

# MY DIVERSIFIED DIET

## Teacher's Guide



### How to use this guide

This guide will help to streamline messages and integrate the activities that should be conducted in different contact points.

#### 4 KEY POINTS TO REMEMBER

1. Encourage students to review the relevant topic in their passport that is linked with each lesson that you give
2. Take-home messages: make sure to provide a summary of each lesson and indicate the key nutrition issues students need to discuss with their parents at home
3. Follow up: start the next session by checking the efforts made by the students to do the take-home assignments
4. Motivate students to translate your key nutrition discussions into action

# Topic-1: Why Adolescent Nutrition?



Optimal nutrition and healthy diet are very critical in this period to address those issues.

Students should take the messages seriously and apply them to improve their diet, discuss with their parents and peer groups, and translate key discussion points into action.

- Adolescence is the period between 10 - 19 years of age.
- It is a period in which an individual undergoes major physical and psychological changes.
- It is a period in which nutritional needs increase and lifelong health and nutrition behaviors are formed. As a result, adolescent nutrition has a huge contribution in ensuring healthy and productive future generations.

## Why improved adolescent nutrition?

- Adolescent girls increase their nutritional needs because they gain:
  - Up to 50 % of their adult weight
  - More than 20 % of their adult height
  - 50 % of their adult skeletal mass
- During adolescence, girls have very high caloric and protein needs.
- Adolescents are still growing, are physically active in sports and most attend school, thereby having increased nutritional needs.
- Adolescence could be a time of opportunity for youth to make up for the sub-optimal feeding they might have experienced during childhood.

### **INSTRUCTION FOR THE FACILITATOR:** **Discuss briefly the following topical issues**

- The importance of eating breakfast before coming to school.
- The need to bring healthy snacks to eat them during school recess.
- The need to make healthy food choices, eat at least three times a day in addition to snacks.
- Encourage them to discuss these issues with their parents.

## Topic 2: Consuming diversified diet



### Diverse diet

Dietary Diversity is defined as the number of different foods or food groups consumed over a given reference period, usually 24 hours. Consuming a diverse diet enables our body to get the right types and amounts of foods and drinks to supply nutrition and energy for supporting normal growth and development. This is essential for fighting illness, strong bones, healthy blood, muscles, eyes, brain and producing energy for physical activities. Different foods provide different nutrients for different organs and functions.

### When do we say – our diet has met the minimal recommendation?

If we consume 5 food items out of the 10 food groups daily we would say our diet met the minimal diet diversity requirement.

### KEY MESSAGE

1. Make sure your daily diet consists of a dark green leafy vegetables, beans and milk in addition to injera and shiro
2. Discuss with you parents and your peers on the importance of diet diversity and its improvement

### INSTRUCTION FOR THE FACILITATOR

Ask the participants to read the adolescent nutrition passport on pages 6 to 10 and discuss the importance with their parents and peer group before the next session.

## Identifying the missing food item to my daily diet



**Cereals and tubers**



**Egg & meat**



**Milk and milk products**



**Vitamin A rich vegetables**



**Fruits**

### Discussion Question

1. What are the foods you eat routinely and from which food category/groups (the last three days)?
2. Which food groups are missing (please refer page 5 on your nutrition Passport)
3. From the missing foods which groups are easily available?
4. How would you discuss the importance of adding the missing food groups and try to convince your parents?

### KEY MESSAGE

Make sure you are consuming at least one food item from the five food groups.

### INSTRUCTION FOR THE FACILITATOR

Give emphasis to the missing but available foods from 2 to 3 food groups to be added to their daily diet.

## Motivating adolescent girls to consume the missing foods

(examples for creating dialog)



### The Golden benefits of eating an egg a day

- Egg provides highest quality dietary proteins
- Eggs also contribute calcium, vitamins B, and vitamins A and B12
- Egg provides almost all the necessary nutrients for fighting disease and healthy growth

#### KEY MESSAGE

1. Convince your mom and dad telling them the importance
2. Eat an egg a day to grow healthy and strong
3. Discuss with your team on the possible ways to get an egg. If not every day, three times a week at least

## The golden benefits of consuming Vitamin A rich vegetables



### Roles of Vitamin A rich foods – they contain many benefits

- Help to form and maintain healthy teeth, skeletal and soft tissue, mucus membranes, and skin
- Promote good eyesight, especially in low light
- Build our immunity and prevents from infection

#### KEY MESSAGE

1. Eat kale or carrot or pumpkin or spinach (deep green & yellow vegetables) daily so that you will have healthy eyes
2. Discusses with your parents and your peer group the importance of consuming Vitamin A rich foods and possible ways to get those foods on a daily basis

## Benefits of consuming milk and milk products



- Milk and milk products are an excellent source of readily absorbable calcium and phosphorus
- Milk carries B group vitamins, particularly riboflavin and vitamin B12, and the fat soluble
- Vitamins A and D
- Calcium and phosphorus build strong bones and healthy teeth
- Milk also has good quality protein for building muscles

### KEY MESSAGE

1. Make sure you drink a glass of milk or consume yogurt or other milk products to support your rapid growth that is happening these days
2. Discuss with your parents and your peer group the importance of daily consumption of milk and milk products and possible ways to get those foods on a daily basis

## Iron rich foods - a solution to be strong and healthy



- Iron is an essential component of hemoglobin, a protein that transfers oxygen to various parts of the body and brain
- It helps to prevent anemia that causes fatigue and inability to learn
- In addition to consuming iron rich foods, adolescent girls should take deworming tablet every six months.
- Weekly iron folic supplementation (IFA) is one of the solutions to avoid iron deficiency

### Rich sources of Iron

- Plant source: beans, spinach and kale
- Animal source: beef, kidney and liver

### KEY MESSAGE

1. Eat beans or other iron rich foods daily and stay strong
2. Discuss with your parents and your peer group the importance of daily consumption of Iron rich food and possible ways to get those foods on a daily basis
3. Take deworming tablets every six month

# Importance of making healthy food choices

## What is a healthy food choice?

- Selecting foods that provide the right types and amounts of foods and drinks to supply nutrition and energy for supporting normal growth and development.
- Healthy food is a food that is highly beneficial to health that nourishes the human body with essential nutrients and doesn't cause harm.
- The food we are consuming needs to be varied, from diverse food groups and free from harmful chemicals and substances.

## What are the foods you should not consume?

- Sweet soda drinks and sugary drinks
- Sweetened foods
- Junk and fatty foods
- Very salty foods

## What are the recommended foods?

- Eating varied locally available foods that include fruits and vegetables, eggs and milk in addition to injera and shiro
- Eating roasted beans and nuts during recess, and breakfast before going to school
- Eating bananas, mango or other fruits each day

### KEY MESSAGES

1. Bring a daily healthy snack such as beans, nuts, bananas or other fruits to consume during recess
2. Eat breakfast daily before going to school
3. Do not consume unhealthy foods with too much sugar, too much salt or too much fat
4. Explain to your parents the importance of healthy food choices and types of healthy foods