

NUTRITION AND HEALTH EDUCATION SESSION GUIDE

HOW TO CONDUCT A EDUCATION SESSION

- ✓ Conduct a class room or group session
- ✓ Ideally should have not more than 15 person per group
- ✓ Group education should begin with the identification of what concepts teens already know
- ✓ Begin with an interactive discussion about the topic to be discussed.
- ✓ Group education should be as interactive as possible
- ✓ It is important to model desired behaviours or to demonstrate procedures in addition to verbally describing them (such as hand washing)
- ✓ It is also important to allow adequate time for teens to practice the skills
- ✓ or behaviours they are being shown
- ✓ Role play could be used- Two individuals in each group can role play the desired behaviour (such as how to choose food you eat)
- ✓ It is important to provide each teen an opportunity to provide input during group education activities
- ✓ If 1 or 2 individuals dominate the conversation, educator should ask each member of the group to provide an answer or personal reflection on the issue being discussed.
- ✓ Educator should remember that adolescents may only be able to learn a few concepts at a time. Therefore information in initial sessions should be limited to what is most necessary to know

HOW TO USE THIS GUIDE

- ✓ This guide should be developed as a flipchart/flipbook
- ✓ Each page should be shown to group and explained
- ✓ Each session should be conducted separately
- ✓ Each session should be of at least 20minutes duration
- ✓ The sequence of sessions should be followed
- ✓ Reinforce the messages at the end of each session

SNO.	SESSION	PAGE
1	SESSION 1- PERSONAL HYGIENE AND SANITATION	6-9
2	SESSION 2- NUTRITION	10-19
3	SESSION 3- IRON AND ANAEMIA	20-24
4	SESSION 4- ANAEMIA – CAUSES & PREVENTION	25-33
5	SESSION 5- PHYSICAL ACTIVITY	34-38

SESSION 1

PERSONAL HYGIENE AND

SANITATION

<p>PICTURE 1 – BATH</p>	<p>Messages with Picture 1 BATH</p>
	<ul style="list-style-type: none"> ✓ Take at least one bath daily ✓ Use your own towel only ✓ Use clean water for bathing ✓ Wear clean clothes after bathing
<p>PICTURE 2- ORAL HYGIENE</p>	<p>Messages with Picture 2 ORAL HYGIENE</p>
	<ul style="list-style-type: none"> ✓ Brush your teeth daily ✓ Brush your teeth every morning and before going to sleep at night ✓ Use clean water for brushing

<p>PICTURE 3- HAND WASH</p>	<p>Messages with Picture 3 HAND WASH</p>
	<ul style="list-style-type: none"> ✓ Wash hands following use of toilet ✓ Wash hands before eating food ✓ Wash your hands after coming in contact with animals ✓ Wash your hands after being in contact with sick person ✓ Wash hands with soap ✓ Wash both sides of your hands, wrist, between your finger and nails
<p>PICTURE 4- NAILS</p>	<p>Messages with Picture 4 NAILS</p>
	<ul style="list-style-type: none"> ✓ Cut your nails regularly to avoid dirt and germs from entering your mouth ✓ During hand washing, remove nails from underneath the nails ✓ Do not bite your nails

<p>PICTURE- 5- COUGH/SNEEZE</p>	<p>Messages with Picture 5</p>
	<p>Coughs and sneezes spread disease</p> <ul style="list-style-type: none"> ✓ While coughing use handkerchief or inner side of your elbow ✓ Wash your hands after coughing
<p>PICTURE-6- DRINKING WATER</p>	<p>Messages with Picture 6</p>
	<ul style="list-style-type: none"> ✓ Use clean water from tube well for drinking and cooking ✓ Store water in clean utensils and always keep it covered ✓ Do not pollute and waste water ✓ Ensure proper drainage of used water ✓ Water should be transported in covered containers

PICTURE-7- WASTE DISPOSAL



Messages with Picture 7

- ✓ Throw waste in dustbin
- ✓ Always keep dustbin covered
- ✓ Do not litter
- ✓ Dispose waste properly like in deep pits

PICTURE-8- FOOD SAFETY



Messages with Picture 8

- ✓ Wash raw fruits and vegetables with clean water before eating
- ✓ Utensils used for cooking should be washed with clean water

