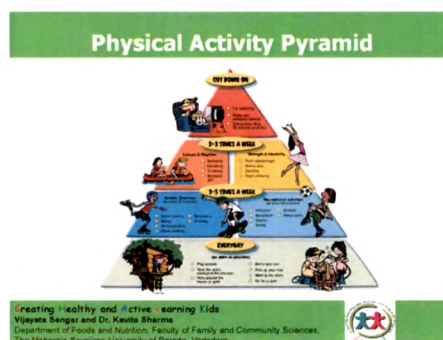
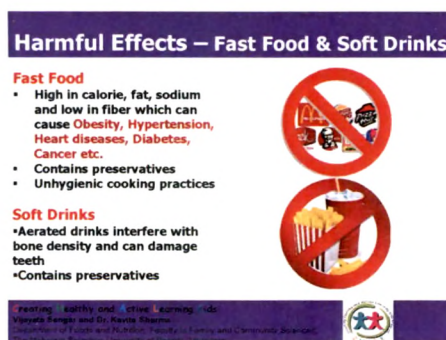
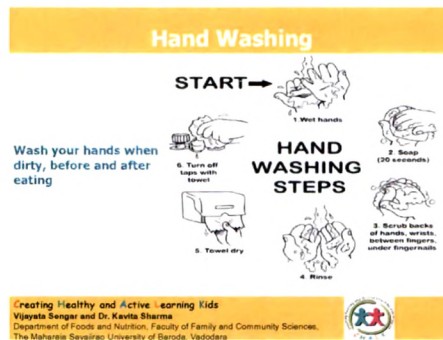
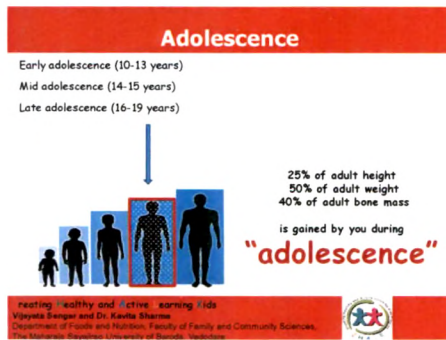


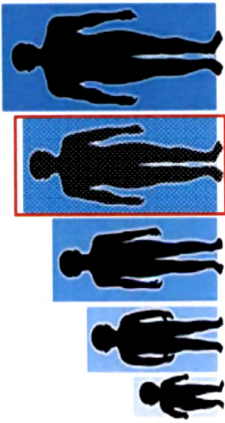
## APPENDIX -XIII

### Posters for the CHALK Programme



PowerPoint Slides Used for the Sessions

Create **H**ealthy **A**ctive **L**earning  
Kids (CHALK) Program



Vijayta Sengar & Dr. Kavita Sharma  
Department of Foods and Nutrition, Faculty of Family and Community Sciences, The Maharaja  
Sayajirao University of Baroda, Vadodra

CHALK Program Sengar V. & Sharma K.

Main stages of Adolescence

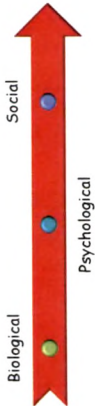
- Early adolescence (10-13 years)
- Mid adolescence (14-15 years)
- Late adolescence (16-19 years)



CHALK Program Sengar V. & Sharma K.

Adolescence

Adolescence is a transitional stage  
between childhood and adulthood



CHALK Program Sengar V. & Sharma K.

How does it affect you???

25% of adult height  
50% of adult weight  
40% of adult bone mass

is gained by you during  
"adolescence"

CHALK Program Sengar V. & Sharma K.

A nutritionally adequate diet (that consists of healthy foods) and regular physical activity is essential for optimal growth and development



CHALK Program Sengar V. & Sharma K.

What is important  
for growth and  
development???

CHALK Program Sengar V. & Sharma K.

## Why should you care for nutrition??

- Physical Growth
- Body image
- Brain Development
- Daily activities
- Sports performance
- Prevention of diseases

CHALK Program Sengar V. & Sharma K.



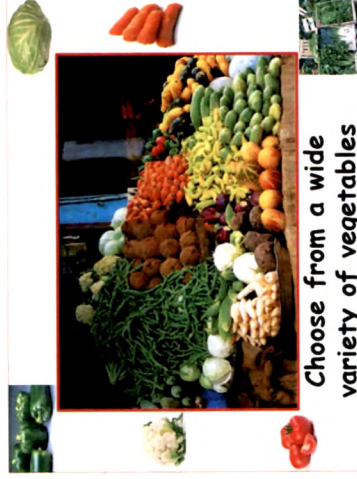
## Have good amount of Proteins

CHALK Program Sengar V. & Sharma K.

## What are Healthy Foods?

Foods that provide good amount of carbohydrates, proteins, vitamins and minerals are healthy foods.

CHALK Program Sengar V. & Sharma K.



## Choose from a wide variety of vegetables



## Eat more healthy Carbohydrates and whole grains

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## Have a variety of coloured fruits

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## Water

Building material : About 50 to 70 percent of the body's weight is water.

Daily Requirement: About ( 2.5 liter i.e. 8-10 glasses)



CHALK Program Sengar V. & Sharma K.

## Hygienic Habits

- Maintain hygienic habits
- Do not cough or sneeze into your hands
- Do not put your fingers in eyes, nose or mouth

Wash your hands when dirty, before and after eating  
❖ Hand washing (Show video)



CHALK Program Sengar V. & Sharma K.

## Eating Habits

- Eat slowly, chew properly
- Never skip meals, specially breakfast
- Have small frequent meals
- Don't overeat



CHALK Program Sengar V. & Sharma K.

