

Wellness

CAMPUS



MODULE 3 GROW FOODS



PART 1

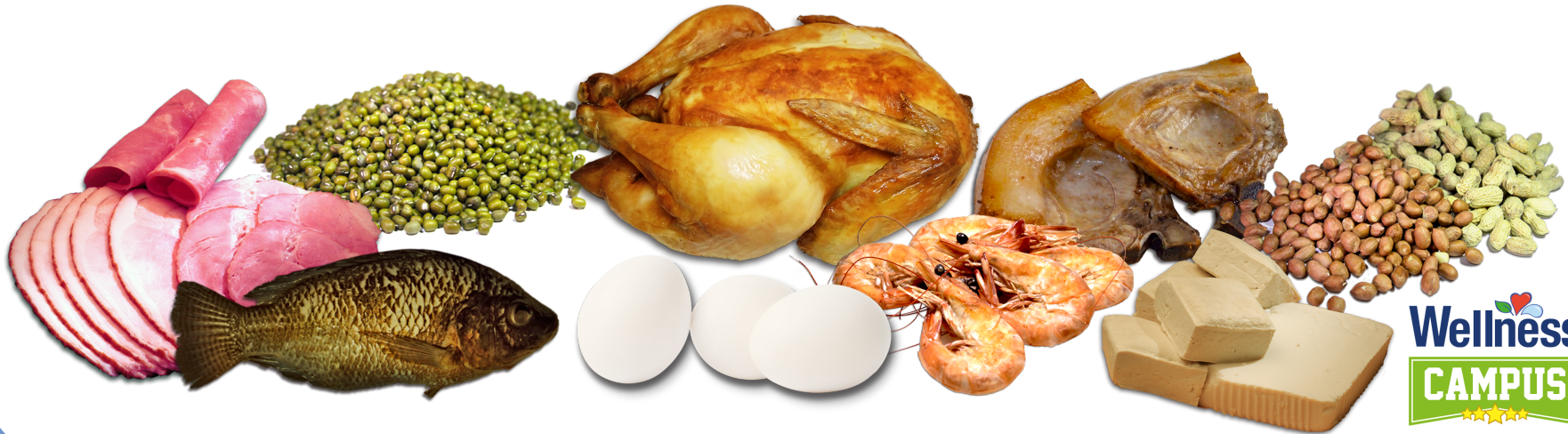
There are many different sources of protein:

- meat (pork, beef, chicken)
- seafood and fish
- eggs
- plant sources (e.g. tofu, nuts, beans, legumes)
- milk and dairy products (e.g. yoghurt and cheese)



GROW FOODS

It is important that we get our protein from different sources, and not just one or two, because different sources have different kinds of amino acids and nutrients.



GROW FOODS

Eating different sources of protein raises your chances of getting all the amino acids that your body needs.



GROW FOODS

Complete proteins contain all the amino acids needed by the body.



GROW FOODS

Complete proteins contain all the amino acids needed by the body.

Examples are egg, meat, fish, poultry, milk, cheese, and yogurt.



GROW FOODS

Complete proteins contain all the amino acids needed by the body.

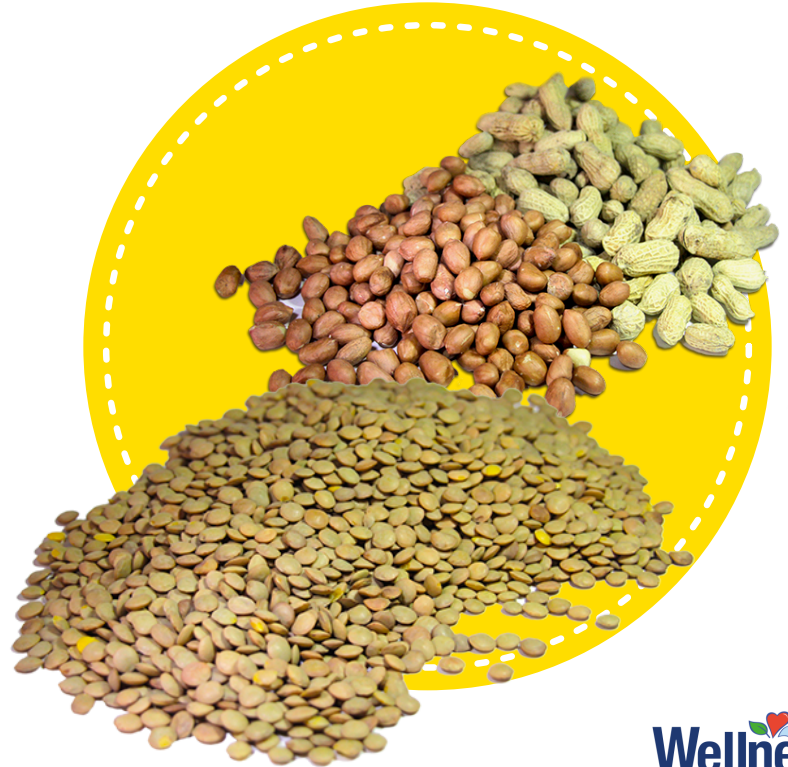
Examples are egg, meat, fish, poultry, milk, cheese, and yogurt.

