

# THE CHANGEMAKERS

Official newsletter of EngaZer's

## FOOD & BODY

We say "You are what you Eat".  
Learn why good food is important for body

## FOOD & COMMUNICATION

Food is powerful medium to connect and engage. Break ice with good food

## FOOD & FAMILY

Food with family enhances nutritive value, health benefit, bonding,& love

## FOOD & FUN

Food is fun. Good food boosts brain, tickle your fun element



Theme of the Month

**FOOD  
&  
NUTRITION**



## EngaZer's Mission:

We help children unlock their potential by engaging in brain stimulating activities for them to emerge as Global Changemakers.

## About EngaZer's

### Believe-Engage-Conquer

EngaZer's is non-conventional Youth Engagement program helping children discover their core strength and sharpen their skills to get ready for a Global Future. It is a platform that allows your child to unlearn the defined path and learn to pave their own path.

The future world belongs to CREATION and not ADAPTATION. Get engaged with youngsters who are passionate about making positive change around them through their ideas.

## EngaZer's Core Values:

Self-Belief  
Continuous Learning  
Growth  
Contribution

# Preety Gupta

FACILITATOR



The common phrase that we have all grown up hearing is  
"Hard Work is the Key to Success".  
However, I would like to twist it as  
"YOU are the Key to Success".

Success is always a result of YOU, YOUR SELF-BELIEF, YOUR CONFIDENCE, YOUR THINKING, YOUR IMAGINATION, YOUR PASSION, YOUR TALENT, YOUR PERFORMANCE. Unless you believe in yourself, no amount of hard or smart work can give you SUCCESS.

At EngaZer's our prime focus is to let a child believe that they are Unique, Special, Talented and have the power to make a difference to themselves and the world around them. Challenges and opportunities are like hurdles in the Marathon of their life. Overcome these with your strength and keep moving ahead in life.

# FOOD & BODY



It is said "You are what you eat".

Food is a primary ingredient for our survival. It fuels our body, our physical activities, helps our body to self-heal and maintain our health.

Most of you are either picky eaters or over-eaters. You love to eat your favourite food because you like its taste and aroma. Very little you think, you have to eat food to energize your body.

Let us understand how and why food is important for us with a simple example of a vehicle:



Like a vehicle, even your home where you live, is regularly cleaned, maintained, repaired so it lasts longer. You will never throw junk and waste in your home. You will not damage its structure by giving hard blows!!

Similarly, you live in your body. Your body is home to your life. And we are sure, you would not like to throw junk and waste in your bodies. You will not like to damage it by consuming highly processed foods that acts as slow poison.

FOOD

GOOD

When you eat **SIMPLE & CLEAN**, you think **SIMPLE & CLEAN**.

When you eat **WELL**, you act **WELL**

When you eat **TIMELY**, you function **TIMELY**

When you eat **COLORFUL**, you live **COLORFUL**

**GOOD FOOD**  
**is the only key to**  
**HEALTH & HAPPINESS**

# FOOD & COMMUNICATION

Food is a powerful way of COMMUNICATING and CELEBRATING TOGETHER. It is way of passing Family traditions and history. Food helps us to integrate in a family or a society. It leads to our Emotional Well-being.

Take a moment to think of any occasion, gathering, celebration or a holiday that does not involve food in some fundamental way!

Did you have any birthday party without food? Or do you celebrate any festival or occasion without food? What is the most important thing you plan for when you organize any gathering? Yes, you guessed it right. FOOD

We offer food to others to show them that we care. Food is a versatile gift that everyone can accept, understand and appreciate. When people are gathering, food welcomes and puts people at ease. As well, food is a great distraction and adds a bit of entertainment to any situation. Food at a gathering creates a positive atmosphere

When we eat together in a family, a history and tradition of food choices and preparation is carried forward. The taste, manner, recipe, preferences are all passed to the next generation.

Nothing brings together like a GOOD FOOD.

# FOOD & FAMILY

## Home Cooked Meal



When it comes to cooked food, nothing can beat a home-cooked meal. Because when you cook at home, you are well-aware of what is going inside your body. The food is SIMPLE and CLEAN as you will tend to choose good ingredients.

It is also said that your emotions and intentions affects the taste of the food that you prepare. And that is the reason, food cooked by mothers always taste good, Mothers prepares food with lots of love and care that not only makes the food tastier, but also imparts positivity within family.

