

Integrating Gender and Nutrition within Agricultural Extension Services

Activity Sheet
February 2016

What Goes on the Plate?

Time:

2 hours

Materials Needed:

- Flipchart with activity title and objectives listed.
- Flipchart paper – two sheets for each small group
- Markers or crayons
- Masking/scotch tape
- Illustrations of nutritional guidelines in local language
- Flipchart with two columns: Nutrition Insecure / Nutrition Secure



Introduction

Girls and women often have unequal status in a household which can have negative long-term outcomes. The effects of inequalities in terms of individual health and well-being are well documented. The consequences of poor nutrition include low birth weights, child and maternal mortality, disease, decreased work production, and poor classroom performance. Increasing nutritional awareness when planning, facilitating, and evaluating extension programs is essential for the long-term health benefits for women and girls.

Objectives

- ✓ To identify the components of a healthy diet.
- ✓ To examine the effects of nutritional inequalities in terms of individual health and well-being.
- ✓ To demonstrate the challenges of providing a healthy diet with limited resources.

Steps

- 1) Review title of activity, objectives, and brief introduction. **(5 minutes)**
- 2) Ask participants to find a partner to work with...preferably someone they have not worked with during the workshop. Have the pair join another pair to make a group of four. **(5 minutes)**
- 3) Using flipchart paper, ask the small groups to draw a plate illustrating a nutritionally balanced lunch for a typical rural household. **(15 minutes)**
- 4) Invite the participants to sit in a circle and briefly share their drawings. Assess the drawings based on the “correct” components of a nutritionally balanced diet. Identify what is missing from the drawings. **(30 minutes)**
- 5) After reviewing the illustrations, ask the following questions. Capture the characteristics of a nutrition insecure/secure household on flipchart. **(15 minutes)**

*What types of foods need to be **reduced** and what types of foods need to be **increased** in the typical rural household?*

*How would you describe a nutrition **insecure** household? A nutrition **secure** household?*
- 6) Ask the participants to return to their group of four and complete the following activity. **(30 minutes)**

Lack of income to purchase a variety of healthy foods is a major barrier for many rural families. If I sent you to the market with \$_____ (insert an



Recommended Food Plate for Bangladesh (Ministry of Family Health & Welfare, FAO, FHI360)



The Bangladeshi Food Pyramid

amount in local currency), what would you buy to provide three nutritiously balanced meals for one day (breakfast, lunch, dinner) for a rural household consisting of a mother, father, two daughters ages 18 months and 8 years, a son aged 13 years, and a mother-in-law.

7) Invite the small groups to share their “grocery lists”. Then ask the following questions. **(20 minutes)**

What was most difficult in selecting nutritious food items for the family?

Does producing more food or having more money to buy food result in improved nutrition for the family? Why or why not?

In what ways can typical rural households become more nutritionally secure?

Now What?

Putting the activity into practice. Ask the participants to return to their small groups and discuss how they see themselves using this activity in the field by responding to the following questions, ensuring that every group member has the opportunity to provide his or her response:

As the trainer, in what **ways** and with what **audiences** could you implement this activity?

What **changes** might you need to make to the activity?

Ask each small group to share one idea from their discussion with the whole group. **(20 minutes)**

Food Pyramid Key Messages (FAO 2013)

- “Eat a well-balanced diet with a variety of foods at each meal.
- Consume moderate amounts of oils and fats.
- Limit salt intake and condiments and use only iodized salt.
- Consume less sugar, sweets or sweetened drinks.
- Drink plenty of water daily.
- Consume safe and clean foods and beverages.
- Maintain desired body weight through a balanced food intake and regular physical activity.
- Practice a healthy lifestyle with right cooking and healthy eating.
- Eat additional food during pregnancy and lactation.
- Practice exclusive breastfeeding for 6 months and start adequate complementary foods in time.”

References:

FAO (2013) Food Based Dietary Guidelines – Bangladesh. The Food and Agriculture Organization of the United Nations. <http://bit.ly/1pw297p>

INGENAES (2015) Introductory Workshop on Integrating Gender and Nutrition with Agricultural Extension Services. Facilitator’s Guide. <http://bit.ly/1Mkdoa5>

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