



Safe & Nutritious Food
A Shared Responsibility

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THE YELLOW BOOK

YOUR GUIDE TO
SAFE AND NUTRITIOUS FOOD
@SCHOOL

fssai


FOOD SAFETY AND STANDARDS
AUTHORITY OF INDIA

Inspiring Trust, Assuring Safe & Nutritious Food

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SNF@School

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PREFACE

If ever there was a time to take charge of our food choices and habits, it is now. With our fast changing lifestyles, India faces a silent epidemic today of rising childhood obesity coupled with under nutrition and micronutrient deficiencies. Each one of us, be it parents, teachers or children, has a right and a responsibility to make an informed choice. The Yellow Book of the Food Safety and Standards Authority of India (FSSAI) is your guide to making such choices, to assuring safe and nutritious food at school.

The 'Yellow Book' is aimed at inculcating wholesome food habits at a young age, as habits formed in our early years stay with us for life. It would aid the School Health and Wellness Teams in carrying out effective activities in the classroom. The content is divided into age appropriate modules. The activities and guidelines have been designed to encourage adoption of safe and nutritious food practices at schools. The book is a resource-pool of facts, information and concepts, along with a diverse range of supportive material and tools.

The SNF program mascots, 'Master Sehat' and 'Miss Sehat', are the superheroes and the 'health champs' to carry the message forward. They come with a 'School Crew', additional characters who provide an interactive means of bringing the central themes into focus.

A team of food technologists and nutritionists has brought the book together from various premier institutions in the country. Experts have carefully reviewed it. FSSAI would welcome any suggestions and feedback on this publication so that 'The Yellow Book' becomes a trusted companion and part of the Schools in our Country.

Lets join hands in building a Healthy and Happy India.

PAWAN AGARWAL
CEO, FSSAI

SNF@SCHOOLS VISION

Catch 'em young!

Create awareness of the benefits of eating healthy, thereby build lifelong habits that would significantly enhance health standards of the future generation.

Build capacities though knowledge:

Equip all School Health and Wellness Coordinators with resources to reach out to teachers, parents and school children, for generating awareness on safe and nutritious food based on the Core Guiding Principles.

ROAD MAP TO SNF@SCHOOL SOURCE BOOK

It is an established fact that eating safe and nutritious food is of vital importance for mental and physical health, longevity, productivity and overall wellness.

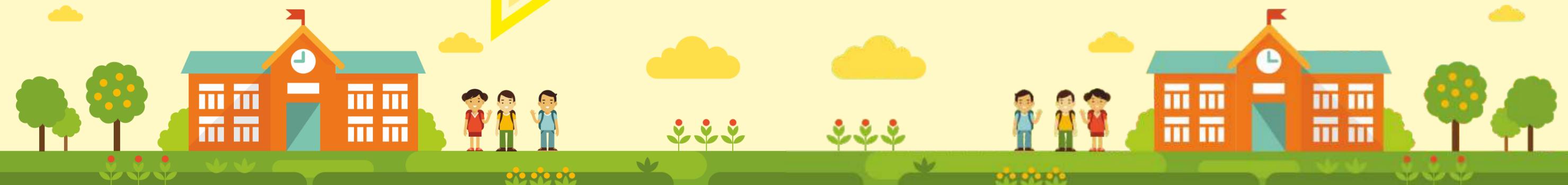
To ensure this, authentic knowledge becomes a must for parents, teachers & students. To this effect, a source book has been designed that serves as a ready reckoner that includes material for classroom narrative lectures as well as laboratory practicum or exercises.

For appropriate interventions to reach the entire target population, it is necessary to understand the two main segments of the SNF @ SCHOOLS TOOL KIT that are:

SNF@SCHOOL 'YELLOW BOOK' on SAFE AND NUTRITIOUS FOOD

SNF@SCHOOL TRAINING MANUAL FOR SCHOOL HEALTH AND WELLNESS COORDINATORS

Care has been taken to convert the most vital aspects into concise information capsules for easy retention. The sessions are expected to introduce concepts/practices and enhance knowledge through demos, activities, fun games, followed by check-lists to reiterate key learnings, and finally self-evaluation exercises to ensure lessons are soundly instilled and retained. For periodic rating individual student's progress, trackers (e.g., the smart 'rainbow tracker') are also provided.



YELLOW BOOK

The treatment given to any book that deals with children has to be to be appealing and participative. The 'Yellow Book', thus is an amalgamation of activities that are age appropriate, culturally appropriate and readily adaptable to available resources and context. The activities and guidelines are designed to encourage adoption of safe and nutritious food at schools extending to healthier lifestyles.

It is equipped with range of supportive material and tools to provide a comprehensive basis for presentation of the content areas in sessions, through slides, charts, activities, posters, handouts, and Power Point Presentations (PPTs). The 'Yellow Book' can be used independently as a guide, an activity book or in conjunction with the learning aids provided.

The resources include pointers on safe food, methods of detecting adulteration, essential nutritional facts, food groups and their health benefits. Instructive features are provided in the resource books for all levels which include, animation videos, audios, activities, stories, role-plays, on-/offline games, puzzles, mix-n-match exercises, etc. Components used uniformly through the books are, SNF Alerts, Did You Knows, Fact Files, Habit Forming Tools, Feature Story, Key Messages, Expected Learning/Queries, Ideas For Learning More, etc.

ROLE OF SCHOOLS

In this context, schools will play a vital role in ensuring the information reaches every household through the children. The teacher is their role model and children have a lot of faith in what is taught in school and what their teachers have to say & do.

Schools need to set examples by taking measures to ensure that food hygiene, personal hygiene and environmental hygiene i.e. hygiene of the classrooms and surroundings is maintained. Food served in schools must be healthy and palatable. Physical activity plays an important role in the overall growth and development of the child and this should not be neglected. Children will speak about the cleanliness, care and good food habits taught in school to their parents and this message in turn will percolate to the community.



MISS SEHAT

MASTER SEHAT

Did you ever think food and health can be fun ?

Let Team Sehat show you how. They will teach you a fun way of safe & healthy eating. Let's play games and do lots of activities that will not only make us enjoy ourselves but also will give us tips & easy way to nutrition. Master & Miss Sehat are keen to become your friends and partners to take you on a journey into a world of safe and nutritious food so that you can enjoy your life to the fullest !

Turn the pages and let the fun with food, nutrition and hygiene begin.

ROHAN

RIYA

DR. SARA



FOOD SAFETY AND STANDARDS
AUTHORITY OF INDIA
Inspiring Trust, Assuring Safe & Nutritious Food

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I STAY CLEAN



INVISIBLE GERMS



I PRACTICE HEALTHY
HABITS



HOW DO GERMS
SPREAD?



TEAM SEHAT
KA



FOOD
FUNDA



MODULE

1

GERMS ARE INVISIBLE



DO YOU KNOW?

There are over millions of germs hiding between our finger tips and elbow. Personal Hygiene is much more than just keeping our hands clean. It also means keeping our whole body clean so that we do not infect the others around us.



MY GOOD HABITS

I wash my hands properly after going to the toilet.



I have a bath every day.



I wear clean clothes and clean shoes.



I wash, comb and tie my hair neatly.



I wash my ears and eyes while bathing.



I brush my teeth twice a day.



I clean and clip my nails regularly.



I keep my cuts and wounds covered with a bandage.



DO YOU KNOW HOW GERMS SPREAD?

The 5 F's Responsible for the spread of diseases



FOOD: Water and food contaminated by poor handling or through diseased animals and their products.

FINGER: Unwashed hands and dirty fingernails.



FAECES: Food contaminated by sewage or dirty water or by unwashed hands after using the toilet.

FOMITES: Found on unclean utensils, equipment, door knobs, taps, towels and others.



FLIES & PESTS: Like houseflies, cockroaches, rats or house pets.

TEAM SEHAT'S FACT FILE

SNF ALERT



Food Funda

- Germs spread from one dirty hand to the other.
- Always wash your hands with soap and water before and after meals.
- Germs are dangerous, especially because we cannot see them.

- Cover your mouth and nose while sneezing and coughing.
- Keep food and drink covered during sweeping and dusting.



WASH YOUR HANDS LIKE THIS

We need to wash away germs hiding on our hands.



1 Wash your palms.



2 Scrub each finger and between fingers.



3 Rub back of hands and between fingers.



4 Rub the base of the thumbs.



5 Back of Fingers.



6 Scrub your nails on palms.



7 Wash your wrist.



8 Dry hands with clean towel or tissue.

NOW YOU KNOW

Germs are dangerous, especially because you cannot see them.

Germs need to be washed clean by following all the 8 steps of hand washing.

Germs rocket out into the air when you sneeze or cough. It is important to cover your nose and mouth when you sneeze and wash your hands after that. Or sneeze into the tissue or a handkerchief to avoid the spread of germs.



SUCCESS-O-METER

1

BEHAVIOUR CHANGES

Behavioural changes observed in children a week after training.

2

CONCEPTUAL DEVELOPMENT

Is there an increase in understanding of the concept?

3

PERFORMANCE CHANGE

Is there an enhancement in performance of children?



MY LEARNING LIBRARY



Identify 10 students from the class to create a skit on "Germs make me sick!".



Conduct a live demo on hand washing techniques with soap and water. They must turn off the tap while they are scrubbing their hands.



THE HYGIENE SUPERSTARS!

There may be occasion when some students despite training would not be at their best hygiene. Paste a chart with names of your students and mark rising sun against their names on a weekly basis until you find that there is a level of noticeable change in the students. Mark them finally as Shining Superstars.

