



Integrating Gender and Nutrition within Agricultural Extension Services

Nutrition Activity Sheet 10

Role Playing

Age:

10-12 years

Time:

50 minutes

Materials Needed:

- Pictures of food items
- Crayons
- Paper



Above: FHI 360's Nutrition Plate

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 “Role Playing” activity is to encourage children to eat a variety of foods 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 basic group
- 3) Understand about the nutrients (carbohydrates, proteins, fats, vitamins and minerals) that are typically found in these foods
- 4) Explain the importance of consuming these nutrients on a daily basis

Class Activities

1. Awareness and prompt. Use the guide provided below for your discussion.
 - a. The instructor shows and explains foods commonly eaten on a daily basis by using pictures of foods.
 - b. The instructor explains in which food group these food items can be found, some particular nutrients found in these food items, and the importance of eating these food items on a daily basis (objectives 1-4). (~20 minutes)
2. Group activity. Children will work individually to identify foods, food groups, and nutrients following instructions.
 - a. Instructor hands out paper and crayons to each child.
 - b. Children draw a food they have learned about and color it. Each child is identified by his/her food. For example, a child who draws a pineapple will be identified by the pineapple. (~10 minutes).
 - c. Each child stands up in front of the room and explains what food group that child's drawing can be found in (objective 1), which nutrient(s) are found in this food

item (objective 3), and why that food is necessary to consume (objective 4). Each child in the class will complete this activity. (~20 minutes)

3. Take home and conclusion. The instructor concludes the lesson emphasizing the food groups, foods within each group, their importance, and the nutrients contained within those foods.

Guide

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

Group	Nutrients	Importance	Examples
Energy Giving	Carbohydrates, Fats	Provides energy for growing, playing, and learning	Rice, bread, grains and cereals, roots and tubers, sugar, oil, coconut, ghee
Body Building	Proteins	Growth, builds strength	Meat, fish, egg, milk, lentils, nut, seeds
Body Protecting	Vitamins (A & C) and Minerals (Iron, Zinc)	Protect the body from illness and disease	Dark green, leafy vegetables, Yellow vegetables and fruit

References

Robert E. Horn. *Visual Language and Converging Technologies in the Next 10-15 Years (and Beyond)*.

Press: Stanford University. Retrieved from

<http://web.stanford.edu/~rhorn/a/recent/artclNSFVisualLangv.pdf>



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