

1

2

3

4

5

6

7

8

9

10

11



MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 6 - Self-learning session (6.3)

Nutrition and relevant Health Apps



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Self-learning Session: Content

1. Quiz and Self-assessment

Some of the main factors determining the number of calories a person needs daily are

Two answers are correct!

A. Age, sex and weight.

B. Height and level of physical activity.

C. The country of origin.

D. Marital status.



The two major classes of nutrients in food are

Two answers are correct!

A. Macronutrients

B. Alcohol

C. Water

D. Micronutrients



Water accounts for a large part of our body weight

True

False



There are foods that contain all of the nutrients our body needs

True

False



The key words for a healthy and nutritious diet are

Two answers are correct!

A. Balance

B. Breakfast

C. Variety

D. Fasting



A healthy diet

Only one answer is correct!

A. is safe from toxins, mould and any harmful chemical.

B. Answers A, C and D are all correct.

C. consists of a variety of foods from different food groups.

D. meets the individual nutritional needs for energy (calories) and nutrients.



They are not a part of a healthy diet

Only one answer is correct!

A. Fruits

B. Industrially-produced trans fats

C. Vegetables

D. Whole grains



Foods high in protein are

Two answers are correct!

A. Apples

B. Poultry

C. Eggs

D. Tomatoes



Match the columns

Match the columns !

A. Lack of iron

A. Rickets and osteoporosis

B. Lack of vitamin A

B. Anaemia

C. Lack of vitamin D

C. Mental retardation and brain damage

D. Lack of iodine

D. Serious eye problems and blindness



Milk, yoghurt and cheese are calcium-rich foods

True

False



Processed foods, such as ready meals, chips, bacon, ham and salami are low in salt

True

False



The World Health Organization recommends eating fresh fruit and vegetables that are in season

True

False



Better nutrition is linked to better health

True

False



Undernutrition in children can result in

Only one answer is correct!

A. Better growth.

B. Having more energy to carry out normal activities of everyday life.

C. Being ill more frequently.

D. Improvement of their learning skills.



Obesity

Only one answer is correct!

A. Has no impact on a person's physical abilities.

B. Does not influence a person's quality of life.

C. Is defined as Body Mass Index (BMI) $<25 \text{ kg/m}^2$

D. Can shorten a person's life.



Unhealthy diets and poor nutrition are among the top risk factors for chronic non-communicable diseases (*such as type 2 diabetes, hypertension, stroke, heart disease, cancer etc.*)

True

False



The following is an example of a SMART goal:

“I want to lose weight because I am obese, and obesity has a negative impact on my health. My current weight is 100kg and my goal is to lose 30kg within the next 2 days.”

True

False



Nutrition apps can only be used for one goal

True

False



Nutrition apps provide advice that should never be questioned

True

False





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!

You have completed the self-learning of this module!

