

NUTRITION



GREEN CABBAGE 1.15 mg Vitamin C 87 mg Potassium 87 mg Calcium 6 mg Sodium 36.4 mg Ascorbic acid 1.23 g Protein 2.2 g Fat 1.8 g Carbohydrate 0.1 g Fiber	MAIZE 0.29 mg Vitamin C 270 mg Potassium 24.4 mg Calcium 2 mg Sodium 8 mg Ascorbic acid 1.22 g Protein 2.7 g Fat 18.5 g Carbohydrate 1.8 g Fiber	CASHW 0.52 mg Vitamin C 663 mg Potassium 37 mg Calcium 12 mg Sodium 187 mg Ascorbic acid 18.22 g Protein 3.3 g Fat 30.9 g Carbohydrate 4.16 g Fiber
TURMERIC 4.43 mg Vitamin C 832 mg Potassium 62 mg Calcium 27 mg Sodium 25.9 mg Ascorbic acid 1.05 g Protein 2.2 g Fat 47.4 g Carbohydrate 5.8 g Fiber	POMEGRANATE 0.4 mg Vitamin C 236 mg Potassium 18 mg Calcium 3 mg Sodium 18.2 mg Ascorbic acid 1.02 g Protein 4.8 g Fat 11.2 g Carbohydrate 1.2 g Fiber	CARROT 0.66 mg Vitamin C 835 mg Potassium 33 mg Calcium 47 mg Sodium 5.9 mg Ascorbic acid 0.9 g Protein 2.6 g Fat 11.9 g Carbohydrate 0.9 g Fiber

Food and Health

Time: 40 minutes
Difficulty: High
Warning: 10+ Years

WHAT IS NUTRITION

Nutrition is all about how the food you eat helps your body grow and stay healthy. Good nutrition helps you grow strong, have energy and feel good.

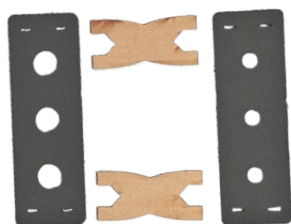
Remember, what you eat matters! Making good food choices now can help you stay healthy and strong for life.

Materials



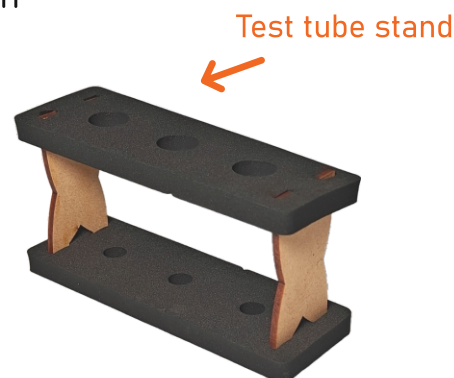
Lets build

Step 1 - Test tube stand



Materials

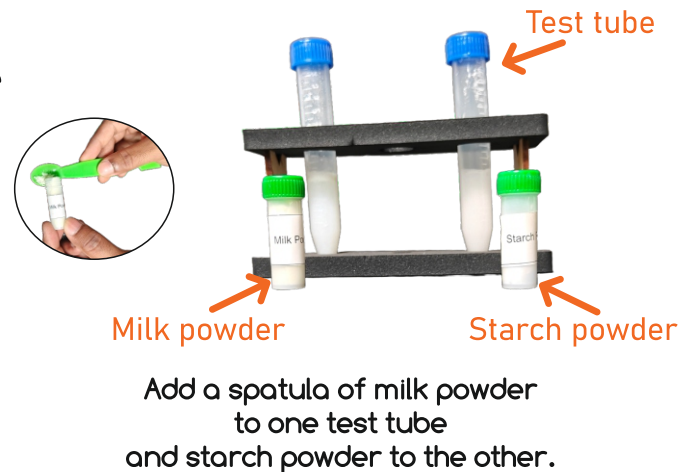
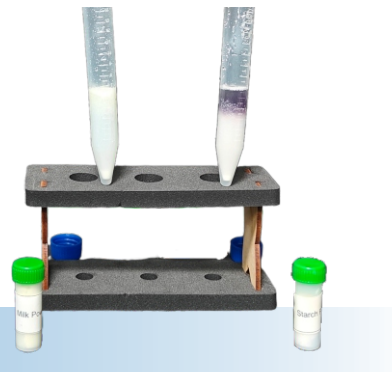
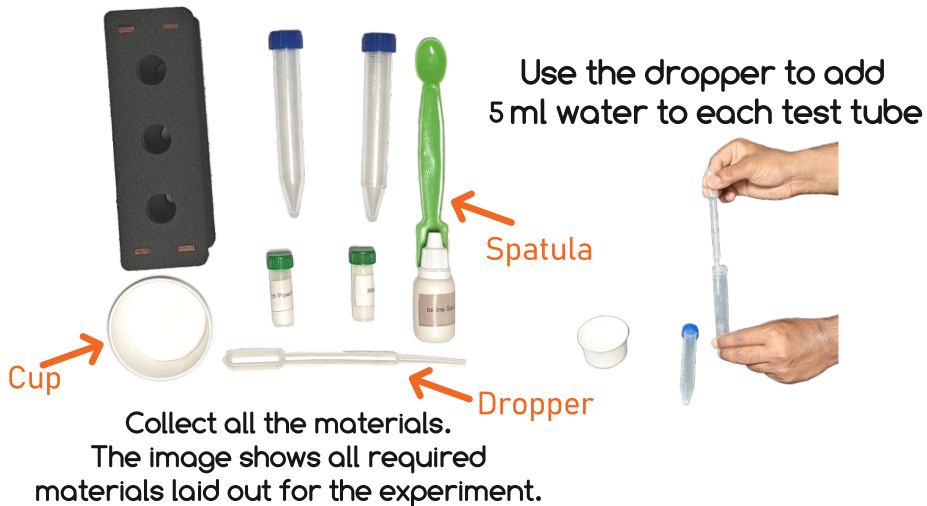
Repeat with the second wooden frame on the other side



