



¡Juntos Nos Movemos!

Part 2: Macronutrients



National Migrant & Seasonal Head
Start Collaboration Office

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What is this training about?



Learning about nutrients and their role in the body



Incorporating nutrients into your diet in the healthiest way possible

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Learning about nutrients and their role in the body



Incorporating nutrients into your diet in the healthiest way possible

A close-up photograph of a red plastic colander filled with fresh green bell peppers. The peppers are vibrant green and have a glossy texture. The colander has a grid of square holes. The word "Nutrients" is written in a bold, white, sans-serif font across the center of the image, partially overlapping the peppers.

Nutrients

Introduction

Large-Group Discussion

Materials: none

Time: under 5 minutes

- What does the word “nutrients” mean to you?
- What do you think of when you hear “nutrients”?

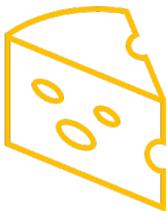
Nutrients - Substances that our bodies need to grow and stay healthy.



Proteins



Carbohydrates



Fats



Water

Introduction

Large-Group Discussion (cont.)

Materials: none

Time: under 5 minutes

- Nutrients – substances that our bodies need to grow and stay healthy
- Will discuss four nutrients that our bodies need most – “macronutrients”
- Proteins, carbohydrates, fats, water



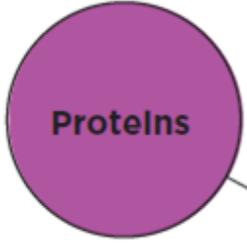
Activity #1

Large-Group Discussion

Materials: flipchart paper
and markers

Time: 10 minutes

- What have you heard about proteins before?
- Why do you think proteins are important?
- What foods do you eat now that contain protein?



What are proteins?

Building blocks of your body

Where are they found?

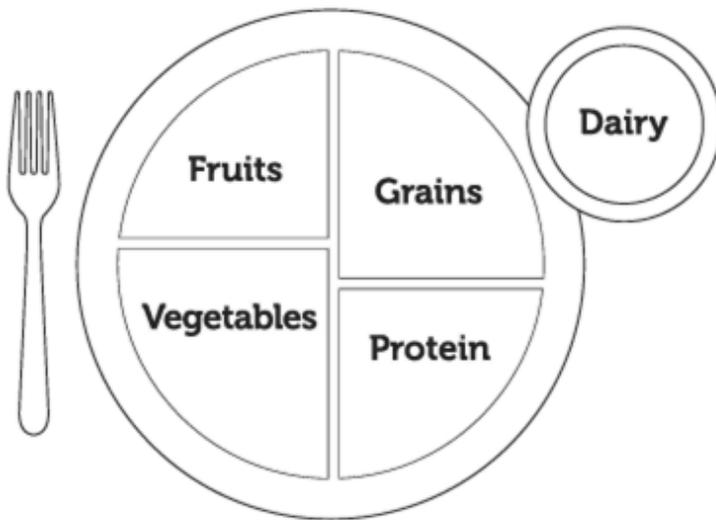
Meat/fish, beans, nuts, dairy

What do proteins do?

Grow and repair your body

What are the healthiest ways to get protein?

Beans, nuts, low-fat dairy, low-fat meat



Information

Materials: notes sheets

Time: 10 minutes

- What are proteins? “Building blocks” of muscles, bones, skin, and hair
- Where are they found? Meat/fish, beans, nuts
- What do they do? Proteins help your body grow, stay strong, and repair itself.
- What are the healthiest ways to get your protein? You want proteins that are lower in fat.

