



STEP 2:

Eat Healthily

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Step 2: Eat Healthily

Introduction

A balanced daily diet with a mixture of different types of foods helps the body to grow normally, fight off diseases, provide energy for daily activities and heal wounds. Eating foods that are rich in protein (eggs, meat, fish, beans, nuts, dairy products), fresh fruit, vegetables and whole grains will help the body grow and heal faster. Eyes will be healthier if foods with vitamin A are eaten. Sources of vitamin A are found in breast milk, milk, yoghurt, cheese, eggs, red palm oil, red pepper, spinach, sweet potato, tomato, pumpkin, papaya, orange, fish, liver, carrots, cantaloupe melon, apricots, broccoli, butternut squash and cabbage.

Water makes up 60% of the body's weight. The body depends on water to cleanse it of waste and toxins, to carry nutrients to the cells and to provide a moist environment for the ears, nose and throat tissues. The amount of water required depends on where you live, how active you are and your state of health. Lack of water leads to dehydration, making it difficult for the body to function and making one feel tired. Water is lost through breath, perspiration, urine and bowel movements. Adequate amounts of foods containing water need to be consumed daily. If enough water is consumed, one will rarely feel thirsty and the urine will be colorless or light yellow. Eight to ten cups of water a day are recommended, but this may have to be adjusted according to individual and local circumstances.

Beliefs and culture influence what people eat as well as food availability and food cost. This module will help participants explore the reasons why people eat what they eat and increase awareness and knowledge on how to eat healthily.

Goal

Promote a healthy diet including water and foods that help the eyes fight off disease, give energy and help the body to grow and heal.

Key Messages

1. Eat as well as you can. Try to include the three food groups in each meal. Include many different colors of food each day.
2. Remember, a balanced daily diet helps the body to heal and grow normally, fights off diseases and gives energy for daily activities.
3. Drink adequate amounts (2 liters or 8–10 cups) of clean water daily.

References

- Francis, V., & Wiafe, B. (2007). Healthy Food for Healthy Eyes. In *The healthy eyes activity book: A health teaching book for primary schools* (2nd ed.). International Centre for Eye Health. <http://s160131.gridserver.com/wp-content/uploads/healthy-eyes-activity-book-for-primary-schools-05.pdf>.
- <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>



A Quick Supervisory Checklist for Step 2

Healthy Eating	Yes	No	Not Obs	Observations & Recommendations
1. Explains that eating healthily prevents disease and helps healing				
2. Explains which local foods help the body to heal (protein foods)				

Guidelines for Teaching the Module

Health Coach/Facilitator should use the local language and ensure that all terms are found in the local language.

Estimated time to do module: 1 hour

Learning Objectives

At the end of the module, participants will be able to:

1. Explain why it is important to drink water and eat foods that are healthy.
2. List the three basic food groups and give examples of local foods in each food group.
3. List three (3) reasons why people do not eat healthily.

List of Teaching Activities and Learning Materials

Activity 1

Group Discussion on Healthy Eating and Drinking

Activity 2

Healthy Meal Planning (Optional)

Activity 3

Healthy Eating Song (Optional)

Handouts

- 2.1 Healthy Food Groups
- 2.2 Healthy Eating Song

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Activity 1: Group Discussion on Healthy Eating and Drinking

Handouts

- 2.1 Healthy Food Groups
- 2.2 Healthy Eating Song

Equipment & Materials

- Flip chart stand and paper
- 4 – 6 colored markers
- 10 Step Summary Card

Instructions for Teaching the Activity

Room Arrangement: Participants sit in a circle

Note: If teaching a community group, the Health Coach asks questions of the whole group, encouraging responses from all participants.

1. Health Coach asks the participants to respond to the following questions without repeating what others have said. List group responses on flip chart.

- Name one food you eat regularly.
- Give me one reason why we eat food.
- Give me a reason why we drink water.

Note: The Health Coach notes if any reason for eating or drinking water is missing (eating: energy for activity, protection, healing and growth; drinking water: cleansing waste from body). If missing, then the Health Coach adds these at the end.

2. Health Coach asks the participants to respond to the following without repeating what others have said. List group responses on flip chart.

- Name one food that is needed to heal the body.

Note: Health Coach discovers group's understanding of the need for foods high in protein to heal. Coach gives related homework.

3. Health Coach points to the list of local foods and asks participants to respond to the questions below. Beside each identified food the Health Coach marks an “E” for energy, “P” for protection, and “H” for healing and growth.

