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## Food and healthy living



FUNDACIÓN  
**EROSKI**

*contigo*



SCHOOL OF  
NUTRITION



*Energy to grow*



A good diet is fundamental if you want to grow up healthily and have all the energy you need to perform your daily activities. Correct nutrition is based on eating the food that our bodies need to make us feel good and, together with regular physical exercise, ensures good health.



## 1/ The importance of a good diet

- 1. You grow more:** Childhood is the most important stage of your life as far as growing is concerned. So it is essential to eat the nutrients you need.
- 2. You grow up healthier:** A good diet helps reduce the possibility of suffering from medical conditions and diseases that children often get: anaemia, tooth decay, obesity, thyroid problems, diabetes...
- 3. Prevention of diseases later in life:** Eating properly and doing physical exercise when you are a child is the best way to prevent medical conditions and diseases when you are older.
- 4. It is easier to do physical exercise if you are healthy:** Obviously, if you feel unwell and tired, you won't be able to do certain activities when you finish school. A good diet allows you to perform physical exercise and do your favourite sports even better: football, swimming, gymnastics, judo, etc.
- 5. You have more energy at school:** You have to eat properly to feel good in the classroom and not get too tired. In addition to helping you concentrate better at school, a good diet also helps you do more things when school finishes: sport, hanging out with your friends, playing, etc.

*So, what are these important habits that we have to get used to when we are children if we want to look after our health?*

**1**

**A varied, balanced diet:** Based on the food pyramid, consisting of several food groups. It is very important to eat a tasty diet, but don't forget that you also have to eat the things you don't like.

We are lucky here because there are lots of different kinds of good quality food, so it is much easier for us to eat a healthy diet.

**2**

**Do sport:** Physical exercise is essential if you want to feel good physically and mentally. You need a lot of concentration to study and sport is the best way to switch off and keep your head healthy. There are lots of different sorts of exercise and each person should do the kind that he or she likes the best. It is also a very good idea to walk when you need to go somewhere, use the stairs, etc.

**3**

**Keep an eye on how many sweets you eat:** Things that only contain fat and sugar (sweets, salty snacks, soft drinks, etc.) make you fat, but do not feed you properly. It is very important not to eat too many of these things and only to eat them every now and then, not every day. And don't eat them before meals because you will spoil your appetite.



4

**Drink water:** We often talk about how important it is to eat properly, but we must not forget that drinking water is absolutely essential too. More than half of your body consists of water and so it is important to maintain the water levels in your organism. If you take a good look, you will see that water is also in the food pyramid. Sometimes we drink other things, like soft drinks, instead, but they are not a good idea because they contain sugar, gas, caffeine and other things.



5

**Eat 5 times a day:** It is very important not to skip any meals in order for your body to get all the energy it needs. If you eat 5 times a day, you will feel strong all day long and not feel too tired before bedtime.

6

**Have a good breakfast:** This meal is essential and very often we do not pay it enough attention because we are in a hurry or don't feel like it. Breakfast is the "petrol" that our bodies need in order to do things properly over the rest of the day. The ideal breakfast should include a piece of fruit (or natural fruit juice, although real fruit is better because it retains all its properties), a dairy product (milk, yoghurt, cheese) and cereal (bread, biscuits, breakfast cereal). You can also add other types of food like honey, boiled ham, jam...

7

**Proper hygiene:** Having proper personal hygiene habits is essential for adults and children to enjoy good health. It is proven that the small actions that make up personal hygiene avoid discomfort caused by viruses or bacteria. For example, wash your hands before each meal. In this way, the risks of contracting diseases are reduced.



