

PINGGANG PINOY®

LEARNING OBJECTIVES

By the end of this module, students should be able to:

- describe Pinggang Pinoy® and its components.
- state the importance of making each meal a Pinggang Pinoy®.

MATERIALS

Lesson 1

- file: **GR01_M01_Lesson 1 Powerpoint**

Lesson 2

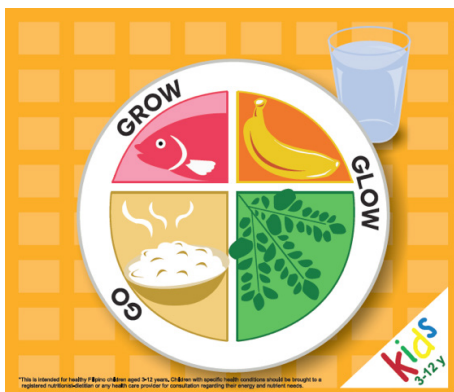
- file: **GR01_M01_Lesson 2 Powerpoint**

Lesson 3

- file: **GR01_M01_Lesson 3 Powerpoint**
- file: **GR01_M01_Lesson 3 Worksheet**
- coloring materials

Lesson 4

- file: **GR01_M01_Lesson 4 Powerpoint**
- Pinggang Pinoy visual aid



REMINDERS

Letters to the Parents

Each module comes with a letter to parents explaining the key points that our students are learning in class. The letter also encourages parents to model healthy nutrition habits at home. We hope that through these circulars, parents will become involved in their child's learning process. Please remember to photocopy and distribute the corresponding parent circular at the start of each module. These letters can be found in the folder marked 'Letters to Parents.'

Rubrics

Many of the activities in these modules serve as formative assessments for you to gauge each student's progress. You may use the PDF file named 'Rubrics' as a guide for grading major outputs and performance tasks.



MODULE OVERVIEW

Dear Teacher,

This module overview is a summary of the key learning points that we want our students to understand and master by the end of this module. These key learning points are presented in the powerpoints that accompany this module. The supplementary activities and worksheets further reinforce these key points.

KEY POINTS

1. Pinggang Pinoy® is an easy-to-understand food guide that reminds us of what our meal should look like each day. If we make each meal a Pinggang Pinoy® we will get the energy and nutrients our bodies need to be healthy.
2. A healthy meal consists of Go foods, Grow foods, and Glow foods, which should be eaten with a glass of water and/or a nutritious beverage like milk.
 - a. Go foods have carbohydrates that give us energy to run, jump and play. Examples of Go foods are bread and rice.
 - b. Grow foods have protein that help our bodies grow big and strong. Examples of Grow foods are chicken, pork, beef, fish, seeds and nuts.
 - c. Glow foods have vitamins and minerals that help make skin, eyes and hair healthy, and helps the body prevent colds and cough. Vegetables and fruits are examples of this food group.
 - d. Children at their age level should drink 6 glasses of water or more everyday.
3. If we make each meal a Pinggang Pinoy® we will get the energy and nutrients our bodies need to be healthy.

Lesson 1



LET'S GET STARTED



15 Mins.

Ask for 5-6 volunteers to demonstrate the actions below as you read the following scripts:

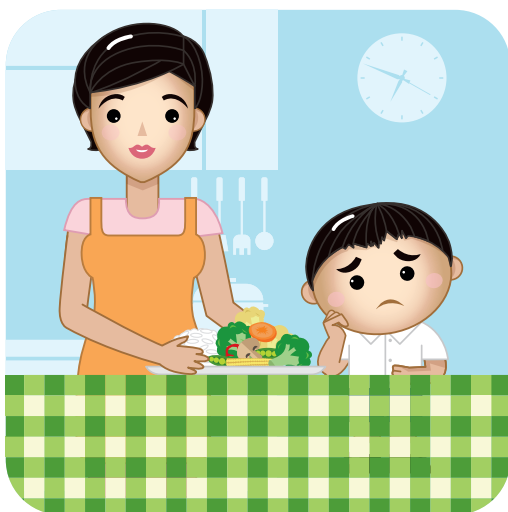
- “Healthy food gives us energy! We can run and jump and play. Show me how you run and jump!” (*Demonstrate running in place and jumping, and allow the volunteers to copy you.*)
- “Very good! When we don’t eat healthy food, we have no energy. Show me what you look like when you’re tired.” (*Act like you are tired, and allow the volunteers to copy you.*)
- “Healthy food helps us grow big and strong! Show me how big and strong you are!” (*Demonstrate flexing muscles and stretching your body, and allow the volunteers to copy you.*)
- “When we don’t eat healthy food, we get sick and have colds and cough. Show me what you look like when you are sick!” (*Demonstrate a pretend cough and sneeze.*)
- “Healthy food also makes our skin and hair beautiful. It makes our eyes bright. Show me your bright eyes and beautiful hair!” (*Demonstrate batting your eyes and running your fingers through your hair, and allow the volunteers to copy you.*)
- “Last but not least, when we play we get very, very sweaty, right? So aside from eating healthy food, we should also drink lots of water!” (*Demonstrate wiping sweat from your forehead and drinking water.*)

HEALTH STORIES



25 Mins.

1. You will need the file **GR01_M01_Lesson 1 Powerpoint** for this lesson. Open the PDF file, and at the top menu bar, select VIEW > Enter Full Screen. This places one page of the PDF file on the computer screen, and you can scroll up or scroll down to go through each page like a powerpoint slide.



