Importance of eating a diverse diet

* Jyoti ranjan Barik
* Rajendra Nayak (CSP)
* Taramani Nayak (CSP)
* Village – Palanghati

Dialogues

* Rajendra bhai Namaskar.
* Sister-in-law Namaskar.
* Oh! You have returned from school?
* Yes.
* Okay sit.
* Ok.
* When did you get back from the school?
* I just returned.
* Are you fine?
* Yes.
* You are cutting vegetables.
* Yes. I am going to prepare food for the afternoon.
* Jyoti, why have you come to visit us today?
* I have just come to visit you.
* How is your son?
* He is good.
* How is his health?
* Fine. He is 3 and half years old.
* Good.
* Sister-in-law, what are you preparing for lunch today?
* I will cook rice, dal, and egg omelette. Now I am cutting these green leafy vegetables.
* Will you show me?
* Yes. I have cut pumpkin into small pieces and will add to the green leafy vegetables.
* Yes.
* Apart from this, we are eating seasonal ripe fruits available in our kitchen garden. Guava is available during this rainy season, so we are eating them.
* Oh good! You are eating so many varieties of food. Is there any feast today or have relatives come to your house?
* No. Should we only cook like this if relatives visit us? To stay healthy, we should eat different varieties of vegetables and fruits.
* Sister-in-law, you mentioned eating different varieties of food. What does this mean? Generally in these rural areas we eat rice and green leafy vegetables. Isn’t that it? What are the different varieties of food?
* What is the importance of eating different varieties of food?
* By eating varieties of foods we get many nutrients. If we eat only rice and green leafy vegetables then we will only get the nutrients contained in those. We will be deprived of nutrients found in other different foods. By not getting other nutrients we may get sick or malnourished, and it will also affect the growth of our small children.
* QUESTION– Why is it important to eat a different varieties of food?
* ANSWER - If we don’t eat a variety of foods, then we will be deprived of many nutrients, we may not grow properly, and we might get sick or malnourished.
* Brother, why are you sitting silently and not saying anything?
* Sister said that if we don’t eat different varieties of food, then we will get affected by malnutrition.
* I have seen on TV that nutritious food is required for pregnant woman and babies from 6 to 24 months. Is nutritious food required for everyone or only they need it?
* Yes Jyoti babu, whatever your sister-in-law said is completely correct. If we don’t eat different varieties of food then we may get sick and surely get affected by malnutrition. Listen Jyoti babu, nutrition is required for everyone, but for pregnant woman, breastfeeding woman, babies 6 to 24 months, children under 5 years and adolescent girls, nutrition is more important. If they are malnourished, then children born to them will also be malnourished and malnutrition will continue from generation to generation.
* One thing I want to know,- you have mentioned different varieties of food, What are these? Which foods are nutritious?
* So you have questions about food, Your sister-in-law and I will help you understand more about this. Here I have some pictures of food.
* Jyoti you were asking about different varieties of food. This is the first group of food cereals and starches
* Rice, sweet potato, potato, taro, maize, bread, banana, rice flakes, puffed rice, wheat flour, sooji. These foods provide us energy.
* The second group of food is various legumes and pulses. Beans, green peas, green gram, nuts and all other types of dal. This type of food helps our body to grow.
* The third group of food is milk and milk products. Milk, curd, cottage paneer etc. This type of food makes our bones stronger.
* The fourth group of food is eggs. Egg of hen or duck.
* The fifth group of food is fish, meat, liver. These types of animal source foods provide iron and many nutrients. It helps the body to grow and gives us strength.
* The sixth food group is vitamin A rich food. Pumpkin, papaya, sweet potato, carrot, tomato, green leafy vegetables. Ripe mango and Jackfruit are also vitamin A rich foods. Red, orange, and yellow coloured fruits and vegetables contain a lot of vitamin A. Green leafy vegetables contain vitamin A and iron.
* These foods provide us vitamin A, which increases our ability to fight disease and helps to prevent against night blindness.
* The seventh food group is other vegetables and fruits. These foods gives us different types of vitamins and minerals.
* I have now told you about seven types of food. It is very important to add oil to food. It helps to give us energy. We should also eat iodized salt.
* Rajendra Bhai, you said it is important to eat seven types of food. It is not possible to eat all these types of food everyday and everyone can't afford it also. It will be difficult for the rural people to get these things.
* Is there any other way, where with less money and less types of food we can fill the gaps?
* It is not possible to eat seven types of food every day. It is essential to eat food from 4 different food groups every day. Then we can get various nutrients. Your food plate should be colourful. The more colourful it looks, the more nutrients we will get.
* QUESTION: What does it mean to eat a diverse diet?
