

Adolescent Nutrition Passport



Hi!
My name
is Hanna.

I am Semira



We'll guide you into how you use the
adolescent nutrition passport!!

The information you are expected to fill out in this passport is just for your own use. Where asked, you can write your names or use your own code. If you want, you can show the information you are filling out to your friends or any one you wanted.



Name: _____

Grade: _____

Age: _____

Weight: _____

Height: _____

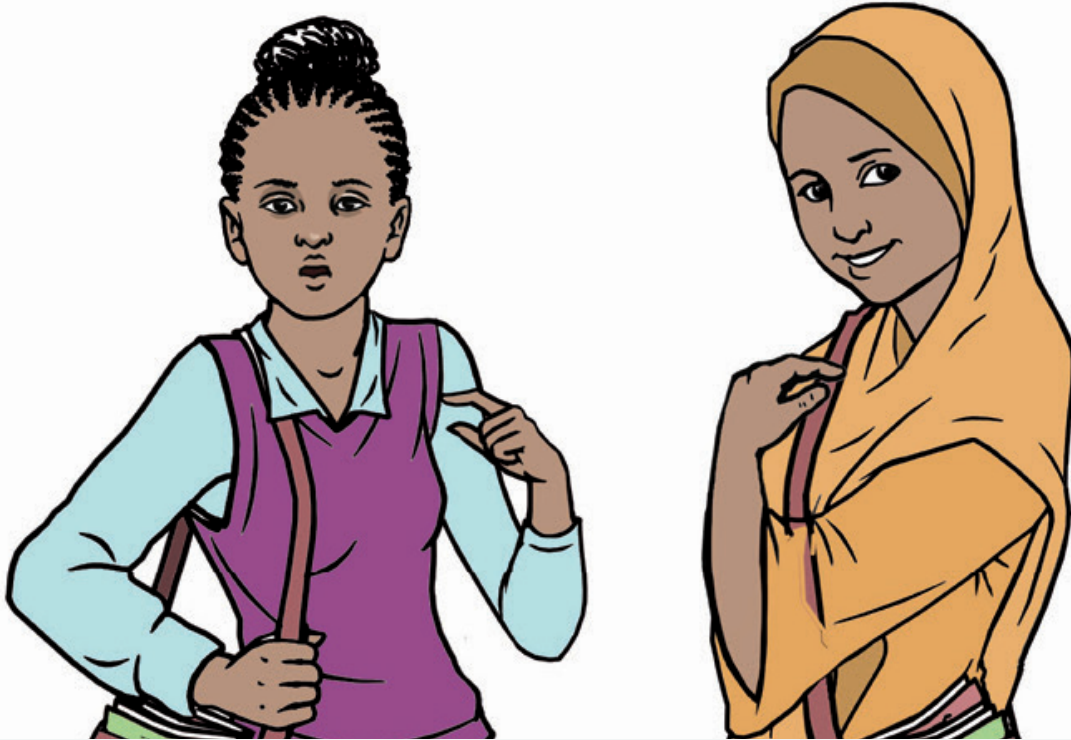
I am going to tell why the adolescent nutrition passport is important.

Adolescence is the period between 10-19 years of age when growth is accelerated and lifelong health habits are established. This period is known to be the second and remaining window of opportunity for next to the first 1000 days of life to make up for lack of balanced diet and malnutrition experienced in the earlier years.



During this period, improving the nutrition status of adolescents and particularly adolescent girls, ensuring their access to education and healthcare services, and protecting them from early marriage and childbearing practices will play a critical role in ensuring productive future generations.





Why nutrition during the period of adolescent so important?

During this period, adolescents:



Gain up to 50% of their adult weight



Gain more than 20% of their adult height



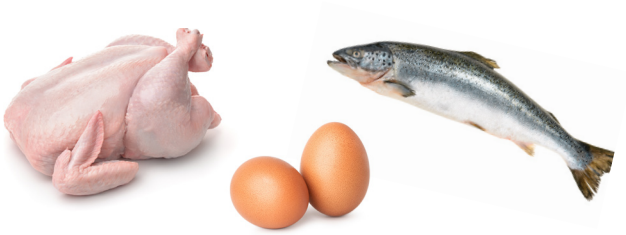
Build 50% of their adult skeletal mass

In the table next page, which summarizes the five food groups, list locally available food items corresponding to each group.