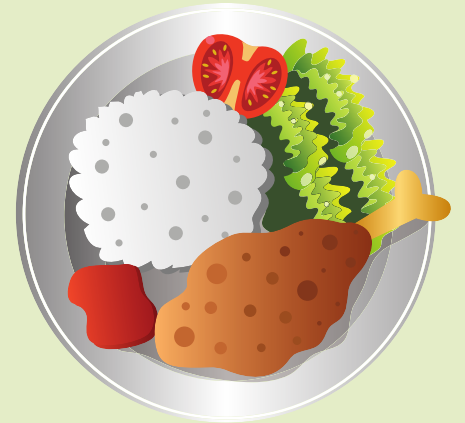
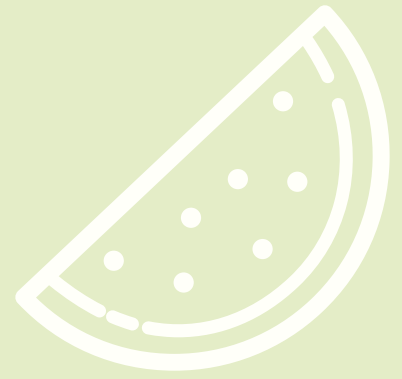
Benefits of cooking at home:

- The amount of salt, sugar and oil can be controlled, all of which are always advisable to consume in moderation.
- The portions can be adjusted as desired.
- A variety of colors can be added based on your personal choice.
- You tend to eat healthier food

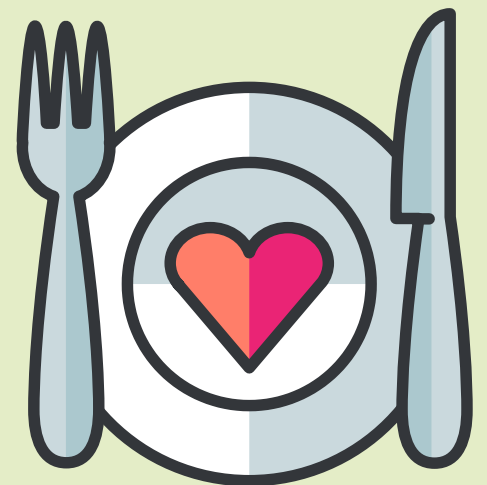
Children should try to help their mother in cooking....because when you cook together, you will not only enjoy your food but also feel bonded to your family.

# Family Meal Time

FOOD tastes better and meal times are enjoyable when eaten together. When you plan your meals:



- Make table/place ready with all items, so you do not have to move while eating and you can enjoy the company of all members on the table.
- Make lunch/dinner place interesting with positive talks or variety of foods
- Share stories or your day routine. Meal times are great times to share, engage & connect
- Invite friends and relatives, whenever possible



Benefits of having Family Meal:

- Food choices are healthier
- Low risk of being overweight or obese
- High academic achievement
- Low risk behaviours in teenage years.





# Do's and Don't of eating Healthy & Nutritious Food



- Eat home cooked meal at most time.
- Accompany your parents for grocery shopping especially fruits and vegetables, to make your own choices
- Make a habit of eating one meal together with family
- Add variety of colors to the meal. Make your own food rainbow.
- Eat in small plates, bowls and glasses to control the portions of each meal.
- Eat minimum 1 fruit a day – preferable a seasonal one
- Have some nuts (almonds or walnuts) with your breakfast.



- Do not engage with any electronic devices while eating your meal.
- Do not eat food when you are angry or sad.
- Do not drink soda or any sweetened beverages with your meal. Instead you may drink freshly squeezed juice in small glass.
- When eating outside at restaurants or fast-food joints, avoid ordering large combo meals.
- Do not skip your meals

# PROCESSED FOODS



## What are processed foods?

Processed food is defined as any raw agricultural commodity that has been subject to washing, cleaning, milling, cutting, chopping, heating, pasteurizing, blanching, cooking, canning, freezing, drying, dehydrating, mixing, packaging or other procedures that alter the food from its natural state.

This may include the addition of other ingredients to the food, such as preservatives, flavors, nutrients and other food additives or substances approved for use in food products, such as salt, sugars and fats.

Whenever, we are cooking and preparing our meal, we are kind of processing it. There are foods that are minimally processed and there are foods that are highly processed.



We should avoid eating highly processed foods such as

Breakfast cereals, Cookies, Sodas, Fruit yoghurts, Pasta and Pizza sauce, Canned juices.....etc.

The higher the number of ingredients on the packaged food, the higher the food is processed.

While it may be highly tempting to buy the packaged food, owing to its attractive packaging and taste, try to pick foods with minimum no. of ingredients. The ingredients should be identifiable. If you do not understand an ingredient mentioned on the label, do not buy.

