

SESSION GUIDE 5

KEEPING OUR BODIES HEALTHY

GOAL OF SESSION 5

- Caregivers will understand the importance of fruit and vegetables, examples of what they are and what they do for you
- Caregivers will be learn different ways of encouraging children to eat vegetables and fruit

FACILITATOR RESOURCES

- Session Guide 5
- Food cards

CAREGIVER RESOURCES

PLAYBOOK 5

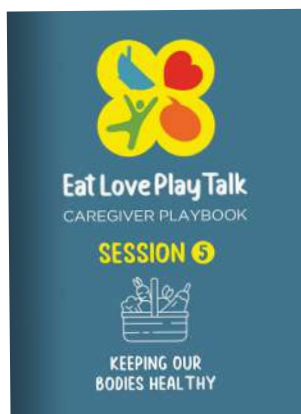
- 2 x DoMore porridge
- Book dash book - My little garden



Time: 2 - 2 1/2 hours



Facilitator script




WELCOME

 5 MINUTES

- Provide an overview of what will happen during the session.

 Today's session is all about keeping our bodies healthy.

 By the end of this session you will understand the importance of including fruit and vegetables into your child's diet, how these foods help young bodies and minds become strong and healthy, and together think about different ways we can encourage our children to eat more fruit and vegetables.

INTRODUCTIONS

 5 MINUTES

- Introduce yourself.

 Let any new members in the group introduce themselves (suggested way to do this: round robin - see page 18 in the Facilitator guide).


AGREEMENT IN THE GROUP

 5 MINUTES

- Reminder of the group norms. Use Playbook 5 (page 2) to assist.

GROUP EXPECTATIONS


 3 MINUTES

 What are you expecting to learn during this session about fruits and vegetables?

ADMIN AND RECORD-KEEPING

 3 MINUTES

- Attendance register.

 **NOTE:** please remember to submit pictures of these forms to your Master trainer after each session.

WELCOME

🕒 3 MINUTES

- Hand out incentives.
- Caregiver books.

WELCOME

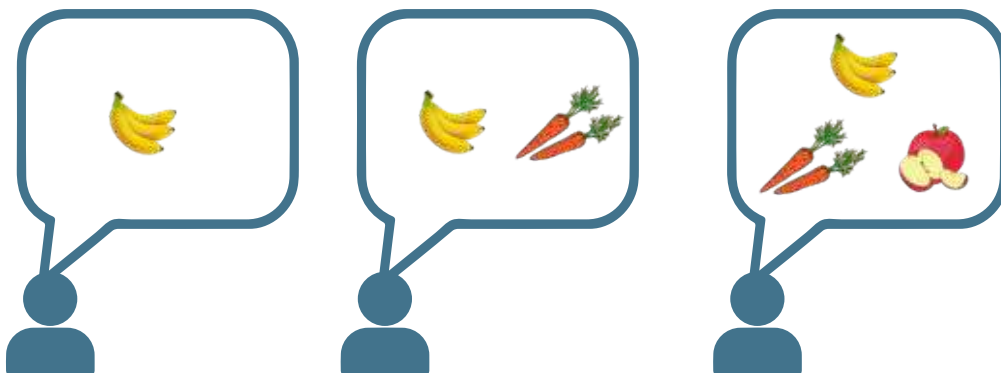
🕒 10 MINUTES

- DADDY WENT SHOPPING - ENERGIZING GAME
- Ask caregivers to take out their food cards and choose their favourite one. Hide this card from the group.
- Stand in a circle.
- STARTING PERSON: Anyone who is wearing _____ choose a colour, i.e. blue today must start the shopping game.

💬 *The first person says:*

“Dad went to the shop today and bought... (banana) and show your card and say the name of it.”

- The next person says: “Dad went to the shop and bought a banana and an carrot.”



- The next person says: “Dad went to the shop and bought a banana carrots and apples.”
- The person who can't remember and breaks it (all have a laugh).
- Then we start with the person who broke the chain and we begin again with new cards “Dad went to the shop and bought an ‘X’.”
- NOTE TO THE FACILITATOR: If the group is large, then break up into groups of 6 etc. If you would prefer to start with smaller groups then adapt the game to suit the caregivers in the room.

