



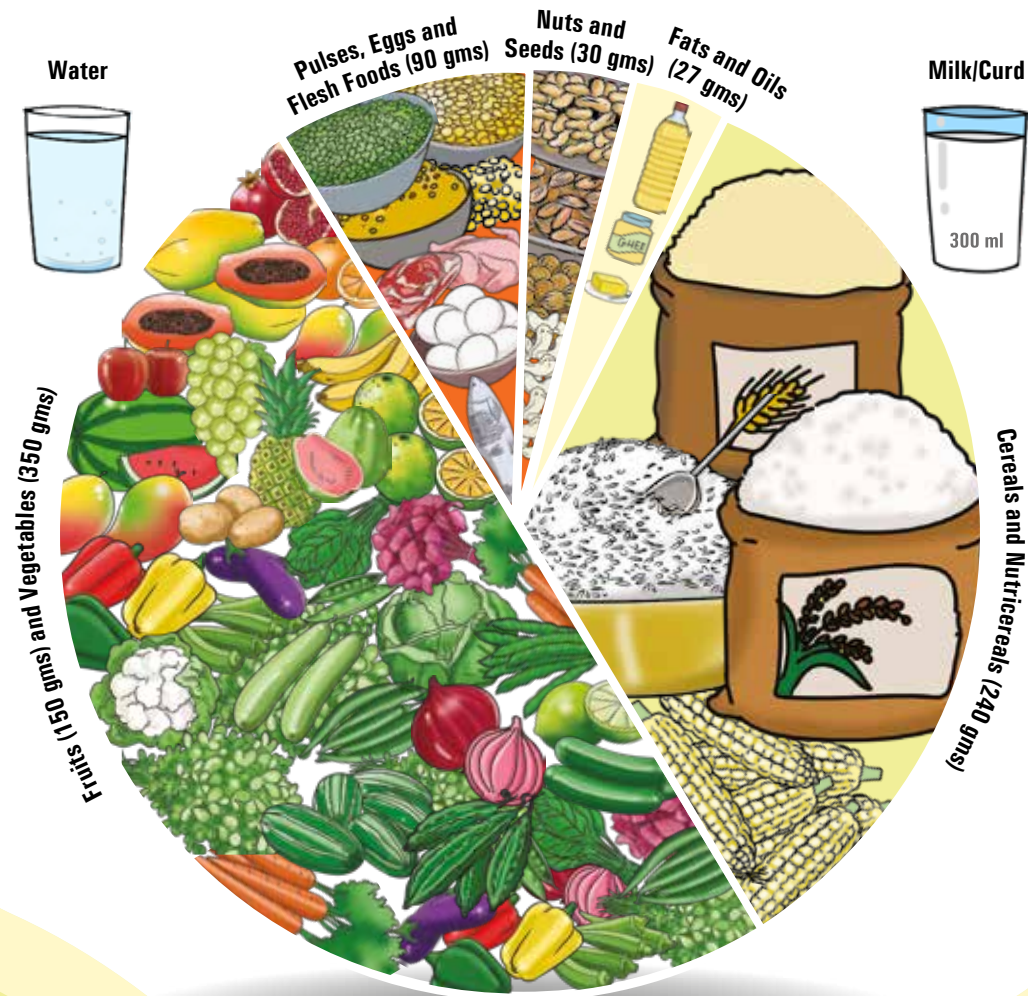
SBC Resource Package on Healthy Diets



Target Group: Adolescent
Materials: Dialogue Cards and Game

Building a Winning Team of Nutrients

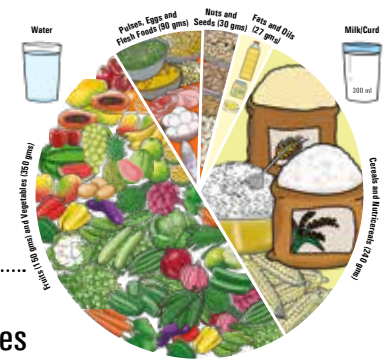
THINK DIVERSE AND ADD VARIETY OF COLOURFUL FOODS TO YOUR PLATE



Adolescent Dialogue Card
Key Message No. 1

Welcome to the fantastic world of food, your body's ultimate power source!

Each meal you eat adds essential nutrients to your body.



Initiate a discussion on food by asking the adolescents about their favourite food items.

Ask them if they know what is food made up of.

Let's talk about the fantastic world of food that keeps our bodies rocking and active every day!

You know, each food item you eat has unique powers called **NUTRIENTS** that our bodies need. Think of each essential nutrient present in food items as a unique app on your phone. Just like your phone needs apps to function, your body needs these nutrients.