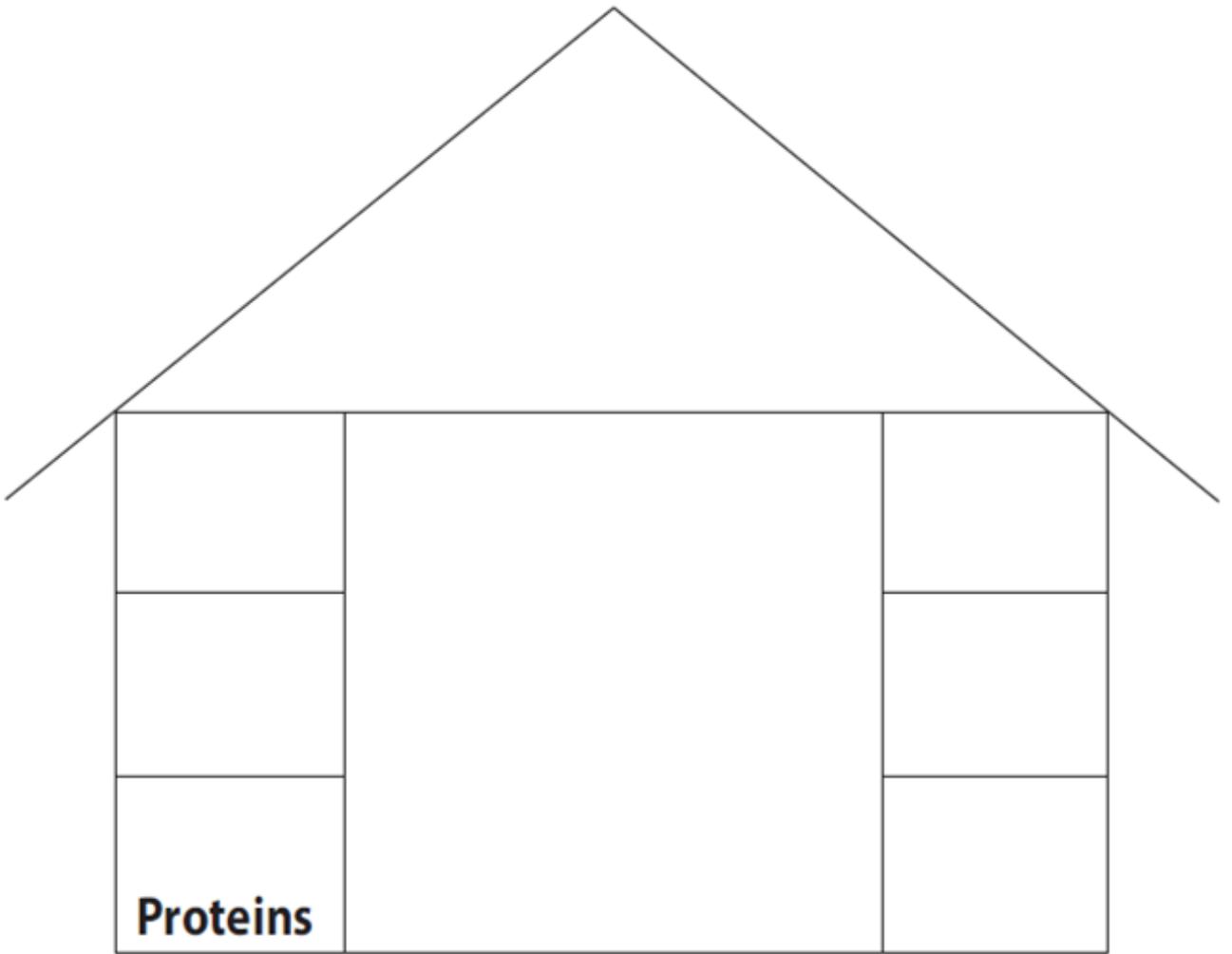


Processing Activity

Materials: Macronutrient
House Worksheets, markers

Time: 10 minutes

- Macronutrients are like a house
 - When you put them together, they create a body that is strong and comfortable to live in
- Discuss:
 - If proteins were a part of the house, what part of the house would they be, and why?



Proteins are the
BUILDING BLOCKS
of your muscles, bones,
and skin.

Processing Activity (cont.)

Materials: Macronutrient
House Worksheets, markers

Time: 10 minutes (cont.)

- Proteins = cinder blocks/bricks
 - They make up the structure of the body
- Draw in the building blocks
- Label these blocks with different foods that contain proteins



LM-All

Professional Growing Medium
All Purpose
Substrat de culture professionnel
Tout usage
Sustrato de cultivo profesional
Uso general

TORNADO

THE HOME DEPOT

THE HOME DEPOT
HOMER'S ALL-PURPOSE

PRO
Professional
LIT

Activity #2

Initial Activity

Materials: slips of paper with names of foods

Time: 10 minutes

1. Set a timer for two minutes
2. One person chooses a slip of paper
3. They draw the carbohydrate on that paper
4. Everyone else guesses
5. Whoever guesses correctly, draws next
6. Continue drawing until the timer runs out
7. Repeat, trying to guess more foods in the two-minute timeframe



Large-Group Discussion

Materials: flip chart paper
and marker

Time: 10 minutes (cont.)

- What were some different foods we drew?
- What do these foods have in common?
- What have you heard about carbohydrates?
- Which of these foods do you think are healthiest, and why?