PLAYBOOK: OPENING PAGE

🕒 15 MINUTES

- These books are designed for you to use with your family.



💬 We consider ourselves caregivers. Let us remind ourselves: who is a

How can we involve fathers in childrens growth and learning through play?

PLAYBOOK: THE GROWTH GUIDE

🕒 15 MINUTES

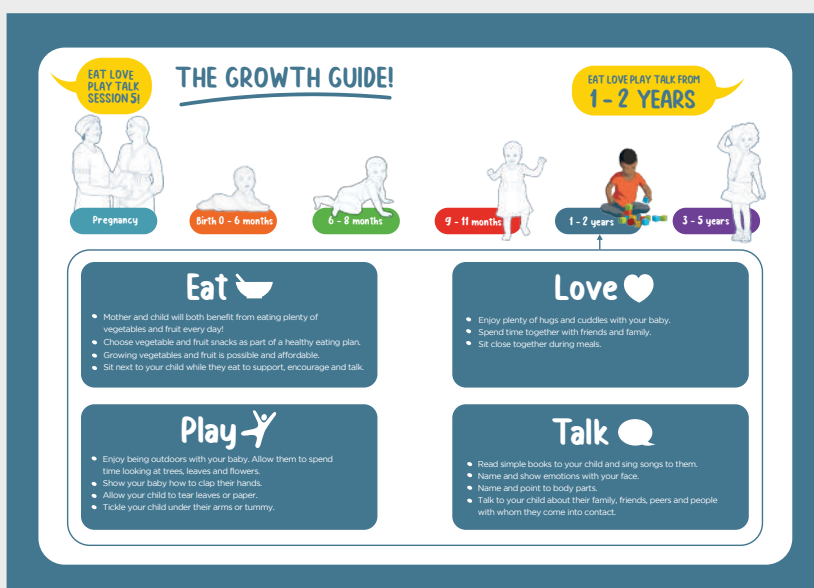
ACTIVITY

💬 TODAY WE ARE TALKING ABOUT 1 - 2 YEAR-OLDS AND SOME EAT, LOVE, PLAY, TALK, IDEAS.

- 💬 FUN SMALL GROUP IDEA:
- Divide the group up into pairs or groups of three.
 - Give each group a square of the EAT LOVE PLAY TALK timeline to discuss.
 - Give feedback to the larger group afterwards.

- OUR TIMELINE SHOWS DIFFERENT AGE CATEGORIES AND STAGES OF GROWTH:

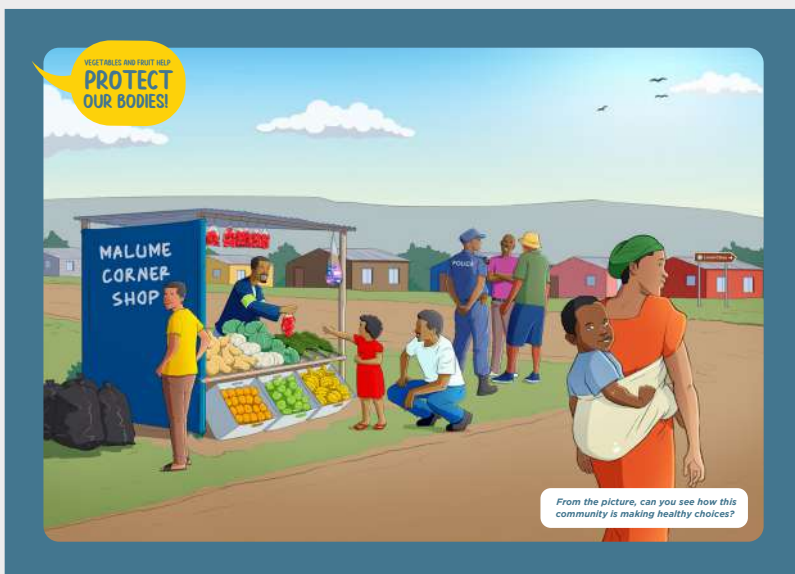
- Pregnancy - Birth
- Birth - 6 months
- 6 - 9 months
- 9 - 11 months
- 1 year - 2 years
- 2 - 5 years



PLAYBOOK STORY SCENE




🕒 10 MINUTES

DISCUSSION: KEEPING OUR BODIES HEALTHY STORY (ROADSIDE FOOD STALL)



- **STORYTELLING IDEA:** Story takes 5 minutes for 3 people to read (Thandi, Sipho, Thabo).

