

# SESSION GUIDE 6

## KEEPING OUR BODIES FULL OF ENERGY

### GOAL OF SESSION 6

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

### FACILITATOR RESOURCES

- Session Guide 6
- Food cards

### CAREGIVER RESOURCES

- PLAYBOOK 6
- 2 x bags of DoMore porridge
  - ELPT Soccer Ball



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 full of energy.

“By the end of the session you will understand the different types of foods that give your body energy, and the different choices you can make when it comes to what food to put on your plate (healthy versus unhealthy). Parents will also explore active play ideas they can do in the home.”

## 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 6 (page 2) to assist.

## GROUP EXPECTATIONS


 3 MINUTES

 What are you expecting to learn during this session about carbohydrates and foods that give us energy?

## 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

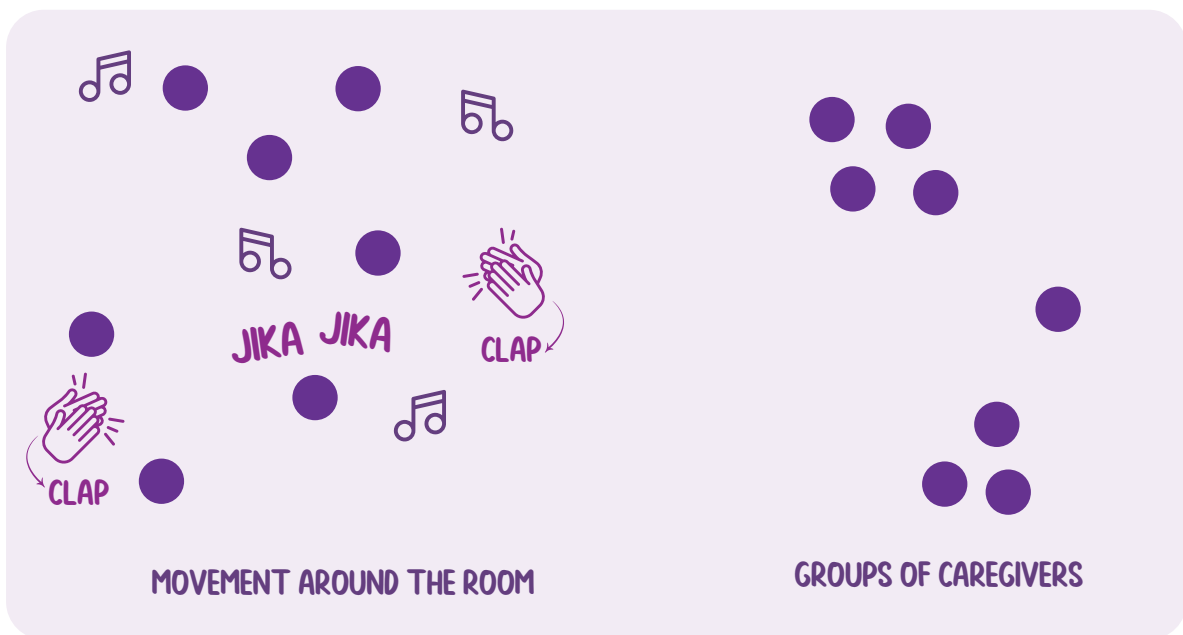
🕒 3 MINUTES

- Hand out incentives.
- Caregiver books.

## WELCOME

🕒 10 MINUTES

- JIKA JIKA
- The aim of this game is to get participants to move around rhythmically, to mingle with each other, to relax and have fun, to learn about people's preferences and to get people into small groups or pairs if needed. It also helps to stimulate childhood memories.
- The facilitator calls out the phrase 'Jika, jika, jika, jika' while people dance around the room, chanting in unison. The facilitator then claps their hands, bangs two pot lids or rings a bell and asks people to get into a group with, for example, those who:
  - Are wearing the same colour shoes
  - Use the same kind of soap
  - Keep the same kind of animals at home
  - Like the same fruit
- YOU CAN CHOOSE TO MAKE UP YOUR OWN EXAMPLES BASED ON YOUR GROUP.



**NOTE TO THE FACILITATOR:** We want parents to be active and move around! Laughter and singing should be a priority here!

# 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 caregiver?

How can both mothers and fathers involve their children in the kitchen?