## Breakfast Cereals

1



**Ingredients:** Whole Grain Rolled Oats, Sugar, Creaming Agent (Maltodextrin, Sunflower And Palm Oils, Whey, Sodium Caseinate), Flavored And Colored Fruit Pieces (Dehydrated Apples [Treated With Sodium Sulfite], Artificial Strawberry Flavor, Citric Acid, Red 40), Salt, Guar Gum, Artificial Flavor, Citric Acid, Niacinamide, Vitamin A Palmitate, Reduced Iron, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid

## Breakfast Cereals

2



**Ingredients:** Quaker Wholegrain Rolled Oats, Sugar, Freeze Dried Raspberry Pieces, Freeze Dried Strawberry Pieces, Natural Flavouring



Every **JUNK FOOD** can easily be replaced by its Home Cooked versions.

Thanks to easy access to internet for their simple recipes.

Your health is the most important gift of yours. Value it by giving it little time and attention. No matter how busy you are, preserve a daily meal time to enjoy your meals with a relaxed mind. If your mother is tired after her day at work, help her to cook simple food that is less time consuming. Do not rush to order food from restaurant.





My  
Favourite  
PIZZA

Baked with  
Love

Home cooked PIZZA is by all means a healthier choice.

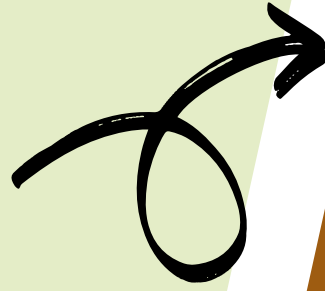
- Replace processed cheese by a good quality mozzarella cheese.
- Replace store bought pizza sauce by home made pizza sauce.
- Choose toppings as desired. If you like capsicum – add different colored capsicum to make your pizza colorful. If you like to add olives, add both green and black olives. If you like chicken pizza, add chicken breast (as it has higher protein content).
- Season with fresh or dried oregano, add red chili flakes if desired.
- Choose whole wheat pizza base and if possible, make pizza base too at home.

TASTES

AWESOMIE

**Burgers** too, can be easily prepared at home.

- Choose a good quality bun (prefer whole wheat over refined ones).
- Apply home made sauce and use home-made patty (vegetable or chicken or beef).
- Add as much vegetables as you like.
- If you like cheesy burger, add a fresh cheese slice.
- Grill your patties over deep frying, if desired.



**LET'S  
CHEER ON  
THE HOME  
MADE  
BURGER**



# HAPPY HOURS AT HOME



Revitalising & Refreshing

Sweet beverages – Though plain water is the best beverage, children mostly tend to have a craving for sweet drinks. Some healthy options over soda and canned juices (that should only be consumed in moderation) are:

- Sweet lemonade over Soda
- Freshly squeezed juice over canned juice
- Plain or sweet fresh yogurt drink over packaged sweet yogurt.
- Home-made chocolate milk with good quality Cacao powder instead of packaged chocolate milk



# CRAVING CHALLENGE

## Noodles & Pasta

Choose to eat home cooked noodles and pasta over Instant noodles and pasta.

- Opt for whole wheat pasta or rice noodles over refined flour ones.
- Select vegetables or meat as required.
- Make pasta sauce( white or red) at home, both of which are very easy to make.
- Add seasoning as per your taste buds.

Cook  
with  
ME





# FOOD & FUN

Unscramble the letters to correctly spell a word

1. LQIUDI
2. AVNTMII
3. ETALYHH
4. DOTIGSNIE
5. INADERMOOT
6. WHORGT
7. OTIPNRE
8. ICAMCUL
9. ESTTA
10. ITURNOTIN

## Sudoku

Date		Bread						Ice
				Ice				
Honey	Cheese		Fish		Bread	Almond	Date	Garlic
		Fish						Honey
Bread		Cheese	Almond		Ice	Fish		Date
Egg			Bread		Date	Cheese		
Fish	Almond	Date	Garlic				Ice	
	Honey			Date		Garlic		
Ice							Almond	Egg

A-Almond; B-Bread; C-Cheese; D-Date; E-Egg; F-Fish; G-Garlic; H-Honey; I-Ice



## Choose odd one out

Egg; Tuna; Potato; Lentils ; Oats

Potato; Bread ; Sugar; Lemon

Water; Fresh juice; Pepsi; Lemonade

Pizza;; Burger; Grilled Veggies; Fries

## RIDDLES

- Take off my skin and I won't cry, but you will. What Am I?
- You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What is it?
- Give me food, and I will live; give me water, and I will die. What am I?
- What do you have to break before you can use it?