The Seven Groups of Nutrients are:

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Dietary Fibre
- Water



REMEMBER

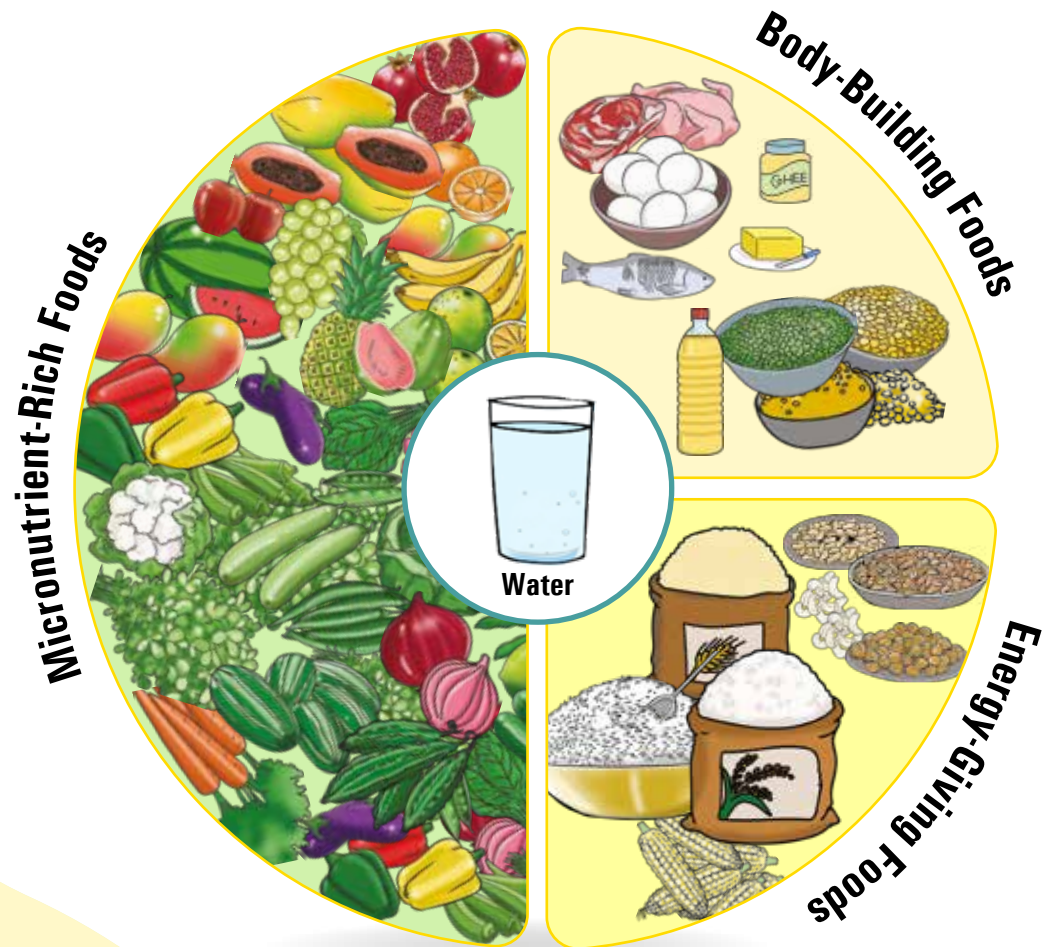
Having a diverse mix of nutrient-rich food items on your plate provides your body with the support and fuel it needs to stay healthy and strong. These nutrients ensure your body gets all the crucial elements for good health. And let's not forget the hydration game – aim for at least 8-10 glasses of water every day.

Stay Fueled, Stay Strong!



Building Strong Foundations

EAT MEALS THAT ARE RICH IN NUTRIENTS ACROSS THE FOOD GROUPS



Adolescent Dialogue Card
Key Message No. 2

Let's talk about keeping our bodies healthy and strong.

Picture your meals as the fuel our bodies need daily.

Optimise your health through three types of food groups tailored to fuel your body effectively:



Energy-Giving Foods

Provide your body with the fuel that keeps you energised all day

- ▶ **Cereals & Nutricereals:** Jowar, Bajra, Ragi, Rice, Wheat
- ▶ **Nuts, Oils, & Oilseeds:** Peanuts, Pumpkin seeds, Almonds, Cashews
- ▶ **Simple Sugars:** Jaggery



Body-Building Foods

Support essential bodily functions, aiding in tissue repair and growth. Rich in protein and provide vital nutrients for strong muscles and bones.

- ▶ **Pulses:** Masoor, Urad, Moong, Arhar, Chana dal, Chana etc.
- ▶ **Protein-rich sources:** Fish, Eggs, Meats
- ▶ **Dairy Products:** Milk, Yogurt, Paneer, Curd, Shrikhand, Lassi, Buttermilk



Micronutrient-Rich Foods

Packed with vitamins, minerals, and antioxidants to bolster strength, promote skin health, and manage daily stress

- ▶ **Fruits:** Guava, Oranges, Bananas, Papaya etc.
- ▶ **Vegetables:** Spinach, Bathua, Drumsticks, Tomatoes, Carrots etc.