Food groups

Locally available foods

1. Fish, meat, chicken and egg



2. Milk and dairy products



3. Legumes: peas, beans, chickpeas, lentils, etc



4. Dark green vegetables



5. Fruits



Benefits of each of the 5 food groups

Group 1: Animal source food



Fish, meat, chicken and egg

- ✓ These foods contain iron, zinc, vitamin B12, essential fatty acids
- ✓ Eggs have high quality protein in them
- ✓ Zinc boosts our immunity
- ✓ Vitamin B-12 helps for normal functioning of nerves
- ✓ Quality proteins are essential for building strong body and enable it to produce enzymes
- ✓ Iron prevents anemia and helps for brain development

Benefits of each of the 5 food groups



Group 2: Milk and milk products



- ✓ Milk, yoghurt, cheese are rich in protein, calcium and phosphorus.
- ✓ Protein builds our body.
- ✓ Calcium and phosphorus are essential for the strength and growth of bones and teeth.



Group 3: Legumes

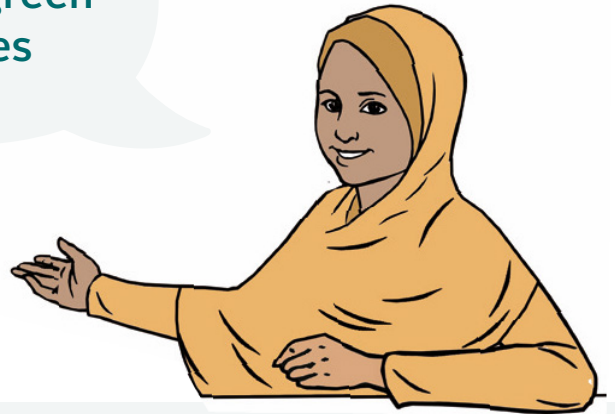


- ✓ Peas, beans, chickpeas, lentils, etc are rich in protein, zinc and vitamin B12.
- ✓ They are relatively cheaper and easily accessible.
- ✓ Zinc boosts our immunity.
- ✓ Vitamin B-12 play a critical role for normal functioning of nerves.
- ✓ Quality proteins are essential for building strong body and enable it to produce enzymes.

Benefits of each of the 5 food groups

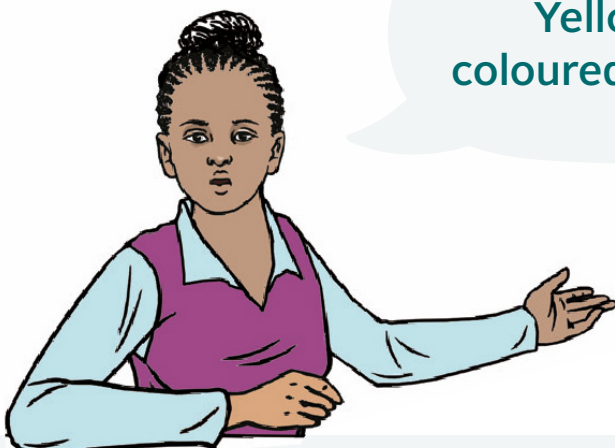


Group 4: Leafy dark green vegetables



- ✓ Kale, spinach, carrots, tomatoes, etc.
- ✓ They are rich in vitamins A and C.
- ✓ Vitamin A helps for clear eye vision & boosts immunity, thereby preventing us from diseases
- ✓ Vitamin C is key for a speedy healing of wounds and prevents the gums from bleeding

Group 5: Yellow coloured fruits

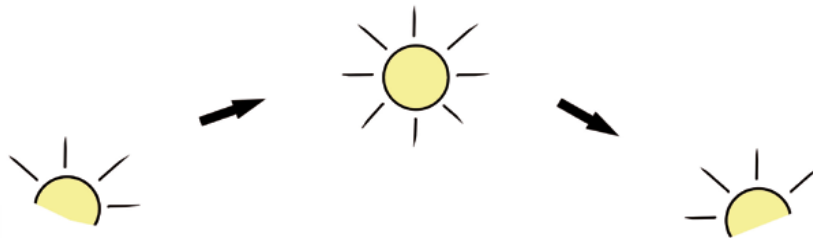


- ✓ Papaya, mango, avocados, guava, banana, lemon are rich in vitamins A & C
- ✓ Vitamin A: Protects from night blindness
- ✓ Vitamin C: Speeds up the healing of wounds and tissue repair

Do you know how often and how much to eat during the day?








- Adolescents need to eat 3 regular meals and one additional meal (snack) a day.
- Make sure you eat 3 meals a day prepared from different food groups and an additional snack. Remind your parents to support you in this.