What are carbohydrates?

Sugars and starches

Where are they found?

Sugars - fruits, veggies, milk, dessert

Starches - grains and beans

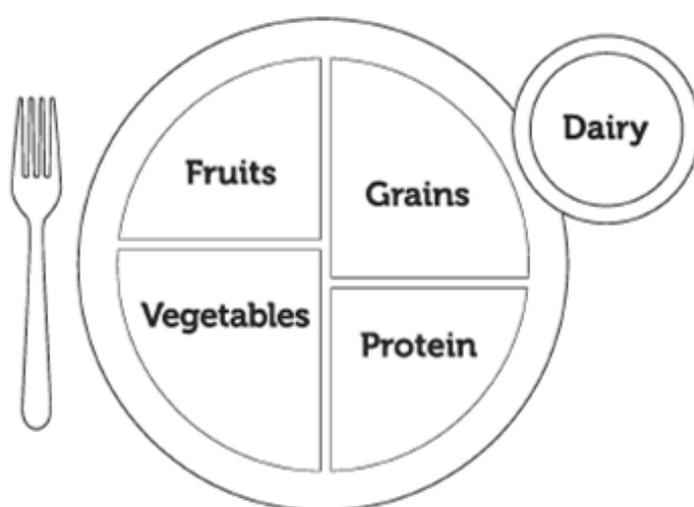
What do carbohydrates do?

Energy for the body and brain

What are the healthiest ways to get carbohydrates?

Sugars - fruits, vegetables, milk

Starches - brown rice, beans, oatmeal, whole-grain bread



Information

Materials: notes sheets

Time: 10 minutes

- What are carbohydrates? Sugars and starches
- Where are they found?
 - **Sugars** - in fruits, vegetables, milk, desserts
 - **Starches** – in grains and beans
- What do they do? Energy for the body, especially the brain
- What are the healthiest ways to get your carbohydrates?
 - **Sugars** – fruits, vegetables, low-fat milk
 - **Starches** – whole grains (brown rice, beans, oatmeal, whole-wheat bread)

