¡Juntos Nos Movemos!

Part 2: Macronutrients
What is this training about?

Learning about nutrients and their role in the body

Incorporating nutrients into your diet in the healthiest way possible
What is this training about?

Learning about nutrients and their role in the body

Incorporating nutrients into your diet in the healthiest way possible
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
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
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.

Materials: notes sheets

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
Activity #2
Initial Activity

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

**Materials:** slips of paper with names of foods

**Time:** 10 minutes
### 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?
Carbohydrates

What are carbohydrates?
Sugars and starches

Where are they found?
Sugar - 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?
Sugar - 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

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

**Materials:** Macronutrient House Worksheets, markers

**Time:** 10 minutes (cont.)
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

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

**Materials:** pictures of foods containing macronutrients

**Time:** 10 minutes