Let me show you how to fill out the following table

- On page 6, we have listed down the types of food that are available locally.
- From pages 7-9, you have looked at the benefits of each food type.
- Now, in the following table, indicate the foods you eat daily under the food group they fall in.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Food group	M	T	W	TH	F	SA	SU
<p>1. Fish, eggs, chicken, liver, meat</p> 							
<p>2. Milk and milk products</p> 							
<p>3. Legumes: peas, beans, chick peas, lentils, etc.</p> 							
<p>4. Dark green and yellow vegetables such as carrot, pumpkin, tomatoes, etc.</p> 							
<p>5. Fruits such as papaya, mango, avocados, guava, lemon, etc.</p> 							

Benefits of consuming breakfast and snacks:

- They enable you to consume the amount of food you need for your daily activity and growth.
- Since you do not feel hungry, you will be able to attend your classes attentively and perform well.

Importance of bringing snacks to consume during class recess at school

- As you will not feel hungry, you will be able to attend your classes attentively and become successful learners.
- They help our body to acquire its energy demands during adolescence.

Key message for students

Bring snacks like kolo (roasted barley and chickpeas, etc), bread, and fruits to school and eat during recess; this enables you to follow your class lessons with full attention and perform well academically.

Key message for parents

Pack snacks such as kolo, beans, bread, bananas for your child to bring to school and encourage them to consume during recess.



Commonly consumed breakfast and snacks

Fill out the following table



Common <i>breakfast</i> (food items) you consume	Common <i>snacks</i> (food items) you consume

Healthy food choices

Avoiding consumption of foods such as soft drinks, fatty and salty foods

1. Enables us to maintain a healthy appetite
2. Prevents obesity and other health problems

What are the unhealthy foods commonly consumed in your localities?

Hannah and I made promises to ourselves not to eat such foods!



Below, write down the promise you make to yourself:

Discussing with parents

Discuss with your parents the benefits of good nutrition during the period of adolescence. In your discussions cover:

1. The types of locally available foods you listed down on page 5
2. The benefits of nutrition indicated on pages 6-9
3. Keeping a diary of daily food consumption indicated on page 11
4. Unhealthy foods listed on page 14

In this discussion, try to come up with a solution to improve your routine diet

Below, write down what has improved because of your discussion with your parents.



Write down what you plan to do in the future



About hand washing

Critical times to wash hands with soap and water

- After toilet use
- Before preparing food
- Before eating

Fill out the table below with your improvements and your future plan!



Month	Improved action	Plan of action for next month
September		
October		
November		
December		
January		
February		
March		
April		
May		
June		

Body mass index

- A person should acquire a body weight proportional to his/her height.
- It is an indicator of whether a person has a weight proportional to his/her height.
- Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters.

I will show you how to measure BMI



$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

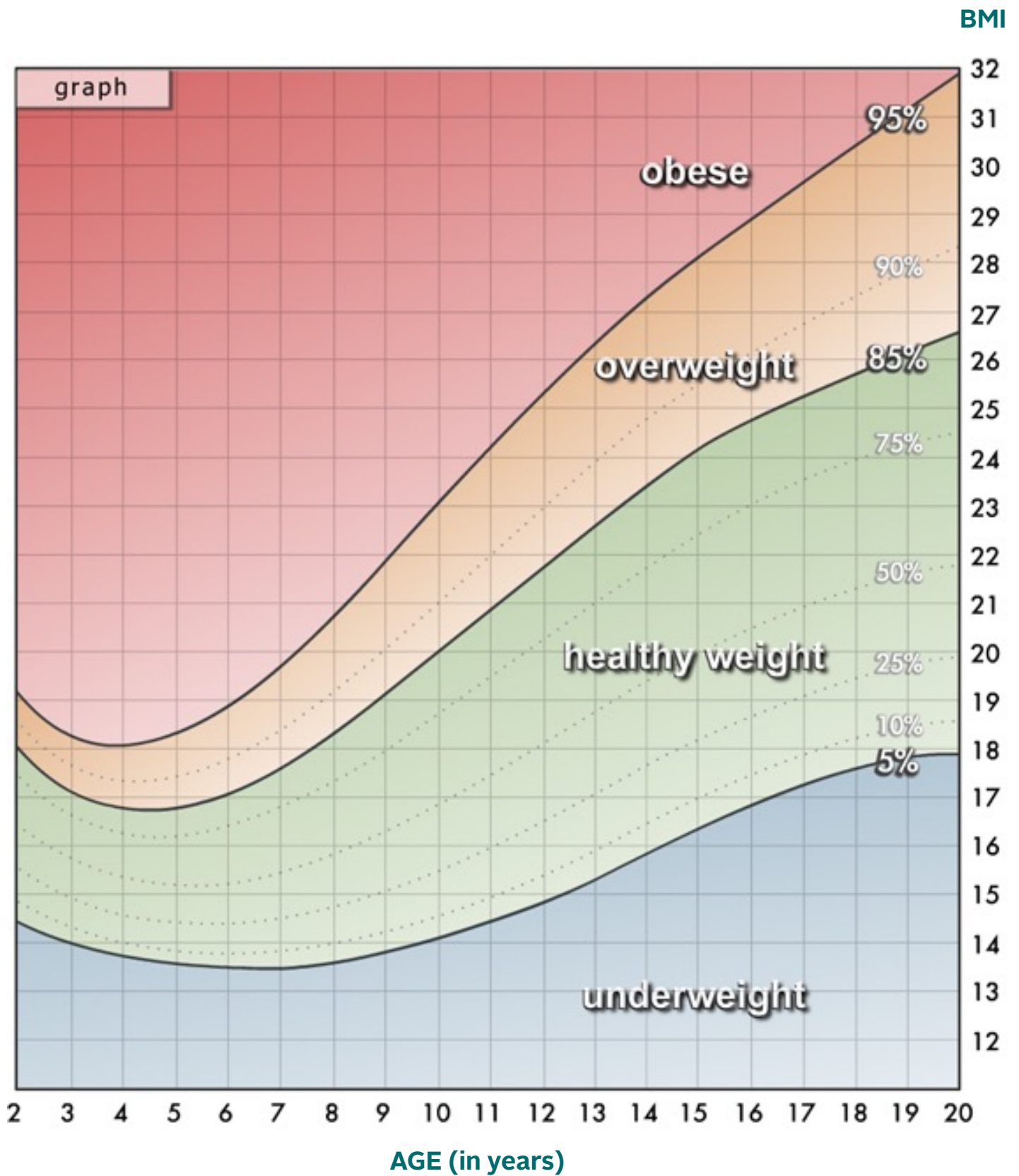
Interpretation of the result will be made by plotting the calculated result in z-score chart following the steps indicated. A proportional body weight is indicative of proper nutritional status.