These promote growth and development, and maintain life.



GROW FOODS

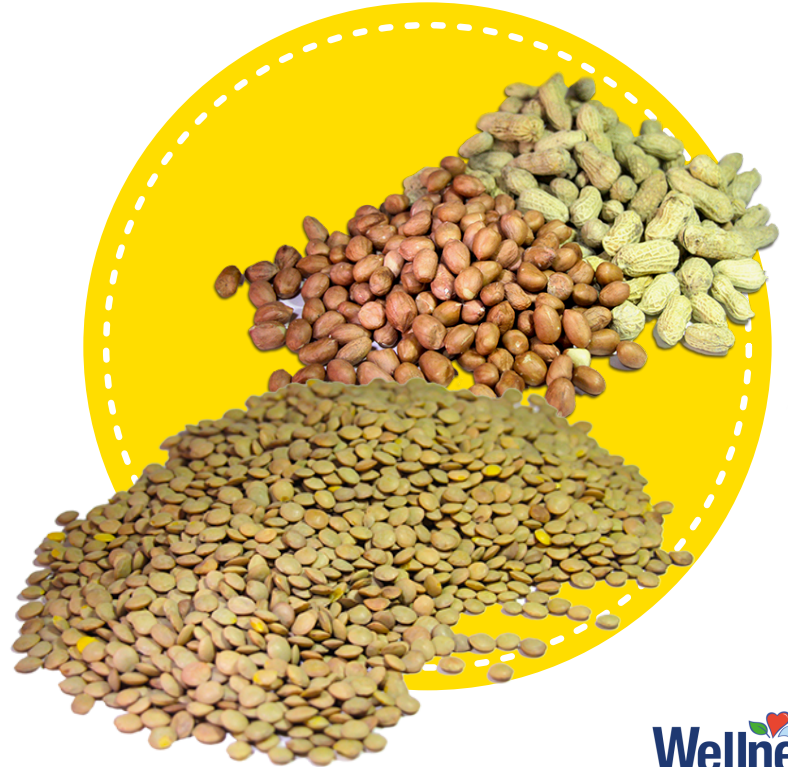
Partially complete proteins contain some, but not all, amino acids needed by the body.



GROW FOODS

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Examples are legumes and nuts.



GROW FOODS

Partially complete proteins contain some, but not all, amino acids needed by the body.

Examples are legumes and nuts.

These maintain life but not growth and development.



GROW FOODS

Incomplete proteins contain very little amino acids needed by the body.



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Examples are gelatin, bread, and suman.



GROW FOODS

Incomplete proteins contain very little amino acids needed by the body.

Examples are gelatin, bread, and suman.

These cannot support neither life nor growth.



GROW FOODS

The following are some micronutrients found in Grow foods and their functions in the body.

IRON

FUNCTIONS OF IRON

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- Iron is found in the blood which helps transport oxygen.

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- Iron is found in the blood which helps transport oxygen.
- Low iron results in low hemoglobin concentration in the blood.
- Hemoglobin is the component in blood that carries oxygen throughout the body for energy metabolism.

