



Food and Agriculture
Organization of the
United Nations



ACTIVITY BOOK

Eating Healthy Matters



Required citation:

FAO. 2019. *Activity Book - Eating healthy matters*. Rome. 24 pp.

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ISBN 978-92-5-131475-3

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A note for educators:

This Activity Book is aimed at a broad age range of young people interested in learning more about healthy diets and entering the 2019 World Food Day Poster Contest. Although it could be considered in certain contexts for 8-12 year olds, it could also be used to teach both younger and older students.



It's all about food

Hi there! My friend, the Zero Hunger mascot, brought me here to talk to you about healthy diets and nutrition. She and I work side by side every day to make sure that everyone knows how important food really is.

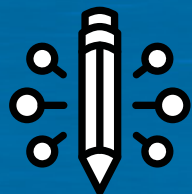
Since 1945, every 16 October we celebrate World Food Day on FAO's birthday and because there's SO MUCH to talk about when it comes to food, FAO chooses a different topic each year. Together this year, we'll discover how to be more aware of what you eat and make sure that you have a healthy diet.

Food is FAO's business, and every day it helps over 130 countries around the world to fight hunger and poverty, make sure that people eat nutritious food, and better manage their natural resources. FAO works mostly in rural areas, where nearly 80 percent of the world's poor and hungry people live. Because food is everyone's business (not just FAO's), over 150 countries across the world celebrate with us to raise awareness about hunger and about how important it is that everyone has enough safe and nutritious food to lead healthy and active lives.

Follow me through the pages of this book to find out how you can help FAO to make sure that we reach Zero Hunger by 2030!



GET CREATIVE!



WFD2019 Poster Contest

EATING HEALTHY IS YOUR BUSINESS TOO!

Design a poster and show us your ideas about this year's World Food Day theme. Tell us how you can improve your diet and what we all need to do to make sure everyone everywhere can have a healthy diet too. Remember that your voice and actions count towards building a Zero Hunger world.

To submit your poster, go to:
www.fao.org/WFD2019/contest

The contest is open to 5-19 year olds and the deadline for entries is 8 November 2019.

Three winners from each age category will be selected by our jury and announced on the World Food Day website and on FAO's social media channels. Winners will receive a certificate of recognition and a surprise gift bag, and will be promoted by FAO offices all over the world.



Choosing what we eat

Every creature and plant on our planet needs food to live, grow and reproduce. **It's also a basic human right.** Every one of us should always be able to get the food we need to live healthy and active lives.

We choose the food we eat based on many different things: the time we have to cook or eat it, what's easiest to eat, what others eat, the occasion, our culture or religion, what we like or dislike, our habits, and our knowledge and cooking skills too. But two very important things help us to decide what we eat: how much it costs and how easy it is to find.

Have you noticed that junk food is very easy to find almost everywhere you go? That's because in the last few years junk food has become more and more popular, and it's also normally cheap. Eating more junk food means that our diets have changed a lot, and not for the better. Junk food has 'junk' in the name for a reason: some of it is bad for the planet because of how it's made, and it's also bad for you (full of sugars, fats, salt and other unhealthy things).

Not eating a variety of enough nutritious food can lead to health problems and sickness, and in this book I will tell you what you and others can do to avoid this.

Two very important things help
us to decide what we eat:
how much it costs and how
easy it is to find.

My food story

1. Think about yesterday. What did you eat, when and with whom?

2. Why did you choose those specific foods?

3. What do you normally eat every day? Ask your parents, teachers and friends the same questions. What did they eat?

4. What do you think is nutritious, what's not? Fill in the table below and ask your parent or teacher if they agree.

NUTRITIOUS 😊	JUNK 😞	SOMEWHERE IN THE MIDDLE!

The **ABC** of healthy diets

Being healthy is everyone's responsibility, including yours and your parents. Aside from getting enough exercise and drinking enough water, a very important part of being healthy is having a good diet. A healthy diet means **eating enough nutritious, safe and varied food every day** so that you can grow and live an active life (run, play, learn, grow and climb trees).