REMEMBER

Adolescence is the period of rapid growth and development. So it is important to consume well-balanced meals (diverse variety from all food groups) to meet the daily nutrient requirements.

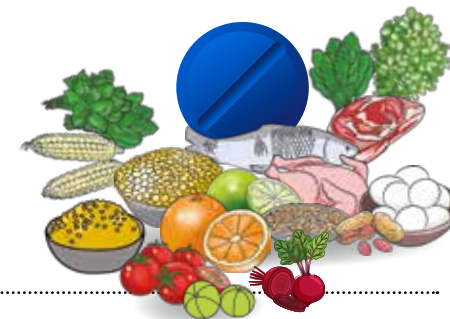
Anemia-Fighting Diet

ADOLESCENT GIRLS AND BOYS NEED TO CONSUME IRON RICH FOODS DAILY



Adolescent Dialogue Card
Key Message No. 3

Let's talk about something important – Anemia. Have you heard about it before? What comes to your mind when you think of Anemia?



Anemia in adolescents due to the deficiency of Iron and Folic Acid (IFA) refers to low levels of haemoglobin in the blood, leading to fatigue and impaired cognitive function. This can hinder physical and cognitive growth and development.

How to Combat Anemia?

Now, let's explore ways to tackle anemia by making informed choices in our diet and adhering to supplementation.

Combating Anemia through Diet:



Diverse Foods:
Incorporate a variety of nutrient-rich foods.



Iron-Rich Foods: Include green leafy veggies, whole grains, and pulses for essential iron.



Meat, Eggs, Fish: Add meat, eggs, chicken, and fish for easy absorption of iron.



Vitamin C:
Consume lemon, amla, tomatoes, and sprouts for enhanced iron absorption.



Nuts and Oilseeds:
Boost iron with sesame seeds, niger seeds.



Iodised Salt: Include iodised salt in your daily diet.

Weekly consumption of IFA Tablets as recommended.



Stay Hydrated:
Aim for 8-10 glasses of water every day.



What to Avoid?

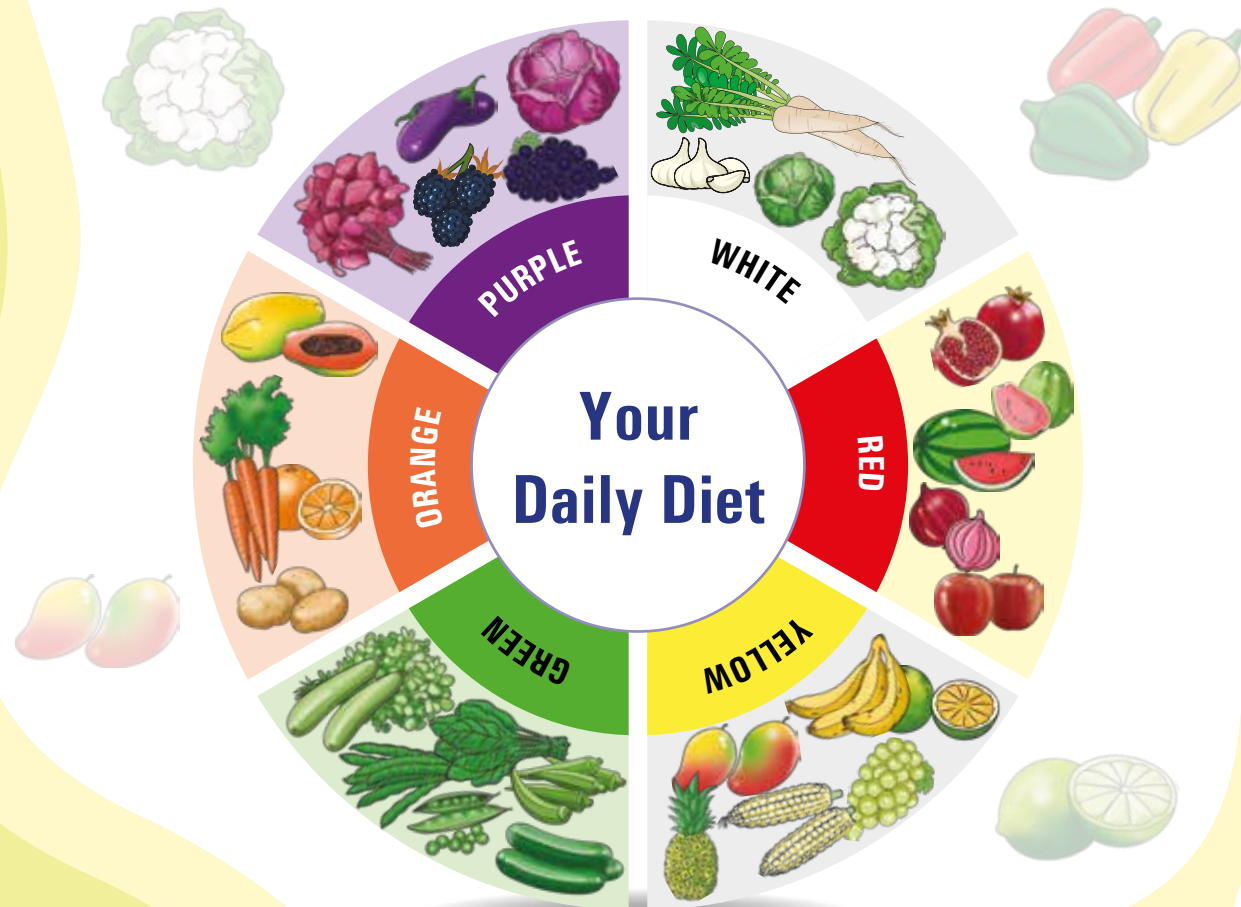
- ▶ Cut tea, coffee, chocolates etc.
- ▶ Avoid unclean or unsafe food, limit caffeinated drinks.
- ▶ Don't pair calcium-rich foods with iron-rich meals.
- ▶ Say no to alcohol and tobacco.