NOTE
TEACHER for



I EAT SAFE AND CLEAN FOOD



WHAT ARE GERMS?



KEEP YOUR FOOD SAFE.

HOW GERMS SPREAD?



TEAM SEHAT
KA
F  **D**
FUNDA

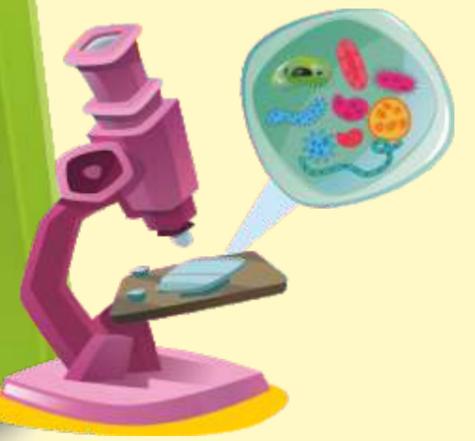


MODULE **2**

I EAT CLEAN FOOD

WHAT ARE GERMS ?

Germs are tiny microscopic creature which cannot be seen with naked eye. They cause infections and diseases. There are many different germs. In the air, water, soil, plants, animals, in the food we eat and even on us !



KEEP YOUR FOOD SAFE

Keeping food safe is important for our good health. Protecting food from germs is essential for children as they get appealed very quickly.



SNF ALERT



Do you know children can easily catch common infection like cold, coughs, flu, and diarrhea caused by germs. Unwell children lose their appetite and stop eating. The nutrients do not get absorbed. Overall growth and development of the child gets affected.



HOW TO PREVENT GROWTH OF GERMS?



We must follow these rules to keep germs away.



Before eating wash and dry hands properly.



Drink clean water.

Eat food in a clean plate and bowl and finish your packed lunch soon after opening it.



Eat clean, healthy and covered food.



If food falls on the ground, do not eat it.



If flies sit on food do not eat.



Wash fruits before eating them.



Flush Toilet and wash your hands.

FUN TIME 1

How clean are my hands?

Even clean looking hands are dirty. Just dip your hands in a jar of clean water and see how soon it changes colour.

BEFORE



AFTER



STORY OF FUNGU & GERMY

Aarav, Bina and Tarun are friends. One day as the three are playing, Bina sneezed and Fungu, my germ friend came flying out of her nose. He was so happy to see me. We both decided to live together on Aarav's head.



At school, Aarav scratched me off his head but I stuck to his thumb. It hurt me when he started to write with his pencil! When he ate lunch, he picked up his sandwich and popped it into his mouth. He stuffed me in too!



The next day, Aarav could not go to school because he had a sore throat. That is because I was now in the back of his throat. His mom would not let him go anywhere. Days passed Aarav was down with terrible cold and fever. His Mom had to give him many medicines and his fever broke.



STORY OF FUNGU & GERMY

I dislike medicines! These medicines have soldiers who started attacking me and other germs. I was very weak with their attack but somehow I escaped.



I slowly found my way back to Aarav's mouth from his throat and when he touched his lips, I quickly grabbed his fingers. He touched the tap to wash his hands and I quickly climbed on to it tap.

Soon Aarav was feeling better and his friend Tarun came to visit him. They both ate chocolate and Tarun got into the wash room to wash his sticky hands. I quickly climbed on to his hand from the tap. Now I sit here, telling you my story in the mouth of Tarun, Aarav's friend.



HOW DO FOODS SPOIL?

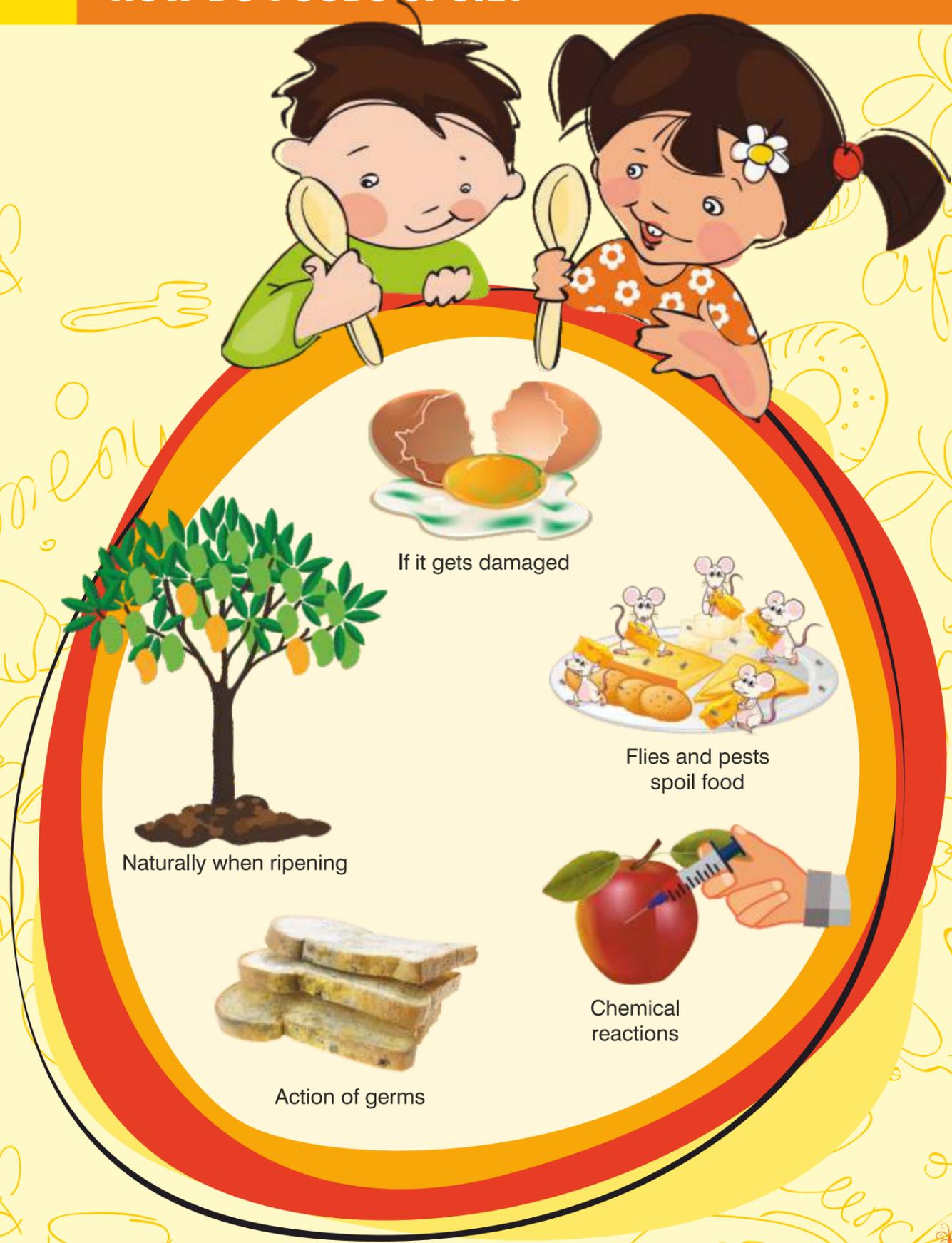
Food Funda

I always wash the fruit well before eating. I also wash my hands with soap and water before eating to avoid germs.



NEED FOR FOOD SAFETY

Food we eat should be free of any germs. We can keep food clean and safe by keeping our hands clean, keeping the area around us clean and eating food in clean plates.



SIGNS OF FOOD SPOILAGE

FUN WITH FOOD 2

FUN TIME ACTIVITY
Circle the food you will not eat.



HOW TO AVOID FOOD SPOILAGE?

FUN WITH FOOD 3

Grocery Bag

Store the food in the right place.



MILK



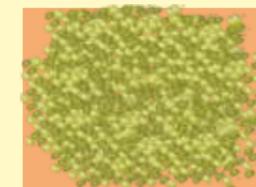
ICE CREAM



ONIONS



POTATOES



DAAL



BISCUITS

FOOD POISONING, FOOD INFECTION AND FOOD ALLERGIES

Sometimes after eating food from outside, you can get a bad tummy ache or fever, it is possible that you have a stomach infection or food poisoning.



ALLERGIES

A food allergy occurs when our body reacts to a food soon after eating it. Only some of us react to certain foods that are otherwise harmless to others. Substances which cause allergies are called Allergens.

MOST COMMON FOOD ALLERGENS



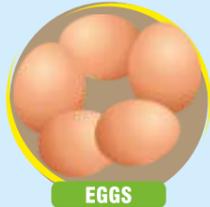
TREE NUTS



SOY



SHELLFISH



EGGS



FISH



PEANUTS



WHEAT



MILK

Did You Know?

If all of a sudden your lips turn red or swell and your throat chokes up, or there is a red rash after eating a certain food then you could possibly have an allergy.

PEST CONTROL

What are Pests?

Creatures which spoil our food and cause food borne diseases are pests.



FLY



HARD BEETLE



BEEES



BEDBUGS



COCKROACH



RAT



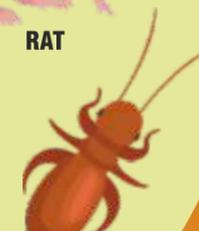
ANTS



SILVER FISH



SPIDER



TERMITE

SNF ALERT



Do not let the fly have its meal before you!



