NUTRITION AND HEALTH

INTRODUCTION

It is a well known adage that prevention is better than cure. Nowhere is this better exemplified than in the case of nutrition. A good knowledge of nutrition, nutrients, their uses and combinations is essential to develop a diet that ensures maximum health benefits.

Learners begin by understanding the building blocks of nutrition such as proteins, carbohydrates, etc. They then go on to understand how this knowledge is useful in analyzing different diets and identifying deficiencies or excesses in them.

Learners exit this module with an good understanding of the importance of diet in maintaining health and the capability to make positive interventions in their diet.

This module is a part of the "EXPLORE - COMMUNITIES AND CULTURES" series.

MODULE DETAILS

- **Series 6: Live - A Happy, Healthy and Responsible Life**
- **Module 2: Nutrition and Health**
- **Student Accomplishment Level: 2**

Grade Group : 4-5   Number of Sessions: 8   Session Duration: 60 min

SESSION EXPERIENCE

1. **Tuning in:** Understand the module structure and goals. Learn the terminology and vocabulary relevant to the module.

2. **Nutritional Building Blocks 1:** Understand what proteins, carbohydrates, fats, vitamins and minerals are!

3. **Nutritional Building Blocks 2:** Explore good and poor sources of proteins, carbohydrates, fats, vitamins and minerals. Identify different foods and enumerate the nutrients in them.

4. **Breakfast, Lunch and Dinner:** Figure out the ideal breakfast, lunch and dinner.

5. **A Dangerous Addiction:** Explore the different harmful effects of fast food. Understand how stores convince customers to buy less nutritional food that is more costly!

6. **Too Less or Too Much?:** Explore different diseases caused by deficiency or excess of nutrients.

7. **Make a difference:** Analyze a particular diet (at your home, at school or any place else) and create a poster showing suggestions on how the diet can be improved.

8. **How did I do?:** Reflect on the learnings of the sessions of the module: nutrition and nutrients, ideal diet and nutritional deficiencies.

Learning Objectives:

Learners will:

1. Be able to describe the uses and effects of proteins, carbohydrates, fat and other nutrients in food.
2. Be able to define the nutritive value of commonly eaten foods.
3. Be able to explain the disadvantages of fast food and identify diseases due to nutritional deficiencies.
4. Follow instructions, conduct research, think critically, solve problems and create tangible artifacts.
5. Engage in active collaboration and communication.

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