SIGNIFICANT SOURCES OF IRON

- red meats
- liver
- poultry
- fish
- shellfish
- eggs
- legumes



ZINC

FUNCTIONS OF ZINC

FUNCTIONS OF ZINC

- normal taste



FUNCTIONS OF ZINC

- normal taste
- wound healing



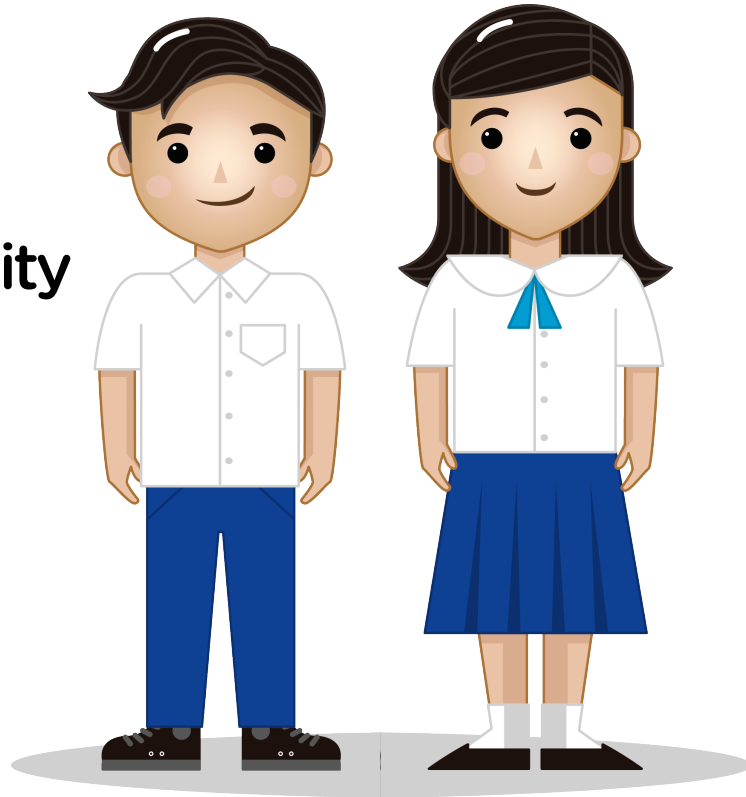
FUNCTIONS OF ZINC

- normal taste
- wound healing
- strengthens immunity



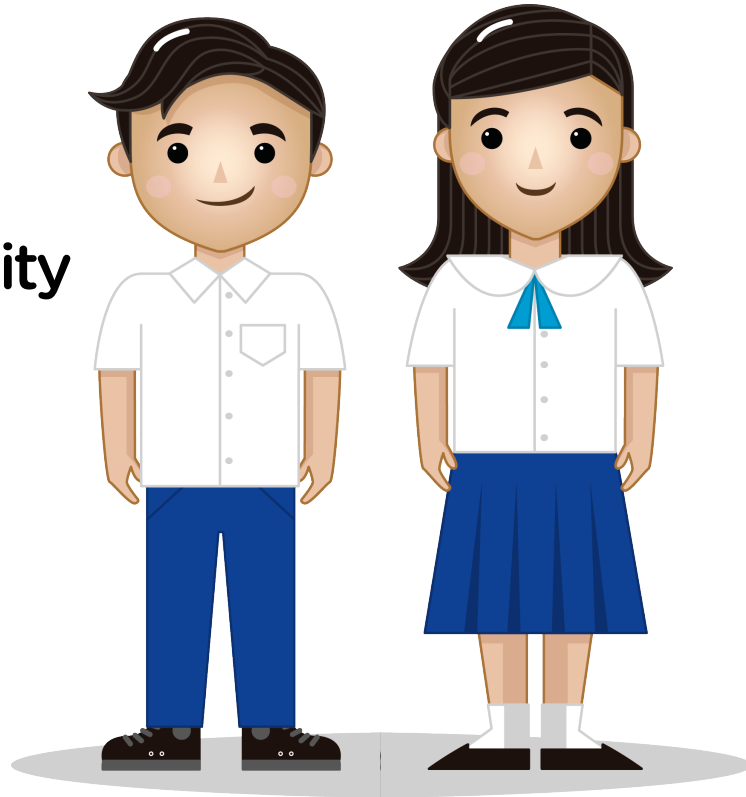
FUNCTIONS OF ZINC

- normal taste
- wound healing
- strengthens immunity
- secondary sexual maturation



