

# FRUITS ARE HEALTHIER THAN JUNK FOOD

# GUIDELINES

## What?

Fruits are widely used to make various food items like jam, pickles. Fruits are an excellent source of essential vitamins and minerals, and they are high in fiber.

Fruits also provide a wide range of health-boosting antioxidants. All fruits and vegetables provide growing bodies with different macro and micro nutrients and so

it is good for children to eat a wide variety. For example, dark green leafy vegetables, such as kale and sprouts, provide valuable iron while citrus fruits provide vitamin C.

## Why?

It's important that a child should become familiar with the names of the fruits and its nutritional values.

The need to have a balanced diet with fruits and vegetables as snacks is important.

The child also should be provided with information about fried snacks and unhealthy fast foods.

## How?

A fruit market would be a good place to show the child different fruits. Use pictures to explain various fruits.

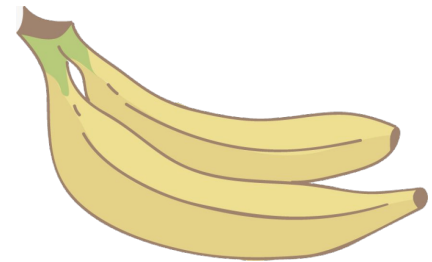
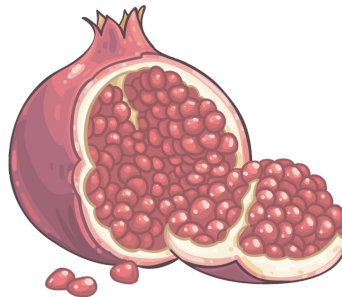
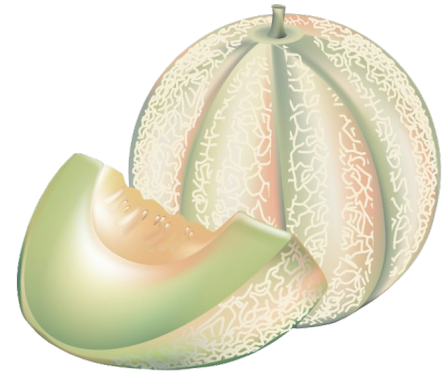
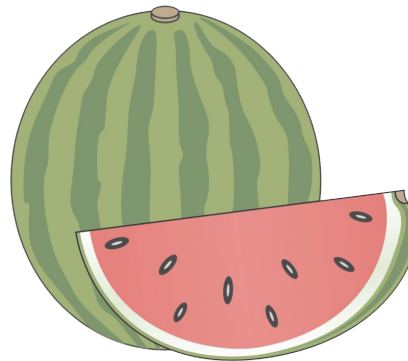
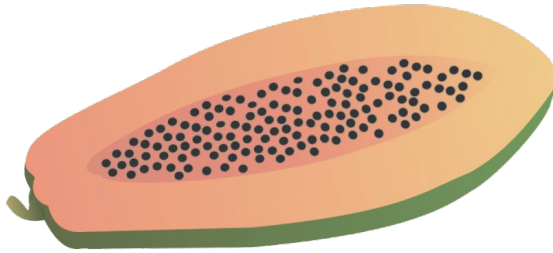
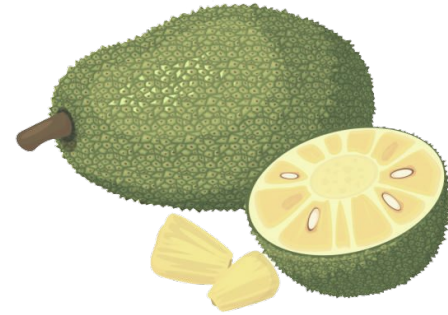
If children are not aware or exposed to junk food or packet food, give a brief idea about them.

If they are addicted to foods like noodles then take your time and explain that they are ok to eat in moderation and would be unhealthy in the long run.

# Do you want to learn more about fruits?

Do you remember the names of the fruits  
you learned previously?

