

## **Nutrition Charla -**

Start each charla with hand washing

Washing with water/ or gel with purell hand gel

Hello, My name is \_\_\_\_\_

Thank you for inviting us to work with your community. We are so lucky to be working with you to improve health in Los Abelines

The best medicine that we have for preventing malnutrition is right here in Los Abelines.

It is the food that you grow here at home and

Vitamins can help too, but really, vitamins are just condensed foods.

We are like plants-

We need food and water all of the time.

Plants get minerals vitamins and from the soil-

We get our vitamins and minerals from the foods we eat.

And the food from the ground, from the earth is the best for you.

If it is fresh it has the most nutritional value

So let's talk about Nutrition and how to keep your bodies healthy and strong.

Picture 1:

Which child would you rather have and why?

Picture 2:

Reinforce idea that you should always wash hands before eating because there are germs on your hands that can make you sick

Picture 3-4:

These are the foods that have Iron

**Iron** for your brain and your blood.

It prevents anemia.

It gives you energy.

And it helps your baby's brain develop.

Foods with iron are:

Carao

Moro- fresco

maicillo

Beans

Carne

Slide 5-4:

Meat and Protein help your muscles.

Also give you energy and strength, for playing soccer, working at home, and working in the field.

**Foods with Meats/Proteins**

Chicken

Pork

EGGS

Pictures 6-10

Fruits and vegetables have minerals and vitamins that support you body.

They help children grow, both on the inside and out.

They help your eye sight, and help your immune system to prevent you from getting ill.

**Some Foods with Fruits and vegetables are:**

Pinapple

Orange

???

Mangos

Papaya

Bananas

Watermelons

Tomatoes

Vegetable soup

Flor de hizote

peppers

squash

Carrot

avocado

radishes

chipilin

Picture 11:

Calcium containing foods help keep your bones stron. Prevent your bones from breaking, and help your babies' and childrenss bones grow, to be tall and strong.

**Foods with Calcium**

Cheese

Milk

crema

Picture 12:

Carbohydrates give you a burst of evergy, for working at home or outside.

But these alone will not keep you strong and health

**Foods with carbohydrates.**

Spaghetti

Potato

Yucca

Tortilla

Rice

Picture 13:

Most of the foods you eat are actually very healthy! But you just may need more of them in any given week.

Growing foods at home, or sharing with the community is a way to support the nutrition of you and all of your neighbors.

Tengo que crecer más alto que el CHAPÍN--

Voy a comer más CHIPILÍN!

When you have the choice, churro or carao-

Pick the food from the earth.

Do you have any questions?

Thank you!