

TEACHER TRAINING MODULE

NUTRITION I

FUNDAMENTALS OF NUTRITION





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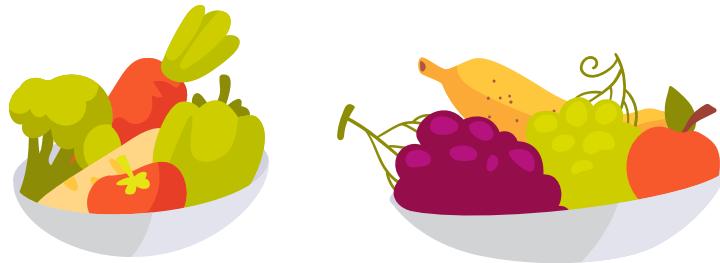
CHAPTER 1 - HEALTHY EATING

What is Healthy eating?

Healthy eating refers to the practice of consuming a well-balanced and nutritious diet that provides the essential nutrients your body needs to function optimally. It involves making food choices that promote good health and well-being.

A healthy diet is a diet that maintains or improves overall health. It typically includes a variety of foods from different food groups, such as:

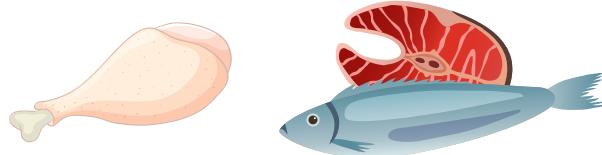
Fruits and vegetables: These provide essential vitamins, minerals, and fiber.



Whole grains: Whole wheat, oats, brown rice, and quinoa are good sources of complex carbohydrates and fiber.



Lean proteins: Sources like poultry, fish, beans, and tofu are rich in protein and low in saturated fat.



Healthy fats: Avocado, nuts, and olive oil contain unsaturated fats that are beneficial for heart health.



Dairy or dairy alternatives: These provide calcium and other nutrients. It is also important to limit the intake of processed foods, sugary beverages, and excessive amounts of added sugars, salt, and saturated fats.



What are food choices?

Food choices are activities and practices that are directly related to satisfying one's nutritional needs.

Food choices are primarily influenced by

- Individual preferences,
- Level of education,
- Food prices
- Cultural conditions
- Religion
- Family traditions and the
- Level of knowledge about healthy eating

Acquiring credible knowledge about it is not easy, because we are flooded with often conflicting information from the media. Research conducted in the mid-1950s on the determinants of food choices examined the factors driving an individual's choice of specific products. The list includes: attractive product appearance, the availability of the product, ease of preparation, impact on health and body weight, impact on emotions, e.g. the feeling of pleasure derived from food, knowledge of the product and its brand, its composition and ethical considerations related to the production or origin of the product.

In addition, advertisements that provide selected information related to a given product are an important factor associated with food choices and they often mislead young people.

Setting an example of healthy eating

The awareness that excessive body weight and related issues increasingly affect both children and adolescents leads us to consider the impact of the lifestyles and dietary choices promoted by their caregivers.

The early years of a child's life play a pivotal role in shaping fundamental dietary behaviors, but societal influences such as imitation and modeling also contribute to molding their behaviors and perspectives.

During adolescence, young people are particularly susceptible to altering their eating habits under the influence of their peers, underscoring the importance of nutrition education during this phase.



CHAPTER 2 - CLASSES OF FOOD AND HOW MUCH YOU SHOULD YOU EAT?