## Answer Key

D	F	B	C	A	G	E	H	I
G	E	A	D	I	H	B	C	F
H	C	I	F	E	B	A	D	G
A	D	F	E	G	C	I	B	H
B	G	C	A	H	I	F	E	D
E	I	H	B	F	D	C	G	A
F	A	D	G	B	E	H	I	C
C	H	E	I	D	A	G	F	B
I	B	G	H	C	F	D	A	E

Liquid  
Vitamin  
Healthy  
Digestion  
Moderation  
Growth  
Protein  
Calcium  
Taste  
Nutrition

Riddles : Onion ; Corn ; Fire ; Egg

Odd one out: Potato ; Lemon ; Pepsi ; Grilled Veggies

# Storytime

## THE LIFE-WASTING POTION



Many, many years ago, everyone was strong and healthy. They ate a very varied diet, and especially loved fruit, vegetables, and fish. Everyone took daily exercise, and they enjoyed themselves playing and leaping about. The Earth was the healthiest place you could imagine, and it was clear that both adults and children were full of joy and good moods.

All that made the dark witches furious. They only ever wanted to do harm and make problems for people. The worst of all of these witches was Sourface; she was evil, and could be relied on to come up with the nastiest ideas. She suggested that all the witches combine their energies to invent a potion which would take away people's desire to live happily. So, one night, all the witches gathered down in the swampy forest and worked together on that evil spell. The spell was so powerful, and would need so much energy to cast, that when one of the witches got one of the words wrong, there was a huge explosion. So big was the explosion, that it completely destroyed the forest.

It turned all those evil witches into tiny little creatures, like germs, and left them trapped in a green liquid inside a small glass bottle, which lay lost in the swamp. There they were trapped for centuries, until one day a little boy found the bottle. Thinking it contained some kind of soft drink, he drank the lot. The evil, microscopic witches took advantage of this situation, and even though they were tiny and couldn't hurt anyone, they soon learned to change the little boy's likes and dislikes in order to get him to do what they wanted.

## THE LIFE-WASTING POTION(CONTND.)

In a few days, a funny feeling in his mouth and tongue meant the boy no longer wanted to eat vegetables, fruit, or fish. All he wanted to do was eat ice cream, pizza, burgers, and candy.

Then a nibbling feeling all over his body meant he no longer enjoyed playing and running about with his friends. All that stuff tired him out; he now just wanted to stay in the house, sitting or lying about. So, his life got more and more boring, he started feeling ill, and before long he had no desire to do anything. The evil potion had worked! And the worst thing of all was that the witches learned to jump from one person to another, like a virus. They managed to turn the influence of the potion into the most contagious of diseases: the disease of wasting your life.

It was a long while before, with the help of his microscope, Doctor Toby discovered that the little witches were causing all this disease. There was no vaccine or cough mixture to get rid of them, but the good doctor discovered that the witches could not stand joy and good humour. It turned out that the best cure was to make a strong effort to live a healthy, joyful, and happy life. When a person became healthy, the little witches would leave that body as soon as they could, riding off on a sneeze.

From then on, the best remedy was not pills or injections, but just a little bit of effort to eat some fruit, vegetables, and fish, and to do some exercise. And whoever came to see Doctor Toby, and took his advice, ended up totally well, being cured of the waste-of-life disease.



**LET'S  
COOK**

Nothing brings  
people  
together like  
GOOD FOOD



FOOD IS LOVE  
FOOD IS LIFE  
FOOD IS CARE  
FOOD IS FORTUNE




**Eat Good  
Feel Good**

EAT, DRINK  
*Be Healthy*

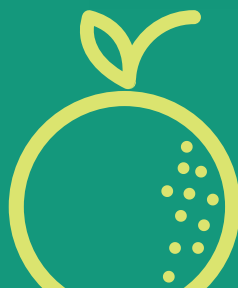
THE  
*Secret*  
INGREDIENT  
IS ALWAYS  
LOVE



*Good Food  
is  
Good Mood*



**HAPPINESS  
IS  
HOMEMADE!**



# 6 REASONS TO JOIN ENGAZER'S

01



Constructive engagement of children through hands-on experiential activities.

02



Strengthening the 21st century creative, critical thinking and problem solving skills.

03



Develop effective writing & communication skills to present ideas powerfully.

04



Be inspired and mentored by a diverse panel of professionals, passionate & amazing in their respective fields.

05



Teaching children to collaborate inclusively in an active peer-learning environment.

06



Meet active youngsters who are passionate about making a positive change around them through their ideas.

EngaZer's

Specialist in : Youth Training Programs ; Industry trainings ; Workshops



EngaZer's

**SIGN UP TO  
PREPARE  
YOUR  
CHILDREN  
FOR A  
GLOBAL  
FUTURE.**



*Take the lead and become a change maker today!*

To register, contact:

 97150 8985144

 EngaZeME@gmail.com