Starch Test

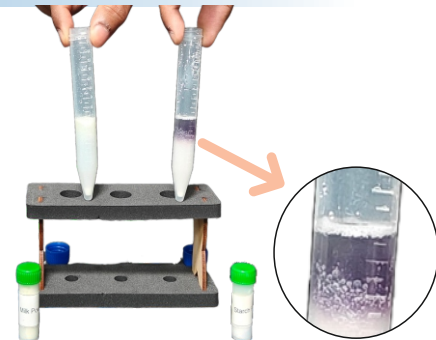
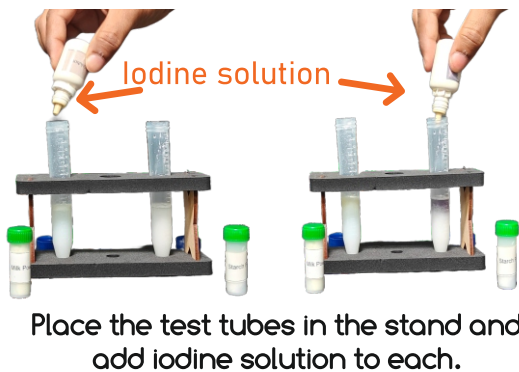
Let's build

Step 1 - Add water and prepare solutions



Shake the test tubes to dissolve the powders.

Step 2 - Add iodine solution::



Note - Try to test for starch in different food items like potato, rice etc

Protein Test

Let's build



Sodium hydroxide (NaOH)



Step 1 - Add water and prepare solutions



Fill each test tube with 5 ml of water using the dropper.

Prepare Milk Powder, NaOH and Copper Sulfate Solutions by adding one spatula of each to their respective test tubes



Solution ready -

Test tube - 3 - Milk Powder

Test tube - 1
NaOH
(Sodium Hydroxide)

Test tube - 2
CuSO₄
(Copper Sulphate)

Shake the test tubes to dissolve the powders.

Step 2 - Add NaOH and CuSO₄ to Milk Solution

Test tube 1



1

Add 5 ml of NaOH solution to the milk powder solution using the dropper, as shown in the image

Test tube 3



Test tube 2



2

Add 5 ml of CuSO₄ solution to the milk powder solution using the dropper, as shown in the image

Test tube 3



3



Observe the milk powder solution. It should turn purple, indicating the presence of protein, as shown here.

Nutri Battle Cards

Let's Play

Objective - Collect the most nutrient points by comparing values on the cards

40 nutrient cards

Setup:

Shuffle the cards.

Deal an equal number to each player.

How to Play:

- * Players take turns.
- * On your turn, choose a nutrient from your top card (e.g., Proteins, Dietary Fiber).
- * All players reveal their top card and compare the chosen nutrient.
- * The highest value wins the round and takes the cards.
- * In case of a tie, tied players draw another card and compare again.

Winning: The player with the most cards at the end wins.




Have fun learning about food nutrients!

Nutrition Labels

Let's Learn

Objective - Make informed and healthier food choices



HOW TO READ A NUTRITION LABEL

Nutrition labels are found on almost all food and beverage packages. These labels give us breakdowns of the nutrients and amounts you will find in a serving of that particular food or beverage.

Serving Size & Calorie Content

- Pay attention to the serving size first, it tells you the amount of food recommended to eat at one time.
- The rest of the nutrition label then tells you how much of certain nutrients you are obtaining from just that one serving.
- Notice this container has 8 servings, so if you ate this whole package you would actually consume 1,840 calories!

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Why is this Useful?

Reading nutrition labels helps you:

Make Healthy Choices: Choose foods that are better for you and avoid too much of sugar and fat.

Plan Balanced Meals:

You can make sure you are getting the right nutrients every day.

Activities:

Label Scavenger Hunt

Find the Labels of food packets at your home.

Check off items on your list like serving size, calories, and different nutrients.

Find the ones with the most sugar, fats, vitamins etc. Discuss with friends and family.

Create Your Own Label

Get Creative: Create your own nutrition label template.

Think of your favorite food or invent a new one.

Share your label with the class and tell everyone about your food.