

SESSION 3

Food and healthy living

TEACHER'S GUIDE



FUNDACIÓN
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SCHOOL OF
NUTRITION

3/

Food and
healthy living



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Energy to grow

Energy to grow



Breakdown

SESSION SUMMARY

Information on the importance of your diet.

- Information on the consequences of a poor diet.
- Activities: two reading comprehension texts.

CONTENTS

The benefits of a healthy diet.
The consequences of a poor diet.
Healthy habits.
Learning the right way to wash hands.

SPECIFIC OBJECTIVE

- To encourage healthy eating habits and lifestyles.
- To raise awareness of the benefits of a healthy diet amongst pupils.

KEY COMPETENCIES

1. Linguistic communication.
2. Mathematical comprehension and basic science and technology comprehension.
4. Learn how to learn.
5. Social and civic comprehension.
6. Sense of initiative and entrepreneurial spirit.

Session plan

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.

In this session, the pupils will learn not only how important it is to eat a good diet, but also the consequences of a poor diet through the comprehension of two texts.

There are reading comprehension activities at the end of the session.



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.



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Healthy living

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.

SESSION 3 FOOD AND HEALTHY LIVING ENERGY TO GROW EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

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Pupil notebook

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...



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.

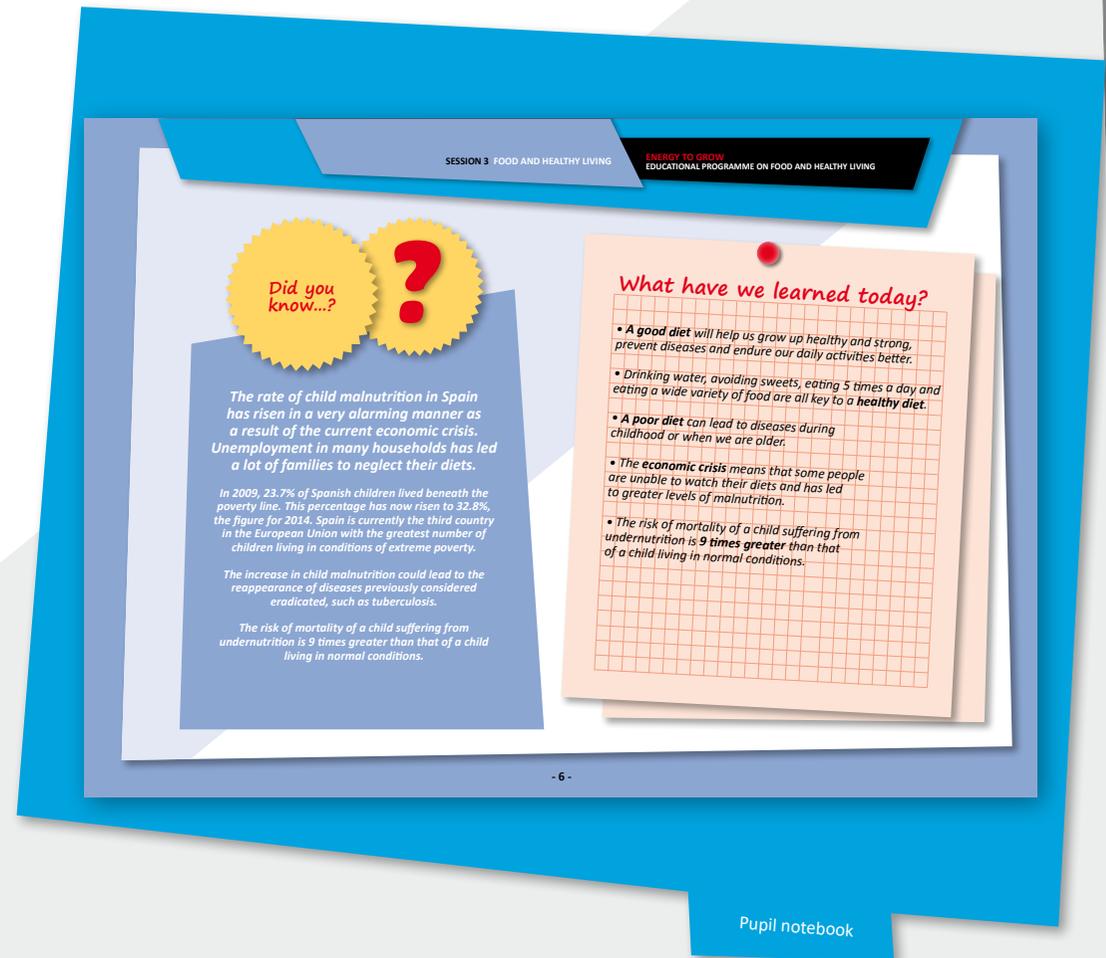
In 2009, 23.7% of Spanish children lived beneath the poverty line. This percentage has now risen to 32.8%, the figure for 2014. Spain is currently the third country in the European Union with the greatest number of children living in conditions of extreme poverty.