SESSION 2

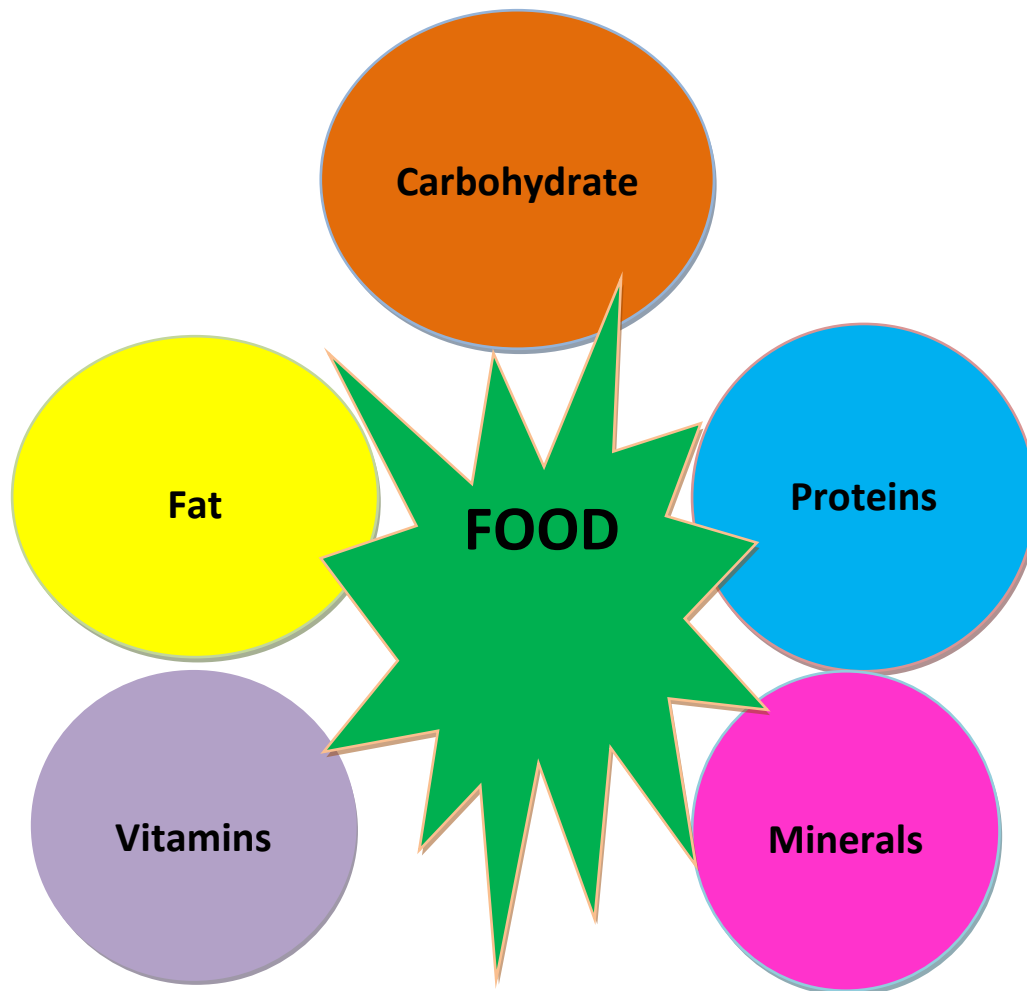
NUTRITION

Food is required to

- ✓ **Make our body strong,**
- ✓ **To provided energy to play, study**
- ✓ **To do daily activities**
- ✓ **To maintains all body functions**
- ✓ **to grow**
- ✓ **to gain height**
- ✓ **to fight illness and remain healthy**
- ✓ **to become healthy adults**

During adolescent period the nutritional need of the body increases to maintain growth and development such as height gain and muscle mass. Therefore a balanced intake of food is very important

Food contain- carbohydrate, fat, proteins, minerals and vitamins



**ENERGY - CARBOHYDRATE AND FATS
PROVIDE ENERGY TO OUR BODY**

**Carbohydrate rich foods- Rice, wheat, potato, sugar,
honey, bajra, jowar**

WHEAT



RICE



BAJRA



JOWAR



**Fat rich foods- oil, ghee,
butter, nuts**

GHEE



OIL



BUTTER



NUTS



PROTEINS ARE THE BUILDING BLOCKS OF OUR BODY – MUSCLES AND OTHER ORGANS ARE MADE UP OF PROTEINS MAINLY

Protein rich foods- pulses, peas, beans, soyabeans, milk, egg, fishs, meat

PULSES



MILK



PEAS



SOYABEAN



EGG



MINERALS ARE NEEDED FOR

- **FOR BONES, TEETH**
- **FOR HEALING OF WOUNDS**
- **TO FIGHT INFECTIONS**
- **TO CONVERT FOOD INTO ENERGY**
- **REPAIR OF BODY**

Important minerals required by our body are:

- **Calcium**
- **Iron**
- **Iodine**
- **Zinc**

Calcium is needed for strong bones and teeth

Calcium rich foods- milk, pulses, cauliflower, turnip, mustard seeds, cumin seeds, curry leaves,



