

Urbani School Health Kit
TEACHER'S RESOURCE BOOK

A Strong and Healthy Me

A Campaign on Healthy Food Choice
for Health Promoting Schools



Urbani
School Health Kit



World Health
Organization
Western Pacific Region

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Objectives

After the lessons, schoolchildren **ages 5 to 9** will be able to:

- Explain why food is important
- Describe the three major food groups
- Identify healthy food choices (such as avoiding foods with too much fat, sugar, and salt)

In addition, schoolchildren **ages 10 to 12** will be able to:

- Discuss what good nutrition means
- Determine one's ideal body weight
- Discuss the importance of maintaining a healthy weight
- Explain the importance of balancing food intake and physical activity
- Explain how healthy food choices can prevent diseases in the future

Key Messages

For ages 5 to 9

- Food is important for growth, energy and proper functioning of the body.
- The three major food groups are the sources of essential nutrients needed by the body: carbohydrates, proteins, vitamins and minerals.
- Fruits and vegetables, rice and whole grain products, and fish/meat products are good for the body if taken in appropriate amounts.
- Eating too much sweets, fats and salty foods is bad for the body.

In addition, **for ages 10 to 12**

- Good nutrition means eating a variety of food at the right amount.
- Maintaining a normal weight is indicative of good nutrition.
- It is important to balance food intake and physical activity.
- Diet and physical activity today affect future health.

Activities

For ages 5 to 9

- Height and weight monitoring
- Lunch monitor
- Food plate puzzle
- School fair

For ages 10 to 12

- Weight monitoring and computation of BMI
- Lunch monitor
- Food pyramid puzzle
- 24-hour diet recall
- Picture tells a story
- Meal planning
- Investigative report on school canteen
- School fair

Materials/Resources

For ages 5 to 9

- Tape measure
- Weighing scale
- Growth chart (weight-for-age)
- Picture cards

For ages 10 to 12

- Tape measure
 - Weighing scale
 - Growth chart (weight-for-age)
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- Forms for 24-hour diet recall
 - Forms for meal planning
 - Physical activity/ exercise audio or video tape (optional)

Teaching children about healthy food choice contributes to establishing lifelong healthy dietary patterns and healthy lifestyles. Dietary habits are formed early in life, thus it is very important that children are taught early on what constitutes a healthy diet. Good nutrition also maximizes the learning potential of children. Schoolchildren who are properly nourished are brighter, more alert and energetic, and more able to participate well in class. By helping schoolchildren make the healthy choice when it comes to food, you teach them one of the most essential life skills that will impact on their health and social well-being.

Food is important because:

- Food contributes to the body's growth and repair.
- Food is the source of energy for the body.
- Food is essential to the regulation of the functions of the body.

Food can be categorized into three basic food groups:

- **Body-building foods**

Body-building foods are important for promoting growth and repairing body tissues. These foods are rich in **proteins**, the substances called the “building blocks” of the body. Without proteins, the body cannot grow or repair itself. Examples of foods rich in proteins include milk, fish, meat, eggs, and cheese.

- **Energy foods**

Children need energy for body processes such as breathing, blood circulation and maintaining normal body temperature. Children also need energy for growth and play. Foods that are rich sources of energy include rice, bread, cereals, grains, potatoes, cassava and other starchy foods.

Why is healthy food choice important?

What should children know about healthy food choice?



Activity: Ask your Mother about Breastfeeding

Breastmilk is best for babies. It is nutritionally complete and it even builds up the baby's immune system. Breastmilk is clean, safe and has no cost. Breastfeeding also creates a stronger bond between mother and baby.

Infants should be exclusively breastfed from birth up to six months.

Ask your mother:

- Was I breastfed?
- For how long?
- Why is breastmilk best for babies?

● Protective foods

The body needs vitamins and minerals to regulate its processes and ensure proper functioning. Vitamins and minerals help fight germs and build strong muscles and bones. They also help develop clear vision, and healthy hair, skin, gums and teeth. Protective foods include a wide variety of fruits and vegetables.

Good nutrition means:**● Eating a variety of food**

The body needs different nutrients. Foods vary according to the kind and amount of nutrients. Eating a variety of food is the best way to ensure that you get all the needed nutrients. This means eating a balanced diet that consists of different types of foods with different nutrients.

The nutrients in food are:

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_27740

