

Integrating Gender and Nutrition within Agricultural Extension Services

Nutrition Activity Sheet 10

Know your Foods

Age:

10-12 years old

20-30 children

Time:

60 minutes

Materials Needed:

- A few pieces of paper (~15-20) to make the “cheat sheets” for students with information about the foods that will be used in the game.
- Cards of food that are high in particular micronutrients and can be found in various food groups.
- Prizes: pencils, coloring books, erasers, etc.

Design

The cards will be designed as shown below with a picture/drawing of the food and some information on nutrition values, color, and taste.



Figure 1. Examples of food cards.

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 “Know 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) List foods more associated with each group
- 3) Understand the micronutrients (vitamin A, iron, iodine, zinc) that are typically found in these foods
- 4) Explain the importance of consuming these micronutrients on a daily basis

Class Activities

1. Awareness and prompt. Use the tables near the end of the paper to guide the discussion.
 - a. The instructor discusses the 3 different food groups and shows examples of foods that are found in these food groups by the food cards (table 1). (~5 minutes)
 - b. The instructor explains about the various micronutrients (vitamins A, C, iron, iodine, and zinc), the importance of consuming these micronutrients, and the foods these are found in by using the food cards (table 2). (~15 minutes)
2. Group Activity. In this activity the teams will learn about the different food groups and the micronutrients.
 - a. Evenly split children into 2 teams: A and B.
 - b. Distribute a food card (Fig. 1) to all students. This is the food they represent. They should not show their cards to the opposite team. (~3 minutes)
 - c. To compete, three members of each team will come to the front and face the opposite team. They will have to guess what food each opposite team member has by asking three questions. For example: “Do you build strength?”, “Do you help with brain development”, “Are you an animal?” (objectives 1, 3, and 4) (~20 minutes).
 - d. For each food item guessed correctly, the teams will receive a point. After the game has ended, the team that has the most points will have first pick at the prize. The



Figure 2. Use of the cards (do not show them to the other team)

other team members will then receive a prize. (~5 minutes)

3. Take home and conclusion. After the game has ended, the instructor will review the information on food groups, foods within each food group, their importance, some micronutrients and their importance, and why a varied diet is key for healthy living. (~10 min)

Guide

Use table 1 below to associate the 3 basic groups and some example foods (think about more foods too!).

Table 1	
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

Use table 2 below to associate key micronutrients, their importance, and some example of foods (think about more foods that the country consumes)

Table 2		
Micronutrients	Importance	Examples of Food
Vitamin A	Eye sight and reduces illness	Squash, dark leafy greens, pineapple, fish, liver
Vitamin C	Heals wounds, repairs and maintains bones and teeth	Bell peppers, dark leafy greens, papaya, mango, tomatoes
Iron	Red blood cells and reduces illness	Chickpeas, liver, fortified cereal, beans, lentils
Iodine	Brain development	Kelp, algae, salt with iodine
Zinc	Growth, brain development and reduces illness	Beef, seeds, lentils, shrimp

References

Nutrition Country Profiles: Bangladesh Summary. N.p., n.d. Web. 19 Apr. 2016. www.fao.org/ag/agn/nutrition/bgd_en.stm



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