Iron is needed for healthy blood –

Iron rich foods- Bengal gram, spinach, mint, mustard leaves, turmeric, coconut dry, amaranth



Iodine is needed for brain development, body growth, maturation, bone growth

Iodine rich foods- Iodized salt, fresh fish, fish oils, potato, milk



VITAMINS ARE IMPORTANT FOR

- **NORMAL BODY FUNCTION,**
- **RESISTANCE TO INFECTION,**
- **WOUND HEALING,**
- **ENERGY PRODUCTION,**
- **HEALTHY SKIN**

Vitamins are – A,B,C,D,E,K

**Vitamin rich foods- vegetables,
yellow fruits, citrus fruits, milk,
egg**

**Vitamin C- carrot, guava,
lemon, tomato, green
chillies, amal, drumstick
leaves**

CARROT



GUAVA



LEMON



TOMATO



PLAN YOUR DAILY DIET

- Cereals should be consumed as the main source of energy
- Vegetables and fruits are excellent source of various nutrients- eat plenty of them
- Pulses, milk, nuts, are very useful for the body- include few of them in every meal
- Egg and meat are nutritious- eat in moderation
- Oil, ghee, butter, sugar, jaggery are essential but eat less as excess of these can cause disease



Eat a variety of foods everyday to provide all the nutrition to your body

SESSION 3

IRON AND ANAEMIA

IRON- Body's gold



DROP OF BLOOD



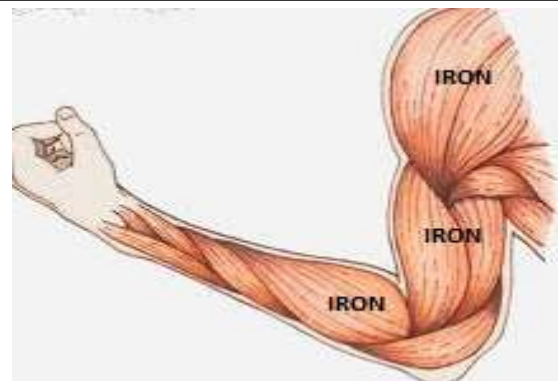
ON CLOSER LOOK OF BLOOD



MUSCLES OF BODY



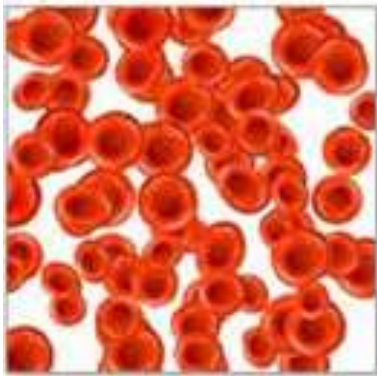
ON CLOSER LOOK OF MUSCLES



Messages

- Iron is one of the most essential mineral needed by our body
- Iron is mainly present in blood and muscles of body
- On looking at Blood very closely- blood have large number of very small disc like **Red Blood Cells**
- Red blood cells contain **haemoglobin** – which gives blood red colour
- Haemoglobin have **iron**
- We get iron for our body through foods such as sag, spinach, chaulai, onion stalks, mustard leaves, fenugreek leaves, mint, Bengal gram, soyabean, red gram, black gram, meat

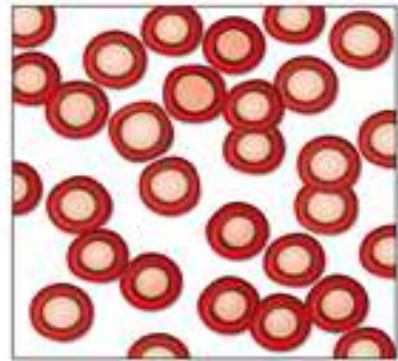
What happen when our body have too little iron?



Normal blood
in body with
enough iron



Too little iron
in body



Pale Blood
because of less
haemoglobin and
Iron



ANAEMIA

Messages

- Too little iron in the body lead to less iron in **blood**
- Due to less iron in blood – haemoglobin and red blood cells in blood decrease and blood becomes **pale and thin**
- This condition of pale and thin blood due to less haemoglobin is called ANAEMIA.
- So, **Anaemia** is less haemoglobin in blood due to less iron in the body

SESSION 4

**ANAEMIA- Causes and
prevention**



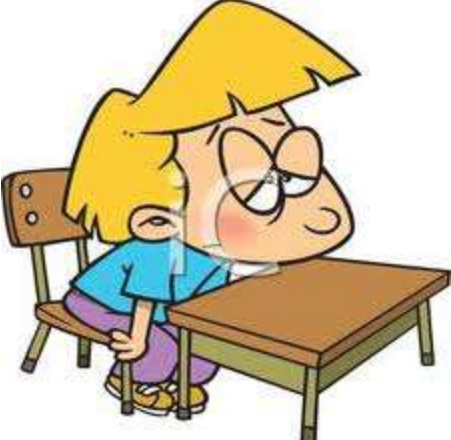
How does iron becomes less in our body and one become anaemic?

