



Lesson Guide: Smile Session #1

Food for Thought | Smile Train Mexico

Lesson Information

Overview: This Lesson Guide contains supplemental material for Smile Session #1. This guide can be used to bolster the material in the PowerPoint for older students or those who are looking for more information.

Lesson Objectives:

- Teach kids about healthy eating and the benefits of balanced nutrition
- Create awareness about different cultures
- Introduce students to the concept of cleft care and how nutrition is vital to it

Background: Teach students about the importance of healthy eating. Discuss nutrition, healthy foods, and how good nutrition helps them grow and stay healthy. Introduce clefts and explain that nutrition is an important part of ensuring that kids with clefts are able to receive treatment. Discuss Smile Train's programs, talk about how some patients don't have access to proper nutrition and how important it is for patients to be healthy before they undergo surgery.

Make Connections: Read the information provided in the PowerPoint about Smile Train Mexico. Show the students the video on slide 12 of the PowerPoint. Say the words in the Spanish lesson in English and Spanish. Have kids draw pictures of each word and write the word in both languages. Ask students some of the questions on slide 14 of the PowerPoint, discuss how nutrition applies to them and to Smile Train's patients.

Healthy Eating Activity: Cooking project! Make healthy fruit popsicles with your kids or students by following along with the video provided on slide 16 of the PowerPoint. Our Student Ambassadors will lead you through the recipe -- parents should supervise this activity for younger students.



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Nutrition Facts

We need to eat healthy foods to become big and strong. This is especially important for kids because they are still growing. **Our bodies need 6 types of essential nutrients to work their best!** They are:

- Water
- Fats
- Protein
- Carbohydrates
- Vitamins
- Minerals

Our bodies use **water** in our cells, organs, and tissues. We need it to maintain our bodily functions and to regulate our body's temperature.

Protein, carbohydrates, and fats are **macronutrients**. They give us energy and help our bodies function so that we can learn and play.

- **Protein:** The 20 amino acids your body derives from protein provide your body the building blocks for muscle, bone, skin, and hair. Every cell in your body requires protein. Protein comes from many sources including fish, beef, nuts, and seeds.
- **Carbohydrates:** There are three categories of carbohydrates: Fiber, starch, and sugar. Carbohydrates help steady blood sugar levels and give you energy. It is important to have carbohydrates that are not processed. Some healthy sources of carbs include beans, berries, and whole grains.
- **Fats:** Your body requires healthy fats to help you absorb vitamins and minerals, to build cells and move muscles, and to help your blood clot. Fats balance your sugar levels and keep your brain working. You can find healthy fats in fish, avocados, and olive oil.

Vitamins and minerals are **micronutrients**. Each vitamin and mineral helps keep us healthy and strong in different ways. They keep our immune systems working, help us heal wounds, and keep our bones healthy, among a wide range of other functions and benefits.



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Nutrition Facts — Vitamins

Vitamin A: Important for normal vision, the immune system, and keeping vital organs, like your lungs and kidneys, working correctly. It can be found in many foods, like mangoes, salmon, and green leafy veggies.

Vitamin B: There are 8 different types of Vitamin B and each kind does something a little different. They are:

- **B1 (Thiamin), B3 (Niacin), and B5 (Pantothenic Acid)** help turn food into the energy that your body needs. You can find **B1** and **B3** in whole grains, black beans, and fish. You can find **B5** in many different foods, including mushrooms, avocados, and eggs.
- **B2 (Riboflavin)** is important for the growth and development of the cells in your body! You can find it in eggs, milk, and green veggies, like asparagus.
- **B6** is important for metabolism and immune function. It is also important for brain development in pregnancy and infancy. It can be found in poultry, potatoes, and non-citrus fruit.
- **B7 (Biotin)** helps your body turn macronutrients into energy. It can be found in sweet potatoes, spinach, and nuts.
- **B9 (Folate)** is used by your body to make DNA. It can be found in vegetables, oranges, beans, and peas.
- **B12** keeps the body's nerve and blood cells healthy. It can be found in clams, meat, poultry, and dairy.
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Vitamin C: Acts as an antioxidant, protecting the body's cells. It also helps the body heal wounds and bolsters the immune system. Excellent sources of vitamin C include citrus fruits, broccoli, tomatoes, and potatoes.

Vitamin D: Helps the body absorb calcium for stronger, healthier bones. It is also important for fighting bacteria and viruses. The body can absorb it from sunlight, but it can also be found in fatty fish, dairy, and mushrooms.

Vitamin E: Like vitamin C, acts as an antioxidant, protecting the body's cells. It is also used by cells to interact with each other to carry out vital functions and to help the body ward off disease. It can be found in vegetable oils, nuts, and green vegetables.