An unhealthy diet can lead to illness and even death. Did you know that today, one in five deaths around the world is caused by unhealthy diets? This can happen when people don't eat enough fruit, vegetables and legumes, and instead eat too many foods that are high in sugar, fat or salt. So healthy diets are a really big deal.

A healthy diet is a balanced one, and it's really important to try to include the right amount (not too much or too little!) of different foods to get enough of what your body needs to work well (like nutrients, such as vitamins, minerals and other important things). Here are the different ingredients (AKA food groups) that make up a healthy diet. Knowledge is health, not just power!

Being healthy
is everyone's
responsibility



Fruit and vegetables:

fruit and vegetables give us vitamins, minerals, fibre and natural sugars. You should eat as many seasonal fruit and vegetables as possible every day.



Cereals:

this group contains everything made from wheat, rice, oats, maize, barley or other grains. They are called 'staple' foods as they are eaten every day. They contain carbohydrates, which are your main source of energy.



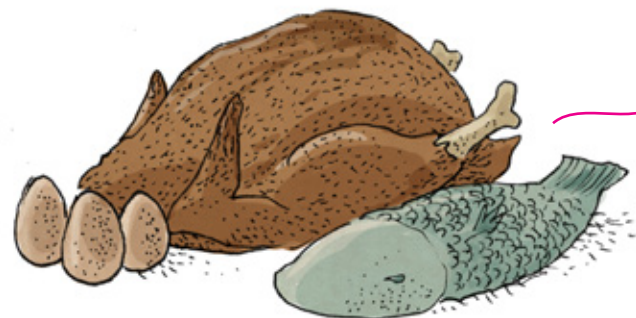
Tubers and plantains:

these include potatoes, yams, sweet potatoes, cassava, and malanga, and they too are a source of carbohydrates, vitamins and minerals. Plantains (like bananas but not very sweet) are also an important staple food in many countries.



Legumes and nuts:

legumes (fresh peas, beans or lentils), nuts, seeds and soybean products are crucial sources of proteins. They come from plants, cost less than other protein-rich foods, are high in fibre, low in fat, and have other key minerals and vitamins.



Meat, fish and eggs:

everything made from meat, poultry (chicken, duck, turkey, ostrich, etc.), fish, seafood and eggs belongs in this group. All these foods contain iron and proteins, which are what make you strong and help to fix your body when you get hurt



Dairy products:

these are all made from milk (cow, goat, sheep, buffalo, camel, yak, horse and even moose) and include milk, cheese, yoghurt, curd, and buttermilk. They have plenty of calcium, protein and fat.



Fats and oils:

your body needs the right kind and the right amount of fats and oils to be healthy. Choose vegetable oils, nut butters and avocado over fats in meat, butter, cream, or palm oil, and avoid fried foods high in fats.

YOUR TURN:

Each country has its own definition of a healthy diet and ways to group their foods. Have you ever seen a food pyramid or a healthy plate? This can change depending on what foods are available, and nutrition problems in your country. Look up food-based dietary guidelines on the FAO website and see if you can find what a healthy diet or healthy eating means for your country.

Nutrition and the SDGs

There's a whole Activity Book dedicated to Zero Hunger, but for those of you joining us for the first time, Zero Hunger means bringing the number of people who suffer from hunger and malnutrition (e.g. people who are over- or underweight) to ZERO. Zero Hunger is the name of FAO's most important operation.

Zero Hunger is the second of the United Nations' 17 Sustainable Development Goals (SDGs), all of which we have to reach by 2030 if we want the world to become a happy and safe place for everyone. If we don't achieve Zero Hunger (SDG2), reaching the other goals will be very, very difficult because each goal depends on it.

