

# 5 Healthy food for healthy eyes

This is a story about Atibilla Rockson. For some time he could not see well at night. His mother took him to the health centre. They said it was because he was not eating food that is healthy for the eyes. After that his mother prepared food that is good for the eyes. She cooked fish soup and spinach. He also ate many mangoes. Now he is well and can see and play even when the sun has gone down.



## Class Discussion

Have you ever heard of night blindness?

Is there a word in your language for night blindness or not being able to see well in the evening?

Write it here .....

# Healthy food for every age



Healthy mothers, healthy babies



Breast milk is best for babies



A balanced diet for healthy toddlers



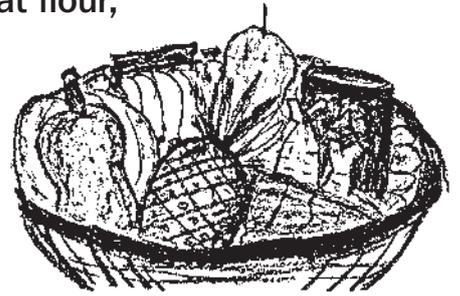
Healthy food for growing children



Our elders need healthy food too

Everyday, we should eat a mixture of different types of food to make sure that we get enough of all the important nutrients. Different types of food are:

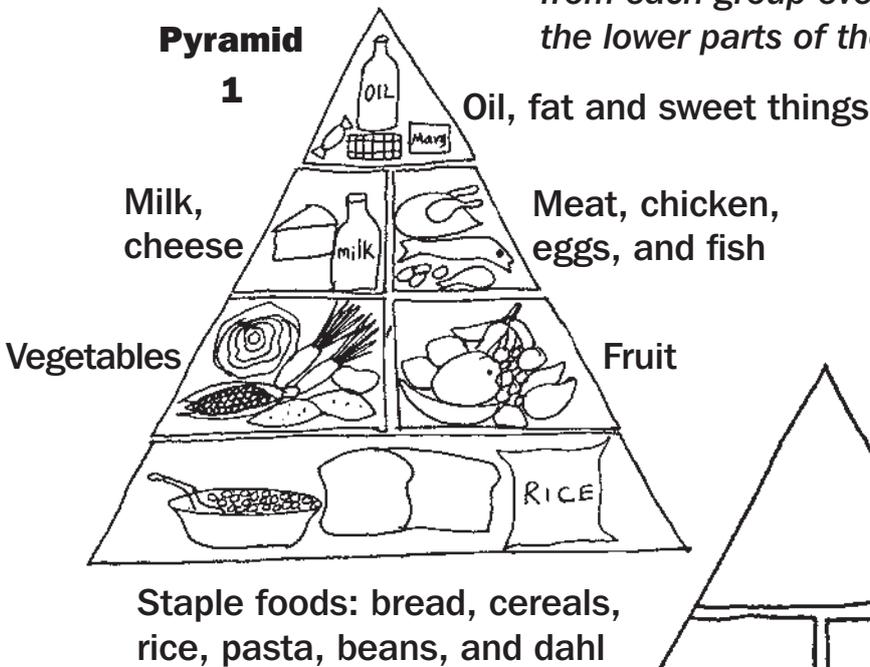
- staple foods, such as bread, cereals, pasta, rice, wheat flour, maize meal, beans, and dahl
- vegetable and fruits
- milk, yoghurt and cheese
- meats and fish
- oils, fats and sweet things.