SUGGESTION: The facilitator takes the role of the Dad, Sipho, in this session.

	Thandi
	Sipho
	Thabo

SUGGESTION: THE FACILITATOR TAKES THE ROLE OF THE DAD, SIPHO IN THIS SESSION.

GRAPHIC 5: THANDI & HLENGIWE VISIT THE CLINIC

(STORY TAKES 5 MINUTES FOR 3 PEOPLE TO READ.)

This story follows Dad and Hlengiwe (a toddler of about 2) choosing fresh vegetables and food. Dad has Hlengiwe perched on his hip.

NOTE: PLEASE FEEL FREE TO CHANGE THE NAMES OF THE CHARACTERS IN THE SESSION TO SUIT YOUR COMMUNITY.

THANDI:

“Goodbye Sipho, and Hlengiwe! Remember to take care crossing the road! Please don’t forget to hold Hlengiwe’s hand, Sipho. She still doesn’t realise how fast cars come and how dangerous they are!”

SIPHO:

“Hlengiwe will be quite safe with me! Come, Hlengiwe – let’s go! We’re going to walk to Thabo’s stall near the spaza shop.”

SIPHO:

“Hi Thabo. Your vegetables and fruits look nice and fresh! I hope your prices are good today?”

THABO:

“I’ll give you a special price, Sipho because you and Thandi are such good customers!”

SIPHO:

“Hlengiwe, can you point to something red? Clever girl – that’s a tomato and very good for you for you to eat! How about something green? Ha – I see you know the fresh spinach and I know you love to eat that at home! Now, can you show me something round? Well done Hlengiwe – you’ve shown me an orange!

Now – I’m holding round oranges in my hands – show me with your fingers how many oranges I have? That’s right – I have two. Hawu – you are a clever girl already!”

THABO:

“Sipho, I’m so interested to see you speaking to Hlengiwe about such things when she is so little. She can’t possibly understand all these things!”

SIPHO:

“You’d be surprised, Thabo! Did you know that little children’s brains grow more and faster from the time they are conceived to age 5 than at any other stage of life? It’s extraordinary how fast they learn! We started talking to Hlengiwe, singing her songs and telling her stories from the time she was born.

We knew she couldn’t understand what we were saying then, but every word she heard became a building block in her own language development and now she understands so much, even if she doesn’t always have the words herself. She already knows her colours and can find round shaped things. She’s even beginning to understand some numbers. Every day she surprises us with new understanding and new words! It makes being a parent such fun when you notice these things! Now let me concentrate – I have to remember all the vegetables and fruits I need to buy!”

THABO:

“What can I get for you today, Sipho?”

SIPHO:

“Thandi told me, I mustn’t forget to get a ‘rainbow’ of different coloured vegetables and fruit, so let me look at the prices and see how many different ones I can get for the money I have. She especially told me not to forget to get orange veggies like sweet potato, butternut, pumpkin and carrot as well as different green vegetable like spinach / morogo / imifino and green beans. And then I’d love to get some fresh fruit if I have enough money. Hlengiwe loves avos and bananas and they are so good for her. Thanks for giving us such a special price, Thabo – we appreciate it. Your vegetables and fruit keep us healthy and full of energy!”

THANDI:

“Oh good – you’re home! I see you managed to get a good selection of vegetables and fruit. That’s great. They are getting so costly; I really think we must consider growing our own, especially as we know how important they are for our health, and Hlengiwe’s. I’m so amazed that she will eat almost anything now and I’m so glad Ma told me not to sweeten vegetables with sugar. She likes them just as they are. And the bananas and apples will make great snacks for Hlengiwe between her meals.”

