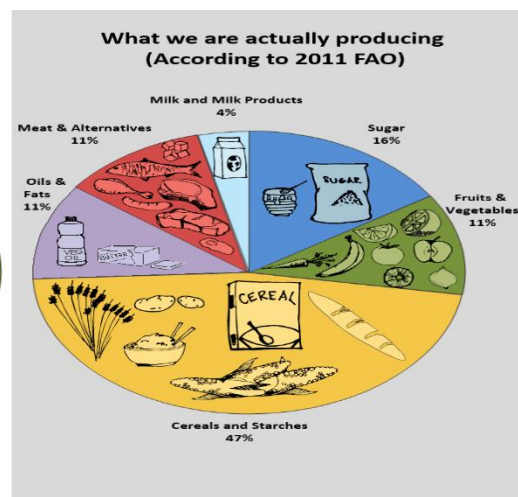
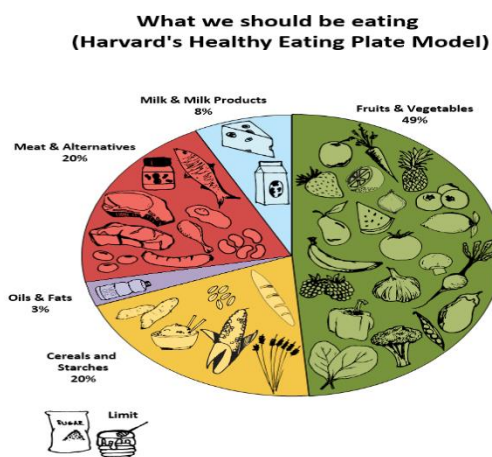


If a person, or community, regularly goes without food, or eats poor quality food and an unbalanced diet then they will not develop to their full potential and will be more vulnerable to falling ill. Suffering in such a way is called malnutrition (lacking in the vital nutrients and minerals to grow properly).

It is not often thought of but a person can eat enough to feel full but still suffer malnutrition, also overeating is also a form of malnutrition. So a balanced and complete diet is as important as having enough to eat.

In Ireland our diet is often not balanced and healthy. In general we consume too much sugar, bread and salt and not enough fruit, veg and fibre.

One way to improve our individual, family and national diet is to explore more **wholefoods** rather than rely on **processed foods**.



Whole Food Activity:

Why not explore with your class what wholefoods they eat at home?

By wholefoods we mean foods in their natural form, 'superfoods' (because of their nutrient and mineral content) such as: nuts, pulses, beans, peas and seeds.

In their dry form these wholefoods provide a fun, colourful and relatively cheap art medium to create a colourful image with. Just use PVA glue to 'paint' a simple picture and colour it with the different seeds, pulses and beans.

***Watch out for any allergies.**

Why not create versions of some of the Global Goals logos in this way? They could make a nice display for your Green-Schools notice board while at the same time informing the wider school community about wholefoods.