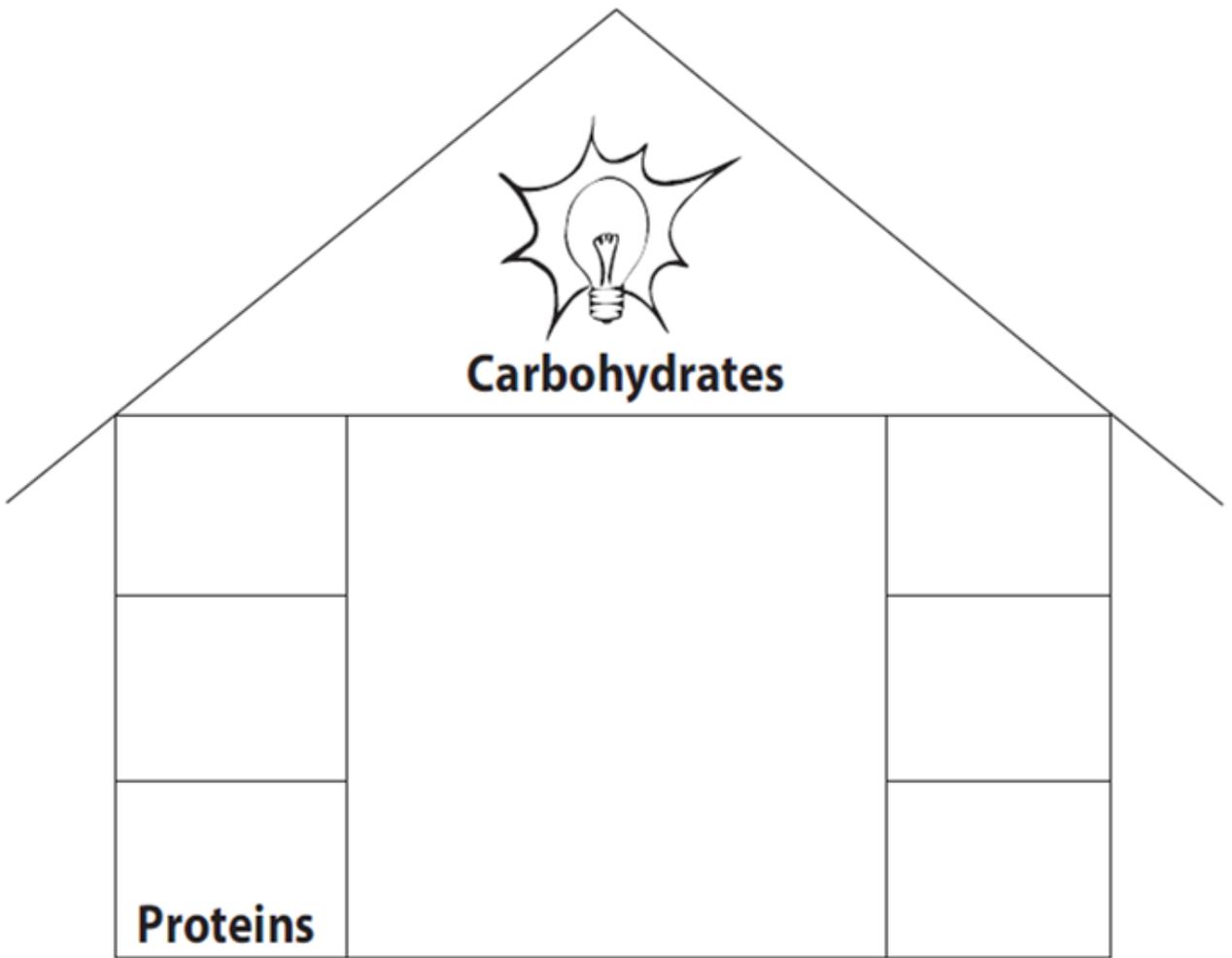


Processing Activity

Materials: Macronutrient House Worksheets, markers

Time: 10 minutes

- If carbohydrates were a part of the house, what part of the house would they be, and why?



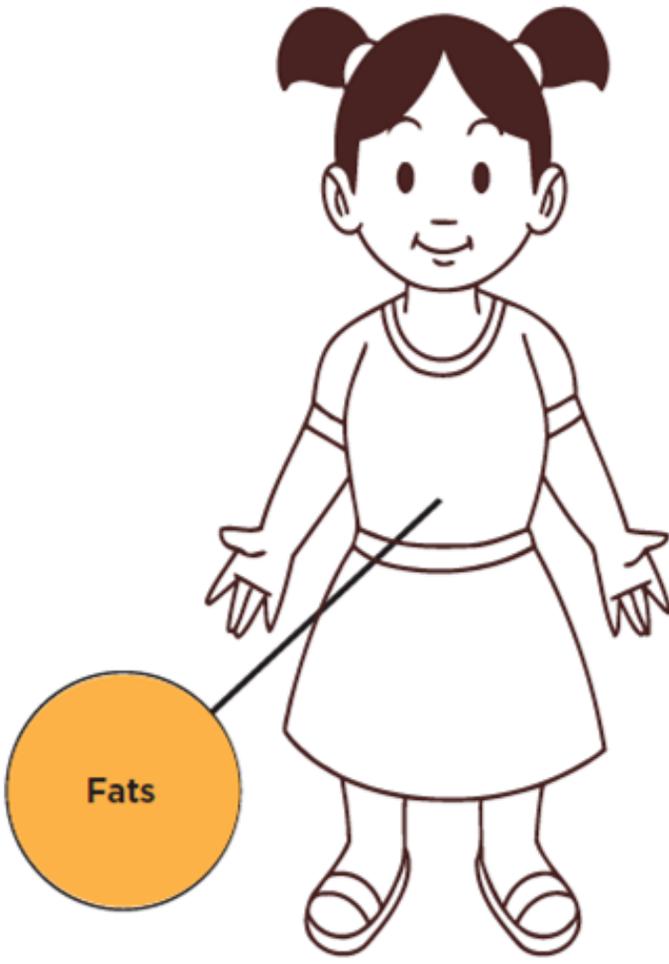
Carbohydrates are
ENERGY
for your body and brain.

Processing Activity (cont.)

Materials: Macronutrient
House Worksheets, markers

Time: 10 minutes (cont.)

- Carbohydrates = electricity
 - They power the house
- Draw in the electricity/appliances
- Label these items with different foods that contain carbohydrates



What are fats?

Oils and greases

Where are they found?