2. This file contains a story about a little boy named Mio who learned the value of eating nutritious food. After reading the story, ask your students to explain why nutritious food is important.

3. Ask for some volunteers to tell their own health stories about people they know. You may help them with the following prompts:
 - a. “Tell us about someone in your family who likes to eat healthy food.”
 - b. “Describe a friend who eats healthy food.”
 - c. “Do you know someone who doesn’t like healthy food? Tell us about that person.”
4. After hearing from three or four volunteers, remind them of the actions they did earlier (in Let’s Get Started), and stress that nutritious food is what they need to have energy, be strong, grow big, be safe from sickness and have a healthy appearance.
5. Before continuing, check that your students know what the word ‘nutritious’ means.

NOTE TO TEACHER

Throughout the program, be aware that there are some words you may need to define for some students. We cannot assume that they know what these words mean. Examples are:

- nutritious
- vitamins
- minerals
- protein
- carbohydrates
- well-hydrated
- dehydration

LET'S WRAP THIS UP

Call on some students to describe one thing they learned that they can share with a friend or family member.

Lesson 2



LET'S GET STARTED



15 Mins.

Start the class with a game of charades. Ask for volunteers to come to the front of the class and act out their answer to the question, “What can we do when we eat nutritious food?” You may need to demonstrate one or two examples, and help some students out by offering the following ideas:

- We can run.
- We can jump.
- We can play basketball.
- We can grow big and strong.
- We will not get cough or colds.
- Our skin will be healthy.
- Our hair will be healthy.
- We will have good eyesight.
- We will not get sleepy.



LISTEN & LEARN



25 Mins.

1. Instruct everyone to settle down in his or her seat. Call on some students to share their answers to the following:
 - a. Why is it important to eat nutritious food? (*possible answers: gives us energy, to grow strong, so that we don't get sick*)
 - b. Name some nutritious foods. (*possible answers: fruits, vegetables, fish, meat, eggs*)
2. You will need the file **GR01_M01_Lesson 2 Powerpoint** for this lesson.

3. Use Part 1 of the file to explain the function of each food group and examples of foods that belong in that group:
 - a. Go foods give energy to run, jump and play. Examples are bread, rice and *kamote*.
 - b. Grow foods help a child grow big and strong. Examples are chicken, pork, beef, fish, seeds and nuts.
 - c. Glow foods help make skin, eyes, and hair healthy, and helps the body fight colds and cough. Vegetables and fruits are examples of this food group
 - d. Children should drink 6 glasses of water or more everyday.
4. After presenting all the slides in Part 1, ask the students to stand up, and teach the students an action that corresponds to the health benefits of each food group:
 - a. “Go food helps us run fast and jump high.” Ask students to run on the spot then jump once.
 - b. “Grow food helps us become stronger and bigger.” Ask students to flex their arm muscles, then stretch their arms up high.
 - c. “Glow food makes our skin, hair and eyes healthy, and helps us to not get sick.” Ask students to do a “twinkling action” with their fingers around their face.
5. Once the students have mastered these three actions, play “Show Me” with your students, which is in Part 2 of the file. One by one, show the slides in Part 2, and have the students do the action related to the food group shown on each slide.
6. Test your students by showing Part 2 slides in random order, to see how well they remember the related action. Do this until the students have mastered the actions that correspond with each food group.
7. Help students learn more examples of food that belong in each food group using Part 3 of the file. Show each slide and ask students to point to the images and name them.

Lesson 3



LET'S GET STARTED



5 Mins.

You will need the file **GR01_M01_Lesson 3 Powerpoint** for this lesson. Part 1 of the file shows the same slides that you used for the game “Show Me.” Play another round to help them recall the health benefits of each food group.