## Environment while eating

- Avoid reading while you eat
- Sit in a quiet place without distractions, avoid TV viewing while eating
- Make meal time a family time (if possible)



CHALK Program Sengar V & Sharma K.



CHALK Program Sengar V & Sharma K.



CHALK Program Sengar V & Sharma K.



CHALK Program Sengar V & Sharma K.



CHALK Program Sengar V & Sharma K.

## Functions of food

- To provide energy to the body for sustenance, work & other activities.



## Functions of food

- To provide foods for building, maintenance & repair of body.

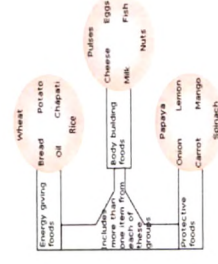


## Functions of food

- To Protect us from various diseases.

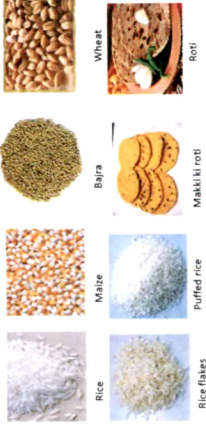


## Functions of food



## Food groups

### • Cereals Grains and products



## Food groups

### • Vegetables and fruits



• Are rich sources of vitamins and minerals  
 • Atleast 150 gms of veg ( 6L.V: 40 g, other veg: 60g, roots and tubers: 50g) in a day. In addition fresh fruits ( 100g) should be consumed in a day.

## Food groups

### • Nuts and oilseeds



## Food groups

### • Pulses and legumes



## Food groups

### • Fats and Sugars



Should be consumed in restricted amounts

## Three foods that help you grow??

- Milk
- GLVs
- Pulses
- Meat
- Eggs
- Fruits
- Juices

## Food groups

### • Milk and Milk Products

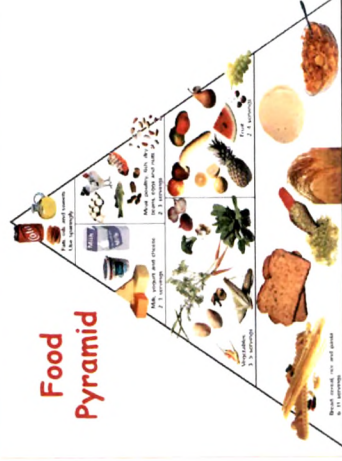


## Food groups

### • Meat and products



## Food Pyramid



## No. of meals in a day??

- Have small and frequent meals
- **Have at least four to six meals in a day**
- Eat three well-rounded meals (with vegetables, proteins, and carbohydrates) and one or two healthy snacks at regular times throughout the day.

## Breakfast: The most important meal

- Should provide at least 25% of daily requirements of nutrients.
- Should include foods from all the food groups
- This can be obtained by having different combinations of milk, cereals, fruits and nuts

## Are there healthy snacks???

Yes! There are plenty of them...

- Fresh fruits
- Sprouted beans
- Nuts Like almonds, Cashew, Walnuts etc.
- Fruit shakes

.... are nutritious and healthy.

## Breakfast: The most important meal

- Fuels your empty tank
- Brain Food
- Improves physical activities
- Keeps you healthy
- Skipping breakfast associated with overweight and obesity

## Why is Fast Food unhealthy ?

- High in calorie, fat, sodium and low in fiber can cause  
 - Obesity, Hypertension, Heart diseases, Diabetes, Cancer etc.
- Contains preservatives
- Unhygienic cooking practices

## Types of physical activity

- **Daily Chores:** walking, climbing stairs, cycling, household activities, etc.
- **Exercise:** planned & structured subset of leisure time physical activity undertaken for improving or maintaining physical fitness.
- **Sports:** involves competition. It may become an occupation.

## Breakfast: The most important meal

- High sugar breakfast causes a high sugar level which dips fast making you more hungry and you eat more sugary food
- Ideal foods for breakfast are eggs, cheese, curd, apples or bananas, sprouts, carrots, sweet potatoes, nut butters, whole grain breads, oatmeal

## Soft Drinks are Unhealthy..

- Aerated drinks interfere with bone density and can damage teeth
- Contains preservatives

## Physical activity

- It is recommended to have 30-60 min. moderate physical activity on weekdays, four days a week



## Physical activity

- It is not necessary to exercise continuously
- Can be divided into 10 -15 mins of activities several times through the day

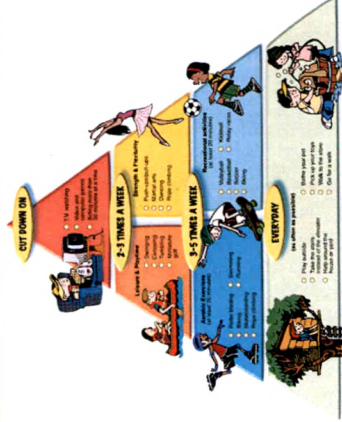


## Physical activity

- Helps build and maintain healthy bones and muscles.
- Helps reduce the risk of developing obesity and chronic diseases such as diabetes and cardiovascular (heart) disease.
- Reduces feelings of depression and anxiety and promotes psychological well-being.

## Physical activity

- Overweight and obesity, influenced by physical inactivity and poor diet, are significantly associated with an increased risk of diabetes, high blood pressure, high cholesterol, asthma, arthritis, and poor health status.
- Physical inactivity increases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.



## Television

- Excessive TV watching is associated with weight gain specially when associated with increased snacking with junk food and aerated drinks
- Affects vision



## Television

- Combine TV watching with physical activity like stationary bicycling, or spot jogging