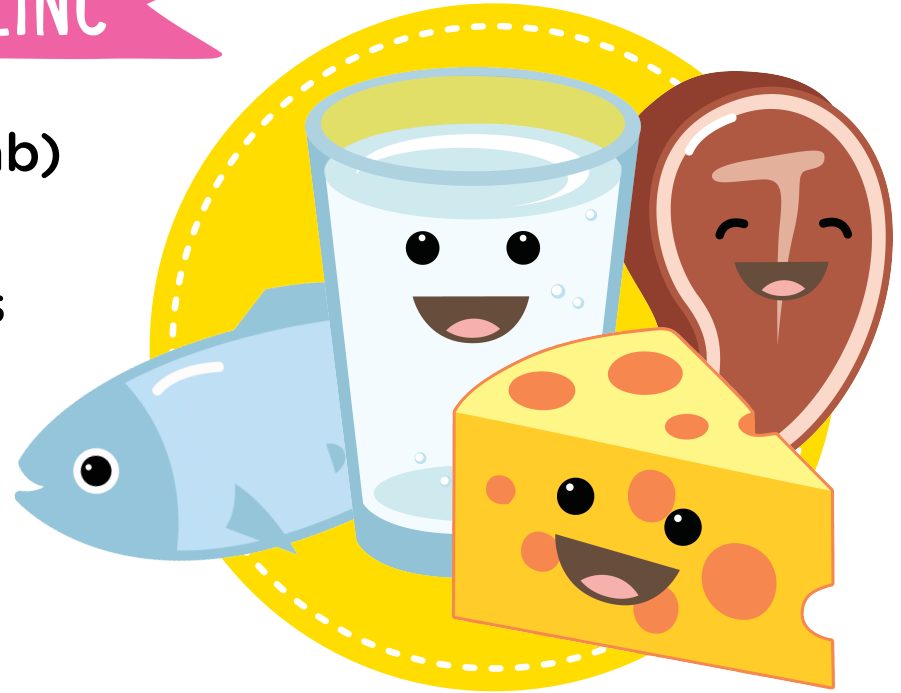
FUNCTIONS OF ZINC

- normal taste
- wound healing
- strengthens immunity
- secondary sexual maturation
- sperm production



SIGNIFICANT SOURCES OF ZINC

- seafood (oyster and crab)
- beef
- milk and dairy products (yogurt, cheese)
- whole grains

