

## MYNA MAHILA FOUNDATION

### Lesson Plan – Health and Nutrition

Topic – Health and Nutrition	Target Age – 12 - 45	Duration – 1 hour
No. of Learners – 50 and above		
<b>Advance preparation for the facilitator</b> <ul style="list-style-type: none"><li>- Any girl or boy of the above mentioned age can attend the session.</li><li>- Please ensure that the session kit is ready a day before the session so as to avoid any kind of unwanted on the spot commotion.</li></ul>		
<b>Learning outcomes</b> <p>By the end of the session the learners will be able to :</p> <ul style="list-style-type: none"><li>- Describe the importance of health and nutrition</li><li>- Know the food constituents that are necessary for good health</li></ul>		
<b>Skills demonstrated in this lesson:</b> <ul style="list-style-type: none"><li>- Learners will start thinking pro-actively about their health.</li><li>- Learners will be motivated to adopt healthy eating habits</li></ul>		
<b>Resource Material for the Facilitator</b> <ul style="list-style-type: none"><li>- Power point presentation</li><li>- Evaluation tool</li></ul>		
<b>Material for the learner</b> <ul style="list-style-type: none"><li>- Nutrient chart</li></ul>		

## Introduction of Health

Health is physical, mental and social well-being of a person.

**Physical** – It's the condition of a person's body.

It can be maintained by balanced diet, Exercise, adequate rest.

**Mental and emotional** – Condition of person's mind and the person's ability to express emotions.

It can be done by adapting to changes, and improving abilities to bounce back after difficult experiences.

**Social** – The way the person deals with other people in his/her life.

It can be done by getting and keeping friends, listening to others.

### They all are interconnected

Poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact on physical health, leading to an increased risk of some conditions.

Physical and mental problems in turn affects the social aspect.

## Introduction of Nutrition

Nutrition is the science of food and its relationship to health.

With the current increase in lifestyle disorders, it is necessary that we keep in mind the importance of health and nutrition.

Nutritious food is cornerstone of health. Food should supply necessary nutrients in sufficient amount to meet body need.

Nutrition is important for -

- 1) Infant, child and maternal health.
- 2) Stronger immune system to fight disease.
- 3) Lower risk of non-communicable disease (hypertension, diabetes cancer etc).

Nutrient	Role	Source
<b>Carbohydrate</b>	Major source of energy Brain depends on glucose for energy	Table sugar, pulses (moong, matki, chana), Roots and tubers (beetroot, carrot, radish, potato, sweet potato)
<b>Fiber</b>	Prevents constipation Reduces cholesterol level	Fruits, leafy vegetables,
<b>Protien</b>	Several hormones Clotting factor	Milk, meat, fish, egg, leafy vegetables
<b>Vitamin A</b>	Good eyesight Reduces risk of cancer	Carrot, spinach, Egg yolk

<b>Vitamin E</b>	Closely associated with reproductive functions Prevents Sterility Works in association with Vit A, C to delay the onset of cataract	Vegetable oil – peanut, corn, sunflower. Also present in meat, milk, butter, eggs
<b>Vitamin C</b>	Bone formation (along with calcium) Important for wound healing	Citrus fruit(orange, sweet lime, lemon), Amla, Guava, tomatoes
<b>Vitamin D</b>	Good for intestine, bones, kidneys	Egg yolk, sunlight
<b>Calcium</b>	Development of bones and teeth	Milk and milk products Cabbage, fish, leafy vegetables
<b>Iron</b>	Transfer of oxygen from lungs to tissues	Fish, apples, pulses, organ meat (liver, heart, kidney)

### **How does poor nutrition affect us?**

Poor nutrition can impair our daily health and wellbeing and reduce our ability to lead an enjoyable and active life.

In the short term, poor nutrition can contribute to stress, tiredness and our capacity to work, and over time, it can contribute to the risk of developing some illnesses and other health problems such as:

- 1) Overweight or obese – affects your active lifestyle
- 2) Tooth decay – inability to eat which will affect your health furthermore
- 3) Bone diseases – restricts mobility and hence restricts your growth as well as socialization

Etc.

Being healthy will make you less dependent on others which is important for a fruitful life.