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Nutrition basics



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What role does
food play in
making and
keeping people
healthy?

IGNITE TRAINING



Image shows a smiling father sharing a green apple with his young daughter. Image source: AdobeStock

THINK

What do we
mean by
healthy?



Healthy means...

Able to do the **physical** things you want and need

Avoid having illness or pain

Able to think clearly and remember things

Have manageable levels of fear, worry or stress

Ultimately, health is about having a good *quality* life with your body and mind.

THINK

What does healthy mean to you? To the people and communities where you work?



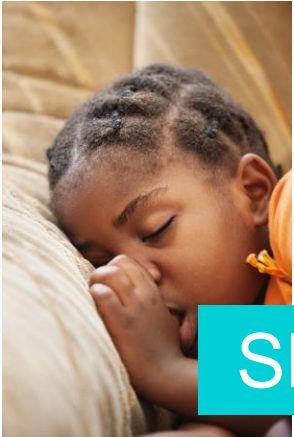
How do we get healthy and maintain health?



Physical movement



Physical and emotional safety



Sleep

Mental and emotional health



Cognitive health



Nutrition!



Why do people need a healthy diet?



*Image shows a man giving feed to cattle.
Image source: Adobe Stock*



*Image shows several bags with different types of grains.
Image source: Adobe Stock*

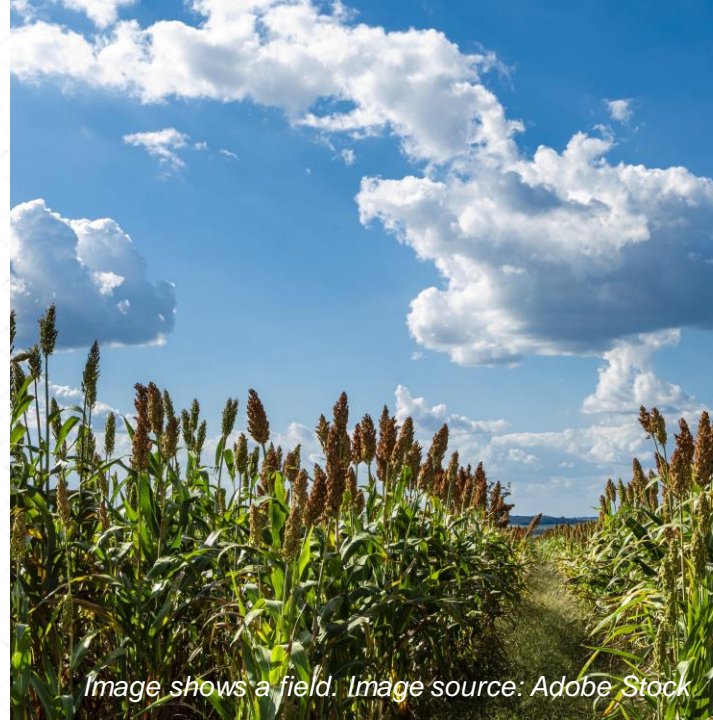


Image shows a field. Image source: Adobe Stock



*Image shows a smiling boy holding a glass of milk.
Image source: Adobe Stock*

People need a healthy diet to ...

Grow and develop from infancy through adulthood

Have energy to work, recreate, and socialize

Keep their brain healthy and **manage emotions**

Prevent illness and **recover** from illness or injury

Prevent disease

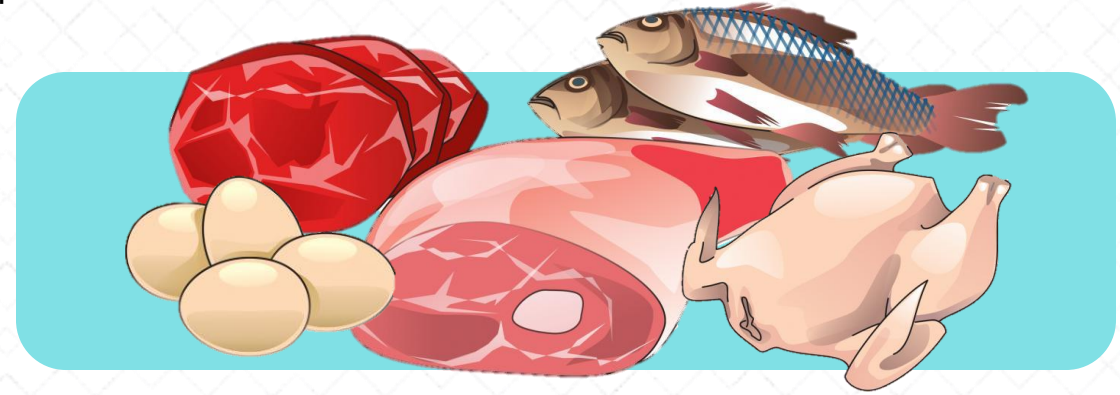
What makes up a **healthy** or **nutritious** diet?



Image shows a family comprising a man, woman, and two children at their dining table with a variety of foods in front of them. Source: Adobe Stock

Food groups

Major food groups



Eating a mix of *different foods* across the day contributes to health.

This is called **eating a diverse diet.**

What's in food?

Macronutrients



Illustration shows a variety of foods including meat, fish, bread, eggs and starchy vegetables.

Micronutrients



Illustration shows a variety of colorful vegetables and fruits.

Macronutrients provide energy and help us grow.

FATS



Illustration shows oils, dairy products and coconut.

CARBOHYDRATES



Illustration shows bread, grains and starchy vegetables.

PROTEIN



Illustration shows eggs, meats, dairy products and fish.

Micronutrients are used by our bodies for essential functions.

A

B

C

D

Vitamins

Minerals

Iron

Iodine

Magnesium

Zinc

Calcium



Image shows a variety of colorful fruits and vegetables.

A **healthy** diet has ...

Sufficient quantity - food that provides *enough* energy to **our body**

Diversity - variety of **different types** of foods eaten regularly

Good quality - safe to eat

... of food.

There are many ways to **group food**.

Starchy staples

Legumes and pulses

Fruits and vegetables

Animal-source foods

Nuts and seeds

Oils and fats

Sweets and sugary beverages



Image shows a pie chart made with different foods. Source: Adobe Stock

Eating habits
often are *not*
conscious
choices that we
make, but an
effect of our
culture and
environment.



Image shows women grouped around a number of small dishes in front of them, preparing nutritious foods. Source: Joe Nkadaani / CIFOR via flickr (CC BY-NC-ND 2.0)

Different people have different dietary needs.



Illustration shows a mother and son sitting next to each other eating from their respective bowls. Source: Advancing Nutrition (formerly SPRING-Nutrition), IYCF Image Bank



Nutrition for infants and young children.

Illustration shows a two toddlers. Image Source: Advancing Nutrition (formerly SPRING-Nutrition), IYCF Image Bank

Nutrition for pregnant and nursing women.

*Illustration shows a pregnant woman eating.
Source: Advancing Nutrition (formerly SPRING-
Nutrition), IYCF Image Bank*



PUTTING THIS ALL TOGETHER

- Diet is a pattern of how you eat over time.
- Diets can be more, or less, healthy.
- A healthy diet supports growth and development at all stages of life.
- Healthy diets vary by culture, preference, and resources.
- Everyone can optimize their diet based on what is available.

Activity –Group discussion

What are the barriers to healthy diet



Barriers to healthy diets

- Accessibility
- Affordability
- Utilization
- Food preferences

Women and children face many barrier to healthy diets

LET'S REVIEW

- Nutrition basics
- Healthy diet
- Food groups
- Different dietary needs and barriers



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Thank you!