutrition Bangladesh*, N.p.,n.d.



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