SAY HELLO TO PINGGANG PINOY®



5 Mins.

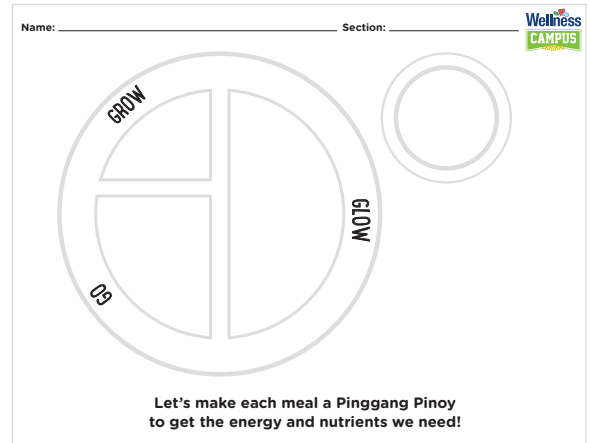
1. You will now introduce the concept of Pinggang Pinoy® to your students. Use the printed Pinggang Pinoy® posters distributed to your school or the Pinggang Pinoy® visual on the last slide of the powerpoint you used earlier.
2. Explain to your students that a nutritious meal should always have Go, Grow and Glow foods as well as a glass of water and/or a nutritious beverage. Point out that the Pinggang Pinoy® guide reminds us to:
 - a. always include Glow foods on our plate.
 - b. eat more Glow foods than Go and Grow foods.
 - c. include a nutritious beverage or clean water with each meal.
3. Tell your students that they should remember what Pinggang Pinoy® looks like, so that they can remember how much Go, Grow and Glow foods to eat with each meal.

WHAT'S ON MY PLATE?



30 Mins.

1. Distribute some coloring materials and the worksheet for this lesson from file: **GR01_M01_Lesson 3 Worksheet.**
2. Tell your students that they will draw their favorite Go, Grow and Glow foods on the worksheet that you have just distributed, and that they will convert the worksheet into a placemat. Tell them to make their drawings neat and colorful.
3. Go back to the powerpoint slide that contains examples of Go foods and point to the portion of Pinggang Pinoy® marked 'Go.' Tell them to pick and draw the Go food that they usually eat during meals.
4. When the students are done with their Go food drawings, flash the Grow foods slide, and have them draw Grow foods in the correct portion of the plate.
5. Next, flash the Glow foods slide and have them draw their favorite fruit and vegetable in the correct portion of the plate. Point out to the students that Glow foods should occupy the biggest portion of their plate.
6. Finally, point out that every nutritious meal must have a nutritious drink. Ask students what they normally drink with their meals and point out that the best choices are clean drinking water and milk.
7. Instruct the students to carefully place their drawings in their bags. They will present their drawings to their parents to have it laminated or covered in plastic.
8. You may create copies of the following instructions to explain to parents why these pictures should be laminated, and staple these instructions to the child's homework notebook.



NOTE TO TEACHER

Steps 3 to 6 are meant to help you keep your students on task. Present examples of each food group and allow them to pick and choose from the images. This will help ensure that your students complete the activity within the allotted time

Dear Parents,

Your children are learning about the importance of eating a nutritious, balanced diet. They have drawn a sample "Pinggang Pinoy®" plate to help them remember to eat Go, Grow and Glow foods every day. Each nutritious meal should be accompanied by water and/or a nutritious beverage. Kindly laminate their work so that it can be used as the child's placemat at home. It will remind you and your whole family to eat healthy food at every meal.



Before dismissing the class, help them to read and memorize the line at the bottom of their worksheet: "Let's make each meal a Pinggang Pinoy® to get the energy and nutrients we need!"

Lesson 4



LET'S GET STARTED



15 Mins.

1. Start the class by showing your students the image of Pinggang Pinoy® and asking them what they remember from your last lesson. (You may use the posters distributed to each school or the visual aid that is included in this CD).
2. Help them recall that a proper meal consists of all three food groups with water and/or a nutritious beverage.
3. Ask your students, “Why is it important to eat Pinggang Pinoy® every day?” Allow them to give their own answers, then remind them of the line at the bottom of their Pinggang Pinoy® placemat: “Let’s make each meal a Pinggang Pinoy® to get the energy and nutrients we need!”
4. Ask the students to stand up, row by row, and recite this line out loud.

PINGGANG PINOY® SONG



25 Mins.

For the rest of the session, teach your students the following action song.

The lyrics are in file **GR01_M01_Lesson 4 Powerpoint**. Tell your students that this song will help them remember why it is important to eat a Pinggang Pinoy® every day.

(tune: Twinkle, Twinkle, Little Star)

Go, Grow, Glow food, healthy food
Go foods give me energy
Grow foods build and make me strong
Glow foods help immunity*
Eat Pinggang Pinoy® each day
To keep me well and A-okay!**

Action

Raise hands counting 1, 2, 3 as you sing GO, GROW, GLOW
Wave two thumbs up from left to right
Jog in place
Flex both arms like a body builder
Do “twinkling action” with fingers
Cross arms as if shielding the face and body *
Pretend to hold spoon and fork and do eating motions
Clap two times
Stretch both arms and flash thumbs up
Turn around and jump with arms stretched above**

Lyrics

Go, grow, glow foods
healthful foods
Go foods give me energy
Grow foods build and make me strong
Glow foods help
immunity
Eat Pinggang Pinoy® each day
To keep me
well
and A-okay!

* Explain that the word ‘immunity’ means that the body is protected against sickness, thus, the shielding action.

** explain that ‘A-okay’ means healthy and well

LET'S WRAP THIS UP

Ask some students to share one thing that they enjoyed learning about in class.