REMEMBER

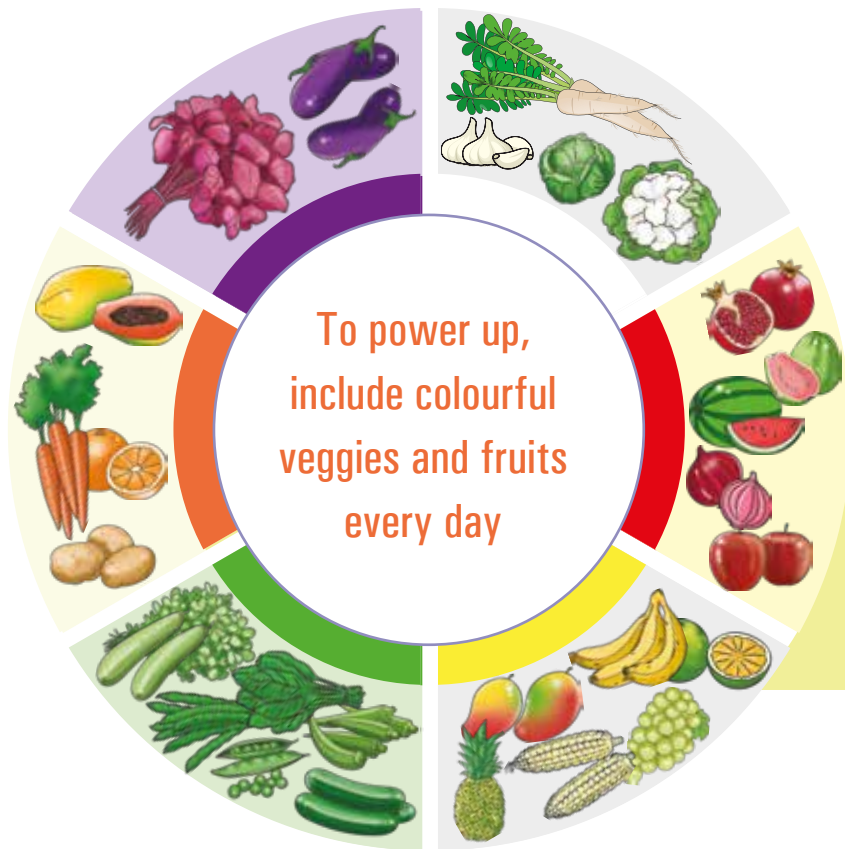
Do not skip weekly consumption of the blue IFA tablet.
Remember, it is all about choosing to eat a variety of iron-rich foods.
Iron is important for carrying oxygen to the blood cells.
Iron is also essential for the body to grow and in combating anemia.
Iron Strong, Anemia Gone!

Fuel your Body with Colourful Goodness

INCLUDE COLOURFUL VEGETABLES AND FRUITS IN YOUR DAILY DIET



Adolescent Dialogue Card
Key Message No. 4



Name some fruits and vegetables that are of different colours.

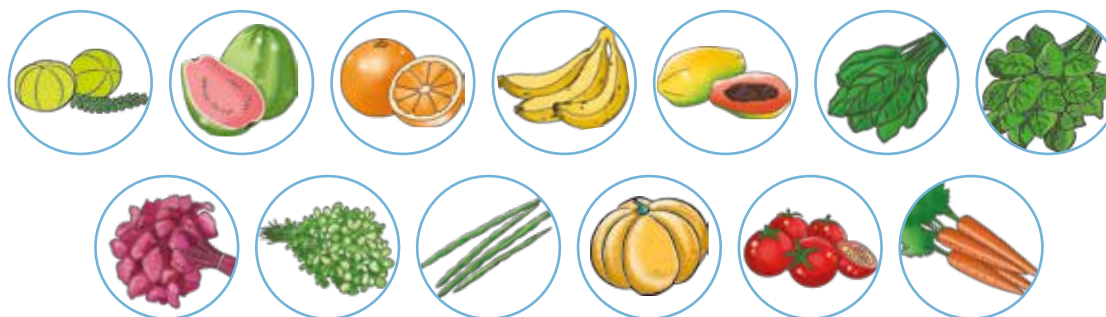
Think of guava, oranges, bananas, papaya, spinach, bathua, drumsticks, tomatoes, carrots, cabbage, cauliflower and radish.