**QUICK GROUP DISCUSSION:** Do all the members of your family get involved in the kitchen?

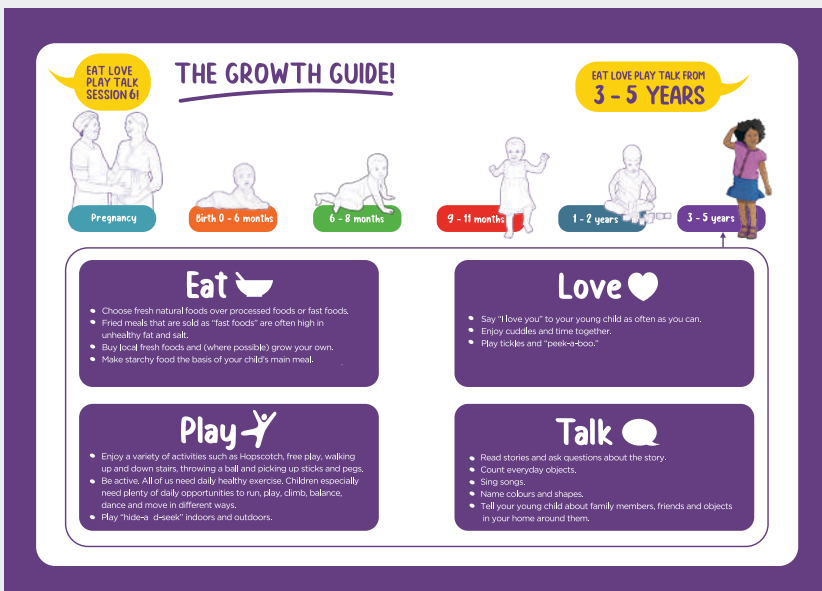
# PLAYBOOK: THE GROWTH GUIDE ACTIVITY 1

15 MINUTES

TODAY WE ARE TALKING ABOUT 3 - 5 YEARS OLDS AND SOME EAT LOVE PLAY TALK IDEAS.

FACILITATOR INTRODUCTION:

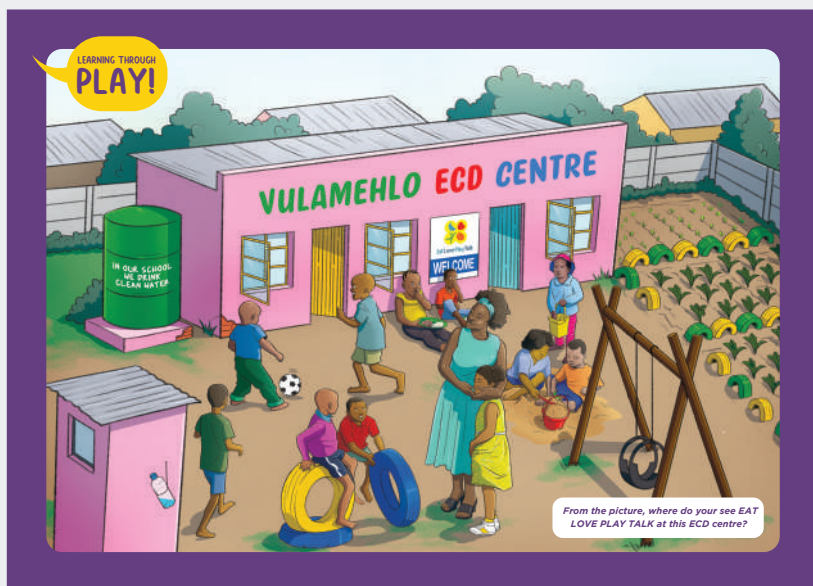
“This session is all about foods that give us energy. Carbohydrates, fats and sugars help us fuel our bodies and brains. We also know that we need to stay active. Moving our bodies is important for our health.”



- 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

## DISCUSSION: KEEPING OUR BODIES FULL OF ENERGY STORY (ECD CENTRE SCENE)



- **STORYTELLING IDEA:** Story takes 7 minutes for 2 people to read (Thandi, Ma Ngobese).