Key message:

Diversify your daily diet with the five food groups, monitor your BMI every three months, put recommendations into action and let your parents know your nutritional status.

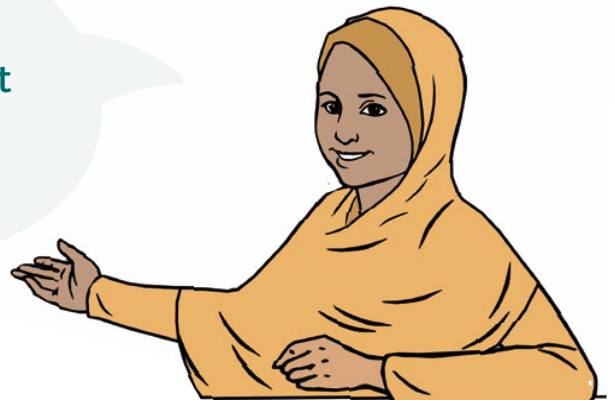


Body mass index chart



My reminder and progress

Write your improvements in relation to key adolescent nutrition actions in the table below...

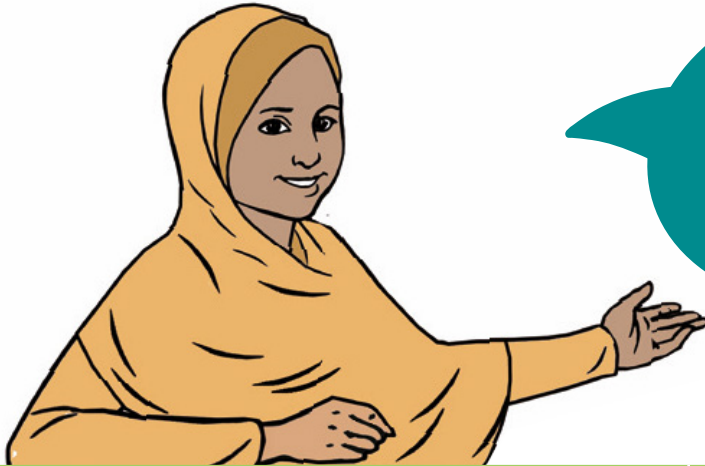


My progress:

Action	Improvement
Eating animal source foods	
Consuming milk and milk products (This may fit in the above group though)	
Eating legumes and cereals	
Eating fruits	
Refraining from unhealthy food consumption	
Eating breakfast and snacks	
Having discussions with parents	
Handwashing	
BMI measurement	

I promise to celebrate my successes! What about you? If you do so, write your promise to yourself below:

My reminder and progress



Write your improvements in relation to key adolescent nutrition actions in the table below...

Month	BMI
October	
January	
June	

Utilize the nutrition passport effectively and keep your promise to proceed to your period of youth well.





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nourish. nurture. grow.

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