

Integrating Gender and Nutrition within Agricultural Extension Services

Activity Sheet
August 2016

Nutrition for Active Adults

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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:

I Smolin L, Grosvenor M. *Nutrition Science and Applications*, 4th ed. John Wiley & Sons Inc., 2016.

Introduction

Proper nutrition for active adults is necessary to maintain strength, energy, and to reduce injuries and illness. The purpose of the “Nutrition for those who are Active” activity sheet is to encourage active adults 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 active adults should be eating on a daily basis
2. Explain the importance of consuming these nutrients
3. Identify ways to eat well while active
4. Create meals that contain these nutrients

Guide¹

Use the information below to identify how to eat well while active:

- Limit sweets (chocolate, candy, pastries)
- Drink fluids throughout the day
- Eat 3 meals and 3 snacks during the day

Use the below table to explain the different nutrients, the reason active adults need to include these nutrients on a daily basis, and examples of foods that contain these nutrients.

Table 1 Nutrients for an Active Adult to Consume		
Nutrients	Importance	Examples of Food
Carbo-hydrates	Provides energy to the body to move, breathe, and perform daily activities (fetch water, cook, work in the field, attend animals)	<ul style="list-style-type: none"> • Rice, maize, wheat, sorghum, barley, rye, oats, millet, teff, • Cassava, sweet potatoes, and Malanga • Plantains
Protein	Growth and development, provides energy and helps to repair parts of the body	<ul style="list-style-type: none"> • Meat, fish, egg, milk, • Legumes such as beans, peanuts, chickpea, soy, lentils, grams, peas, lima beans, cowpea, • Nuts and seeds
Fats and oils	Provides the body with energy, supports brain function and protect organs (heart, liver, skin)	<ul style="list-style-type: none"> • Butter, lard, margarine, oils, nuts, oilseeds
Vitamin A	Vision, skin, growth	<ul style="list-style-type: none"> • Liver, fortified sugar, legumes, leafy greens, and orange and yellow fruits and vegetables



Maize
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Iodine	Growth, mental development	• Fish, shell fish, and iodized salt
Iron	Red blood cells and reduces illness	• Chickpeas, liver, fortified cereal, beans, lentils
Fluids	Keeps you hydrated	• Water, juice, soup broth



Vegetables at a Nepalese market
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Legumes
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Dried fish
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Active Learning Exercise

1) Prompt and awareness.

- Ask participants to raise their hands if they know the nutrients they should be consuming when active. 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 eat well while active (objective 3). (~5 minutes)
- On the board, write the various nutrients active adults need to consume. Place pictures of foods high in those 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 while active, the importance of consuming these nutrients, eating well while active, and the foods that contain these nutrients (objectives 1-4). (~5 minutes)