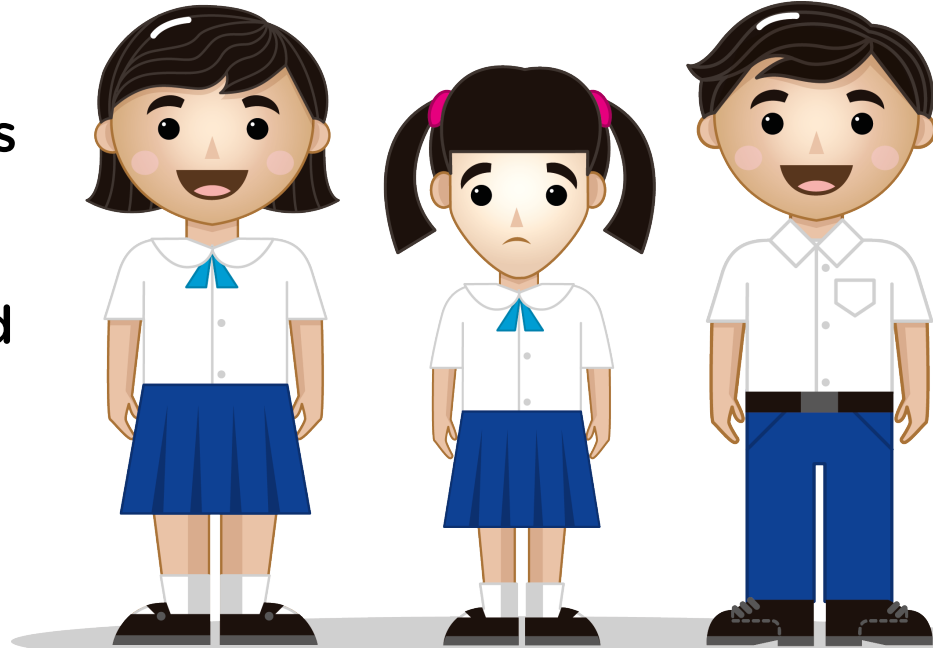


IODINE

FUNCTIONS OF IODINE

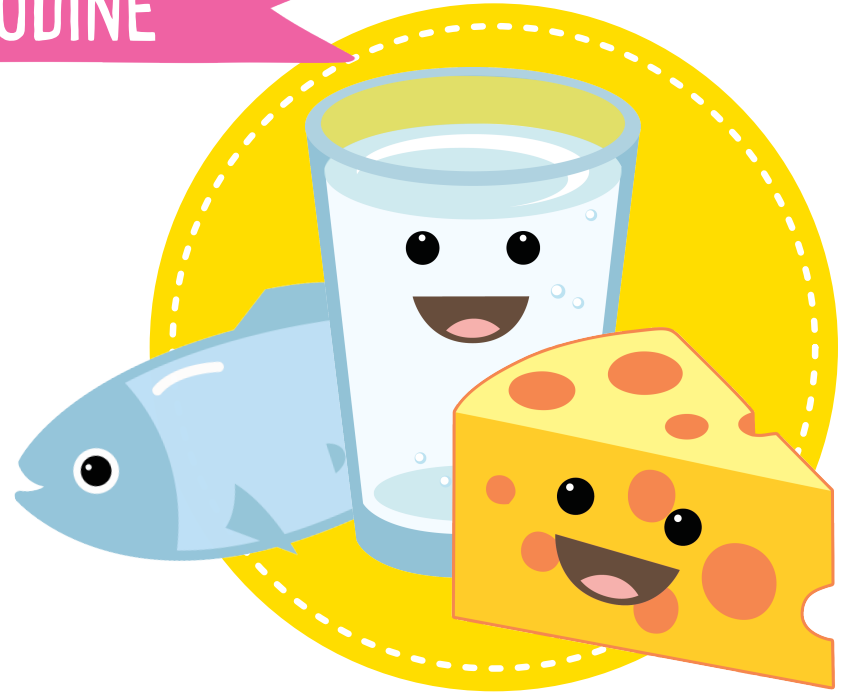
FUNCTIONS OF IODINE

- component in thyroid hormones which helps regulate growth, development and metabolism



SIGNIFICANT SOURCES OF IODINE

- iodized salt
- seafood
- dairy products



VITAMIN A

FUNCTIONS OF VITAMIN A

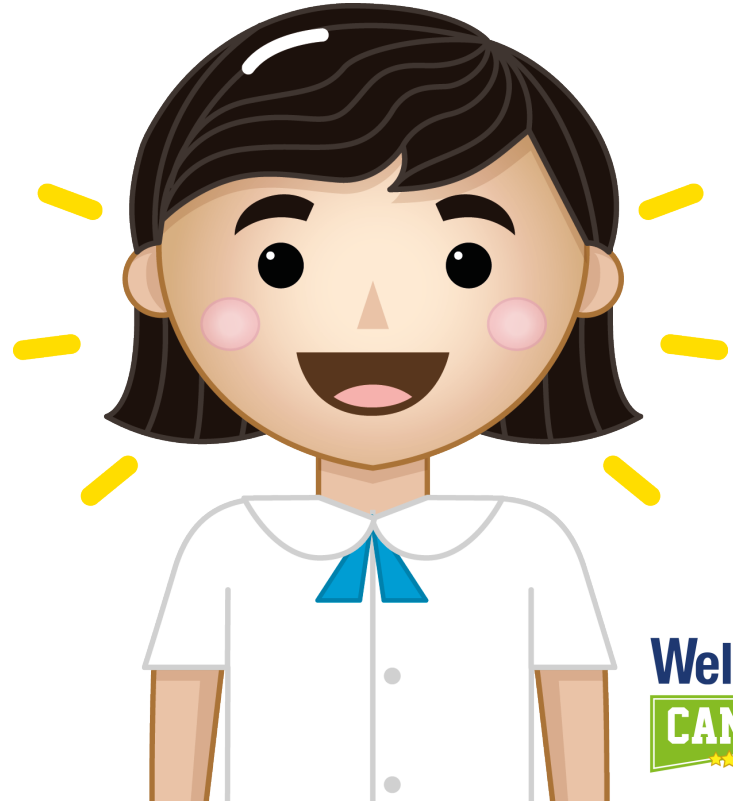
FUNCTIONS OF VITAMIN A

- maintains clear vision



FUNCTIONS OF VITAMIN A

- maintains clear vision
- keeps skin smooth



FUNCTIONS OF VITAMIN A

- maintains clear vision
- keeps skin smooth
- helps in development of bones and teeth