SIPHO:

“Come, Thandi! Hlengiwe and I are starving! Let’s have lunch! I see you have cut Hlengiwe’s food into small pieces so that she can feed herself. She loves doing that and she’s not as messy as she used to be! Sometimes she’s even using a teaspoon to feed herself. My goodness, she did give us a fright yesterday when we gave her a piece of meat that was a bit big and it stuck in her throat and she choked. Thank goodness it shot out when I banged her on the back! It just shows how important it is to be with children when they’re eating and not to give them things they can choke on! Sjoe Thandi – you have cooked us a delicious meal! I just love the smell of stew, pap and cabbage!”

DISCUSSION: EAT LOVE PLAY TALK AND YOUR CHILD

Every session we discuss the four parts of our programme.

DO YOU WANT TO KNOW MORE?

Eat

- Fresh vegetables and fruit contain many vitamins and minerals that our bodies need for good health and good brain development.
- They are also full of fibre that helps us have a health bowel movement every day and stops us being constipated (when we struggle to have a bowel movement).
- Vegetables and fruits protect us from many illnesses including heart disease, blood pressure, strokes, diabetes and cancer.
- They also keep us feeling full so we don't feel hungry for junk food that fills us up and can make us fat and unhealthy.
- Vitamins help our bodies grow and stay healthy and protect us from disease. They also promote healthy skin, eyes and hair.
- Minerals help our body function as it should. They are important for healthy blood, muscles, bones and teeth and help our muscles to work properly.

Love

- Some children love stories and others enjoy games. Some children want a hug to know their parents care for them.
- As your child grows, how can you change the way you show love to them?

Play

- We can play games with our children at any age - babies, toddlers and young children all love to play.
- We can create games using very simple objects from our homes.
- Memory games, counting games and puzzles are easy to make and change for different ages.
- Walking and counting is a fun way to practise our numbers.

Talk

- Talk about emotions with your children.
- We can also use different languages to speak.
- Sometimes our hands and bodies can also be good for communicating.
- The more you speak to your child, the more words they will learn.
- Make sounds and lip movements together.

WHAT IS EAT LOVE PLAY TALK?

These are four areas of connection and growth that we caregivers can spend our time doing with our children to help them thrive!

Use the points in the playbook to guide the discussion.

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Vegetables and fruits protect us from many illnesses including heart disease, blood pressure, strokes, diabetes and cancer.

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Vitamins help our bodies grow and stay healthy and protect us from disease. They also promote healthy skin, eyes and hair.

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LOVE:

Some children love stories and others enjoy games. Some children want a hug to know their parents care for them.

As your child grows, how can you change the way you show love to them?

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We can play games with our children at any age - babies, toddlers to young children all love to play.

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Memory games, counting games and puzzles are easy to make and change for different ages.

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TALK:

Talk about emotions with your children.

We can also use different languages to speak.

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The more you speak to your child the more words they will learn.

Make sounds and lip movements together.

ACTIVITY

🕒 5 MINUTES

FOOD CARD ACTIVITY : BUILD A RAINBOW



● INTRODUCE THE ACTIVITY:

Using your food cards, create a rainbow.

To make it more difficult you can let the group cover this page in their books.

USING YOUR FOOD CARDS, CAN YOU DIVIDE THE CARDS UP INTO COLOURS?

USE YOUR PLAYBOOKS TO HELP YOU. MAKE SURE TO COVER UP THE ANSWERS.

- Hlengiwe's dad is trying very hard to tell his daughter why eating all seven colours is important. We should eat many colours of vegetables and fruit! The more colours in a day, the better. Sometimes we talk about eating a rainbow!

There are seven possible colours we could see on our plates, including:

- Red / Purple
- Orange
- Yellow / Orange
- Yellow / Green
- Green
- White / Green

SMALL GROUP DISCUSSION QUESTIONS

Do you have tips to help children eat more fruit and vegetables?

Let the group share all their ideas. You can add some of the points below.

HERE ARE SOME TIPS ON HOW TO BOOST YOUR CHILD'S VEGETABLE AND FRUIT INTAKE:

- Try different recipe ideas.
- Ask your child to help you prepare the food.
- If you eat lots of vegetables, you are setting a good example for your children.
- Make vegetables the main part of your meals.
- Keep trying and don't give up – just try the vegetable again another day, but don't make a fuss.
- Don't force your children to eat – watch to see when they are full. Often babies will turn away from their food or push it away.
- Add a new vegetable to food your child already enjoys.
- Put fruit in your child's maas or yoghurt.
- Use fruits and vegetables as the snacks between meals rather than biscuits, cookies or salty snacks like NikNaks and chips.