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.



The objective of this activity is to teach children to wash their hands well before eating and in other necessary situations.

80% of infections are transmitted through the hands. Hand hygiene is the most effective, simple and inexpensive measure to prevent infections and transmission of infectious diseases, colds, flu, gastroenteritis, etc.

Hand hygiene eliminates 99% of the germs that accumulate on the skin of the hands, responsible for the transmission of infections.

1. Brainstorm

With the class group we can brainstorm and make a list of situations in which people should wash their hands.

We can show them how germs can spread in the air by placing talcum powder on our hand and simulating a sneeze.

We can also put flour in our hand and shake students' hands to observe how their hands are also covered in flour.

It's possible that after this demonstration they decide to add more situations to the list.

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Activities
Food and healthy living

1 Brainstorm

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

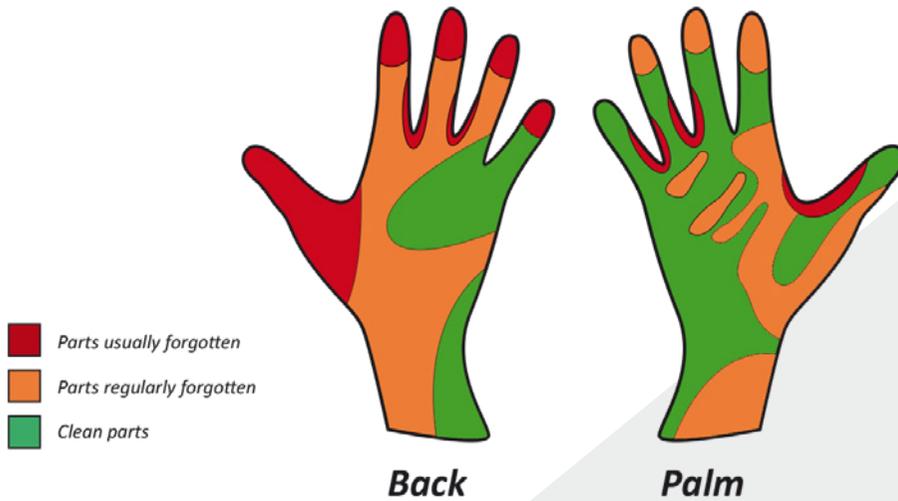
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Pupil notebook

2. Everyone to the sink

Then, all together we will see and comment on the steps for proper hand washing and then we will go to the school bathrooms to wash our hands in a thoughtful and conscious way.

Remind the students to turn off the tap while lathering their hands. Encourage children to teach their families what proper hand washing is. You must know how to wash your hands properly and the steps to follow.



Prior to the hand washing activity, it would be interesting to provide the students with a photocopy with the back, the palm of the hand and the key. The back and the palm of the hand will be uncoloured for the children to color as they create the clean parts, the parts usually forgotten and the ones usually forgotten so that they are aware that we do not always do an effective job of washing our hands.

SESSION 3 FOOD AND HEALTHY LIVING ENERGY TO GROW EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

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**

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SESSION 3 FOOD AND HEALTHY LIVING ENERGY TO GROW EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

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

- Wet your hands with water and apply soap
- Palm with palm
 - Backs of the fingers with palm
 - Palm with back of hand
 - Rotating thumb
 - Both hands with fingers intertwined
 - Fingertips
- Rinse hands with water, dry them and turn off the sink using a towel

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More on the contents

THE IMPORTANCE OF A HEALTHY DIET

Our health is clearly one of our most prized assets and we all try to do what we can to keep it: when we feel ill, we go to the doctor's; if we are told that it is good to do a specific thing in order to feel better, we do it; we try to go on holiday to switch off and feel better... We try to do everything in our power to improve our health and, with it, ensure a better quality of life. Our health depends on a number of genetic and environmental factors which are hard for us to change, but there are two things that we can change ourselves: what we eat and the physical exercise we do.

Different studies demonstrate that dietary imbalances in modern-day society are the chief cause of the early development of a long list of chronic and degenerative diseases. These imbalances start in childhood and affect us for the rest of our lives. If we look into the situation, it is clear to see that if we eat properly as children, certain medical conditions and diseases, such as high blood pressure, cholesterol, diabetes, anaemia and obesity, are less likely to appear later on in life. When you are grown up, it is often too late to remedy the situation. That is why it is in childhood that you should change certain habits and adopt new ones in order to ensure that which is so precious to us: health in adulthood.

We are talking about the future and that may seem a very long way away, but what you do now is not only going to affect the future; it will also have a direct effect on how you feel right now. If you eat properly, you will feel less tired, grow better, feel better doing sport...

