

# INSTRUCTIONS: EAT WELL TO STAY WELL GROUP DISCUSSION

## Module 3: Topic 2

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**Duration** 40 minutes

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**Required** Pen and flip chart

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**Learning outcomes** Understand that eating too much or too little food impacts on your health.

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**Preparation** Discuss the importance of a healthy balanced diet and that this provides your body with the fuel it needs to keep you going. Explain that eating too little or eating too much can lead to problems with your health. Talk about obesity and malnutrition.

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**Instructions** **Ask if the following statements are true or false:**

If we take in more energy than we use, we may put on weight **True**

If we take in less energy than we use, we may loss weight **True**

If you are overweight you can't be malnourished **False**

Now ask if they know where we get the energy we use – prompt a discussion about the energy different types of food and drink give our bodies. Are some sources of energy better than others?

**Ask them to compare**

- a banana to a chocolate bar
- a sugary drink and a fruit juice
- fried chips and oven chips

What's the difference between the energy they provide?

Ask them to discuss how they feel when they have skipped a meal – tired, cranky? Why does that happen?

Ask them if they were really hungry, what would they do to fill up. Write up the answers. Does the full-up feeling last for a few hours or go away quickly. Does the food they choose affect that?

Conclude by reviewing the foods listed on the flip chart. Ask what other food they could eat to get the energy they need.