

## Lesson: Nutrition



### National Curriculum Objectives:

1. What makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices.

(PSHE: 3a)

**Suggested Time:** 1 Hour

### Description:

Malnutrition, due to poor and inadequate nutrition, is a serious problem affecting children in Mumbai's slums. It is estimated that close to 25,000 slum children die of malnutrition in Mumbai each year.

The aim of this activity is:

- To engage children in constructing a nutritional chart for Raju, an 11 year old boy from Mumbai's slum community
- To think about their own daily food intake and construct their own nutritional chart
- Compare and contrast the nutrition charts and begin to understand malnutrition
- Teach basic skills of data collection, tabulation and drawing inferences from the data

### New Words:

Nutrition

Malnutrition

Suggested time: 10 minutes

Step 1:

Start by writing the following words on the whiteboard and ask if anyone knows what they mean in an open discussion.

NUTRITION  
CALORIES  
MALNUTRITION

Suggested time: 30 minutes

Step 2:

Explain to children they will be given two food charts, one for an 11 year old boy Raju, from Mumbai's slums and another for themselves.

They will refer to the calorie chart and complete the daily food intake chart for Raju and themselves.

They will then look at their charts and make a note of similarities and differences.

(NB: Explain that the food chart for them may not be *exactly* what they eat, but that it is type of food that children in this country eat!)

Raju's Daily food intake Nutrition chart

Meal	Food	Calories
Breakfast	1 cup of sweet tea	
	1 banana	
Lunch	1 chapatti	
	1 cup of watery lentils	
Snack	1 biscuit	
Dinner	1 chapatti	
	1 cup of watery potato stew	
<b>TOTAL</b>		

Daily food intake Nutritional chart

Meal	Food	Calories
Breakfast	1 cup of cornflakes	
	1 cup of milk	
Mid-morning snack	One apple	

	1 biscuit	
Lunch	1 cup of spaghetti bolognese with sprinkled cheese	
	1 cup of carrots and cabbage	
	1 cup of strawberry yogurt	
	1 banana	
	1 cup orange juice	
Afternoon snack	Crisps, fruit, cereal bar	
Dinner	Ham and cheese pasta	
	Chicken Caesar salad	
	Strawberry jam	
Add additional things you would eat below		
Chocolate?		
Sweets?		

..... Daily food intake Nutritional chart

**Did you know?**

The total required calorie intake for children between 9-11 years old is about 1800 Calories!

Step 3:

Suggested time: 15 minutes

**Question time!**

- What observations did you make after comparing Raju’s chart with yours?
- Why do you think there were differences?

Session to conclude with an open discussion on the meaning of nutrition, calories and malnutrition. There must be emphasis on the fact that both over and under nutrition could cause Malnutrition.

**Information:**

**Nutrition:**

- The scientific study of food and drink (especially in humans)
- A source of materials to nourish the body

- The process of nourishing or being nourished
- The processes by which an organism assimilates food and uses it for growth and maintenance

### Calorie:

Calories are energy, which fuels our bodies; much like gasoline fuels our cars.

### Malnutrition:

People are malnourished if their diet does not provide adequate calories and protein for growth and maintenance or they are unable to fully utilise the food they eat due to illness (under nutrition). They are also malnourished if they consume too many calories (over nutrition).

### Calorie Chart

FOOD	Calorie Count
1 Apple	50
1 banana	150
1 cup orange juice	140
1 cup of milk	100
1 cup of corn flakes	165
1 cup of tea	30
1 rich tea biscuit	40
1 cup of spaghetti bolognese	400
1 spoon of parmesan cheese	25
1 cheese stick	170
1 pita	150
1 chapatti	150
1 cup lentils	180
1 cup of carrots and cabbage	50
1 cup strawberry yogurt	125
1 spoon of humus	70
1 cup ham and cheese risotto	400
1 cup of chicken caesar salad	300
1 cup strawberry jelly	100
1 bag of crisps	150
1 bag of Haribo sweets	70
1 cup of chocolate ice-cream	160
1 small bag of crisps	300
1 small fizzy drink	140
Chocolate chip cookie	200
1 cup potato stew	200

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## Fundraise with Enterprise 4 Change!

### **Eat like a child living in a Mumbai slum for a day.**

Now that you know how many calories the average child in a slum eats each day, see if you can do the same! Have family and friends sponsor you to eat this diet for one day. This will enable a greater understanding of the lives of children living in the slums as well as an opportunity to raise money to give back to them.

**Top tip:** *You do not have to eat exactly the same food as children living in the slums to carry out this fundraiser. The average calorie intake of a child living in the slums each day is 900. With parent/teacher help, work out how much food that is.*