**SUGGESTION:** The facilitator takes the role of the Mum, Thandi, in this session.

- Thandi
- Ma Ngobese

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

### THANDI:

‘Ma, can you take Hlengiwe to the Vulamehlo ECD centre today? I have so much to do at home and I don’t want her to be late. I’ve packed her lunch box with the food she’s chosen. She wanted a polony sandwich on white bread because that’s what a lot of her friends have, but I helped her make a better choice.

We discussed what foods were good to keep her healthy and strong and I explained to her that neither polony, nor white bread would help build her body and brain. So she has chosen a brown bread and peanut butter sandwich and an apple. I also put in a boiled egg because I know how good eggs are for young children.’

### MA NGOBESE:

‘Yes, I can do that, Thandi, as soon as I’ve finished hanging out the washing. Hlengiwe loves helping me do that. She sorts the clothes into different colours before I’m allowed to hang them up! Hlengiwe is really growing up – soon she’ll be making her own sandwiches! It’s a good thing we’re helping her make healthy choices!’

**THANDI:**

‘Yes and I’m glad Vulamehlo has a healthy eating policy and follows the Nutrition Guidelines for ECD Programmes. It’s good that they are registered with the Department of Social Development and get a subsidy to help them buy nutritious food.

I think today Hlengiwe will get DO MORE FOUNDATION sorghum porridge and milk for breakfast, and lentil stew with rice and butternut for lunch. And after their staff training with the National Department of Health, they have stopped adding sugar because they now know it’s bad for the children and teaches them to only want sweet things.

I’m also really pleased that Vulamehlo does not allow the children to bring sweets, salty snacks like nknaks and fizzy drinks to school because this just fills them up and then they don’t want to eat healthy food. It also rots their teeth. They will be allowed to have them at the end of term celebration as it’s a special occasion. But that reminds me! I must take Hlengiwe to the clinic for her dental checkup.’

**MA NGOBESE:**

‘Come, Hlengiwe – let’s go. It’s nearly 8 o’clock and we don’t want you to be late!’

**MA NGOBESE:**

‘Hawu, Thandi! Hlengiwe loves her school! She couldn’t wait to join her friends in the playground! They were having such fun making a house under the tree and pretending to drink tea together! I hope the teachers don’t let them play all day. They need to be learning something!’

**THANDI:**

‘Oh, Ma – believe me – they are learning all the time! I was listening to a radio programme on [add local station name] FM the other day and the presenter interviewed an ECD expert who explained that children learn through play.

In fact, they learn from absolutely everything they experience! I couldn’t believe it when she said that even climbing a tree or jungle gym is part of learning how to read and write when they go to big school. It helps them strengthen and control their muscles and know their left from their right.

Even when they are pretending to drink tea together, they are playing out what they see grown-ups do. It helps them understand their world! It just shows how careful we have to be not to shout at one another and be rude. Children will copy whatever we do!’

**MA NGOBESE:**

‘I see Hlengiwe is also learning about hygiene and hand washing even though they only have a tippy tap at Vulamehlo. She reminded me the other day to wash my hands after I’d been to the toilet AND she remembered to wash her hands before supper!’

**THANDI:**

‘She really learns so much at Vulamehlo. I’m so glad her teachers have been trained in ECD and make sure that the children have plenty of opportunities to learn through play.

They have time to draw and paint; to build with blocks; to pour and measure with sand and water; to put puzzles together and play special games with their teacher – so many learning opportunities! Hlengiwe even told me the story her teacher had told her at school yesterday!’

**MA NGOBESE:**

'I'm beginning to understand why you and Sipho always find time in your busy lives to spend with Hlengiwe, even if it means letting her help you with everything that needs to be done in the house. I see her helping you in the kitchen, sorting out the spoons and forks and laying the table.

She loves to help and it makes her feel so confident and important. She is even able to count out how many potatoes we need when the Vilikazi family joins us for shisa nyama. I'm sure I couldn't do that when I was her age! She LOVES to hear stories about when I was a little girl!'

**THANDI:**

'Yes, I remember even when I was growing up, you and Pa always tried to give us fresh foods and it was not so easy to get to the shops. We were lucky that there were families around us who grew vegetables and would swap us when we had fruit.

And there were not so many fast food places around. Their food smells and tastes nice but I know it's cooked with lots of oil and lots of sugar and salt. Ma Vilikazi was telling me that eating lots of these foods can cause you to have diabetes, high blood pressure and strokes when you get older.