## Class Activity

### Different types of food

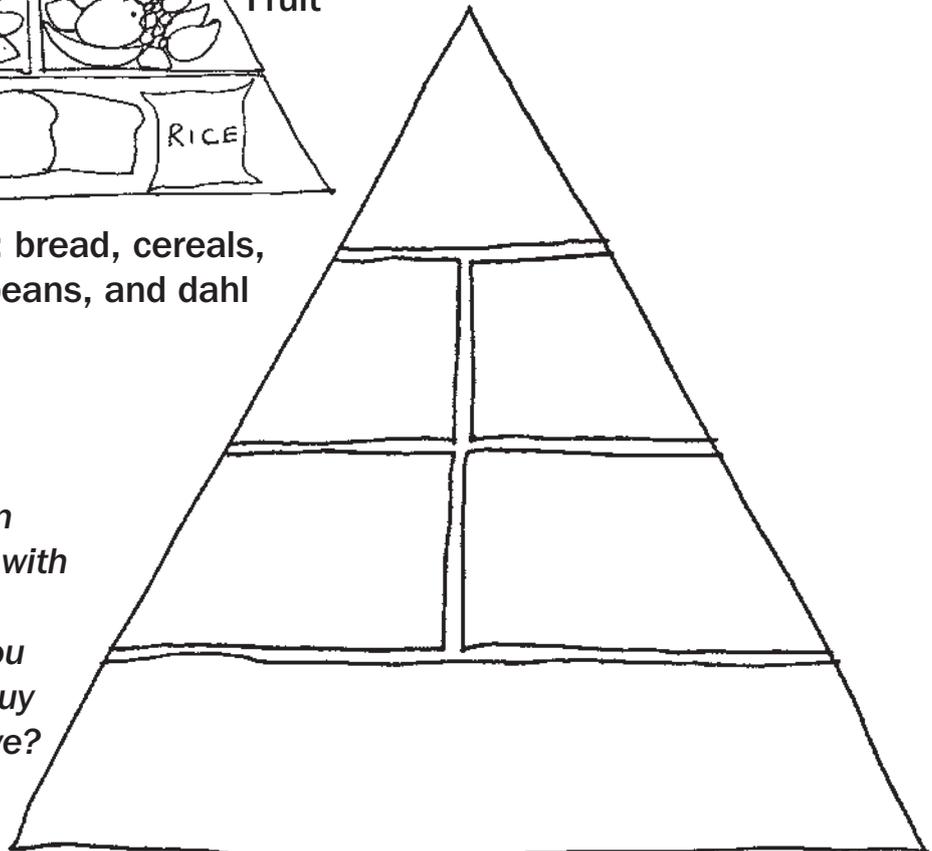
*Pyramid 1 gives examples of the different food groups. You should try to eat something from each group every day. Eat more from the lower parts of the pyramid.*



### Pyramid 2

2

*Can you fill in this pyramid with examples of foods that you can find or buy where you live?*



# What foods are good for eyes?

Vitamin A helps the body to fight diseases, and it is also important for healthy eyes.

As with other vitamins, there are different forms of vitamin A, retinol and beta-carotene. Retinol is readily used by the body and can be found in liver, eggs, and milk. Beta-carotene is commonly found in plants and the body converts it to the active form, retinol. It is found in orange-coloured fruits and vegetables and green leafy vegetables, such as spinach and kale. Cooking vegetables for a short time with some oil helps the body to make retinol.



## Class Activity

Draw foods in your area which provide sources of vitamin A.



## Class Activity

Some foods have vitamin A added, for example, cooking oil, breakfast cereals, instant noodles, and flour. Have a look at the labels to find out. Make a list of available foods which have vitamin A added.

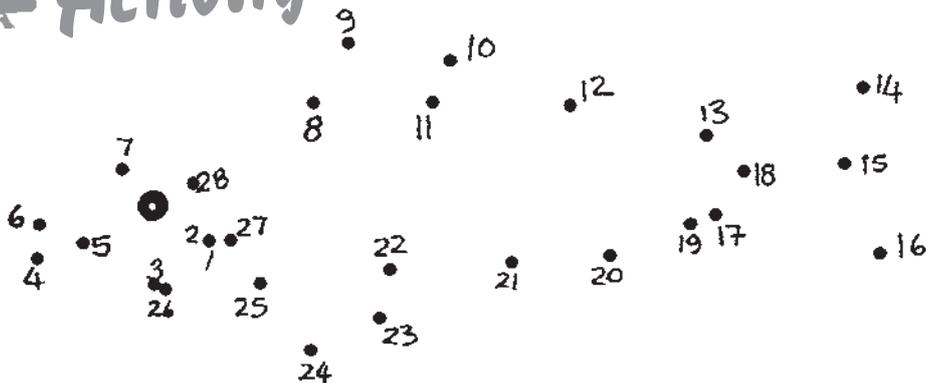
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## Class Activity

Join the numbers and you will see one kind of food that is healthy for eyes.