I KEEP MY SURROUNDINGS CLEAN



NOW YOU KNOW



SUCCESS-O-METER

1

BEHAVIOUR CHANGES

Check for any noticeable change in the behavior of the learners. For e.g. Keeping flies out of the food area or washing hands before eating their tiffin food.

2

CONCEPTUAL DEVELOPMENT

Has knowledge about the concepts of food spoilage increased?

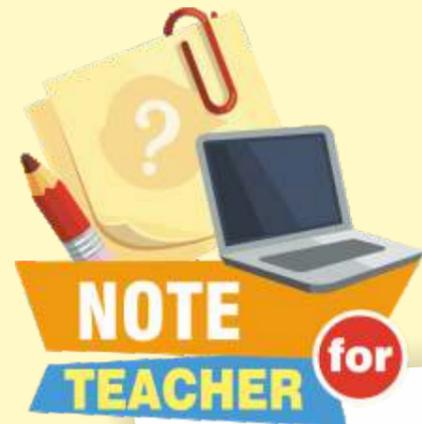
3

PERFORMANCE CHANGE

Are there noticeable changes in the day to day practices on keeping the classroom neat and tidy?



MY LEARNING LIBRARY



Teaching the concept of germs is quite a challenge. Explain the spread of germs through this little exercise- **Everything You Touch**: Get children to write the alphabet G for germs on pieces of paper or use smiley stickers or bindi's and stick these little germs to everything they touch for the next 20 minutes. Then ask them to look around at the classroom to see how germs spread.

I STAY NOURISHED



WHY DO WE EAT FOOD?

WHERE DOES FOOD COME FROM?

WHAT SHOULD I EAT?

3 G FOODS - GO, GROW AND GLOW FOODS



TEAM SEHAT
KA

F  **D**
FUNDA



MODULE

3

INTRODUCTION TO NUTRITION



PLANT AND ANIMAL FOOD SOURCES



Food comes from plants and animal sources. Have you ever seen fruits growing on big trees? Have you visited any vegetable garden? Some foods we eat come from plants such as fruits, vegetables, wheat, rice, pulses and nuts. Foods such as milk, eggs, chicken, fish or meat comes from animals sources.



OLD LADY AND GINGERBREAD MAN



They had no money to buy food or medicines. The old lady prays that she gets an endless supply of food.



Her prayers are answered. One day she finds her farm covered with golden wheat ready to be harvested.



OLD LADY AND GINGERBREAD MAN

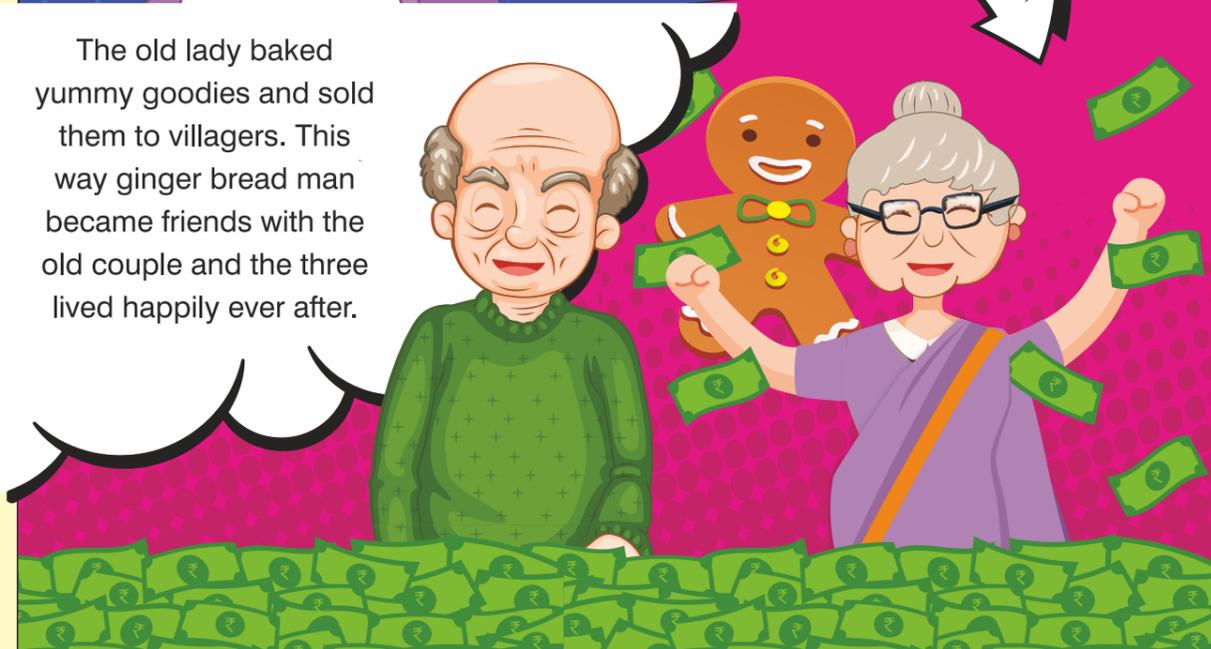
She used the wheatflour to bake bread everyday for her husband and herself. One day she baked a gingerbread man out of the bread dough.



As soon as she took the gingerbread man out of the oven, he came to life. He asked the old lady to use wheat to bake yummy cinnamon buns and cakes and put them up for sale. With the money earned she could then buy vegetables and fruit for a healthy diet.



The old lady baked yummy goodies and sold them to villagers. This way ginger bread man became friends with the old couple and the three lived happily ever after.



WHERE DID I COME FROM ?

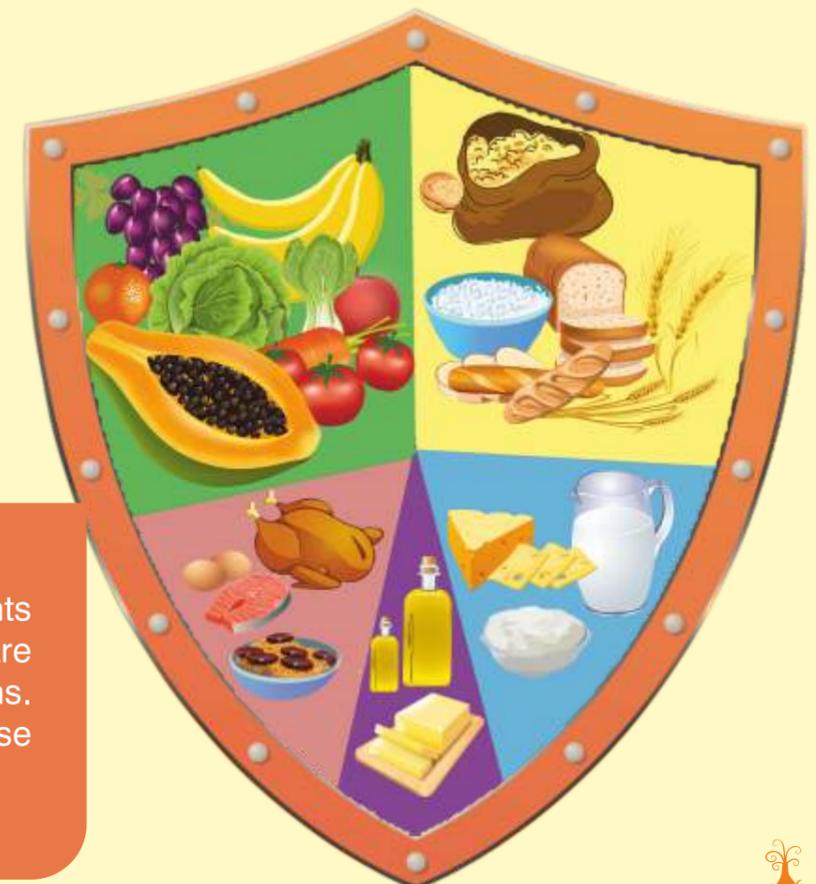
Match the food to its source

FUN WITH FOOD-1



Source: Arney's Fitkids-Promoting Healthy Child Development

MY BALANCED DIET



Food has nutrients. Nutrients nourish our body and are essential for all body functions. A balanced diet gives us these nutrients.



Food Funda

Balanced diet is when we eat a variety of food from each of the food groups. Can you see the food groups on our Shield? We get the power from grains and proteins, fruit and vegetables along with dairy products. The super powers in these foods protect us from infections and build immunity. You can also get strong with the super powers that come from eating all the foods.



Food Funda

We eat the GO, GROW AND GLOW foods to stay healthy and super strong!



THE 3 G FOODS

GO FOOD

GO FOODS give us energy to run, walk, hop, skip and jump.

The main nutrients in this food group are carbohydrates and fats.

Carbohydrate rich foods: Bread, Chapatias, Poories, Rice, Maize, Potatoes.

Fat: Cooking oil, butter and ghee.



GROW FOOD

GROW FOOD are the body-building foods.

The main nutrient in this group is protein. The foods in this group are meat, fish, poultry, eggs, milk and milk products like curd, cheese etc., dried Pulses and nuts like almonds, walnuts, pistachios .



GLOW FOOD

GLOW FOODS are for good health and well being. They provide good eyesight and healthy skin.

The main nutrients are vitamins and minerals. The foods in this group are fruits, green leafy vegetables, red and yellow vegetables and other vegetables.



CIRCLE TIME

FUN WITH FOOD-2

What did you eat for breakfast or dinner. Was it healthy?



MY NUTRI - BASKETS

FUN WITH FOOD 3

Collect food wrappers, packets, food models, cuttings or food pictures. Place them after matching them in the Go, Grow and Glow baskets.