Why do you think fruits are healthy?



# Yes, fruits give us energy.

Fruits are a good source of vitamins and  
minerals

It helps in the digestion of food.

# Note for parents and teachers

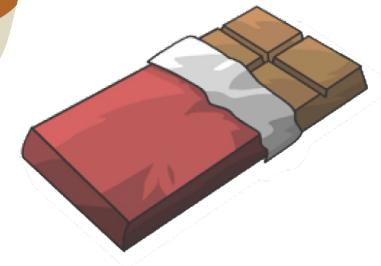
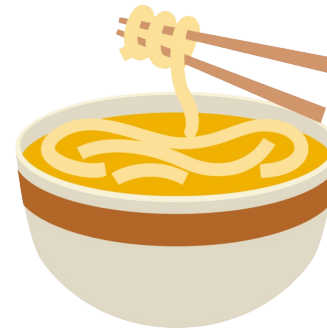
Show the child a few fruits and a few packed food like mentioned here.

Make the child understand the difference between the two by reading the ingredients on the packed food.

# Great! Now let us see if you know what junk food is.

Packed foods like biscuits, kurkure, Cheetos, noodles are not really good for health.

They contain unwanted sweeteners and masala which is bad for your teeth and body.



What do you think is  
healthier?

Junk food or fruits?

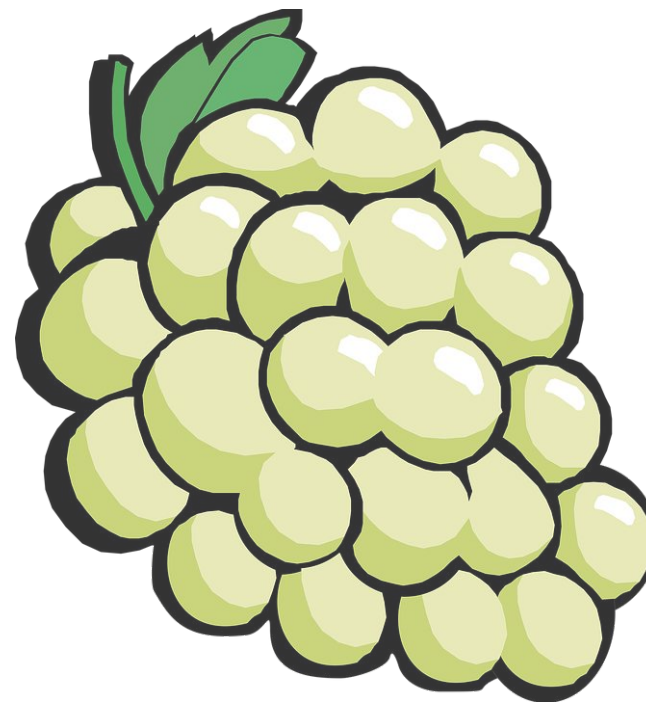




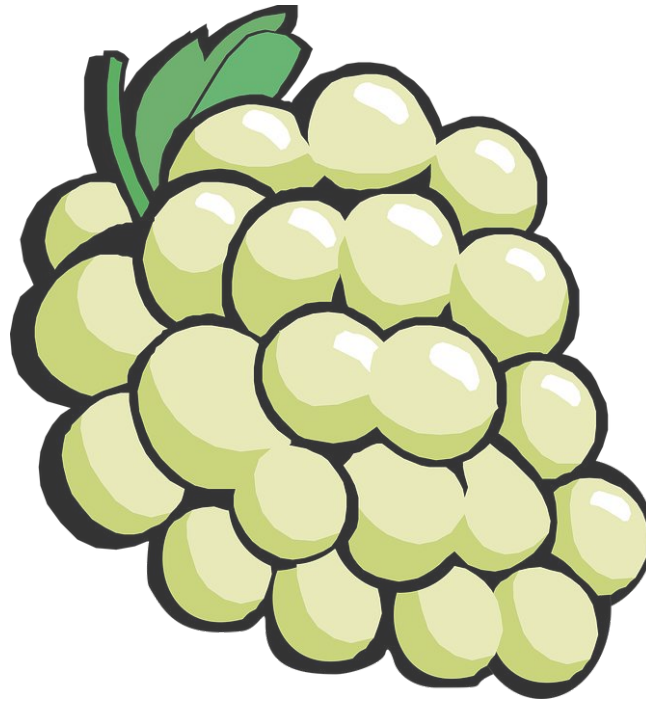
Yes! Fruits have natural sugar which is good for the body.