I've said to Hlengiwe that we'll go there once a month as a treat for her to have a vetkoek / amagwinya. Ma! Do you mind going to fetch Hlengiwe? Can you believe it's school finishing time already? I'm really beginning to feel my pregnancy now and I'm so grateful when you and Sipho help me out.'

**SMALL GROUP DISCUSSION:**

- What did you notice in the story?
- What do you see in the scene that reminds you of important information shared in the story?
- How does this ECD centre support children? How does this ECD centre support parents? How does this ECD centre support the community?
- How important do you feel is nutrition at an ECD centre?
- What is in your children's lunch box? Do you think it is healthy?

**NOTE TO FACILITATOR:** Using last night's dinner is a good way to give a healthy, budget friendly meal to your child. Chips and snacks are not encouraged. We want good nutrition with foods that give us lasting energy.

# PLAYBOOK EAT LOVE PLAY TALK BUILDING BLOCKS 🕒 15 MINUTES

## 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 🍴

- Carbohydrates are starchy foods.
- Carbohydrates are a source of energy for our bodies.
- Unrefined starchy foods (whole grains) such as brown bread, oats and potatoes are better than refined starchy foods such as white rice, noodles and white bread.
- Use fats sparingly (oil and margarine).
- Try to avoid high-sugar cereals.
- Avoid adding sugar to food.

### Love ❤️

- Talk with your child about the things that make you both happy and sad.
- It is fun to get to know what we like and dislike.
- Build relationships with your child by being active together.
- Make your child feel loved by hugging and cuddling them often.
- Children love playing outside with their dad.

### Play 🧘

- "Pretend play" is great fun! Imagine you are an animal and walk around making funny animal sounds together.
- Toilet roll games can be fun too! Use them as skittles or make a long tunnel.
- Encourage movement like twisting, bending and rolling.

### Talk 🗣️

- Talk about emotions with your children.
- Children have an amazing ability to learn and speak more than one language. We can also use different languages to speak.
- Encourage your children to talk and ask questions, and express themselves.
- The more you speak to your child, the more words they will learn.
- Tell stories about the things around them and your culture.
- Read stories with your child often.

### 💬 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.

### HERE'S AN IDEA TO FACILITATE THE DISCUSSION:

As a group, using your balls, raise them in the air if you agree with the message. Facilitator to read each of the 4 boxes with the EAT LOVE PLAY TALK messages. If someone disagrees, spend some time talking about why they feel that way and addressing any concerns.

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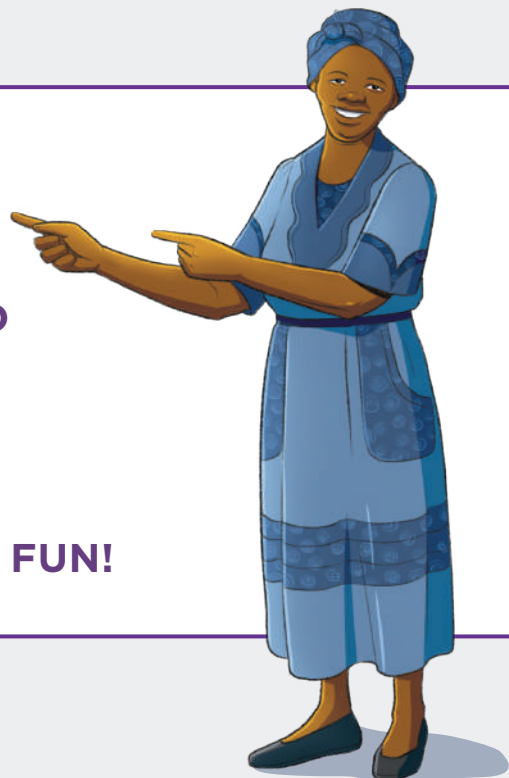
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### **NOTE TO THE FACILITATOR:**

**REMEMBER, WE ARE NOT HERE TO JUDGE BUT TO EXPLORE AND ENCOURAGE PARENTS.**

**ALL ANSWERS ARE ALLOWED!  
WE WANT TO HAVE LOTS OF  
PARTICIPATION, LAUGHTER AND FUN!**



# PLAYBOOK ACTIVITY: HEALTHY & UNHEALTHY

🕒 15 MINUTES

DISCUSSION: ASK PARENTS TO SHARE IDEAS OF A HEALTHY MEAL AND AN UNHEALTHY MEAL.