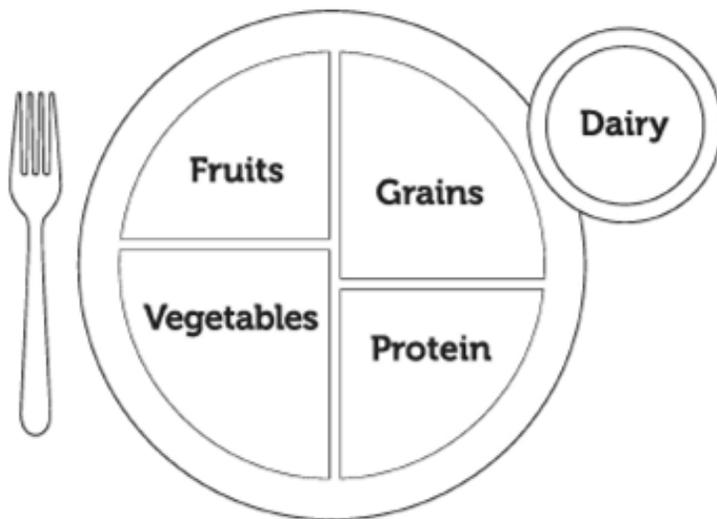
Meat, fish, cheese, butter, cream, avocados, nuts

What do fats do?

Keep your body warm, protect your organs, store energy

What are the healthiest ways to get fats?

Fats that are liquid at room temperature (like oil), fats from plants (avocados, nuts)



Activity #3

Teach-Back

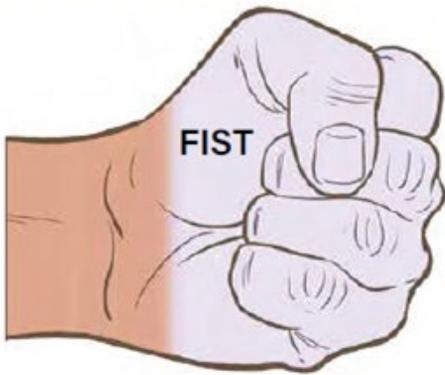
Materials: slips of paper with information, Macronutrients House worksheet

Time: 20 minutes

- Explain that fats are oils and greases
- Divide participants into three groups
- They learn this information:
 - Where are fats found? Meat, fish, dairy, avocados, nuts
 - What do fats do? Keep body warm, protect organs, store energy
 - What are the healthiest ways to get your fats?
 - Healthier fats are liquid (oil), less healthy fats are solid (butter, lard)
 - Plant fats are usually healthier than animal fats
- Then teach it to each other

MY HEALTHY PORTIONS

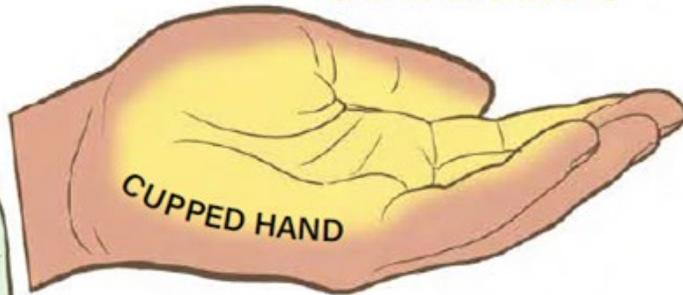
Fruits and Vegetables



Proteins

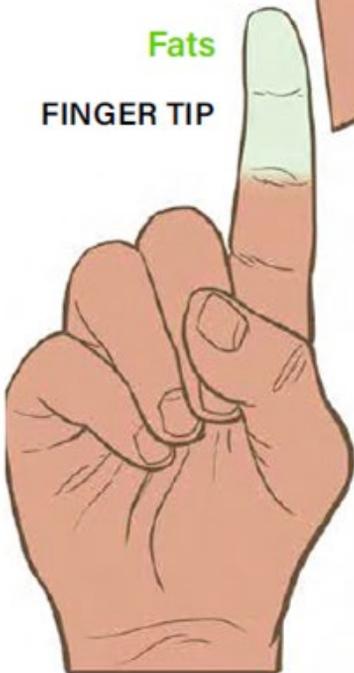


Grains and Beans



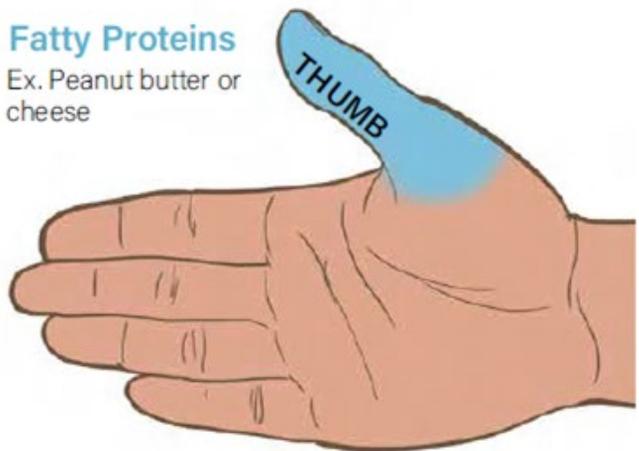
Fats

FINGER TIP



Fatty Proteins

Ex. Peanut butter or cheese



Information

Materials: none

Time: less than 1 minute

- Remember—you don't need very much fat in your balanced diet. The portion sizes for fats are very small!