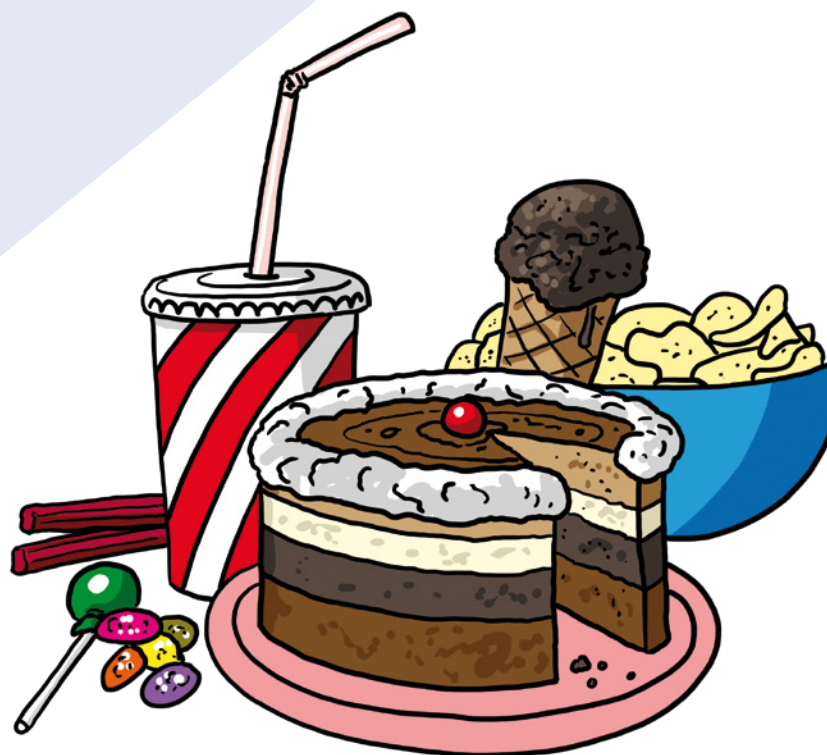
## 2/ The consequences of a bad diet

**1. Obesity:** Obesity is a consequence of a high-fat diet containing a lot of sugar and is also normally linked to not doing enough physical exercise. It can lead to other more serious medical conditions and diseases like diabetes or high blood pressure. Eating properly is the best way to prevent obesity and avoid health problems later on in life. We need to fight obesity because there is now more obesity in developed countries than anywhere else in the world.

**2. Anaemia:** Anaemia is caused by a lack of iron in your diet. It can make you feel very tired.

**3. Anorexia:** This is when people think they are much fatter than they really are and stop eating. This makes them get very thin and feel very weak.

**4. Bulimia:** Sufferers are afraid of getting fat and lose control of their eating habits. This normally leads them to binge eat (eat a lot of food quickly) and then feel guilty about it.



Did you  
know...?



*The rate of child malnutrition in Spain has risen in a very alarming manner as a result of the current economic crisis. Unemployment in many households has led a lot of families to neglect their diets.*

*In 2009, 23.7% of Spanish children lived beneath the poverty line. This percentage has now risen to 32.8%, the figure for 2014. Spain is currently the third country in the European Union with the greatest number of children living in conditions of extreme poverty.*

*The increase in child malnutrition could lead to the reappearance of diseases previously considered eradicated, such as tuberculosis.*

*The risk of mortality of a child suffering from undernutrition is 9 times greater than that of a child living in normal conditions.*

## What have we learned today?

- **A good diet** will help us grow up healthy and strong, prevent diseases and endure our daily activities better.
- Drinking water, avoiding sweets, eating 5 times a day and eating a wide variety of food are all key to a **healthy diet**.
- **A poor diet** can lead to diseases during childhood or when we are older.
- The **economic crisis** means that some people are unable to watch their diets and has led to greater levels of malnutrition.
- The risk of mortality of a child suffering from undernutrition is **9 times greater** than that of a child living in normal conditions.

# Activities

Food and healthy living

1

## Brainstorm

***When is it necessary to wash our hands? Make a list.***



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# Activities

Food and healthy living

2

Everyone to the sink

Then color the legend and the following drawings.

- ☐ Parts usually forgotten
- ☐ Parts regularly forgotten
- ☐ Clean parts



**Back**



**Palm**



# Activities

Food and healthy living

2

Everyone to the sink

Do you know how to properly wash your hands?  
We'll see...



## Take a moment to wash your hands

1

Wet your hands with water and apply soap

2

Palm with palm

Backs of the fingers with palm

Palm with back of han

Rotating thumb

Both hands with fingers intertwined

Fingertips

3

Rinse hands with water, dry them and turn off the sink using a towel

Citizen awareness campaign on patient safety

Prepared on behalf of:  
OMS (2010) Com cal rentar-se les mans. <http://www.who.int/gpsc/5may/tools/es/>