GO



GLOW



GROW



FIND BUNNY HIS CARROTS

Carrots are rich in Vitamin A which is good for eyes.



FUN TIME 4



It's night and Bunny is not able to find the carrots.

He has poor vision because he has not eaten carrots for a long time.



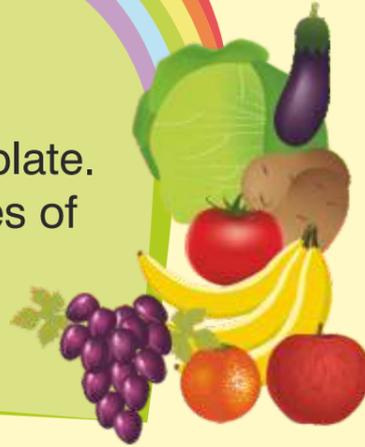
Let us go out into the farm and find Bunny his carrots and help him see better. The carrots will give him power to see clearly.



fit kids (Note for teachers : Hide 5 carrots in the garden and ask class to find them.)
Source: Arney's Fitkids -Promoting Healthy Child Development

Food Funda

Eat a rainbow on your plate.
Eat fruits and vegetables of
all colours.



SNF ALERT



Remember to drink water. Our body
needs water to keep us healthy.
Drink atleast 5 to 6 glasses of water
everyday. You can drink more on a
hot summer day.

FUN WITH FOOD 5

Can you match the
colours of fruit and
vegetables with the
colours of chart
paper.



Come Sing Along with me!

WE ALL LOVE FRUITS, HEY HO THE
CHERIO, WE ALL LOVE FRUITS.

THE ROSY, ROSY APPLES, HEY HO THE
CHERIO, WE ALL LOVE APPLES.

THE JUICY, JUICY MANGOES, HEY HO
THE CHERIO, WE ALL LOVE MANGOES.

THE SLURPY, SLURPY MELONS, HEY HO
THE CHERIO, WE ALL LOVE MELONS...

Sing to the tune of Farmer in the Den!

Come Sing Along with us



VEGETABLES ARE GOOD FOR ME, E I E I O
WITH A CARROT HERE AND A CARROT
THERE, HERE A CARROT THERE A CARROT,
CARROT, CARROT EVERYWHERE, E I E I O.

(REPEAT WITH OTHER VEGETABLES -
GREEN BEANS , TOMATOES, BROCCOLI ...)

Sing to the tune of
Old Mc Donald had a Farm!



SUCCESS-O-METER

1

BEHAVIOUR CHANGES

Noticeable change such as eating more colours of fruit and vegetables. MY RAINBOW TRACKER given at the end of the chapter is a measurable habit forming tool for the children. They should evaluate their progress.

2

CONCEPTUAL DEVELOPMENT

Has the concept of 3-G foods been understood by them. Has the knowledge on the basics of nutrition increased?

3

PERFORMANCE CHANGE

Has the learning contributed to any improved performance such as developing healthier eating habits, trying new food or dishes?



NOW YOU KNOW

☛ A basic understanding of food as a source of nutrition. ☛

☛ Food such as fruit, vegetables, grains, pulses and nuts come from plants. ☛

☛ Milk, egg, cheese, poultry and fish comes from animal food sources. ☛

☛ Food has nutrients that are important for good health. ☛

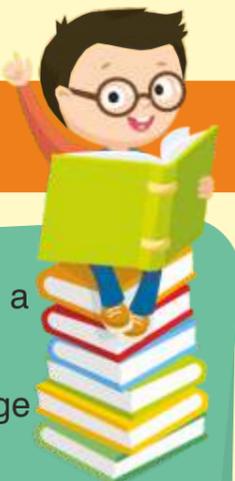


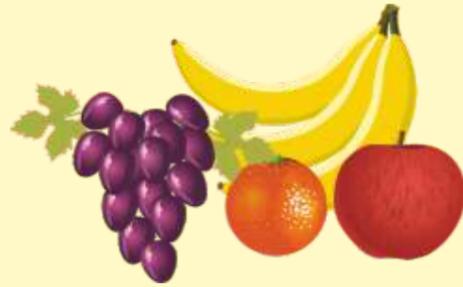
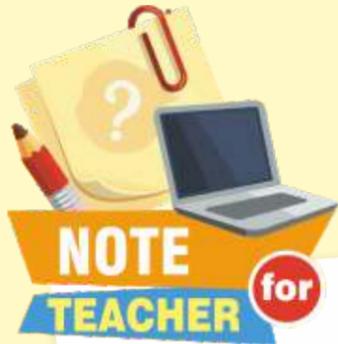
MY LEARNING LIBRARY



You can ask a vegetable vendor to visit school. Students will get to see a variety of vegetables.

Dedicate one day in a week a fruit day, example "banana" eating day. This will encourage all students to bring and eat fruits. You can also make the days of the week based on a colour of fruit rainbow. Ask students to bring any vegetable or fruit of the same colour as a snack.





NOTE for TEACHER

Encourage the parents to sit with their child everyday and fill the 'rainbow tracker' which is a habit forming and an evaluation tool given on page 66. This will encourage the child to eat a variety of colourful vegetables to complete the rainbow tracker.

I BALANCE MY FOOD PLATE



WHY SHOULD I EAT HEALTHY?



WHAT HAPPENS IF I DO NOT EAT HEALTHY?



TEAM SEHAT KA

FOOD **F**UNDA



MODULE **4**

EAT HEALTHY TO STAY HEALTHY



We know that nutrients help us grow strong and healthy.

We get all nutrients from a balanced diet. When we do not get all nutrients in required amounts, it makes us unwell. The body becomes weak and we do not grow properly.



What is a nutrient deficiency? When your body does not get enough of one or more nutrients, a deficiency occurs. For example, when you do not eat carrots or green leafy vegetables, vitamin A is not enough and your vision is not clear. This is because your body is deficient in vitamin A.

Food Funda

For good eye sight and sharper vision we should eat foods rich in vitamin A. Eat the red, yellow, green and orange coloured fruits and vegetables along with eggs and milk.



YOU ARE WHAT YOU EAT!



UNDERWEIGHT
If you eat less than what you need, you can fall ill.



NORMAL
When you eat as much as you need, your weight is normal and you are healthy and fit.



OVERWEIGHT
When you eat more than you need you become overweight and remain unfit.

MIRROR MIRROR ON THE WALL, AM I HEALTHY, FIT AND TALL?



FUN TIME 2

When I stand in front of the mirror I see....

MY EYES ARE BRIGHT AND CLEAR.

MY LIPS ARE PINK AND MOIST.

MY LEGS ARE STRAIGHT.

MY STOMACH IS FLAT.



CALCIUM BUILDS BONES

If your legs are not straight, it indicates that your bones are not strong. Weak bones can bend and even break.

Vitamin D and Calcium are best friends. They both are needed to make the bones and teeth stronger. Drink milk everyday to keep bones healthy and strong.



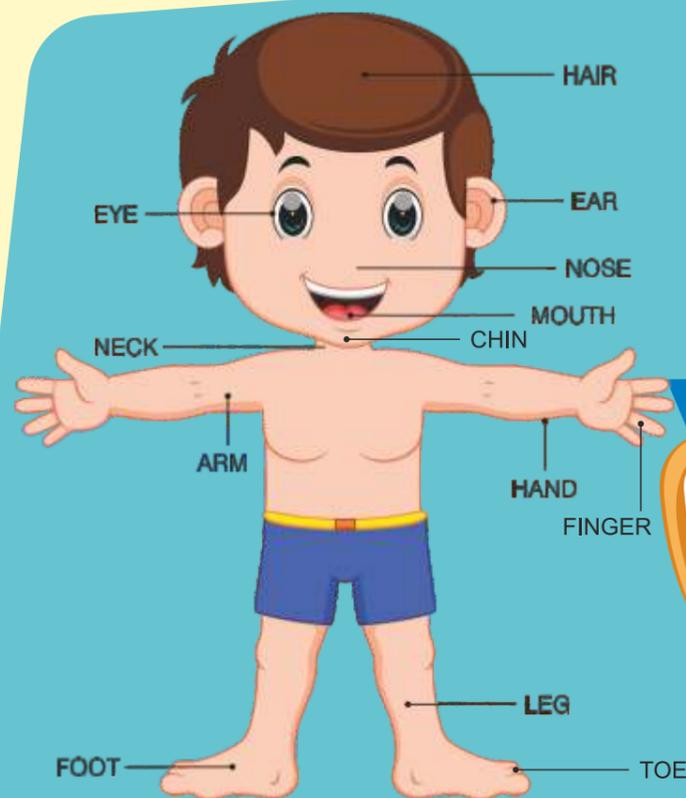
Straight



Bow Legs



Knocked Knees



SPOT THE MISSING PART IN VARUN'S BODY

FUN TIME 1

CORRECT! IT'S VARUN'S NOSE!

We are healthy when we grow well and all parts of our body function properly.



NO GO, NO GROW

VITAMIN C

When you eat less of Go foods or the good carbohydrates and fats such as potatoes, chapaties, breads, butter or ghee, you lack energy.

The Grow foods or proteins give you strength and help you grow tall. You feel weak and have no strength if you do not eat protein in the amounts needed by your body.



IRON DEFICIENCY

Did You Know?

Our body needs IRON to make blood that keeps us healthy and strong!

IRON SOURCES

Green beans, green leafy vegetables, ragi, bajra, rice flake (poha), drumstick, legumes, olives, fish & sea food, raw banana, jaggery, nuts and seeds like sesame and pumpkin seeds. Iron fortified cereals and meat also contain iron.



