



# FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

## Integrating Gender and Nutrition within Agricultural Extension Services

### Nutrition Activity Sheet 2

### Find Your Strength

**Age:**

7-10 years

**Time:**

75 minutes

**Materials Needed:**

- Pictures of foods
- Blank Paper
- Pens or Pencils
- Crayons
- Bowls (enough for each group to have one)
- Dishes (enough for each group to have one)

### 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 “Find Your Strength” activity is to encourage children to eat a variety of foods from these food groups on a daily basis.

### Objective

After the lesson children will be able to:

1. Name the different food groups
2. List different foods from each food group
3. Understand the importance of consuming these foods on a daily basis
4. Explain how they will eat these foods from each food group on a daily basis

### Class Activity

1. Awareness and Prompt. Ask the children if they know about the different food groups. Once some children respond, the instructor will teach children about the 3 different food groups, provide some examples of foods within each of those food groups, and explain the importance of consuming these foods. (~15 minutes)
2. Group Activity.
  - a. Place the children into various groups as indicated in the picture on the left. If there are more than 15 children in the session, divide them evenly throughout the different groups. (~5 minutes)
  - b. Children will receive pictures of foods from all the basic food groups, and each group will receive a bowl. The children will need to identify the foods that belong to that food group and place those food pictures in the bowl (Objective 2). For example, a child is in the body protecting group and is given food pictures of rice, a green vegetable, and chicken. The child will need to place the green vegetable picture in the bowl. (~15 minutes)



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- c. Once all children have placed a food picture representing their food group into each bowl, the instructor will provide each of them with a dish. (~5 minutes)
- d. The children will place one food picture from their group's bowl on the dish. Then, each child will go to the other groups' bowls to draw a food picture on their plates they make a complete meal. (~10 minutes)

Take home and conclusion. Ask the following questions for everyone to respond: (~15 minutes)

- What are the 3 food groups that are necessary for a healthy body and mind? (Objective 1)
- Why is it important to eat foods from the different groups? (Objective 3)
- How will you add foods from each of the groups into your meals at home? (Objective 4)
- Was there any food that repeated? What do you think about that? (Critical thinking)

## References

"Nutrition Country Profiles: Bangladesh Summary." *Nutrition Country Profiles: Bangladesh Summary*. N.p., n.d. Web. 19 Apr. 2016. [www.fao.org/ag/agn/nutrition/bgd\\_en.stm](http://www.fao.org/ag/agn/nutrition/bgd_en.stm)



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