THE CONSEQUENCES OF A POOR DIET

Eating properly is not only a guarantee for the present, but also a key to good health in the future. In the same vein, not eating properly may have serious consequences both in the short and the long term. Here are some of the consequences of a poor diet:

- **Anaemia:** If you do not get enough iron from your diet, then you may suffer from anaemia, tiredness and weak muscles.
- **Intellectual difficulties and even intellectual disability.** These are sometimes associated with a diet which is poor in iodine (iodised salt can be used to ensure iodine levels).
- **Drinking too many soft drinks** leads to tooth decay, makes obesity more likely and interferes with the calcium balance in the body, and consequently growth as well.
- **Eating too much fast food:** Meals of this kind are normally lacking in quality and do not contain vitamins and minerals.
- **Not eating much fruit** can lead to numerous diseases due to a low intake of minerals and vitamins. Fruit also contains fibre and natural antioxidants.
- **A high-fat diet:** You have to limit the amount of certain things you eat, such as industrially produced cakes and pastries, chocolate, crisps, salty snacks, hamburgers, pizza, sausages, lard, butter, margarine... A high-fat diet can lead to obesity, high levels of cholesterol, etc.

- **Too little milk and dairy products:** A lack of calcium and proteins, leading to insufficient bone development. In order to cut down on the amount of fat found in certain dairy products, you can combine whole-milk products with low-fat alternatives.
- **Too much salt:** Salt can form part of your diet, but you should not consume too much of it because it can lead to high blood pressure.
- **Brain and cardiovascular diseases:** These can appear as a result of diets poor in fruit and vegetables with too much saturated fat and not enough food containing fibre.
- **Some types of cancer** can appear as a result of diets poor in fruit and vegetables, drinking too much alcohol and eating too much salt and not enough fibre.
- **Obesity:** Obesity is caused by a high-calorie diet and is normally associated with not doing enough physical exercise. It is one of the most worrying medical problems in our day and age. Obesity can also lead to other serious medical conditions and diseases, such as diabetes and high blood pressure. There are more obese children in developed countries than anywhere else in the world.
- **Diabetes:** Diabetes is a direct consequence of obesity and not enough physical activity.
- **Osteoporosis:** Caused by a low-calcium diet, not enough vitamin D and a lack of physical activity.
- **Tooth decay:** Produced by diets containing too much sugar.
- **Tooth enamel problems:** Caused by diets which are poor in fluoride. People who do not eat fish, for example, can have problems like this.
- **Eyesight development problems** can appear when people eat diets which are poor in vitamin A.
- **Growth problems** and infections, such as colds, may occur when people eat diets which are poor in vitamin C.

MOST COMMON MISTAKES

Now that we know the benefits of a good diet, what are the main mistakes people make when they feed children?

- **Skipping meals, mainly breakfast.** One of the most common problems observed is not eating 5 times a day: breakfast, mid-morning snack, lunch, tea and supper. It is very important to spread what you eat out over the entire day so that you have enough energy at all times.
- **An insufficiently varied diet:** A tendency towards insufficiently varied diets has also been noted, i.e. people tend to eat certain types of food too often. Diets of this kind may lead to deficiencies of specific nutrients because they are not part of the food they eat and may also lead to boring meals that actually spoil the appetite. You need to know that there are lots of different kinds of food, they are all really tasty and there are lots of possible food combinations.
- **Drinking too many soft drinks:** Over recent years, a lot of people have started to drink soft drinks instead of water. Don't forget that soft drinks contain a lot of sugar, which can lead to diabetes, obesity, tooth decay, etc. It is very important to drink liquid, but that liquid has to be water! You can also drink natural fruit juice every now and then.
- **Eating too many snack foods:** The amount of snack foods that people eat has also increased greatly over recent years. If you eat them before supper, they spoil your appetite. They should not be forbidden, but they should not form part of your daily diet.
- **Not eating school meals properly:** Nowadays, lots of children have lunch in the school canteen. It is very important to eat everything you are given because otherwise you may suffer from nutritional imbalances. It is also very important to complement the meal eaten in the canteen with the supper you eat at home.
- **Not eating enough fruit and vegetables:** Recent studies also show that the consumption of fruit and

vegetables has dropped. You should eat 5 a day.

- **Not enough pulses:** A drop in the consumption of another highly beneficial type of food has also been noted: pulses. Don't forget them! Pulses are a source of proteins of plant origin, iron, etc. You have to eat pulses if you want to be fit and healthy.
- **Not enough fish:** Children tend not to eat fish, but it is a type of food that helps them develop. Fish also contains a type of fat which is essential to our diets. There are lots of different kinds of fish.
- **Using other fats instead of olive oil.** These other fats may lead to some of the problems that we have studied: obesity, high cholesterol levels, etc. You should get into the habit of always using olive oil, a very positive, beneficial part of our diet. One of the benefits of olive oil is that it helps prevent cardiovascular diseases. You can eat it on toast for breakfast.

One of the most important mistakes observed and one in our power to change is that people **do not do enough physical activity**. They spend a lot of time doing other more passive activities instead, like watching television, using the computer, playing videogames... As you have seen, doing exercise is very important. So find out what kind of exercise you like the best.