Food Funda

Vitamin C is found in oranges, guavas, amla and green leafy vegetables.

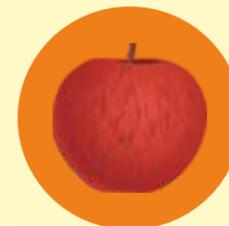
If it is less it can lead to bleeding gums, dryness in skin, and hair and weakness in the body. Eating vitamin C also helps to increase iron absorption in our bodies.



FUN WITH FOOD 3

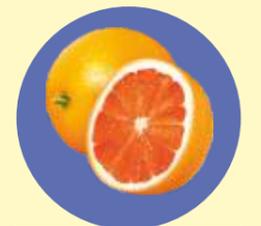
THUMBS UP FOODS THUMBS DOWN FOODS

Put a tick in the box for Healthy food and cross in the box for Unhealthy food



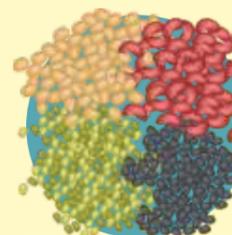














THIS OR THAT?

FUN TIME 4

For each of the pictures given below, select the better option.



NOW YOU KNOW

- Our body needs nutrients to stay healthy and fit. ▶
- Food has to be eaten in the amounts required by the body. ▶
- When our body does not get enough of one or more nutrients, a deficiency occurs. ▶
- We need Calcium and Vitamin D for strong bones and teeth. ▶
- Oranges, guava and amla are full of Vitamin C. This vitamin protects us from infections. ▶



SUCCESS-O-METER

1

BEHAVIOUR CHANGES

Nutrient deficiencies that have been explained will bear some impact on children's food acceptance and behaviour.

2

CONCEPTUAL DEVELOPMENT

Has the concept of my healthy plate or Team Sehat's protecting shield been understood by them?
Has the knowledge on the basics of Nutrient Deficiencies increased?

3

PERFORMANCE CHANGE

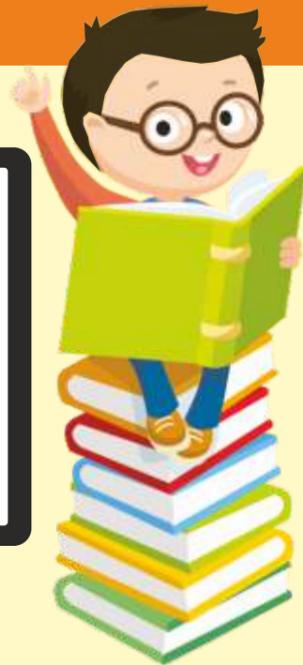
Has the learning contributed to any change in their food consumption?



MY LEARNING LIBRARY



Video on Balanced Diet
<https://www.youtube.com/watch?v=YimuldeZSNY>
The Berenstain Bear story on Junk food
<https://www.youtube.com/watch?v=VkqMiKlc6wE>



NOTE
TEACHER for

Build interest through stories on eating healthy to avoid nutrient deficiencies. You could also do a quick recall on children's dinner eaten the previous night and help them assess if it was healthy and balanced.



I PLAN MY MEALS



WHAT SHOULD I EAT?

WHERE DO FOODS COME FROM?

FUN TIFFINS



TEAM SEHAT
KA

FOOD
FUNDA



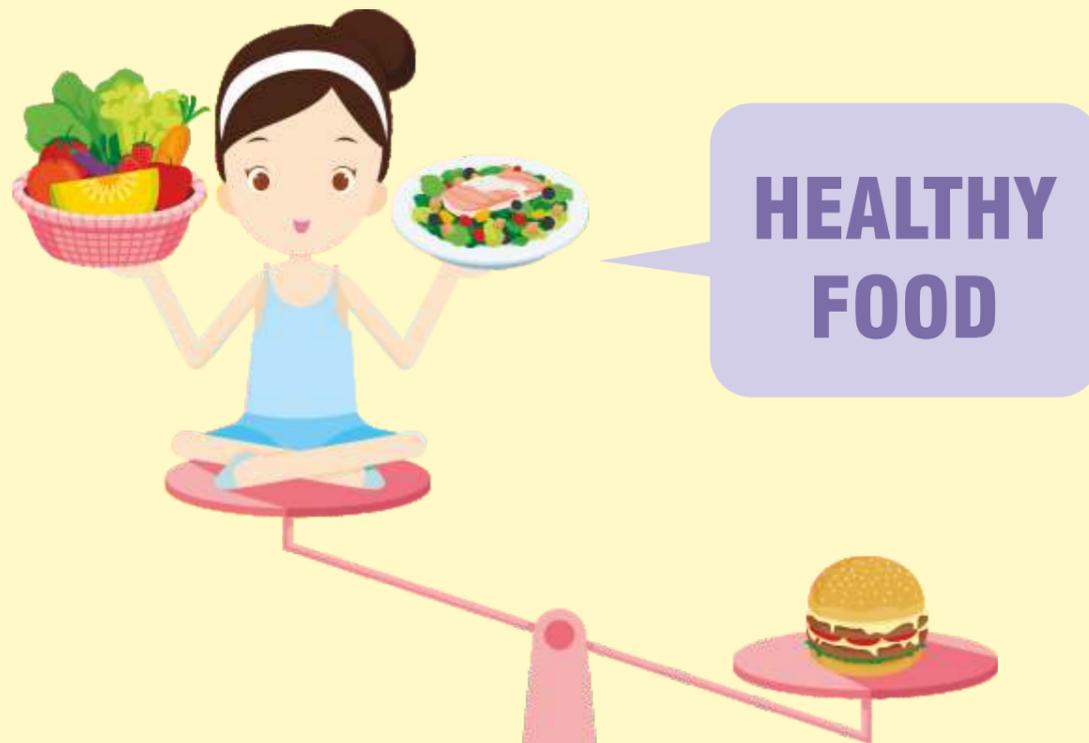
MODULE

5

PLANNING WHOLESOME MEALS

Meal

Planning is all about getting children to eat more of safe and nutritious foods. Food that is as close to its natural form and is low in high fats, salt and sugar content. A balanced meal should include all the food groups that can furnish nutrients in the required amounts to the body.



DO YOU REMEMBER WHY DO WE NEED FOOD?

Food gives us energy to work and play.



Food helps us fight infections.



Food helps us to grow tall and strong.



FOOD IS MADE OF NUTRIENTS



There are two types of nutrients

- Macronutrients are needed by the body in larger amounts.
- Micronutrients are needed by the body in less amounts.

THE GO FOODS

Carbohydrates and Fats



THE GROW FOODS

Proteins



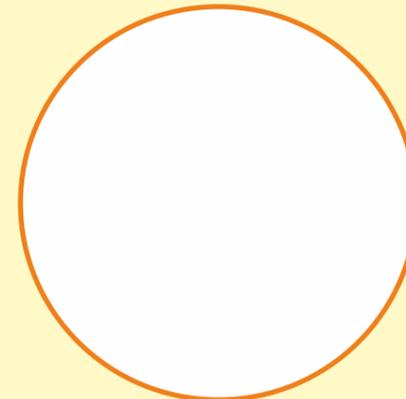
THE GLOW FOODS

Vitamins and Minerals

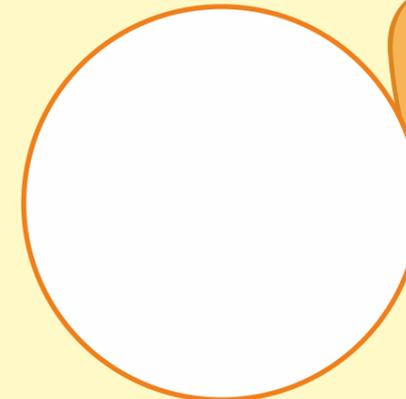
FOOD PICTONARY

FUN WITH FOOD 1

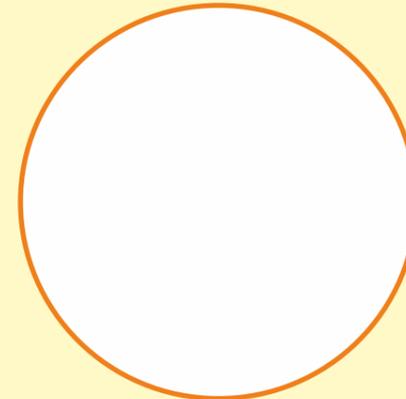
Let us match and paste pictures in these circles from the list of food given below.



