

Integrating Gender and Nutrition within Agricultural Extension Services

Activity Sheet
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Nutrition During Illness

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Target Audience:
Adults

Time:
60 minutes

Materials Needed:

- Cards of food that are high in particular nutrients and can be found in various food groups.
- Bowls (4-6 for the various groups)

References:

¹ Food and Agriculture Organization (2004). *Family Nutrition Guide*. Rome.

² Prüss-Üstün, A., & Corvalán, C. (2006). *Preventing disease through healthy environments. Towards an estimate of the environmental burden of disease*. Geneva: World Health Organization.

³ FAO Zimbabwe (2015). *Healthy Harvest, 2nd ed.* FAO



Papaya for vitamin C
<http://bit.ly/2eJLcDf>

Introduction

Proper nutrition is needed to prevent illness, to re-establish the balance and to reduce further issues with the condition. The purpose of the “Nutrition during Illness” Activity Sheet is to encourage those who are ill to eat nutritious foods on a daily basis.

Objectives

At the end of the session, the participants will be able to:

1. Recognize the nutrients that sick people should be eating on a daily basis
2. Explain the importance of consuming these nutrients
3. Identify ways to prevent further illness
4. Create meals that contain these nutrients

Guide¹⁻³

Use the information below to identify how to prevent further illness:

- Wash your hands with soap and water before and after eating, after using the bathroom, and before preparing foods
- Wash your fruits and vegetables before eating or cooking
- Drink potable and clean water that has been properly treated
- Do not smoke and avoid those who smoke
- Stay active

Use the below table to explain the different nutrients, the reason a sick person needs to include these nutrients on a daily basis, and examples of foods that contain these nutrients.

Table 1 Nutrients to Consume when Ill		
Nutrients	Importance	Examples of Food
Protein	Growth and development, provides energy and helps to repair parts of the body	Meat, fish, egg, milk, lentils, nuts, seeds
Vitamin A	Eye sight and reduces illness	Squash, dark leafy greens, pineapple, fish, liver
Vitamin B12	Keeps blood and nerve cells healthy	Eggs, chicken, beef, fish
Vitamin C	Heals wounds, repairs and maintains bones and teeth	Bell peppers, dark leafy greens, papaya, mango, tomatoes
Zinc	Growth, brain development and reduces illness	Beef, seeds, lentils, shrimp

Iron	Red blood cells and reduces illness	Chickpeas, liver, fortified cereal, beans, lentils
Fluids	Keeps you hydrated to prevent further issues from being ill (headaches, nausea, vomiting)	Water, juice, soup broth

Active Learning Exercise

1) Prompt and awareness.

- Ask participants to raise their hands if they know the nutrients they should be consuming while sick. For those who raised their hands, ask them to list these nutrients (~5 minutes)
- Explain to participants the nutrients to consume on a daily basis (objective 1). (~5 minutes)
- Ask participants to raise their hands if they know why these nutrients are important to consume. For those who raised their hands, ask them to indicate why these nutrients are important to consume (~5 minutes)
- Explain to participants the reasons to consume these nutrients on a daily basis (objective 2). (~5 minutes)
- Ask participants to raise their hands and explain how to prevent further illness from occurring (objective 3). (~5 minutes)
- On the board, write the various nutrients sick people need to consume. Place pictures of foods high in the particular nutrients on the board (objective 4). (~5 minutes)

2) **Group activity:** Create meals that incorporate these nutrients. Participants will make meals that incorporates these nutrients through the various foods following instructions.

- Arrange groups of no more than 4 people and provide them with a bowl. Each group makes 1 meal. (~5 minutes)
- Using small pictures of food items, have each group create a meal that incorporates these nutrients through various food groups (objective 4). (~10 minutes)
- Elect one group member to discuss the meal they created. Ask them if they would eat these meals. If yes, why (they should explain the importance of consuming these nutrients). If no, then why not (maybe they will explain barriers to eating a variety of foods and nutrients on a daily basis). (~10 minutes)

3) **Take home and conclusion.** End the session with asking the participants to identify the nutrients they should be consuming, the importance of consuming these nutrients, ways to reduce further illness, and the foods that contain these nutrients (objectives 1-4). (~5 minutes)



Lentils for iron, protein, and zinc
<http://bit.ly/2eOU1tD>



Beef for vitamin B12 and zinc
<http://bit.ly/2eP04yj>



Vitamins A and C, zinc and iron
<http://bit.ly/1RolgbS>