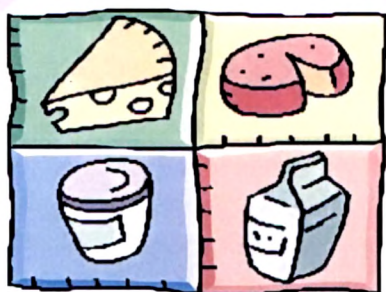


MODULE 3







MY HEALTH



MODULE 3 - MY HEALTH

Session 1

Basic Health & Nutrition

Purpose	Increase awareness and knowledge regarding personal hygiene, balanced diet and nutrition among adolescents	
Skills	Self-oriented skills, management skills, thinking skills, an adolescents awareness and health	 
Time	40- 45 minutes	
Materials	Charts, pens, markers, sheets, sketch pens, pencil colors, old newspapers, magazines, books, and pictures	
Planning	Prepare the activity worksheet. Make preparation for the lesson on nutrition, health and hygiene.	

Procedure

1. Ask them to draw foods that are good and not good for health.
Give activity worksheet 1
2. Generate a discussion on daily diet intake of the students:
 - ▶▶ Importance of balanced diet
 - ▶▶ Food Groups: Proteins, Carbohydrates, Fats, Vitamins, etc
 - ▶▶ Effects of fast foods intake



Outcome

Adolescents will develop knowledge of basic nutrition, importance of exercising daily and maintaining personal hygiene.



Handout

Health, Nutrition and Hygiene

Good health is a vital ingredient for a productive life. Staying healthy is largely dependent on our lifestyles what we eat, how much we exercise and rest, whether we avoid harmful substances and how we look after ourselves.

Eating the healthy way

The food we eat nourishes and builds our body. As adolescence is a period of growth and maturation, it is important that we eat properly. You have to know WHEN, WHERE, WHAT and HOW MUCH to eat.

WHEN to eat?

Eat three full meals and one snack in a day. This would include breakfast, lunch, dinner and an evening snack. Breakfast is the most important meal in the day, so try your best not to skip it. Constant snacking between meals should be avoided. Carry fruits along so that you don't miss out on your vitamins. You may love junk foods, but junk foods don't love you! However it may be fun to eat it once in a while. This includes stuffs like wafers/chips, fried foods like French fries, burgers, pizzas, samosas, vadas, and puris, farsan, fizzy drinks and ice-creams. Limit quantities! When you go to the restaurants, order roti made of whole wheat instead of naan or parantha, as naan contains white flour and paranthas are fried.



WHERE to eat?

Eating fast food from roadside places or at restaurants is harmful to the digestive system. The food has substances like too much oil, preservatives, coloring agents, flavoring agents that can lead to obesity, diabetes, cancer, heart disease or allergies. They may also be prepared under unhygienic conditions, causing infections. Such foods often lack fibers, vitamins, and minerals which protect the body. So as far as possible, one should avoid eating foods from these categories on regular basis.

WHAT to eat?

There are five food groups, namely, carbohydrates, proteins, fats, vitamins and minerals constitutes balanced diet. Water, although not an element of the food group plays an important role in digestion and body metabolism. Drinking around 8-10 glasses of water everyday is a healthy practice.



Weight is a major issue as no one wants to be too fat or too thin. Each of us has a desirable weight for height. Heredity, environment and health determine a person's shape. As our bodies change and grow during adolescence, gaining weight is common and necessary. Your body will feel less awkward and more comfortable in a few years.

Skin Care

Appearance is a major concern for adolescents. They worry about how they look, and compare themselves with other adolescents. One major concern is skin color and pimples. Girls want to be fair and boys want to be slightly tanned and no one wants to be dark. However to a certain extent we can prevent our skin from getting tanned by the harmful rays of the sun (UVA/UVB) that could also be a cause for cancer.

Here are some tips:

1. Wear a cap or carry an umbrella when you have to travel in the sun.
2. Use a sun screen lotion with a high value of SPF (sun protection factor above 15)
3. Wear a full sleeve garment to protect your skin especially during summer
4. Wear white cotton clothes to keep the skin cool

Here is what one can do:

- » The most important thing to do is drink a lot of water. Carry water with you at all times and drink at least 3 liters per day
- » Urinate at least 4 times a day so that the toxins in the body are flushed out
- » Eat food with plenty of fiber to avoid constipation
- » Eat lots of fresh fruits and vegetables, which cleanses body toxins
- » Wash your face often with clean plain water soap is not necessary to use
- » Steam your face a week This opens the pores of the skin and removes the excess oil
- » Gently massage your face with your hands This increases blood circulation and reduces pimples
- » Exercise regularly
- » Use relaxation methods to relieve tension. Breathing correctly (stomach should go in when you exhale and stomach should go out when you inhale) for in and out 5-10 minutes can help
- » Get plenty of rest and sleep spending every night at the discotheque or studying till late will cause imbalanced body cycles.
- » Take bath once or twice daily to keep yourself clean.



Genital Hygiene








- » Take bath once or twice in a day Wash genitals daily with water No soap or antiseptic is required.
- » Change underwear regularly (at least once a day) and avoid using synthetic underwear. Wash underwear regularly and carefully to make sure you wash off all the soap.
- » Dry underwear in sun. Sunlight kills germs.
- » Avoid waxing, using razors, bleach, or hair removers near genital area because the skin here is very sensitive.
- » Do not touch your genitals with dirty hands. Keep your nails short so you don't hurt yourself.
- » Always wash your hands before and after going to toilet.
- » While washing after defecating, wash in a motion away from the genitals, that is, front to back, to avoid infection.

(Source: Adapted from Sangath Kit All for Teens)

Session 2

Agony Aunt

Purpose	Generate queries related to problems that adolescents face such as personal hygiene, relationships, and career	
Skills	Self-oriented skills and thinking skills	
Time	40- 45 minutes	
Materials	Charts, pens, markers, sheets, sketch pens, and pencil colors	
Planning	Take a cardboard box and cover it with plain sheet. Make a long slit on the top big enough to slip a paper note. Label it as “Agony Aunt”.	

Procedure

Agony Aunt

- ▶ Ask the students to write down all their queries and problems related to health and personal hygiene without any name and drop it into a box which will be kept in the classroom a day before/previous day of the planned session.
- ▶ These queries can then be answered by experts like doctors and counselors.



Discussion

- ▶ Discuss the given problems with the help of doctors and counselors
- ▶ Distribute the handout among the adolescents and thereafter, discuss the points in the handout



Outcome

The activity will result in generation of queries / problems and their solution provision by the experts such as counselors, doctors, and dietician