FUNCTIONS OF VITAMIN A

- maintains clear vision
- keeps skin smooth
- helps in development of bones and teeth
- strengthens immunity



SIGNIFICANT SOURCES OF VITAMIN A

- fortified milk
- cheese
- eggs
- liver



VITAMIN B

FUNCTIONS OF VITAMIN B (B1, B2, B3, B6 & B6)

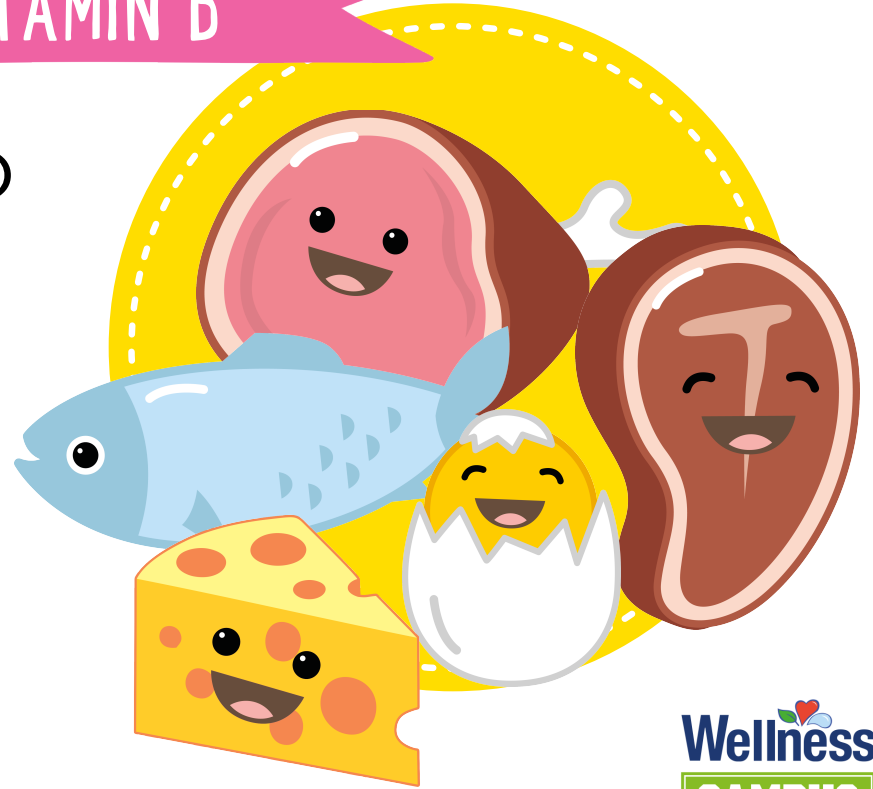
FUNCTIONS OF VITAMIN B (B1, B2, B3, B6 & B6)