I'm sure you've already made the connection, but just in case...nutrition is a BIG part of the Zero Hunger Goal. Zero Hunger is not just about people having enough food, it's about healthy eating too, because as the saying goes: **you are what you eat.**

And while we're still talking about what you eat, there are other SDGs that have a say. They are: **Quality Education** (SDG4), **Good health and well-being** (SDG3) and **Responsible consumption and production** (SDG12). It's pretty straightforward really: First, we all need to learn about healthy diets so we can be more careful about the food we grow, produce, eat and throw away. These choices don't just affect OUR health, they affect the health of our planet too. If the food we eat is nutritious, but was grown using too much fertilizer or pesticides, it's not that healthy for us or for the soils and water that absorb them. The way we grow our food needs to change to make sure we have enough resources for the future (when there will be MANY more mouths to feed), and that the planet doesn't suffer for it.

YOUR TURN:

Why do you think nutrition is important? And why do we need to learn about it? Find out more about SDG4 and the other SDGs by visiting www.worldslargestlesson.globalgoals.org

Time for change

50 years ago the world was worried about how to feed everyone, so a plan was made to grow as much food as possible, as quickly as possible. It was called the **Green Revolution**, and it was successful. But it came at a big price. Many nutritious crops were pushed aside to make room for a small number of crops that grew fast, produced more and brought in more money. In the process, a lot of natural resources (soil, forests, water) were used, which had a negative effect on air and soil quality as well as biodiversity. We're still growing a lot of our food based on this method today, which means that we're not thinking about the future of our planet, which is suffering. And this needs to change.

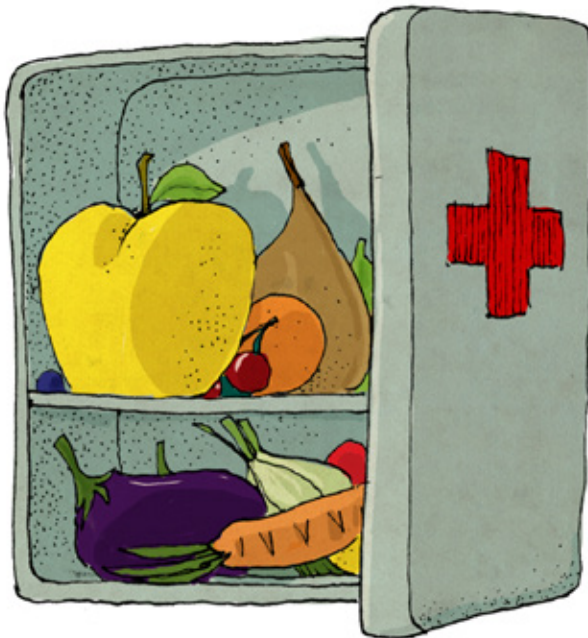
We now know that we don't just have to grow a LOT of food, it has to be **NUTRITIOUS** food. And we have to **think about our planet** by being careful about what we grow and how we grow it. Did you know that there are more obese and overweight people in the world than there are people who suffer from hunger? It's not just about feeding hungry people, it's also about making sure that everyone is able to easily find and buy nutritious food. We also need the skills and tools to choose our food more carefully and make sure that what we're eating is nutritious. It's time for a Healthy Diet Revolution!





The same person can experience hunger and obesity at different stages of their life. Problems caused by malnutrition exist in all countries and can affect both rich and poor.

DID YOU KNOW?



In many countries, people don't eat enough fruit and vegetables. Eating plenty of these can help to prevent many diseases, including diabetes and cancer.



Most of the world's population live in countries where overweight and obesity kill more people than hunger.



Having a variety of different crops –some that grow quickly, others that need little water, or do well in higher temperatures– is good for us, the planet and can help us to fight climate change too!



Less time is spent preparing meals at home, which means that meals are often less nutritious as people (especially in towns) rely on ready meals, fast foods, and street foods.

Not feeling hungry doesn't mean that you're getting all the nutrients you need. Even people who can afford all the food they could eat may not be getting the right nutrients...



By reading food labels, you can see how many vitamins, minerals, calories, fats, etc. are in the food product. Remember that the words 'light' or 'zero' don't always mean healthy.