Why Does it Matter?

Imagine vibrant colourful food items as the fuel that powers you up from inside. They're like the app updates your body needs. They give you stamina to function smoothly. Vitamins and minerals in these colourful foods keep your body healthy and strong.

Mix it Up for Maximum Power:

Eat different vegetables and fruits every day. Avoid the same food items daily. Whether it is amla, guava, oranges, bananas, papaya, spinach, sarson ka saag, chaulai, bathua, drumsticks, pumpkin, tomatoes, or carrots – they're not just foods, they're your daily fuel, ensuring you get all the essential nutrients for a healthy, stronger you.



REMEMBER



Remember, it's about powering your body with the right nutrients every day.

Make all your meals vibrant, tasty, and packed with the required macro and micro nutrients you need!

Making Mindful Food Choices

AVOID FOOD HIGH IN FAT, SALT, SUGAR AND SUGAR-SWEETENED BEVERAGES



Adolescent Dialogue Card
Key Message No. 5

You're growing up, and what you eat now matters. Those sweet and salty snacks are not the healthiest.



How many times do you pick packaged food items from a shop?
What kind of food items do you pick?

It is important for us to make mindful decisions when it comes to selecting our food items, specifically steering clear of the not-so-healthy options like candies, sweetened drinks, chips, etc.

Say No to High Sugar, Salt, Fat Foods and Sugar-Sweetened Beverages:

Health Risks: Munching on sugary, salty, fatty snacks can lead to serious health issues like obesity, diabetes, and hypertension.

Concentration: Heavy snacking and unhealthy eating habits can interfere with your concentration, affecting how you perform in school and your overall growth, cognitive development and your health.

Lifelong Habits: You're forming habits now. Make healthy choices. Opt for the healthy route for a lifetime of good eating.



《《 It's not just about saying "NO" to unhealthy snacks. It's also about choosing the right food. 》》



REMEMBER

Some Practical Tips for Healthy Choices:

- ▶ Educate yourself on the benefits of good nutrition!
- ▶ Engage by asking about your food!
- ▶ Dive into a conversation on good nutrition, diet diversity and informed food choices.
- ▶ Empower yourself with the right food and nutrition knowledge.
- ▶ Healthy = Delicious! Fruits, nuts, homemade snacks are just as tasty and healthy.
- ▶ Eat plenty of local fruits and vegetables.

Fostering Healthy Habits

PRACTISE HABITS THAT PROMOTE A HEALTHY LIFESTYLE



Adolescent Dialogue Card
Key Message No. 6

Let's talk about fostering a healthy lifestyle. Who is a healthy person? How do you foster a healthy lifestyle?



Here is Your **ADOLESCENT WELLNESS CHART** to Unlock Your Best Self!



Epic Emotions

Master the art of handling emotions without diving into a snack attack! Create a secret space to spill those feelings – think journaling or playing sports.



Foodie Power Play

Beware of the sneaky High-Fat-Salt-Sugar (HFSS) villains! Instead, opt for healthy meals - whole wheat, rice, nuts - and mix in some superhero veggies!



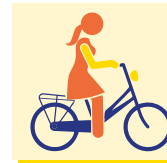
Weight Matters

Level up with gradual weight gain. An extra meal daily, loaded with power-packed foods!



Snack Showdown

Your plate, your rules! Opt for smaller, cooler plates. Skip the sugary, salty, and fatty foods. Opt for snacks like poha, upma, corn, nuts, etc.



Move Like a Hero

Activate yourself with regular physical activities like brisk walking, cycling, dancing, or gardening. Find enjoyable ways to stay active for at least 30 minutes, five days a week.



Family Squad Goals

Get your parents to join the wellness squad!



REMEMBER

Your Wellness Adventure Begins Now!

Take charge of your diet now, for a healthier tomorrow!

Boost your game with a variety of foods, from all the food groups.

Always think and remember local and seasonal!!

Say No to Substance Misuse

HEALTH-RISK BEHAVIOURS, SMOKING CIGARETTE AND DRINKING ALCOHOL CAN IMPAIR GROWTH AND DEVELOPMENT



Adolescent Dialogue Card
Key Message No. 7

Let's talk about something beyond just what you eat – it's also about considering what other substances not to choose and consume.