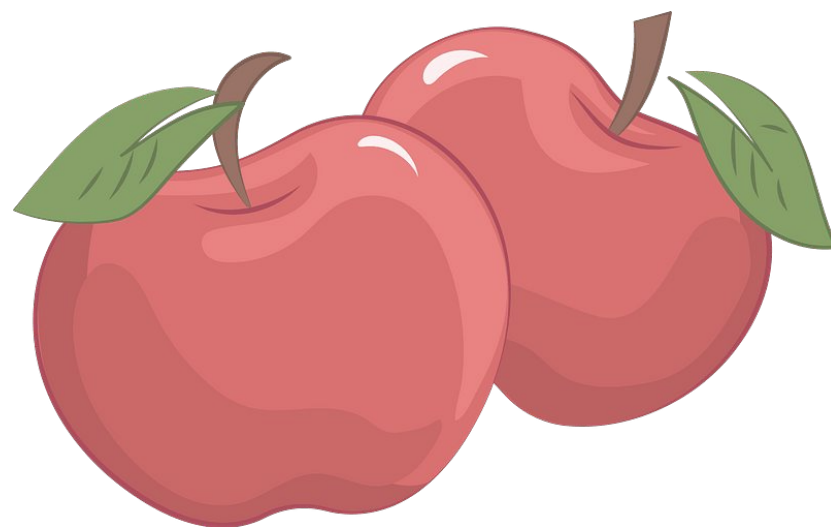


Can you point out the food that is healthy from the pictures?