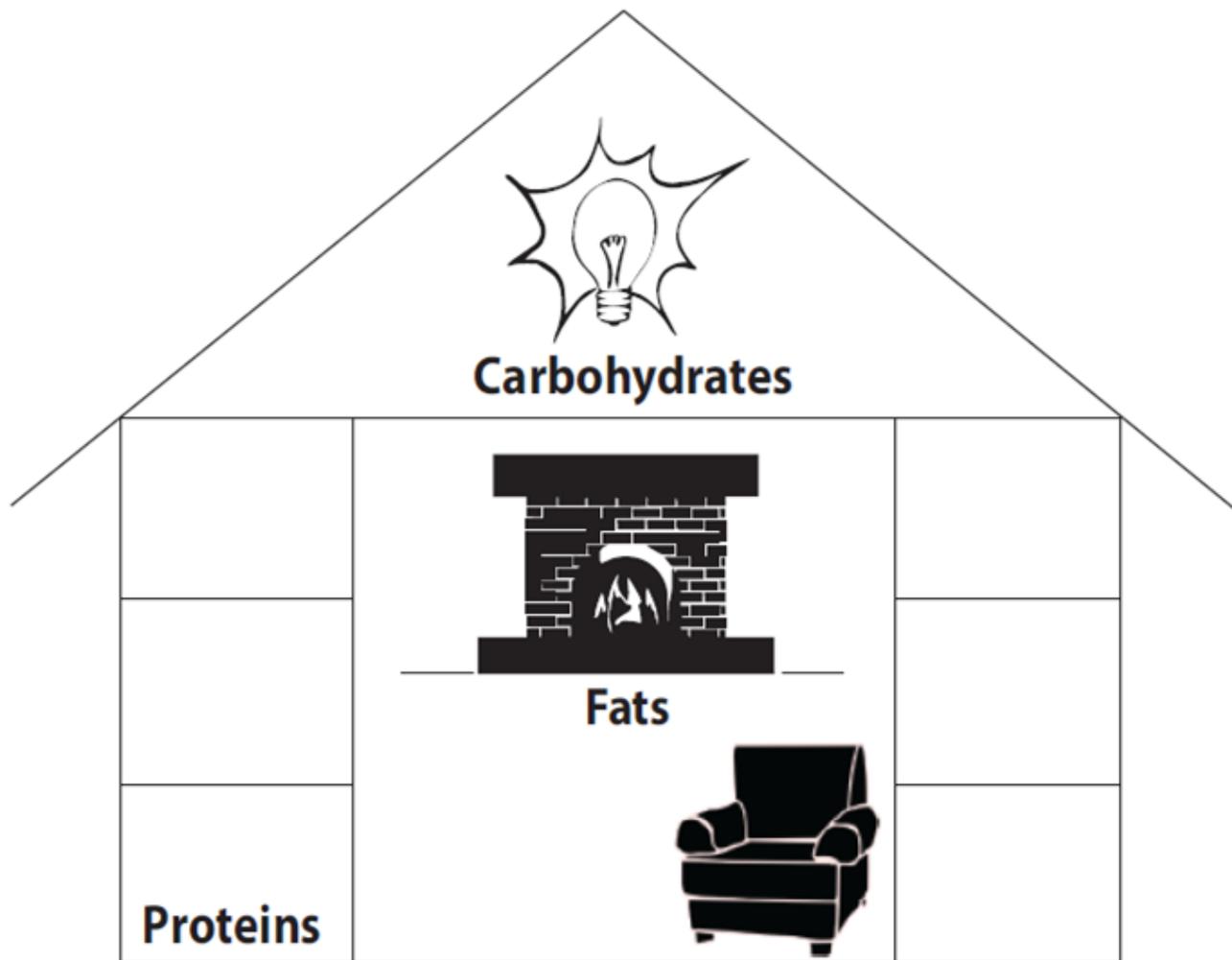


Processing Activity

Materials: Macronutrient House Worksheets, markers

Time: 10 minutes

- If fats were a part of the house, what part of the house would they be, and why?