Discover why saying **NO** to smoking and alcohol is good for your body, your health and nutrition goals:

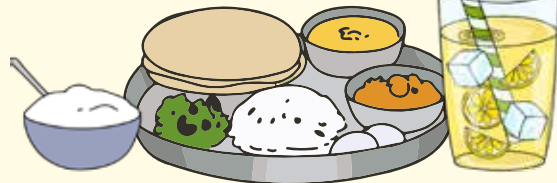


Tobacco Impact:

Smoking disrupts nutrient absorption. It dulls your taste buds and alters taste and flavour of food, keeping you away from choosing nutrient-rich foods.



Instead, choose nutrient filled choices like lassi, buttermilk, nimbu pani, fruits and veggies - the real nutritional superheroes



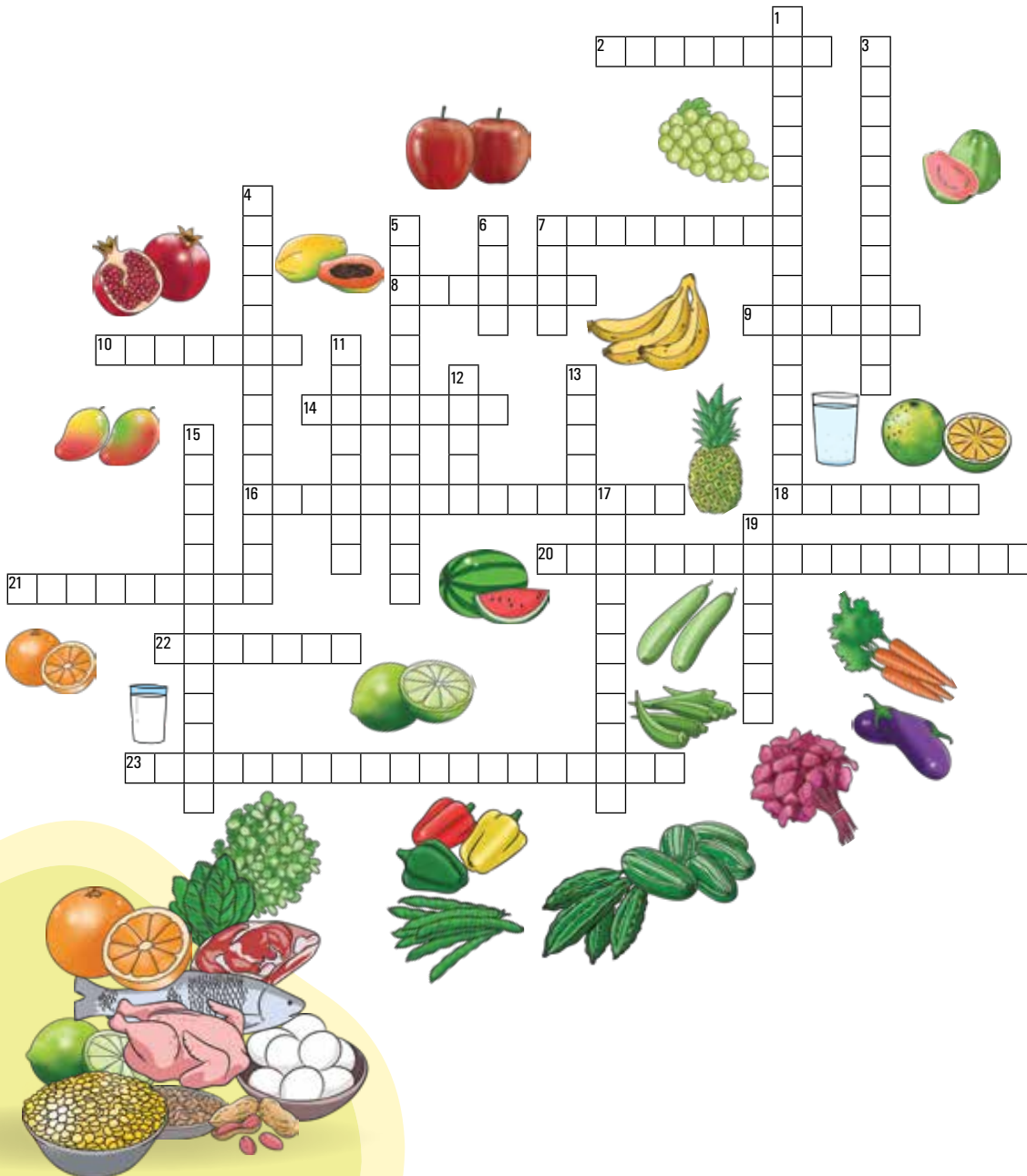
Alcohol Awareness:

Alcohol is just empty calories, and it disrupts nutrient absorption from food. It effects your body by limiting the nutrients required for your growth and your brain for cognitive development.



Every choice matters!
Say **NO** to smoking and alcohol!
Opt for nutrient-rich beverages!
Cheers to mindful choices that fuel your health, growth and overall development!