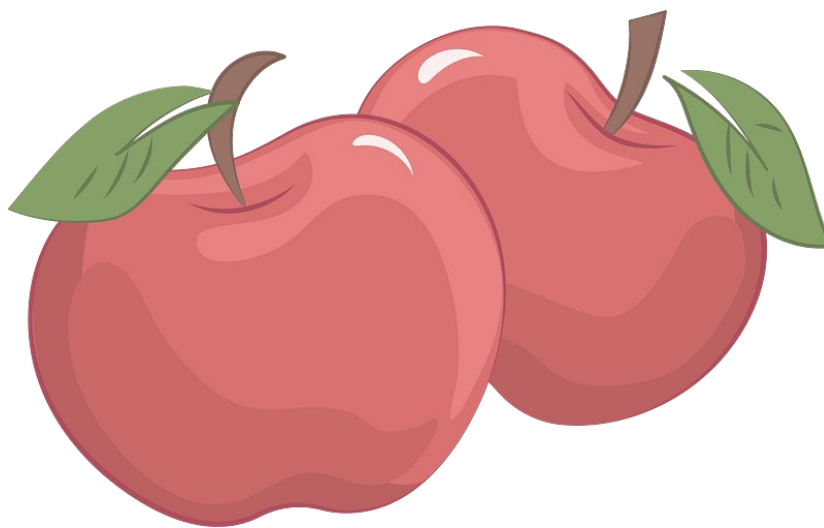


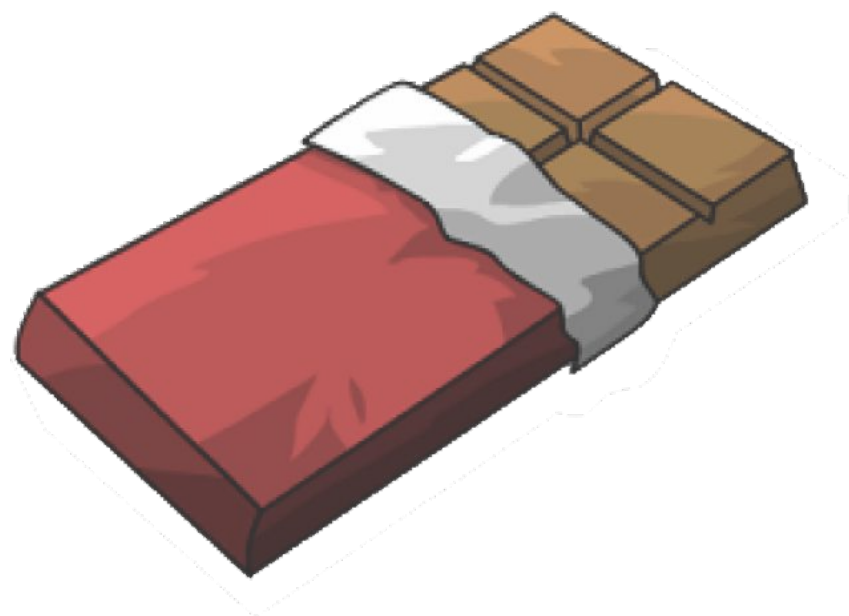
You are right! Grapes are healthy.





Apples are very good for health.

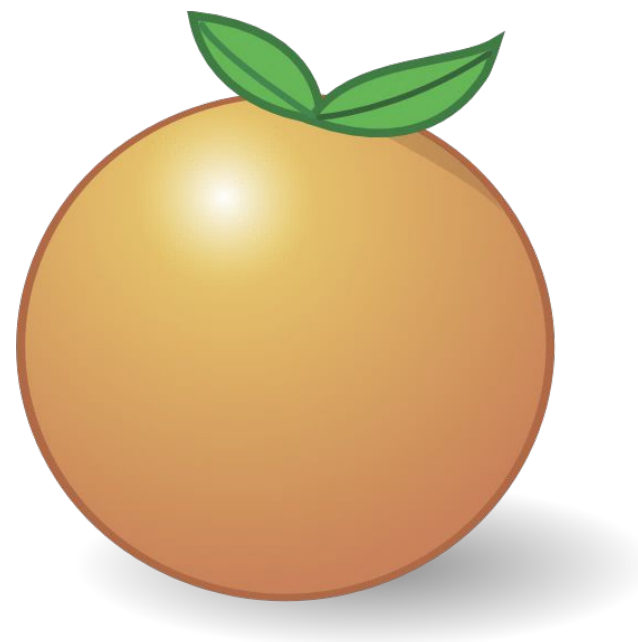




Pineapple!

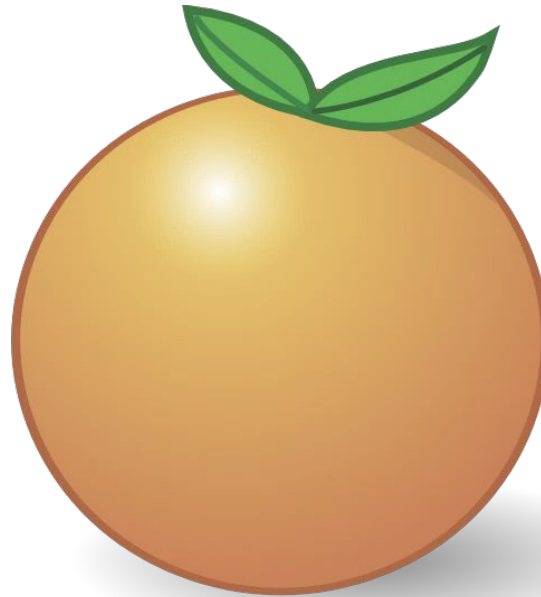
It is ok for you to have one chocolate a day but not too much.







Orange has so much vitamin C that will keep all the diseases away!



Wonderful! Let us catch up to learn more about fruits later.



Keep eating fruits and have a healthy diet:)