- helps in energy metabolism



SIGNIFICANT SOURCES OF VITAMIN B

- milk products (yogurt, cheese)
- liver
- eggs
- meat
- poultry
- fish

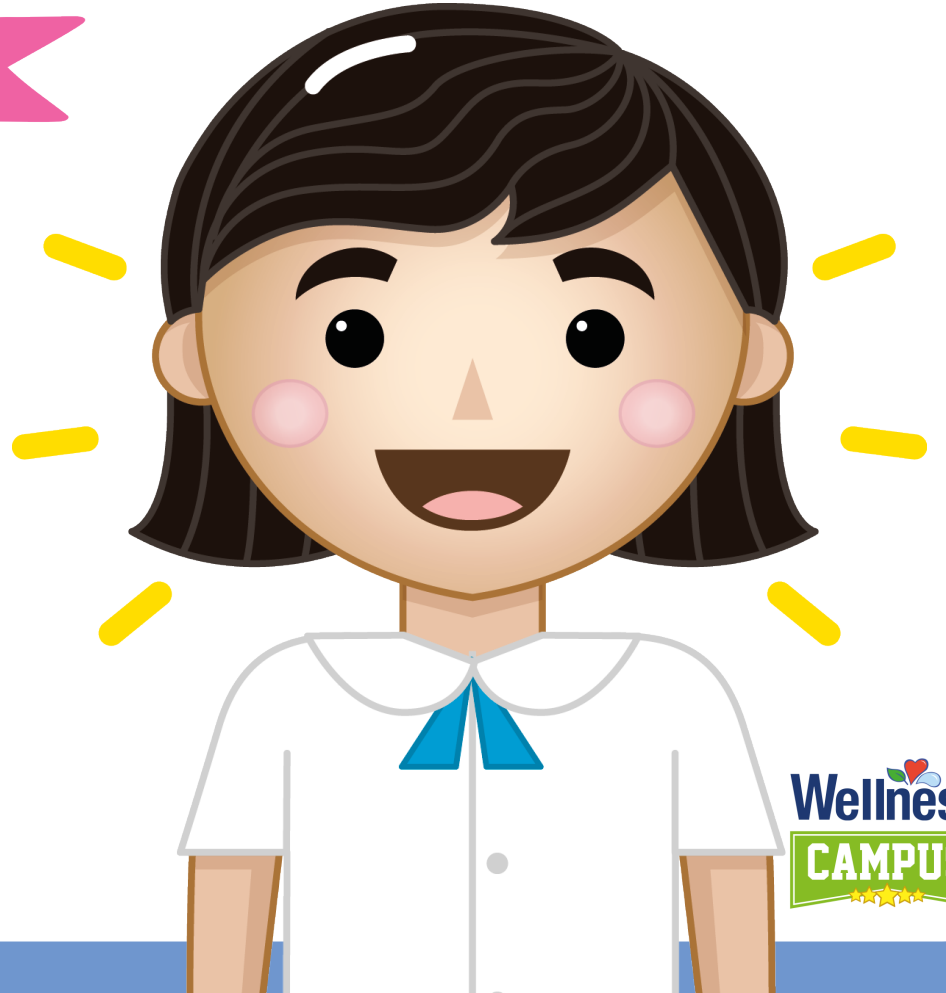


VITAMIN E

FUNCTIONS OF VITAMIN E

FUNCTIONS OF VITAMIN E

- antioxidant (a substance that prevents or delays some types of cell damage)



SIGNIFICANT SOURCES OF VITAMIN E

- liver
- egg yolks



VITAMIN K

FUNCTIONS OF VITAMIN K

FUNCTIONS OF VITAMIN K

- aids in blood clotting



SIGNIFICANT SOURCES OF VITAMIN K

- liver
- milk

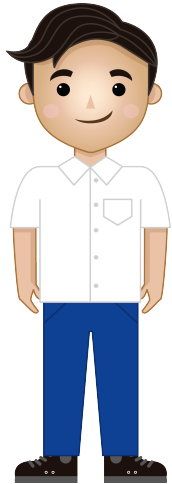


GROW FOODS

Adolescents should aim to eat any of the following portions with each meal:

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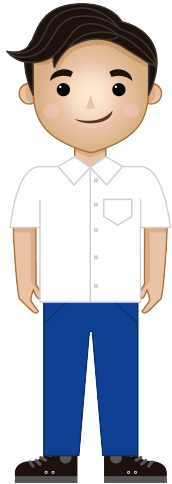


Males

- 2 pieces of medium variety of fish (e.g. *galunggong*)
- 2 slices of large variety of fish (e.g. *bangus*)
- 2 pieces of small chicken leg
- 2 servings of lean meat (30g)
- 2 pieces of *tokwa* 6 x 6 x 2 cm
- 1 piece of small chicken egg and 1 piece of any food item mentioned above

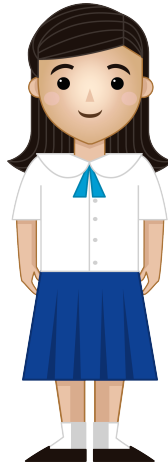
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- 2 pieces of *tokwa* 6 x 6 x 2 cm
- 1 piece of small chicken egg and 1 piece of any food item mentioned above



Females

- 1 piece of medium variety of fish (e.g. *galunggong*)
- 1 slice of large variety of fish (e.g. *bangus*)
- 1 piece of chicken leg
- 1 serving of lean meat (30g)
- 1 piece of *tokwa* 6 x 6 x 2 cm
- 1 piece of small chicken egg