<p>Not eating iron rich foods Not eating green vegetables</p>	
<p>Having worms in body-</p> <ul style="list-style-type: none">▪ worms enter our body through unclean hands, water, food▪ through skin of our feet	
<p>Drinking tea and coffee with meals</p>	

Messages

- If we do not eat iron rich food in our daily diet we can become **anaemic**
- Worms feed on our blood and lead to loss of blood and iron from our body leading to **anaemia**
- Tea and coffee prevents iron in food from reaching our body – leading to less iron in body and **anaemia**

What will happen to me when my blood is pale and thin due to **Anaemia**?

<ul style="list-style-type: none">• You will feel tired most of the time• You will not feel energetic	 A cartoon illustration of a man in a green tank top and shorts running. He is sweating profusely, with large droplets of sweat on his face and body. His expression is one of exhaustion and strain.
<ul style="list-style-type: none">• You will feel sleepy all the time	 A cartoon illustration of a man with brown hair sleeping peacefully. He is lying on his side with his head on a blue pillow. Above his head are several 'Z' characters, indicating deep sleep.
<ul style="list-style-type: none">• You will have difficulty in concentrating	 A cartoon illustration of a young girl with blonde hair and glasses sitting at a desk. She has a bored or uninterested expression, with heavy eyelids and a slight frown. She is looking down at the desk.

- You will have lowered grasping power



- You will have repeated infections



- You will not feel like eating anything



Messages

You will also have

- **soreness of the mouth, with cracks at the corners,**
- **shortness of breath and frequent headaches, particularly with exercise,**
- **whiteness or pallor in the lower eyelid, tongue, overall skin, nails, palms of the hand,**
- **leg cramps,**
- **will lose interest in play and studies and**
- **will have craving for strange substances such as paper, ice, or dirt.**

How to prevent anaemia?

<p>Eat iron rich foods</p>	<p>Some Iron rich foods</p>  <p>Chuali Pulses Corainder</p>  <p>Mint Mustard leaves</p>
<p>Avoid taking tea, coffee and cold drinks with or after meals</p>	 
<p>Prevent worm infection by</p>	

- **Wearing slippers all the time**



- **Washing hands before eating food**
- **Washing hands after use of toilet and contact with animals**



- **Washing raw vegetable and fruits before eating**



- **Using clean water for**

**cooking
and
drinking**



**Regularly eating
one IFA tablet
every week**



**Taking
Albendazole
tablet twice in
year- to kill all
the worms**



SESSION 5-

PHYSICAL ACTIVITY

Regular physical activity in adolescence is important

- ✓ To build strength
- ✓ To build healthy bones
- ✓ For healthy muscles
- ✓ To decrease stress, anxiety
- ✓ To increase self-esteem
- ✓ Help reduce risk of obesity, diabetes, hypertension, cancer
- ✓ Promotes psychological well being
- ✓ May improve concentration and attentiveness in classroom

At least 60 minutes of physical activity daily



Messages

Benefits of Regular physical activity:

- **Regular physical activity** lowers your blood pressure and cholesterol in blood

High cholesterol in blood can cause heart problems

- **Regular physical activity** lower chance of gut and breast cancer

- **Regular physical activity** strengthen your bone and muscles and slow the loss of bone that comes with age

- **Regular physical activity** help you keep your thinking, learning and judgement sharp

Long term Physical inactivity could lead to :

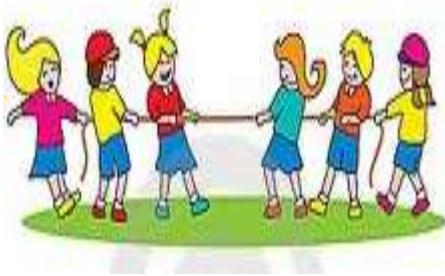
- Overweight and obesity
- High risk of high blood pressure, asthma, arthritis, diabetes

What type of physical, activity one should do?

60 minutes each day- brisk walk, running, cycling, house work like sweeping, playing with ball such as catching & throwing, chasing,



3 days a week- muscle building exercise- push-ups, tug of war, and hand held weights, sit-ups



3 days a week- bone building exercise- jumping ropes, running, skipping,