- Lets help Thandi make some healthy choices!

The infographic is divided into two main sections. The left section, titled '4 STEPS TO ORAL CARE!', features a woman in a yellow dress and lists four steps: 1. Brush your teeth twice a day (with a toothbrush icon), 2. Limit sugary snacks and drinks (with a bottle of soda icon), 3. Visit your dentist (with a tooth icon), and 4. Floss (with a floss icon). The right section, titled 'BE SUGAR SMART !!', features a woman in a blue uniform and includes a conversion chart (5g sucker = 1 tsp), a list of items with their sugar content (1 x sucker = 4 tsp, 1 x fizzy drink 500ml = 11 tsp, 1 x chocolate bar = 7 tsp, 1 x ice cream = 5 tsp), and two columns of snack recommendations: 'TRY THESE SNACKS' (listing fruits, nuts, bread, etc.) and 'NOT THESE SNACKS' (listing chips, sweets, fizzy drinks, etc.). A speech bubble from the woman in blue says 'LET'S HELP THANDI MAKE SOME HEALTHY EATING CHOICES!'.

## NOTE TO THE FACILITATOR:

This is a light touch programme. This page is to serve as a reminder, to showcase what foods to limit and which whole foods will give lasting energy.

The information is helpful to use for discussion, if you are uncertain of a question you can refer the caregiver to the clinic or community dietitian for more information.



## SOME ACTIVITY IDEAS FOR THIS PAGE:

1. Create a healthy plate together. Use food cards to assist.
2. Try to use practical examples referring to the playbook when parents ask about certain foods.
3. You could bring some real food examples from your kitchen to show.
4. Use an old checkers special brochure to page through and circle all the healthy items and cross out all the unhealthy items.

## DISCUSSION: DENTAL HYGIENE AND TOOTH CARE.

- If time allows, ask the group to talk about dental hygiene and tooth care.

**4 STEPS TO ORAL CARE!**

**1. Brush your teeth twice a day.**  
Use a soft toothbrush, fluoride toothpaste and brush once in the morning and once at night for about 2 minutes.  
DON'T SWALLOW THE TOOTHPASTE - SPIT IT OUT IN THE BASIN.

**2. Limit sugary snacks and drinks.**  
Remember to eat lots of fruits and vegetables! Try to limit sugary drinks - water or a glass of milk is healthier for your teeth.

**3. Visit your dentist.**  
Visit your dentist once a year to help keep your teeth and gums healthy.  
START DENTIST VISITS EARLY TO HELP REMOVE FEAR.

**4. Floss.**  
As soon as you've got two teeth that touch, you (along with your mom and dad) should floss to remove plaque. Hold the floss between your fingers and gently rub the floss between your teeth.

- **HERE'S AN IDEA ON HOW TO USE THIS PAGE FOR DISCUSSION:**

You could use the ball to give people a turn to speak by throwing them the ball and letting them share their experiences of oral care with their children.

### EXTRA ACTIVITY:

Use your ball to energize the group! Ask the group for local fun games that can be played with a ball.



### BALL ACTIVITIES EXAMPLES:

- Throw and catch
- How high can you throw?
- Dribbling on the spot
- Bowling and bouncing to each other
- Throwing into a bucket or hoop



# 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?

- Fats and carbohydrates give us energy. Some are healthy. Many are not. We have the power to choose healthy food options.
- Fresh natural foods are best. You can teach your children healthy eating habits / how to make healthy food choices.
- Avoid fatty fried foods, processed foods, too much salt, sugar and fizzy drinks.
- Everyone, but especially young children, needs to be active and get daily exercise through fun games in a safe environment.
- Dental hygiene is important from the moment your child gets their first tooth.
- Everyday activities provide you with plenty of opportunities for your children to learn through play.



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## CLOSE-OUT REFLECTION

 5 MINUTES

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

## HOME PLAY

Be active at home with your children! Show them all the exciting ball games you know. For children younger than 2 years, screen time is NOT recommended. For children aged 2-5 years, sitting activities that are screen-based should be short.