The classes of food, also known as food groups, are categories that classify the various types of foods based on their nutritional content and functions in the diet. The main classes of food include:

- 1. Carbohydrates** are a primary source of energy. They include foods like grains (bread, rice, pasta), starchy vegetables (potatoes, yam). They are essential for fueling the body.
- 2. Proteins** are essential for growth, repair, and maintenance of body tissues. Good sources of protein include meat, poultry, fish, eggs, dairy products, and plant-based sources like tofu, legumes, and nuts.
- 3. Fats and oils** are crucial for energy, nutrient absorption, and insulation. They can be found in foods like oils, butter, avocados, nuts, and fatty fish. There are both healthy fats (unsaturated) and unhealthy fats (saturated and trans fats).
- 4. Vitamins** are organic compounds that are essential for various biochemical processes in the body. They are micronutrients that are needed in small quantities to support growth, development, and overall health. Vitamins are typically not a source of energy, but are crucial for maintaining the body's normal functioning. They can be found in various fruits such as apples, oranges, vegetables such as ugwu, okra, ewedu, whole grain, lean protein, dairy products
- 5. Minerals** are essential inorganic nutrients that your body needs for various physiological functions. They are not a source of calories or energy but play critical roles in processes such as nerve function, muscle contraction, fluid balance, and the formation of bones and red blood cells. They can also be found in fruits, vegetables and meat and dairy products
- 6. Dietary fiber** is a component found in various plant-based foods. It's a type of carbohydrate that the body cannot digest or absorb, and it serves several important functions in the diet. It helps to promote regular bowel movements, reduces the risk of certain diseases like heart disease and type 2 diabetes, and helps with weight management by providing a feeling of fullness.
- 7. Water:** Although not a food in the traditional sense, water is essential for hydration and plays a crucial role in various bodily functions.

How much of each type of food Should i eat?

THE HEART-HEALTHY EATING PATTERN

1. Eat plenty of vegetables, fruit and wholegrains

Fruit and vegetables are some of the best foods for your heart, but most Nigerians are not eating anywhere near enough. These foods contain a variety of vitamins and minerals, as well as fibre and antioxidants, and have been shown to help prevent heart disease.

People with diets rich in vegetables and fruit have a significantly lower risk of obesity, heart disease, stroke, diabetes and certain types of cancer.

Wholegrains are foods like brown rice, wholemeal pasta, grainy bread and oats. These foods are full of fibre and can help lower your cholesterol.

Swapping from refined grains like white bread and white rice to wholegrain versions is a simple change that can improve your diet.

2. Include a variety of healthy protein-rich foods

Some protein-rich foods are better choices than others. The best options are plant-based proteins like beans, chickpeas, lentils, nuts and seeds, as well as fish and seafood. These foods have been shown to reduce your risk of developing heart disease

Eggs and poultry are also protein-rich foods that can be enjoyed as part of a heart-healthy eating pattern.

If you eat red meat, it is best to limit it to 1-3 meals per week as research shows it is associated with an increased risk of heart disease.

3. Choose unflavoured milk, yoghurt and cheese

These foods don't increase or decrease your risk of heart disease, but they can be an important source of calcium, protein and other minerals.

Unflavoured versions with no added sugar are the healthiest options.

If you have heart disease or high cholesterol, reduced-fat milk, yoghurt, and cheese are healthier options. For those who do not have heart disease, you can choose between reduced-fat or full-fat alternatives.

4. Include healthy fats and oils

Fats and oils can play an important role in your risk of developing heart disease, and they can add flavour and fun to your food.

Different types of fats can impact your health differently—healthy fats can help protect your heart, and unhealthy fats can increase your risk of developing heart disease.

Choose foods with high amounts of healthy fats such as avocados, olives, nuts and seeds, and use healthy oils for cooking, for example, olive, canola, sunflower, peanut and soybean oil. These foods can help lower your cholesterol.

5. Use herbs and spices to flavour foods instead of salt

Eating too much salt can lead to high blood pressure, which is a risk factor for heart disease. On average, many families are eating nearly double the recommended amount of salt(less than 2,300mg/day which is equal to 1 teaspoon of table salt. For children under 14, recommended dose is lower.

Many people don't realise that most of the salt they eat is found in processed and packaged foods such as canned foods, baked goods, Maggi, Knorr, Suya.

One of the best ways to reduce the amount of salt you eat is to base your diet on fresh, unprocessed foods like fruit and vegetables. If you want to add extra flavour to your food, try adding herbs and spices.