- What foods are best for providing “high” **energy** to do daily activities?
- What foods help to **protect** the body?
- What foods are needed for the body to **heal and grow**?

4. Health Coach asks the participants to respond to the following without repeating what others have said. Group responses are listed on the flip chart.

- List reasons why water and/or certain foods are, or are not, consumed.
- Why don't people eat healthy foods?

Note: Health Coach guides group discussion and clarifies responses as needed. The group identifies barriers to healthy eating. If any common barriers are missing, the Health Coach completes the list (costs, limited access and availability, habit, etc.). The Health Coach gives related homework.

5. Health Coach emphasizes the following key points:

- The need for drinking sufficient clean water (about 2 liters or 8-10 cups daily).
- The importance of protein in helping the body to heal/repair.
- Local foods with high protein content or food that help the body to heal.

6. Health Coach distributes the handout 2.1 Healthy Food Groups to participants.



Optional Activity 2: Healthy Meal Planning

Handouts

- 2.1 Healthy Food Groups

Equipment & Materials

- A4 paper for each group

Instructions for Teaching the Activity

Room Arrangement: Divide participants into groups of three to four persons.

1. **Health Coach briefly discusses the importance of including foods from the three main food groups in each meal (Refer to handout *2.1 Healthy Food Groups*).**
2. **Each group will be given five minutes to plan one meal that includes all food groups.**
3. **Group records meal on A4 white paper.**
4. **Each group presents their meal to the larger group.**

Optional Activity 3: Healthy Eating Song

Handouts

- 2.2 Healthy Eating Song

Equipment & Materials

- None

Instructions for Teaching the Activity

Room Arrangement: Divide participants into groups of three to four persons.

1. **Health Coach distributes handout *2.2 Healthy Eating Song*.**
2. **Health Coach gives each group 10 minutes to put the song to music and create a dance.**
3. **Each group presents to all participants.**
4. **Participants vote to select the best presentation.**

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Conclusion

In conclusion, the Health Coach summarizes key messages and clarifies any misconceptions.

Homework Assignment and/or Things to Try at Home

- 1. Participants discuss possible solutions for overcoming barriers to healthy eating and present the solutions the next day.**
- 2. Record what you eat every day and sort by food group:**
 - a. high-energy foods
 - b. protective foods
 - c. healing and growth foods
- 3. Record the colors of the food you are eating. How many different colors did you eat each day?**



Handout 2.1: Healthy Food Groups

1. What are the three basic food groups?
2. Which foods help your body to heal and grow?
3. Which foods help to protect you?
4. Which foods give you energy to get things done?

Food Groups	Food Sources	Local Foods
Heal & Grow	<ul style="list-style-type: none"> • Meats • Poultry • Fish • Dairy products • Eggs • Beans 	<ul style="list-style-type: none"> • Meat • Fish • Beans • Eggs • Milk • Groundnuts • Moringa leaves and seeds <p>OTHER:</p>
Protect	<ul style="list-style-type: none"> • Dairy products <ul style="list-style-type: none"> - milk - eggs - butter • Fresh fruit • Fresh vegetables 	<ul style="list-style-type: none"> • Vegetables and fruits <ul style="list-style-type: none"> - okra - green leaves - tomatoes - onions - bananas - oranges - watermelon - groundnuts - Moringa leaves and seeds <p>OTHER:</p>
Energy	<ul style="list-style-type: none"> • Potatoes • Rice • Cereals • Pasta • Bread • Some fruits and vegetables 	<ul style="list-style-type: none"> • Yams • TZ (porridge ball made with millet or corn flour and served with a stew) • Porridge • Rice • Fufu with stew • Banku with stew • Groundnuts • Moringa leaves and seeds <p>OTHER:</p>

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Handout 2.2: Healthy Eating Song

With permission Gertrude de Rooij

1. Moringa is a miracle tree. Yes, it is good for the whole family.

Chorus x 2

Food, food, food healthy food that does my body lots of good

2. I want to grow. I have to eat food like beans, eggs or meat.

Chorus x 2

Food, food, food healthy food that does my body lots of good

3. Oranges and tomatoes do me good. We call it protection food.

Chorus x 2

Food, food, food healthy food that does my body lots of good

4. Yam and TZ give energy. So that I can sing for you and me.

Chorus x 2

Food, food, food healthy food that does my body lots of good