

All About Nutrition – A Serious Game



Anne Donohoe

The first Nutrition workshop was held in Norfolk County, one of 114 to be held during 1974-75. Mrs. Anne Donohoe, Food Specialist, Toronto and Mrs. Bev Carson, local Home Economist were in charge of the day's events.

The Food Specialists from the Home Economics Branch under the leadership of Miss Margaret Myer have worked on this project for a year preparing information for presentation.

The day should develop into a learning experience not only for Women's Institute members but for all women of the community. As W.I. members, invite the young mothers, the local public health nurse, the Home Economics teachers — try to have a broad cross section of your community in attendance.



Nutrition Game

Yes, Nutrition is everybody's business. Come to the workshop with your questions. Together, through discussion, you will develop an understanding about the foods you eat and reasons for good food habits.

Food — What does it mean to you? It means different things to different people. A positive attitude towards food in general encourages the eating of a varied diet so necessary for good health and vitality.

Nutrients and their functions. These nutrients are required for healthy bodies. Why do we need water, protein, carbohydrates and all those vitamins and minerals?



Officers attending the Workshop L-R — Mrs. Vern Partridge, President of Norfolk South District; Mrs. R. W. Moore, Secretary, Hamilton Area, Mrs. D. Porter, 1st Vice President of District.

What's in the doughnut you eat at coffee break? Should you choose an alternate snack?

Let's go on a shopping trip to the supermarket. There are so many items on the shelves, and so many choices to make. Why do you choose the items you do and is it for a valid reason?

Your local Home Economist will discuss with you health protection of our food supply as it relates to additives, labelling, sanitation etc.

Why are we overweight? If there is no other reason to eat nutritionally sound meals, this is certainly reason enough. We huff and puff our way through the day; our legs and feet are tired carrying the extra weight. We try to diet, sometimes even trying fad diets, which might take off weight, however, we must take care that these diets do not sacrifice the basic foods we need to keep healthy.

The Workshop has a well balanced program. If you are interested in "Meals on Wheels", the girls talked about Community Nutrition related projects.

This is a day all District members and community residents should try to attend. There will be notification given when "All About Nutrition" comes to your District.

With the F.W.I.O. Branches



SUBDIVISION 25 — celebrated the 25th Anniversary of the formation of Lambton Centre, North and South Districts. The change had been made from Lambton East and West. Two hundred members enjoyed desserts and birthday cake at a gathering in charge of the three District Presidents assisted by the Board Director, Mrs. Ralph MacNally.

Former Board Directors were present and contributed by outlining the history of the work of the Women's Institute, telling about the formation of the Districts, reviewing the scholarships and the winners since 1955. some scholarship winners were present.

District Presidents taking part in the celebration of the three Districts in Lambton County. L-r — Mrs. Marion Robbins, Lambton Centre; Mrs. Laura Dailey, Lambton North; Mrs. Mae White, Lambton South.