Nutritional Wellness Crossword: Empowering Adolescents for Healthy Living



ACROSS

2. Which vitamin enhances iron absorption when consuming plant-based iron-rich foods? (Key Message 3)
7. What are examples of nutrient-rich alternatives to alcohol? (Key Message 7)
8. What health risk is associated with regular consumption of high-fat foods, leading to excessive body weight? (Key Message 5)
9. What happens when your body lacks sufficient red blood cells or hemoglobin? (Key Message 3)
10. Which unhealthy habit affects the nutrient absorption and harms the taste buds? (Key Message 7)
14. Which micro-nutrient hinders iron absorption in the body? (Key Message 3)
16. What term describes using food to cope with emotions, impacting physical and mental well-being? (Key Message 6)
18. Name a green leafy vegetable that is rich in iron? (Key Message 4)
20. What type of foods build your muscles and give you strength? (Key Message 2)
21. What does each food item provide to the body, similar to an app on a phone? (Key Message 1)
22. Name a purple vegetable known for its high nutritional value. (Key Message 4)
23. What supplement must be taken along with iron-rich foods to maintain iron in the body? (Key Message 3)

DOWN

1. What is described as the slow-burning fuel that keeps us energized all day? (Key Message 2)
3. Name one activity that can be included in your daily routine for a healthy lifestyle. (Key Message 6)
4. Which category of foods provides vitamins and antioxidants for overall well-being? (Key Message 2)
5. What type of foods should you incorporate into your diet to combat anemia? (Key Message 3)
6. Which types of foods should be consumed in moderation to maintain health? (Key Message 6)
7. What are some healthy alternatives to not-so-healthy snacks? (Key Message 5)
11. Which chronic condition is caused due to elevated blood sugar levels, often influenced by diet and lifestyle? (Key Message 5)
12. Name a green fruit rich in Vitamin C, which helps in iron absorption. (Key Message 4)
13. How many glasses of water should you aim for every day? (Key Message 1)
15. What can be affected by unhealthy eating habits, impacting performance in school? (Key Message 5)
17. What type of salt is recommended for added benefits? (Key Message 3)
19. What substance provides empty calories and disrupts nutrient absorption? (Key Message 7)

Key Message 1 : Think diverse and add variety of colourful foods to your plate

Key Message 2 : Eat meals that are rich in nutrients across the food groups

Key Message 3 : Adolescent girls and boys need to consume iron rich foods daily

Key Message 4 : Include colourful vegetables and fruits in your daily diet

Key Message 5 : Avoid food high in fat, salt and sugar

Key Message 6 : Practise habits that promote a healthy lifestyle

Key Message 7 : Health-risk behaviours, smoking cigarette and drinking alcohol can impair growth and development

Nutritional Wellness Crossword: Empowering Adolescents for Healthy Living

Note for the Facilitator

Objective of the Game

The objective of the crossword game is to reinforce and review the key nutritional messages and healthy lifestyle habits that adolescents have learned from the dialogue cards. By engaging in this interactive activity, participants will enhance their understanding and be able to retain the information, promoting better nutritional habits and overall wellness.

Instructions for the Crossword Activity

1. Preparation (Before the Activity):

- Ensure that all participants have gone through the dialogue cards and have a good understanding of the different key messages and topics covered.

2. Decide on the Format:

- Determine how the crossword game will be played based on the size and understanding of the participants. The options are:
 - ◆ **Individually:** Each participant will receive their own crossword puzzle to solve on their own. This format is suitable for smaller groups or participants who thoroughly understand the material.
 - ◆ **In Pairs:** Participants will be divided into pairs, and each pair will work together to solve one crossword puzzle. This encourages teamwork and allows participants to discuss and collaborate on the answers.
 - ◆ **In Groups of 4:** Participants will be divided into groups of four. Each group will work together on one crossword puzzle, promoting group discussion and cooperative learning. This format is ideal for medium-sized groups and helps ensure that each participant can contribute.
 - ◆ **In 2 Big Groups:** The entire group will be divided into two large teams. Each team will work together to solve a large crossword puzzle. This format fosters a competitive and collaborative environment, making it suitable for larger groups or for ensuring a more dynamic and interactive session.

● Factors to Consider:

- ◆ **Group Size:** Choose a format that matches the number of participants. Larger groups may benefit from the two big groups format, while smaller groups might work better individually or in pairs.
- ◆ **Participant Understanding:** Assess the participants' familiarity with the key messages. If they are well-versed, individual or pair formats might be more appropriate. For groups needing more support, the group of 4 or 2 big groups' formats can provide additional collaborative learning opportunities.
- ◆ **Time Available:** Consider the time allocated for the activity. Larger groups may require more time for discussion and coordination.

● Make the Decision Before Starting the Game:

- ◆ Decide on the format prior to distributing the crossword puzzles to ensure a smooth transition into the activity.
- ◆ Communicate the chosen format clearly to the participants and explain the reasoning behind the choice to ensure everyone understands the setup.