Pulses like lentils, chickpeas or beans are a good source of protein, vitamins and fibre and are low in fat and salt. It takes little water to grow them and they make our soils healthier!

BROWN REVOLUTION:

I mentioned the Green Revolution earlier, but did you know that there's also a Brown Revolution? It's all about the importance of healthy soils. Most things grow in soil, and our fresh water is found in the ground, so if our soil is unhealthy, polluted or full of chemicals, our food and water will be too. Healthy soils also mean more nutrients in our food!

Find these objects!





What **FAO** is doing

FAO works hard to improve nutrition and make sure that everyone, everywhere has a healthy diet. It works to improve nutrition in three main ways:

1. Planning it

FAO works with governments and people who make policies and laws (legislators) to make sure that they **think about nutrition**. If nutrition is included in a country's plans, it's easier to prevent malnutrition and most of the other problems caused by unhealthy diets. This way it's also easier to support farmers and producers to make sure that the food they grow or process is more nutritious.

Remember your country's **"food-based dietary guidelines"**? This is another way that FAO is striving to improve nutrition and spread the word about healthy eating habits. FAO does this by working with over 100 governments around the world to guide and help them to decide what a healthy diet looks like in their country and to create tools that people can use to improve their diets.

2. Growing it

FAO works with farmers and producers on a strategy to grow and produce nutritious food with a bit of a complicated name: **"nutrition sensitive agriculture"**. It basically means growing and producing enough nutritious food. Good planning with governments and legislators means that this food is then made available to everyone who needs it, especially children. By available I mean that it should be found easily, and should not be too expensive so that everyone can afford it.

Apart from making nutritious food more available, FAO also says that we need more nutritious choices, which means that farmers should **grow different foods** so that we don't all depend on the same type of food to keep us healthy. It also means that in some cases, food can be enriched to **MAKE** it more nutritious, for example by improving the health of the soil it's grown in. And finally... don't forget that the way food is grown is really important! This way of farming also means growing more while using less natural resources.



3. Teaching it

Talking to grown-ups about food and healthy diets isn't enough for FAO. FAO helps schools and universities to teach young people about healthy eating, because after all, you are the grown-ups of the future! FAO does this in four ways. The first is through **school food and nutrition education**, which some of you may have heard of from our books or because it was done at your school too. FAO helps students, teachers, parents and others working in schools to learn about healthy diets. The idea is to change the way everyone treats or thinks and feels about food by creating learning materials (like this one), and showing schools how to grow fruit and vegetable gardens in inexpensive ways. The second way is to encourage and show people how to **grow nutritious food at home**, giving them the tools and seeds they need to feed themselves and sell what's left, often to local schools so they can cook nutritious meals. The third way is called **ENACT**, and it is a course that teaches university students how to give people the tools, knowledge and information they need to improve their own diets. And the fourth way is by **offering free online E-learning** courses for university students and grown-ups on a variety of topics, giving them the tools to improve nutrition in their country.

FAO is working hard with governments, farmers, producers, schools and universities as well as other institutions to fight malnutrition in all its forms, but **there is something for EVERYONE to do**. Read the next few pages to discover what different people (including you) can do to help fight malnutrition!

YOUR TURN:

What does your school teach about healthy diets and nutrition? Do you have a school garden? Have you used it to learn about healthy eating?





WHAT FARMERS CAN DO

Farmers should learn how it's important to **grow a variety of nutritious crops**, such as fruits, vegetables, legumes and nuts. This can help to provide the nutritious food we need and do less damage to the environment.