Fats
keep you WARM,
PROTECT your organs,
and STORE energy.

Processing Activity (cont.)

Materials: Macronutrient
House Worksheets, markers

Time: 10 minutes (cont.)

- Fats = heat, furniture, comfort in the house
 - They keep you warm and protect you from bumps
- Draw in the comfort items
- Label these items with different foods that contain fats



Activity #4

Large-Group Discussion

Materials: flipchart paper and markers

Time: 10 minutes

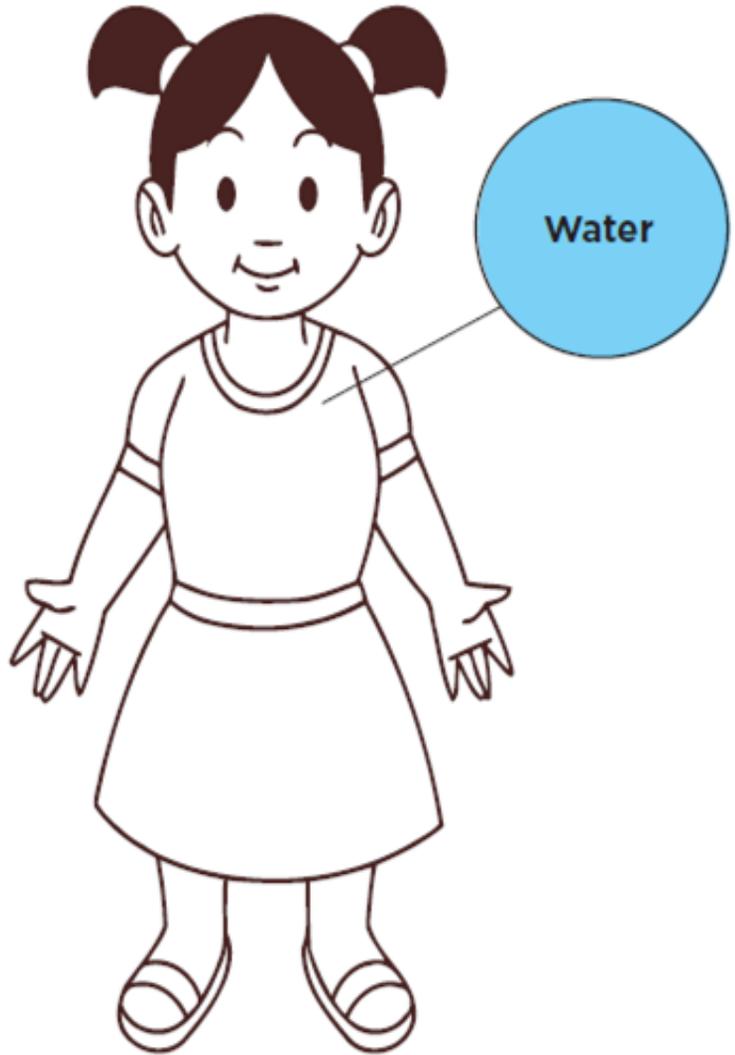
- What do you drink every day?
- How do you feel after you drink these drinks?
- How do your children act or feel after drinking these drinks?
- What do you think are healthy or unhealthy drinks? Why?

What does water do?

Makes up fluids, like blood, sweat, and saliva.

What is the healthiest way to get enough fluids?

Drink water, unsweetened tea or coffee, or sparkling water.



Information

Materials: notes sheets

Time: 10 minutes

- What does water do? Makes up essential fluids like blood, sweat, and saliva
- What are the healthiest ways to get your water? Water, unsweetened tea or coffee, sparkling water
 - Even 100% fruit juice contains a lot of sugar
 - Aim for 2 liters of water a day