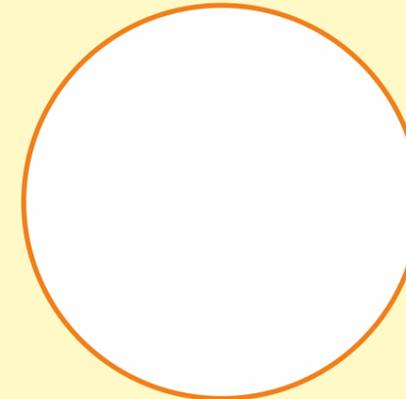
FRUIT



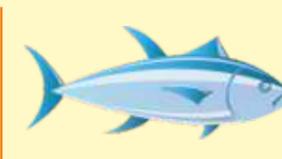
MILK



VEGETABLES



MEAT & FISH

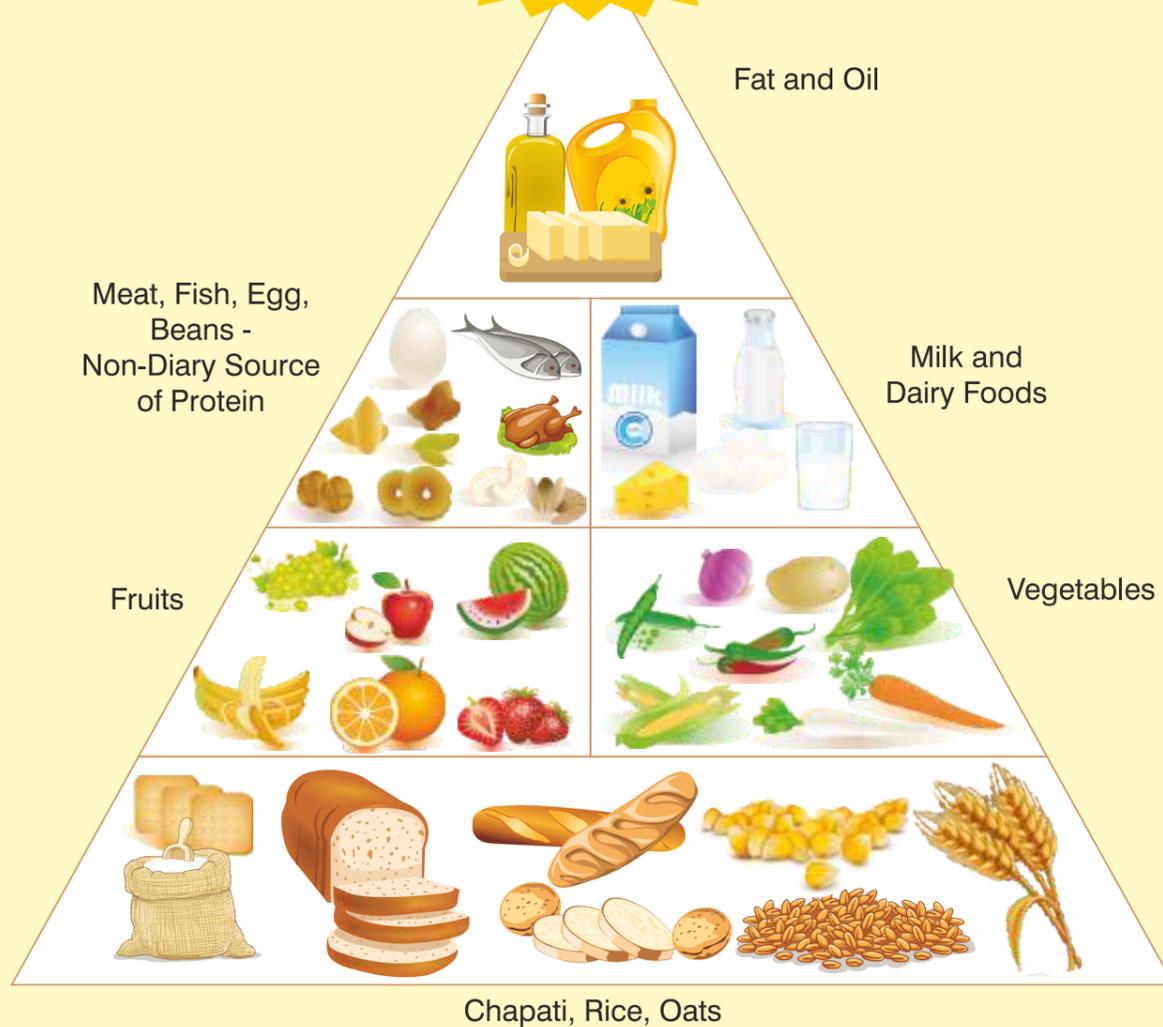




Did You Know?

All the 6 nutrients are needed in your food every day in right quantity and quality.

My Healthy Food Pyramid



Food Funda

Look at the food groups on my Shield. I eat all the food groups daily to stay healthy and fit!



FRUIT AND VEGETABLES



What foods can you see?

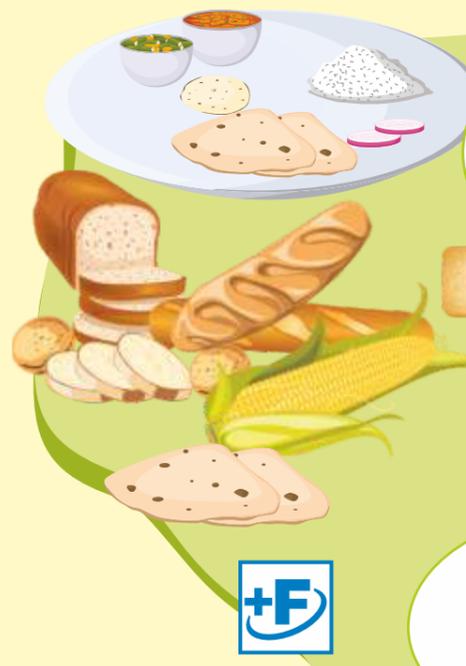


I can see fruit and vegetables in so many colours!

We need to eat atleast 5 fruit and vegetables daily. I eat a rainbow on my plate.



GRAINS: BREAD, CHAPATI, RICE, PASTA



These foods give us energy. We should eat a variety of such foods in the entire day.

I love rice idlies and paranthas.




PROTEIN: MEAT, FISH, EGGS, BEANS

Eat some foods from this group each day.



These foods eaten in right quantity make us strong and healthy

I eat an egg everyday. It makes me strong!



DRINK MILK, EAT DAIRY FOODS



Milk gives us strong bones and teeth. What foods can you see? Have you eaten any of these foods today? If so, what were they?

Yummy! This is my favourite food group. I love Yogurt/Curd and Smoothie.





HFSS: FOODS AND DRINKS HIGH IN FAT AND/OR SUGAR



What foods can you see?

I can see chips and pizza and candies

Colas and candies have a lot of sugar and chips are very high in oils and salt. You should limit eating such foods.



RUN AND GRAB A BITE

FUN TIME 2

FOOD GROUP RELAY

To be healthy and fit, we should eat foods from all the food groups

INSTRUCTION-Place individually labeled food group bags at the finish line. Children are to run a relay race grabbing one food model from each group placed in their running track and finally drop them in the respective food group bags.



CORRECT FOOD GROUPS

FUN WITH FOOD 3

Which 2 foods belong to the fruit and vegetables group?



LETTUCE



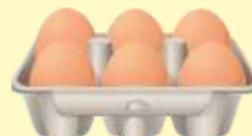
CHICKEN



APPLE



BREAD



EGG



LADDU (SWEET)



SPINACH

Which 2 foods belong to the milk and dairy foods group?



APPLE



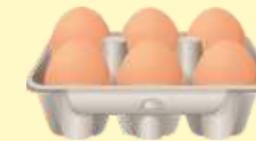
BUTTER



YOGURT/ CURD



GRAPES



EGG

Which 2 foods belong to the meat, fish, eggs, legumes group?



FISH



CARROT



TOMATO



CHOCOLATE



SAMOSA

Which 2 foods belong to High Fats and Sugar group?



STRAWBERRY



BANANA



CANDIES

MY HEALTHY LUNCH BOX

LIMIT OR AVOID FOODS HIGH IN FAT, SUGAR AND SALT

WHAT WILL A HEALTHY LUNCH BOX PROVIDE?



A healthy, balanced and nutritious lunch box will provide the energy and nutrients required to grow, develop and learn.

1 Carbohydrates will give energy to sustain you till afternoon.



2 Fruit and vegetables will provide all the vitamins and minerals to help protect against illness.



3 Meat, fish, eggs, beans and other non-dairy sources of protein will help in growth. Such foods also contain iron and zinc to help you grow.



4 Milk and dairy foods are a good source of calcium for strong bones and teeth.



5 You should drink water and stay hydrated.



SNF ALERT



Too much salt and fats can increase the risk of some illnesses later in life. Too much sugar only provides empty calories and damages your teeth.



Food Funda



To be healthy, strong and fit like me, you need to eat the way I eat.

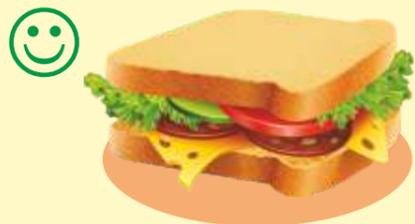
- Remember the HI-FIVE! Eat at least 5 fruit and vegetables every day.
- Eat Healthy carbs like whole grains, brown rice and potatoes.
- Drink Milk at least twice a day and eat 2 dairy products.
- Eat Protein! like daals, beans or meat, eggs, nuts and fish.



MY SCHOOL TIFFIN

Good and Not so good food choices

CHOOSE WHOLE WHEAT SANDWICH INSTEAD OF WHITE BREAD SANDWICH!



CHOOSE WHOLE FRUIT INSTEAD OF ITS JUICE!



SALAD STICKS IN TIFFIN TASTE YUMMY!



CARRY FRUIT IN THE TIFFIN INSTEAD OF CANDIES!



CHOOSE BETWEEN GOOD TIFFIN OPTIONS AND NOT SO GOOD TIFFIN OPTIONS



FUN WITH FOOD 4

Let us find out which foods do you think are a healthy choice for your tiffins?



GOOD OPTIONS

- Multi Grain Sandwich
- Daal Cheela
- Baked Potato Wedges
- Fruit • Idli • Wraps

NOT SO GOOD OPTIONS

- White Bread Sandwich
- Pakories
- Candies
- Instant Noodles

PARENTS PLEASE NOTE-SCHOOL TIFFIN SHOULD HAVE:

A Protein source (such as daal ka chilla, chana chaat, sprouts.)