What governments can do

Governments have a very important role to play in making sure that everyone has a healthy diet and is able to lead a healthy and active life. There are five big things governments should do:

1. Governments need to **make laws or plans to improve nutrition** in their country and to help make sure that everyone (especially those who need it most, like children and future mothers) knows how to eat healthily and can afford the right food. This can make a BIG difference.
2. They should also help and **encourage farmers** to grow food in ways that don't hurt our planet. Happy planet, happy food, happy you.
3. **Being more strict about what food is sold** is another way that governments can work to make sure that people eat nutritious food. Food needs to be safe, nutritious and have clear labels, because if we have healthy options and understand more about the amount of calories and the amount of fats, sugars and salt used, we can make healthier choices.
4. **Investing in teaching** both youth and children about healthy eating is another way that governments can make a difference.
5. And last but not least, governments need to **support research efforts** and fund more projects that work on improving or inventing technologies that can help farmers.

What the **private sector** can do

First off, private sector is a word we use to avoid having to list a lot of different things. It is made up of enterprises of all sizes that sell services or products, from insurance to advertising, and TVs to toys. The food sector includes businesses like bakeries, restaurants, supermarkets, big food manufacturers or any company related to agriculture and food. The private sector has the power to really make a difference by changing the way companies do things. Have a look at a few of them below:

1. Businesses and companies that produce, make or sell food need to **offer safe and nutritious food choices** that help people to have a healthy diet. This means inventing new nutritious products that have people's health in mind, and putting limits on the amount of fats, sugars and salt in existing food products.
2. Companies should **stop using popular cartoons, characters and advertisements** to convince children and youth that food high in fat, sugar or salt, are good. They should advertise nutritious food that helps us to grow strong and healthy.
3. Companies that produce food need to **start putting clear information on food labels** to help people to understand them and make healthy choices. Have you ever tried to understand what's on a food label? They're full of strange words and it's pretty difficult to understand if it's nutritious or not, right?
4. The private sector should **stop using misleading statements!** Just because a packet of biscuits says it's "high in fibre" (which is good for you), doesn't mean that it's not "high in" fat or sugar too...





Time to **act!**

You, your parents, your teachers, friends and anyone you know can do something to make sure you eat a healthy diet and lead a healthy life. Remember that good eating habits are only part of the solution. You also need to have a fit and active lifestyle – sit around less, get up, dance, walk or play outside! Here are a few tips on how to start changing your eating habits.

Snack healthily and say no to junk food!

Choose one junk food that you would like to eat less of (less quantity or less often) and make a plan. When you need a snack, try choosing a ripe fruit, raw veg, nuts or whole grain bread rather than something packaged and less nutritious!

Follow the one third veg rule

Fill up at least one third of your plate with vegetables during meals or try to eat an all-veggie meal once a week. Include at least one dark green and one orange or yellow vegetable a day, as they're full of nutrients.

Take action at school

Do you have a school cafeteria or vending machine? Have a look at the food they provide. Are there enough fruit and vegetables? If not, talk to your teachers about changing the food choices.

Be a critical consumer

Be critical of the advertising you see on TV and in social media. Ask yourself if the food advertised is nutritious or not. Count the number of advertisements you see in a day and discuss with your parents and teachers.



Protect our planet

Reduce foods that are harder on our planet. This could include foods that need more natural resources, especially water, to produce (meat uses more than plants or pulses), fruit and veg that aren't in season or local. And remember to buy food with less packaging!

Choose local, varied, fresh and seasonal

Ask your parents to buy local, seasonal fruit and vegetables and to choose fresh over preserved or tinned foods. If you can, choose organic! Organic farming helps our soils to stay healthy.



Go from white to brown

Ask your parents if they can swap refined "white" cereals for whole grains (brown rice, wholemeal flour and bread, etc.).

Drinks matter too

Drink plenty of water if you can. Try to reduce sugar sweetened drinks that don't have many nutrients in them.



Help out in the kitchen

Watch and learn as your parents cook meals, and offer to help in the kitchen when you see that they're tired. There are plenty of easy, quick and healthy recipes on the internet to inspire you.

Add variety with legumes, nuts and cereals

Ask your parents to experiment with you by adding different types of legumes (like lentils, chickpeas, peas and beans), nuts and cereals (like millet, barley, oats, brown rice) to family meals.