FUN ACTIVITY - ROLE-PLAY PRACTICE: (IF TIME PERMITS)

Let's practise by helping out Dad. Hlengiwe is two years, so she is at a stage of her life when she is asking lots of questions. Let's see if we can make up child-appropriate responses to the following questions.

TAKE TURNS BEING HLENGIWE'S DAD.
TRY ENCOURAGING THE CHILD TO EAT A RAINBOW.



RED:

Hlengiwe: "Tomatoes are squishy and funny! I don't like tomatoes. Are red peppers healthy for me?"



ORANGE:

Hlengiwe: "Doesn't eating too many carrots turn you into a bunny, I don't want to be a bunny - Why must I eat carrots?"



YELLOW / ORANGE:

Hlengiwe: "How does corn make my body strong and healthy?"



GREEN:

Hlengiwe: "Spinach is my favourite! I eat it lots. What does that mean for my body and mind?"



WHITE:

Hlengiwe: "Onions look funny- how do they help my body?"

PURPLE:

Hlengiwe: "Ewww, beetroot is yuk! How is eating beetroot going to make me healthy?"

GREEN:

Hlengiwe: "Broccoli is so gross- what other green veggies can also make me healthy and strong?"

PLAYBOOK CLOSING PAGE

DISCUSSION: DID YOU KNOW...?

🕒 8 MINUTES

- **GROUP ACTIVITY:**
Go through each of the key messages here. Ask the group to show the following if they understand the message:



Yes! I understand.



**OK, but not sure.
Please go over that
information again.**



No! I DON'T understand.

DID YOU KNOW?

- Foods that protect our bodies and brains and keep us healthy are fruits and vegetables.
- Eat plenty of different vegetables and fruits every day. Fresh is best!
- Try to ensure your children and family eat at least one fresh, yellow / orange and at least one fresh green leafy vegetable daily.
- The best drink for the whole family is plenty of clean, safe water.
- Just like we care for and protect our children from harm, these foods protect us.
- Young children can choke on things; be with your child when they are eating.

- Foods that protect our bodies and brains and keep us healthy are fruits and vegetables.
- Eat plenty of different vegetables and fruits every day. Fresh is best!
- Try to eat as many fresh foods of different colours every day. Aim for at least 5!
- Try to ensure your children and family eat at least one fresh yellow/orange and at least one fresh green leafy vegetable daily.
- The best drink for the whole family is lots of clean, safe water.
- Just like these foods protect us, we care and protect our children from harm.
- Young children can choke on things; be with your child when they are eating. Just like these foods protect us, we protect our children from choking.

CLOSE-OUT REFLECTION

🕒 5 MINUTES

- What do you think this session was all about?
- What did you enjoy the most?
- What did you learn that you didn't know before?
- How did you feel about this session today?
- What do you think could change in your home after today's session?
- What will you tell others about the information you have learned?

HOME PLAY

- Try to introduce a new type of fruit or vegetable to your child's plate over the next month.
- Try to implement the strategies proposed on how to boost your child's veggie and fruit intake. Note what is helpful and what is not helpful.

- **TRY THESE QUESTIONS AT HOME USING THE PICTURE SCENE IN PLAYBOOK 5:**

- What do you see in the image of Thandi and Hlingiwe that tells us about eating?
- What can we see in the image of Thandi and Hlingiwe that relates to how your child shows love? What does it make you think of?
- What can we see in the image of Thandi and Hlingiwe that relates to talking? What does it make you think of?

IDEAS ON USING PICTURE SCENE WITH CHILDREN AT HOME



ASK QUESTIONS:

- How many children do you see? Do you see a child that looks like you?
- Look for colours
- Count
- Find shapes
- Talk about the position of objects and people (behind, on top, below, next to, etc.)
- Talk about sizes (big, small, tall, short, etc.)
- Talk about the family
- Talk about actions (walking, sitting, feeding and holding)