* ANSWER: Eating a diverse diet means eating foods from at least 4 different food groups a day and having a food plate that is colourful.
* The animal source foods are very important, that is egg, fish, meat, and liver. We can't get fish, meat and liver regularly, as in these rural areas people don’t have that much money. But with less expense we can eat eggs. It is best if someone can eat an egg every day, but if the economic condition is not good then they can eat eggs at least two to three times per week, by which they can get more nutrients.
* Buying all of these foods every day is not possible for everyone, is there any other way to get nutrition?
* Yes, there are some other ways.
* We can grow fruits and vegetables in our kitchen garden.
* We can raise domestic animals.
* We can buy seasonal fruits and vegetables available in the market for less price and use those.
* Ok.
* QUESTION: What are some ways to provide different types of nutritious food for your family?  
  ANSWER:
* Grow different types of vegetables and fruits in the kitchen garden.
* Raise domestic animals.
* Purchase fresh vegetables and fruits seasonally available from the market.
* Jyoti babu, let us go and see my kitchen garden, where I have grown fruits and vegetables.
* So you are growing a variety of things in your kitchen garden?
* Yes.
* Ok, then let’s go.
* Jyoti babu, see - this is papaya tree.
* Papaya has come up.
* Yes.
* This is brinjal
* Nice brinjal.
* On that side there is bitter gourd.
* This side is maize.
* This is ginger.
* The ginger plants have come up so nicely.
* After harvesting ginger, I will grow tomatoes here.
* Did you see Jyoti babu, how I have grown vegetables and fruits in my kitchen garden?
* And I also have raised hens, goats, sheep and cows. We are getting milk from the cows. From the goats we are getting meat and eggs from hen. We are eating them.
* Nutrition for the family is first, isn’t it?
* Yes.
* First you are keeping for your family and then the excess amounts are being sold to get some money.
* But people are making the wrong market purchases. Some people are going to the market and instead of purchasing vegetables and fruits they are purchasing cold drinks, and Gutka..
* How are you purchasing food for your home from the market? Nutritious foods are available in the market for a cheaper price.
* I will accompany you today to the market, to see how you are purchasing things.
* Ok.
* Ok, sister-in-law, we are going. Today you explained very important things to me, which I should know. I liked it. Thank you so much for this.
* Uncle, what is the cost of the pumpkin?
* Rs 5 per piece.
* Ok.
* Give me two pieces.
* Jyoti babu, see I have purchased so many things for Rs 40. I have two pieces of pumpkin, 250 grams of tomatoes, a bundle of beans and eggs.
* Did you see the things I purchased for Rs 40?
* Yes.
* Pumpkin and tomatoes are vitamin A rich foods.
* French beans are from the legumes category.
* I have also got 3 eggs which are nutritious.
* Oh good, you were telling me about getting nutritious food. You have got nutritious food at Rs 40. I think you have got different types of things for very little money.
* Yes.
* What things have you purchased? Show me.
* Yes, I will show you.
* Rajendra Bhai, you have purchased many things for Rs 40. I have also purchased many things, nothing less than yours.
* This mixture is especially for my son.
* This fried food is for my home.
* Ok Jyoti, now just tell me about the nutrition content of the foods, you have purchased from the market.
* Oh! After making me understand, I also purchased these other things from the market. I know they are not nutritious but still I got those things.
* I can see that you have purchased nutritious things in Rs 40 - pumpkin, eggs, tomatoes, beans. These foods contain a lot of nutrients. Eggs, tomatoes etc. are very much essential for us. After our discussion I also got these things, many people like me are coming to the market, spending money but are not purchasing the right things.
* As I bought those oily fried things, many people like me are doing the same thing, but they are not purchasing the right things. You have purchased better things at a lower price. From now onwards, whenever I go to the market, I will do what you have done.
* In addition to this, I will grow vegetables and fruits in my garden and raise animals like hens, goats and cows at home. The way you are using the milk from the cows and selling the excess. I will also do the same thing.
* I will not waste money by spending it on these useless things.
* Thanks for making me understand so many things and showing me how to make purchases.
* Thank you brother.
* Namaskar brother.
* Namaskar.
* Today we learned about different varieties of food in this video. If we eat different foods then we get the nutrients contained in them. If we eat food from at least 4 food groups in a day, then we will get many nutrients. The food plate should be colourful. To provide nutritious food, first we need to grow fruits and vegetables in the kitchen garden. Second, we can raise domestic animals from which we can get eggs, milk and meat. Third, we should stop purchasing unhealthy things but rather learn to purchase seasonal low-cost fruits and vegetables.