Don't let packaging fool you

You need to pay attention to the nutritious value of food, not what it looks like, or how cool the packaging is. And look out for words like 'zero', 'low in' and 'light'. They're often used to make food sound more nutritious, and it isn't always true...

Eat with your family or friends

Help to prepare a meal with family or friends at least once a week and eat it together. Eating in company is an important way to enjoy meals and spend time together.

Eat local and traditional

Ask your parents, teachers and people in the market what nutritious food is traditional or local. See if you can try to include this food in your diet more often to eat a varied diet and protect local varieties of food.



Understand labels

Ask your teacher or parents to help with reading and understanding food labels. Take time to read the list of ingredients on a label and try to identify if the food contains too much salt, sugar or fat.

Activity Page

You might be thinking that hope is lost and that there is so much that you need to do to make sure everyone has a healthy diet, but **there are already a lot of great things happening!**

Some countries are creating labels that warn people about high levels of salt, sugar or fats in food. Cities are making sure that vending machines sell nutritious food. Schools are growing vegetables or sourcing fresh food from local farmers to make nutritious meals. TV shows are teaching people about healthy eating, and governments have created guidelines to help their citizens to have a healthy diet. Many people all over the world are working tirelessly to fight malnutrition.

YOUR TURN:

What are people doing in your country? Instead of telling you about the Zero Hunger champions I know that work to improve nutrition, I want you to tell me about one YOU know!

Now that you've read this book, it's time to test your knowledge!

1. What is the Green Revolution and how do we have to change things today?

2. Go to pages 12-13 and circle three examples of healthy living or healthy eating. There are more than 8!

3. Who is responsible for healthy diets? What can they do?



Make a promise to yourself

Choose up to 3 actions to commit to and write them in the space below. Get some inspiration from the actions in this activity book, or think of some of your own!

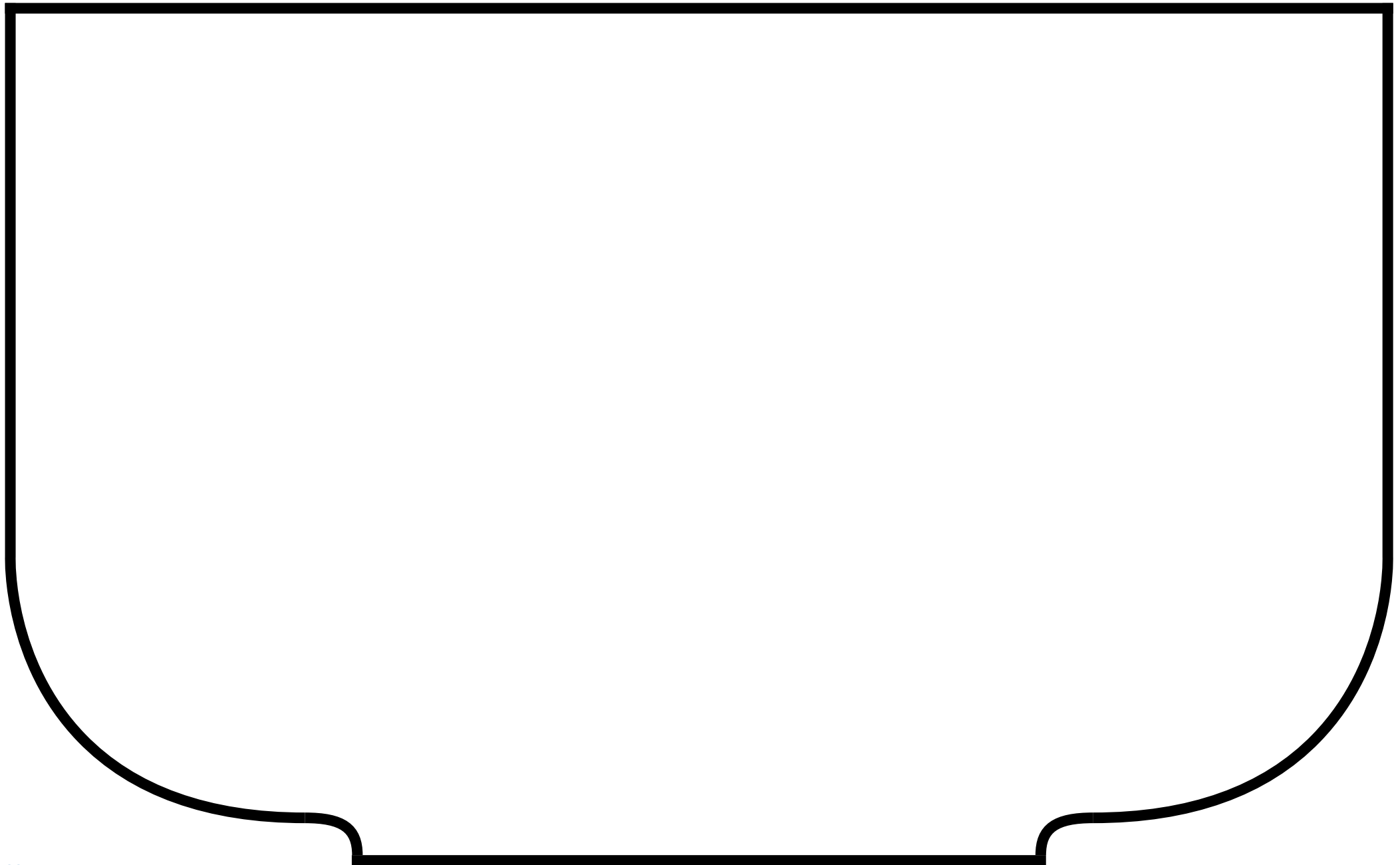
1	
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Ask your parents if they can help you to achieve them and tell your friends and teachers about your choices too.

