

## Integrating Gender and Nutrition within Agricultural Extension Services

### Nutrition Activity Sheet 3

### Identify your Foods

#### Age:

6-8 years (for younger children use colored cards with pictures)

#### Time:

60-70 minutes

#### Materials Needed:

- 30-40 card pictures of foods or cards with words describing the foods
- Blackboard or flip chart
- Tape (some type describe)
- Prizes (pencils, pens, erasers)



### 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 “Identify your Foods” 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) Classify foods more associated with each group
- 3) Understand the importance of consuming these foods

### Guide

Use the table below to associate the 3 basic groups and some example foods (think about more foods too!).

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

### Class Activity

- 1) Awareness and prompt. Use the table above with the 3 food groups to guide your discussion.
  - a. Start the conversation by asking the children if they know the food groups. If so, the instructor proceeds to ask them what are some foods that can be found in these groups and why these foods are important to eat on a daily basis. (~ 3 minutes)
  - b. Provide a lesson about the food groups, foods that are generally found in these groups, and the importance of consuming them on a daily basis using the table as a guide (objective 1-3). (~15 minutes)

## Identify your foods

- 2) **Group Activity.** Participants will work together to identify and classify foods within the 3 basic food groups following instructions.
  - a. On the board, draw a table or use cards with the 3 food groups' headings (Figure 1). (~1 minute)
  - b. Group the children into teams of 4. The team members will need to sit together. Distribute food cards evenly among the teams (Figure 2). (~5 minutes)
  - c. Children discuss among themselves which foods they think fit into the correct food groups. (objectives 1 and 2) (~8 minutes)
  - d. After teams have organized the cards into the food groups, one member of the team will place each of the food cards under the appropriate food group on the board. The team member also needs to explain why eating that food is important (objective 3) (~10 minutes)
  - e. If the team assigns the food item to the correct food group and is able to explain the importance of eating that food, the team will receive one point; otherwise no point will be awarded. When children do not place the card in the correct food group, discuss the food group that the card should be in and why. (~10 minutes)
- 3) **Take home and conclusion.** Once the game has ended, the instructor identifies the winning team. The winning team gets first choice for a prize. The other teams will be awarded a prize as well. (~5 minutes)

## References

*Nutrition Country Profiles: Bangladesh Summary. Retrieved 18 Feb. 2016.*

[www.fao.org/ag/agn/nutrition/bgd\\_en.stm](http://www.fao.org/ag/agn/nutrition/bgd_en.stm)



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