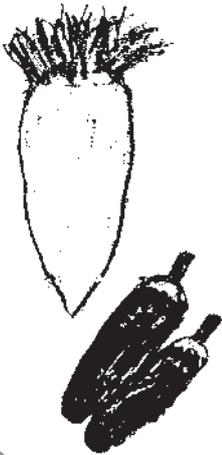
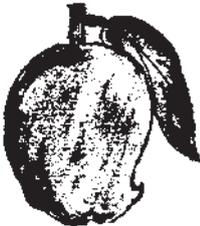


# Class Activity

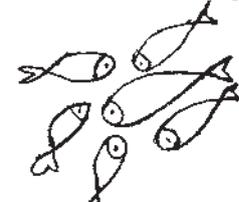
## Word search

Can you find these words? All of these foods provide a source of vitamin A.

- |                  |                  |         |              |
|------------------|------------------|---------|--------------|
| apricot          | cantaloupe melon | milk    | red palm oil |
| breast milk      | carrot           | fish    | red pepper   |
| broccoli         | cheese           | orange  | spinach      |
| butternut squash | eggs             | papaya  | sweet potato |
| cabbage          | liver            | pumpkin | tomato       |
|                  |                  |         | yoghurt      |



Z	B	E	G	G	P	L	I	A	P	R	I	C	O	T	M	R
F	A	T	B	I	G	X	R	E	D	P	E	P	P	E	R	E
B	N	M	L	Y	Q	K	H	P	O	I	L	K	W	S	B	D
I	I	O	K	S	S	B	R	O	C	O	L	L	I	A	A	P
B	R	E	A	S	T	M	I	L	K	B	B	T	U	Z	C	A
C	A	N	T	A	L	O	U	P	E	M	E	L	O	N	O	L
D	D	C	V	M	A	N	G	O	W	U	P	E	E	Z	T	M
V	H	O	O	P	U	M	P	K	I	N	G	T	S	C	L	O
Q	Q	B	V	C	O	I	M	C	H	E	E	S	E	R	I	I
U	C	A	B	B	A	G	E	N	E	Y	W	E	I	O	V	L
D	O	E	L	O	P	H	G	C	R	I	V	N	C	C	E	O
S	W	E	E	T	P	O	T	A	T	O	E	K	H	C	R	I
T	L	N	G	E	C	C	M	R	Y	O	G	H	U	R	T	P
O	Y	M	G	A	M	I	I	R	W	E	E	G	H	Q	O	R
M	F	I	S	H	J	I	J	O	Z	X	E	E	Y	A	Q	T
A	I	W	V	Z	P	O	L	T	B	P	A	P	A	Y	A	Y
T	H	C	B	P	L	S	J	K	S	E	I	O	N	M	P	U
O	S	P	I	N	A	C	H	L	A	K	K	O	P	L	W	K
E	R	W	S	W	E	E	T	P	O	T	A	T	O	P	E	J
L	R	D	P	A	K	F	I	G	E	E	O	R	A	N	G	E
B	U	T	T	E	R	N	U	T	S	Q	U	A	S	H	K	K



## Village Activity

- Are there any children or mothers who cannot see well at night? .....
- Count how many kitchen gardens there are in your village .....
- Count how many paw paw trees there are in your village .....
- Count how many mango trees there are in your village .....
- Are there any wild fruits commonly eaten that you think might provide a source of vitamin A? .....
- What are they?.....

## Timetable of a balanced diet

Look at pyramid 1 on page 31. With your family, make a menu timetable for a week. Every day you should try to eat some food from each of the food groups. Make sure you include foods which are good for the eyes.

	Bread, cereals, rice, pasta, beans, dahl	Vegetables, fruit	Milk, yoghurt, cheese, meat, poultry, fish	Oils, fats, sweet things
Mon				
Tues				
Wed				
Thur				
Fri				
Sat				
Sun				



### Health Messages

If children do not have enough of the right food to eat, they may not grow properly and they will become very thin and are more likely to get sick.

Good food is important throughout our lives.

Sickness caused by not eating enough of the right food can cause blindness. If a child cannot see properly at night this means that he or she has not been eating enough of the right food to keep his or her eyes healthy. If children never get enough of this food, they can become completely blind.

#### How can we be sure to get enough vitamin A?

- **Diet:** Eat plenty of foods with sources of vitamin A.
- **Supplementation:** In some countries, children aged between six months and five years are given a vitamin A capsule or syrup at least twice a year. Mothers who have had a baby are given vitamin A within six to eight weeks after delivery.
- **Fortification:** In many countries, food is fortified with vitamin A, for example, sugar, cooking oil, margarine, breakfast cereals, flour etc.
- **Cooking:** Cooking vegetables for a short time with some oil helps the body to make retinol.

See pages 51 and 52 for ideas about making a garden.