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Nutrition Facts — Minerals

Calcium: The body needs calcium to keep bones strong. For children, whose bones are still developing, this is particularly important. The body also uses calcium for muscle movement and helping nerves carry messages through the body. Calcium can be found in dairy, broccoli, kale, and in some fish.

Iron: The body needs iron to grow and develop. Iron creates important proteins that transport oxygen from the lungs to the rest of the body so it can function. Iron can be found in lean meats, poultry, seafood, nuts, and beans.

Magnesium: The body uses magnesium to regulate many different bodily functions, such as muscle and nerve function, blood sugar, and blood pressure. It can be found in green leafy vegetables, legumes, and milk products.

Phosphorus: The body needs phosphorus to make energy. Foods high in phosphorus include yogurt, salmon, and scallops.

Potassium: Organs, like the kidney and the heart, need potassium to function. Potassium is also important for muscle contraction and nerve transmission. It can be found in many foods, including dried fruits, bananas, and acorn squash.

Zinc: The body uses zinc to help fight off bacteria and viruses. It also helps the body heal wounds and is important for the senses of taste and smell. It can be found in oysters, red meat, beans, and nuts.



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Smile Train Information



Smile Train is an international children's charity with a sustainable approach to a single, solvable issue: cleft lip and palate.

IT STARTS WITH A SMILE

Smile Train's sustainable "teach a man to fish" model enables local medical professionals to provide safe, timely, high-quality cleft treatment to children 365 days a year. We have always championed partnering directly with local hospitals to strengthen health systems and empower local medical professionals to offer surgical services and comprehensive cleft care to children in their own communities.

We know that the journey to living a healthy life for a child with a cleft starts with a smile, but that's just the beginning. Smile Train-supported comprehensive cleft care includes nutrition programs, orthodontic care, speech therapy, and social and emotional support.

Supporting Smile Train gives a child access to a full range of cleft treatment services they would otherwise never receive and ultimately the opportunity for a better quality of life.

Follow us @SmileTrain



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212.689.9199 | info@smiletrain.org | smiletrain.org



OUR WORK



1.5M+ Smile Train-supported cleft surgeries since 1999



90+ countries where Smile Train has helped children



2,100+ empowered medical professionals



Every 5 Minutes Smile Train-supported cleft treatment helps a child in need



1,100+ partner hospitals



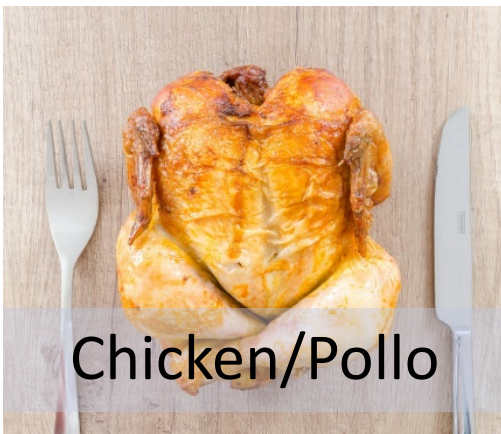
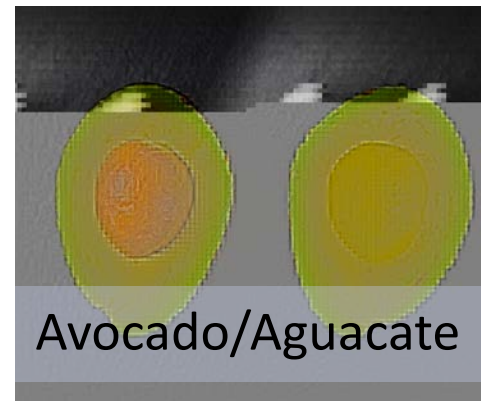
1 Goal: To give every child with a cleft the opportunity for a healthy, productive life



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Spanish Lesson





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Healthy Fruit Popsicles Recipe

Ingredients

2 cups fruit
¼ cup juice
2 tbs honey
½ lemon, juiced
Pinch of salt

Materials

Blender
Popsicle Mold
Spoon

Recipe

Put all ingredients in the blender, pulse 30 seconds. Use spoon to push remaining chunks of fruit to bottom of the blender and pulse additional 15 seconds. Repeat until mixture reaches desired consistency. Pour mixture into popsicle mold and leave in freezer overnight. Enjoy healthy fruit popsicles!



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Sources

NIH. *Vitamin and Mineral Consumer Factsheets*. <https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/>.

Smile Train. *Main Website*. <https://www.SmileTrain.org>