3. Introduction (5 minutes):

- Briefly explain that the crossword puzzle is a fun way to review and reinforce what they have learned from the dialogue cards.
- Emphasize that the clues in the crossword are directly related to the key messages they have discussed.

4. Activity Instructions (5 minutes):

- Distribute the crossword puzzles according to the chosen group arrangement.
- Explain that each clue in the crossword puzzle is related to one of the key messages from the dialogue cards.
- Encourage participants to refer to the dialogue cards if they find any clue difficult to solve.

5. Solving the Crossword (30 minutes):

- Allow participants 30 minutes to work on the crossword puzzle based on the chosen group arrangement.
- Walk around to provide hints and encouragement as needed.
- Remind participants to think about the key messages while solving the clues.

6. Discussion and Review (15 minutes):

- Once most participants have completed the puzzle, review the answers together.
- Discuss each clue and its corresponding answer, reinforcing the key messages.
- Encourage participants to share any interesting insights or difficulties they encountered while solving the puzzle.

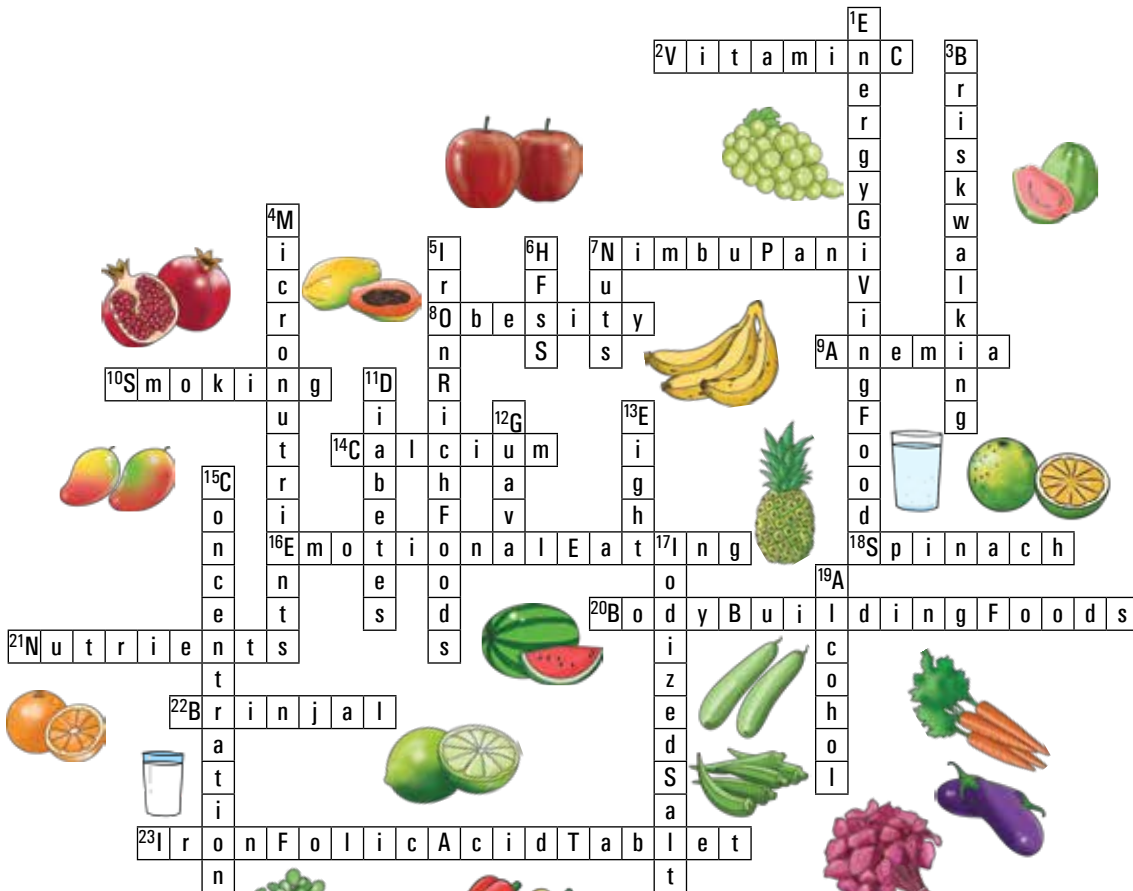
7. Conclusion (5 minutes):

- Summarize the session by highlighting the importance of a balanced diet and healthy habits.
- Encourage participants to share what they learned with their peers and family members.

Additional Tips

- Keep the session interactive by asking participants to read out clues and suggest possible answers.
- Use visual aids or examples of healthy and unhealthy foods to make the session more engaging.
- Ensure a supportive and positive environment to encourage participation and learning.

Nutritional Wellness Crossword: Empowering Adolescents for Healthy Living



ACROSS

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