

Nutrition: Educate Your Neighbourhood

An activity of "Food deserts and food swamps"

Read "**Food deserts and food swamps**" (page 10, *What's Up* February 2020).

Our food environment can determine how much nutrition we receive. Even in cities like Singapore, it can be expensive and inconvenient to provide healthy food for ourselves and our families.

1. Imagine this scenario. Your neighbourhood community centre is organising an event called *Nutrition to Nurture: Every Child's Right*. This event is targeted at families who are less financially able and struggle to afford nutritious meals.

Your team has been selected to give a presentation at the event to raise awareness on the importance of nutrition and how best to provide it.

2. Plan your presentation. What essential messages and information would you want your audience to take away? Consider the following:

(a) Why is it so important to have a healthy diet?

(b) How can good or bad nutrition affect a child's development?

(c) How can adult family members find time and resources to plan healthy meals?

(d) How do they keep going with their good meal plans over a long time?

3. In small groups of three to five members, craft and rehearse your presentation. Give every team member the opportunity to contribute ideas and arguments by taking turns to speak.
4. When you are ready, present to your class as if it is the audience at the community centre!