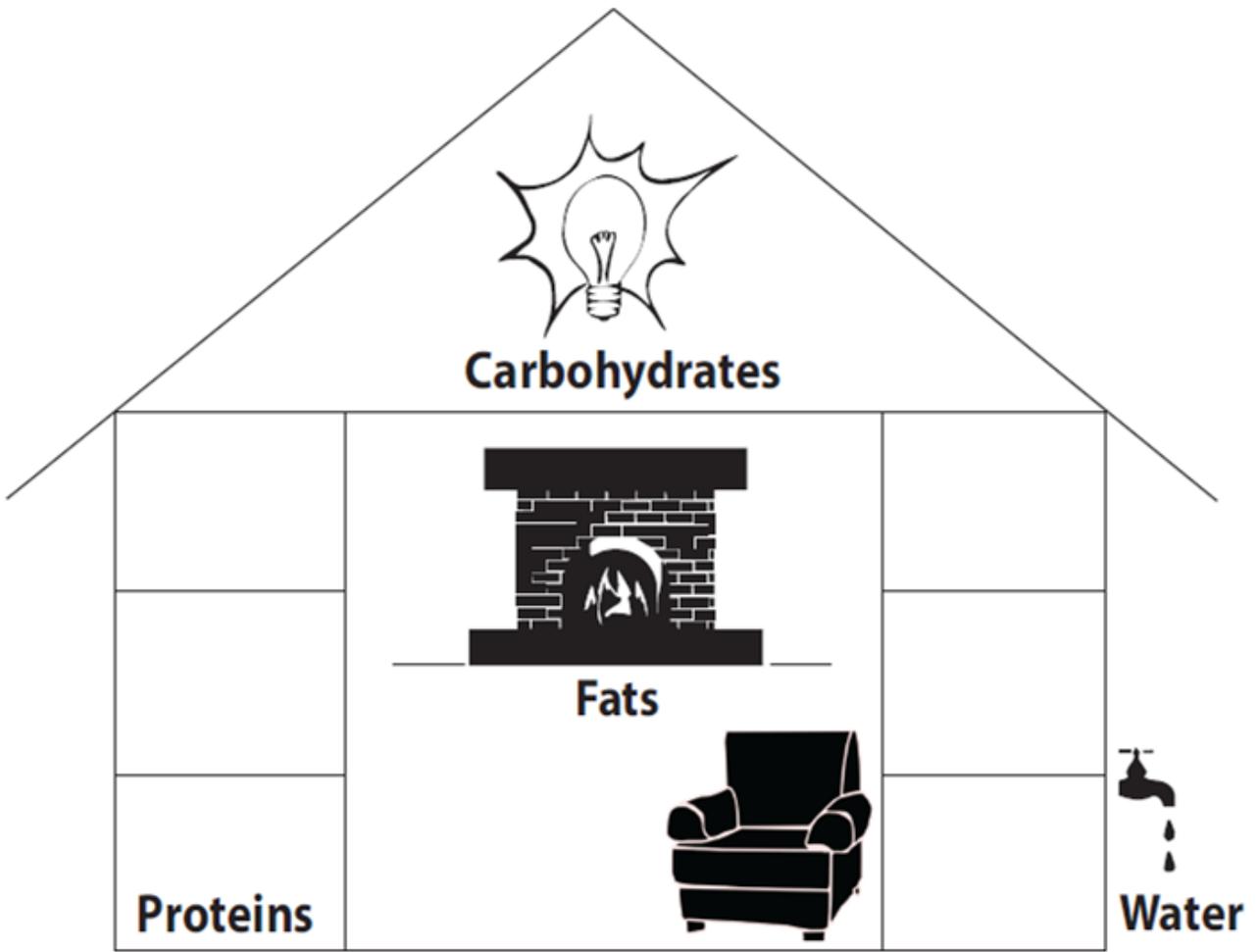


Processing Activity

Materials: Macronutrient House Worksheets, markers

Time: 10 minutes

- If water were a part of the house, what part of the house would it be, and why?



Water makes up
FLUIDS
like blood and sweat.

Processing Activity (cont.)

Materials: Macronutrient
House Worksheets, markers

Time: 10 minutes (cont.)

- Water is the water/plumbing system. We need water in our houses, too!
- Draw in the plumbing
- Label the plumbing with different drinks



Large-Group Discussion

Materials: flip chart paper and marker

Time: 10 minutes (cont.)

- How can you make shifts in the food your family eats, to make it healthier?
- What changes to your diet are you excited to make and why?
- What changes feel overwhelming?
- What moments are most difficult to make healthy choices? How can you make them less difficult?



Cumulative Activity

Materials: pictures of foods containing macronutrients

Time: 10 minutes

1. Post pictures of foods around the room
2. Divide participants into teams
3. One by one, team members run to collect pictures of food, then run back to tag their teammates
4. A team must do three things to win:
 - a) Cross the finish line first
 - b) Collect **all four** essential macronutrients
 - c) Collect **healthy options** for all four macronutrients