A Healthy Carb (such as Parantha rolls, vegetable wrap, whole wheat bread or pasta.)

A Dairy source (such as cheese, buttermilk, paneer stuffings, a small dessert.)

A seasonal fruit.

Vegetables as stuffing, (steamed corn, salad sticks.)

Vary lunchbox contents for a good balance of nutrients.



NOW YOU KNOW

☛ The importance of eating a wholesome and balanced meal.☛

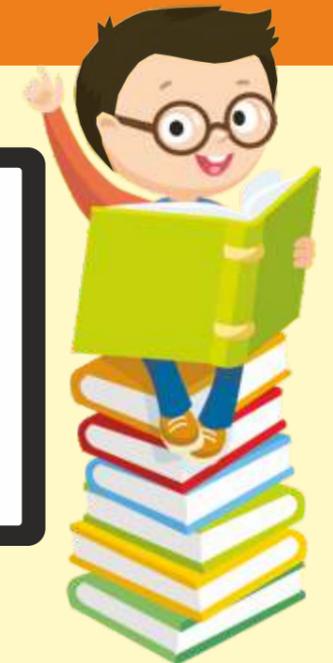
☛ All food groups are important for our growth and development.☛

☛ Foods that are high in salt, sugar and fat are bad for our health.☛

☛ A healthy, balanced and nutritious lunch box will provide the energy and nutrients required to grow, develop and learn.☛



MY LEARNING LIBRARY



SUCCESS-O-METER

1 BEHAVIOUR CHANGES

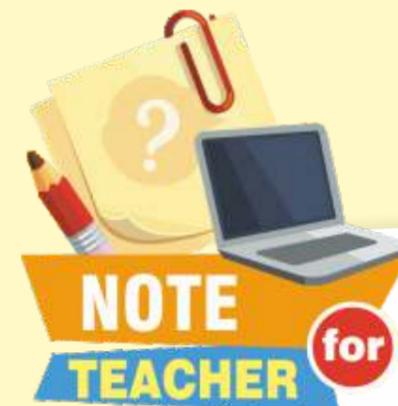
Are there any noticeable changes in children's food acceptance?

2 CONCEPTUAL DEVELOPMENT

Do they have an understanding of the importance of eating balanced meals? Do they know that many nutrient deficiencies can be avoided by eating food from all food groups?

3 PERFORMANCE CHANGE

Has the learning contributed to any change in their tiffin menus? Has the junk food consumption in tiffins decreased?



Children must be encouraged to bring healthy and wholesome meals in their tiffins. You can do a quick 'peep-in-tiffin' check and reward the children with smiley stickers for healthy tiffins.



MY SUGAR TRACKER

FOOD TYPE TOTAL	DAY 7	DAY 6	DAY 5	DAY 4	DAY 3	DAY 2	DAY 1	EXAMPLE	FOOD ITEM
								✓✓✓	Dairy
								✓	Cold Drinks
								✓✓	Chocolates & Candies
								✗	Packaged Foods
								✓	Bakery
									Day's Total

INSTRUCTIONS : Put a tick against the food item eaten in a day. You can put more than one tick in the same box if the food has been consumed more than once. See example as given.

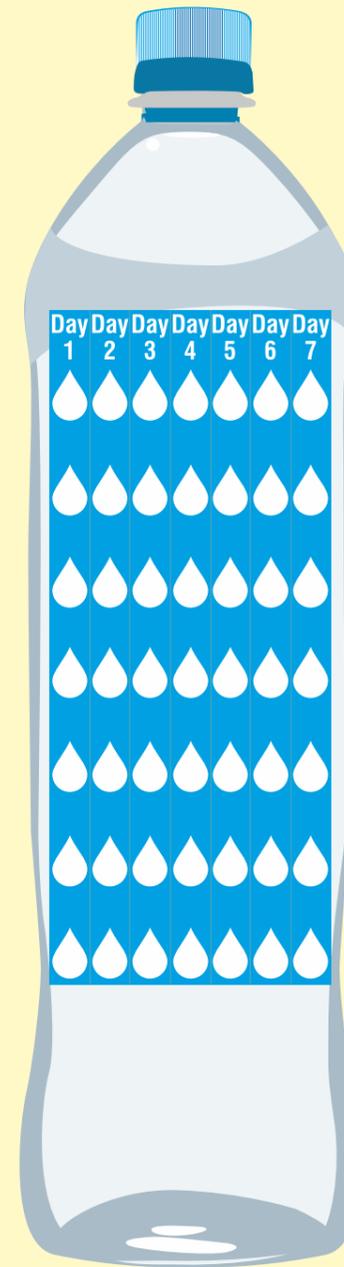
SOURCE: TOOLS AND TRACKERS -ARNEY'S FITKIDS-PROMOTING HEALTHY CHILD DEVELOPMENT



MY WATER TRACKER

Name _____

Class _____ Section _____



INSTRUCTIONS

Track your water intake over a week by colouring one drop blue each time you drink a cup of water. (1 cup = 150 ml)

Recommended Daily Amount of total water intake (including other beverages)

5-6 cups for 4 to 8 years

7-8 cups for 9 to 12 years

8 to 10 cups for 13+ years

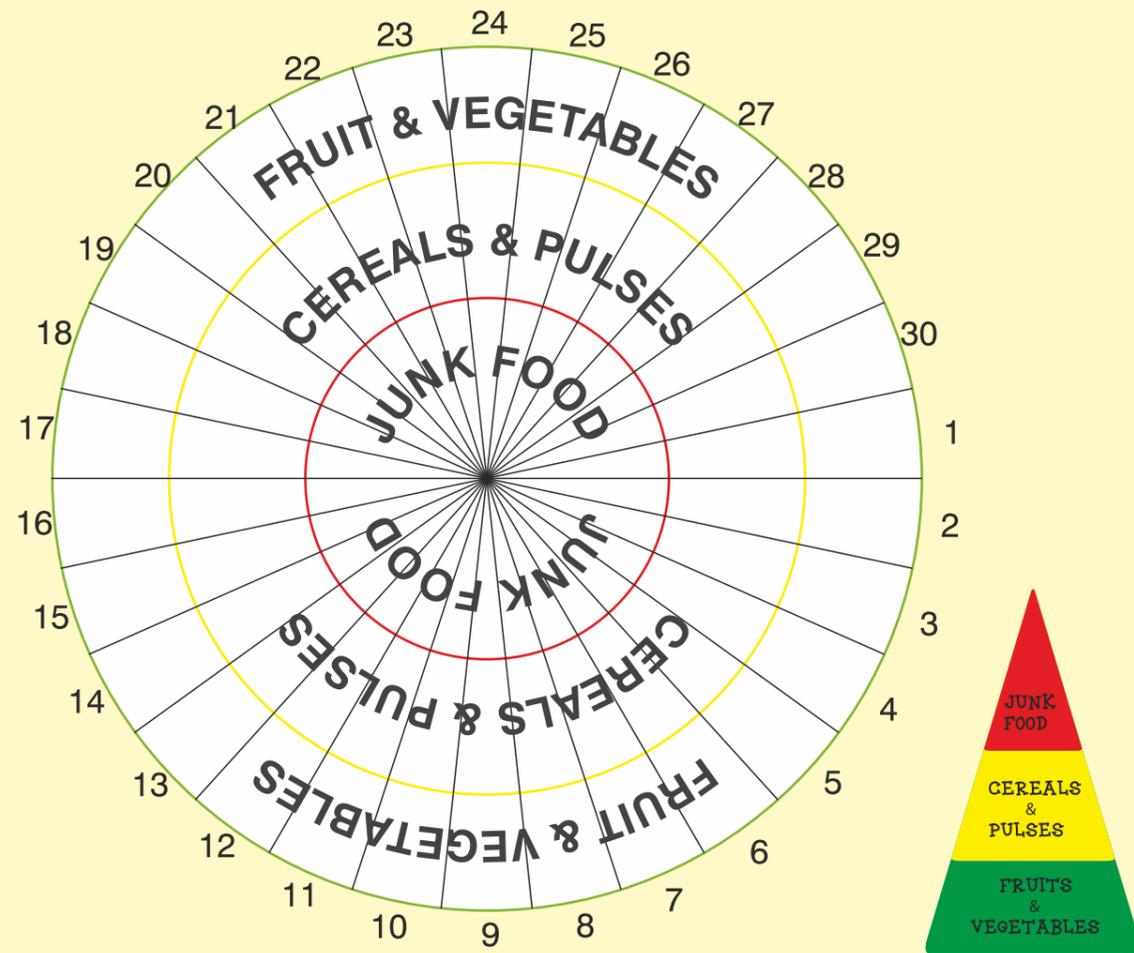
SOURCE: TOOLS AND TRACKERS -ARNEY'S FITKIDS-PROMOTING HEALTHY CHILD DEVELOPMENT



MY JUNK FOOD TRACKER

Name _____

Class _____ Section _____



INSTRUCTIONS

Each numbered band indicates one day of monthly calendar. Match and Tick the colour of the food group consumed in the day on the tracker. Ensure the consumption of junk food goes down daily.

JUNK FOOD EXPLAINED

Any food item that has high fat content, contains saturated fats, has high sugar-salt content, low on nutrients, contains msg/flavour enhancers. They contain preservatives and chemicals.