Enter the World Food Day poster contest!

Now that you understand how important healthy diets are and the role that everyone needs to play, we want to see your ideas on how to make sure that everyone, everywhere

has a healthy diet. Draw, colour or paint them in the Zero Hunger bowl below. Scan or take a photo of your poster to participate in the contest: www.fao.org/WFD2019/contest



Don't forget!

Now that you have completed the Activity Book I want you to tear out this little card full of reminders about healthy eating. You can keep it with you or put it in the kitchen so that your family can have a look at it too.

MORE INFORMATION?

The world of healthy diets is way too big to cover in just a few pages, so if you want to find out more about nutrition, vitamins, fibres, minerals, food safety and eating green, look up the FAO YUNGA book on nutrition or the Eating well for good health guide for teens on the FAO website!

Eating Healthy Matters

Tips to remember:

- ☐ Choose local, varied, fresh and seasonal
- ☐ Add variety with legumes, nuts and cereals
- ☐ Say no to junk food and snack healthily
- ☐ Follow the one third veg rule
- ☐ Go from white to brown
- ☐ Help out in the kitchen
- ☐ Eat with your family
- ☐ Understand labels
- ☐ Don't let packaging fool you
- ☐ Be a critical consumer
- ☐ Eat local and traditional
- ☐ Protect our planet
- ☐ Take action at school
- ☐ Drinks matter too





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SUSTAINABLE
DEVELOPMENT
GOALS

Activity Book Series

You can download the FAO Activity Book Series on our “Building the #ZeroHunger Generation” portal together with a range of material to support educators and parents in the preparation of activities or classes on important global issues at the core of FAO’s work: www.fao.org/building-the-zerohunger-generation



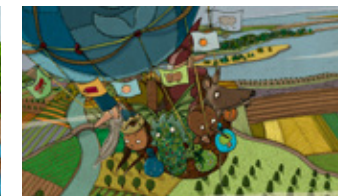
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Contact us:

FOOD AND AGRICULTURE ORGANIZATION
OF THE UNITED NATIONS

Viale delle Terme di Caracalla
00153 Rome, Italy

world-food-day@fao.org

www.fao.org

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ISBN 978-92-5-131475-3



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CA4694EN/1/05.19