MY HYGIENE TRACKER

Name _____

Class _____ Section _____

I AM HYGIENE SUPERSTAR

 BRUSH TEETH - Morning - After Big Meal - At Bedtime	 BATHE - Morning - After Play - Before Bedtime	 CHANGE CLOTHES - After Bath - After School - Before Play - Before Bedtime	 WASH HANDS - Before Brushing - Before any Meal - After any Meal - After Play - After visiting the washroom - Before Bedtime
---	---	--	--

Activities							
BRUSH TEETH							
BATHE							
CHANGE CLOTHES							
WASH HANDS							

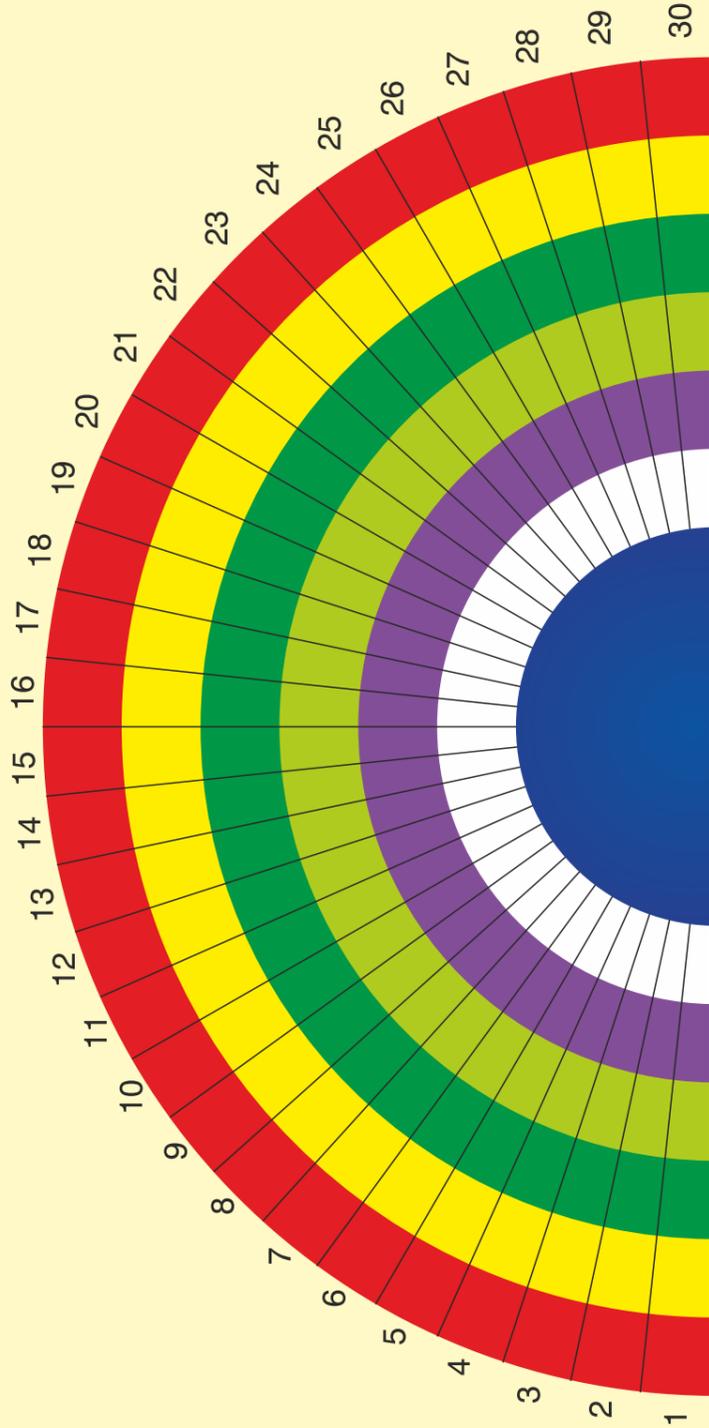
INSTRUCTIONS

1. Work on your tracker by slaying the germs with your pencil.
2. Kill one germ each time you perform the personal hygiene activity.

MY FRUIT TRACKER

Name _____

Class _____ Section _____



FRUIT COLOUR KEY

Red : Apple with skin, Pomegranate, Cherries, Strawberries, Water Melon
 Orange : Papaya, Orange
 Yellow : Pineapples, Golden Apple, Mango, Indian Ras-bhari
 Green : Pears, Green Apple Kiwi
 Purple : Jamun, Black Grapes
 White : Banana, Litchi, Mangosteen, Dragon Fruit

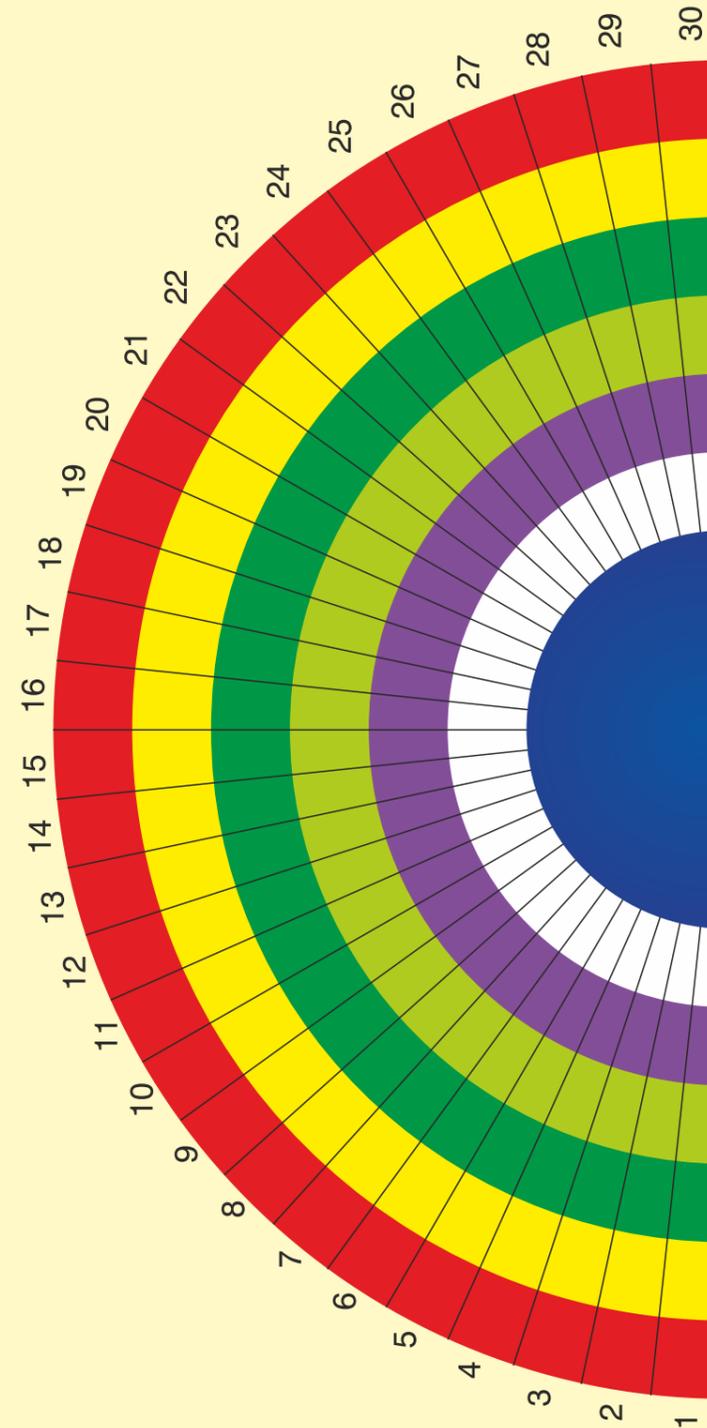
INSTRUCTIONS

Each numbered band indicates one day of monthly calendar. Match and Tick the colour of the fruit consumed in the day on the tracker. Ensure the consumption of different coloured fruits goes up daily.

MY VEGGIE TRACKER

Name _____

Class _____ Section _____



VEGETABLE COLOUR KEY

Red : Tomatoes, Carrot, Beet, Red Peppers
 Yellow : Bell Pepper, Yellow Squash, Sweet Corn, Yellow Tomato, Pumpkin, Sweet Potato
 Dark Green : Spinach, Methi, Broccoli, Green Beans, Capsicum, Spring Onions, Zucchini, Karela, Torai, Okra, Green Pumpkin, Parwal
 Light Green : Cabbage, Cucumber, Peas, Lauki, Tinda, Lettuce, Celery
 Purple : Purple Cabbage, Brinjal, Black Olives
 White : Potato, Mushroom, Arbi, Turnip, Lotus Stem, Cauliflower, Raddish, Onions

INSTRUCTIONS

Each numbered band indicates one day of monthly calendar. Match and Tick the colour of the vegetable consumed in the day on the tracker. Ensure the consumption of different coloured vegetable goes up daily.



CERTIFICATE OF ACHIEVEMENT

15th Oct. is celebrated as Global Hand Washing Day

Certificate of Achievement

THIS IS TO CERTIFY THAT _____ IS THE

“HAND WASHING CHAMP”

DATE _____

SIGNATURE _____

FEEDBACK FORM

Name

Address

Contact Information

Gender : Male Female

Name of School

Did you find the Yellow Book useful ? Yes No

Did you find the Yellow Book easy to read? Yes No

Would you like to know more about food safety and nutrition? Yes No

What do you think should be added to the book?

What do you think should be removed from the book?



Inspiring Trust, Assuring Safe & Nutritious Food



Inspiring Trust, Assuring Safe & Nutritious Food

Food Safety Connect

