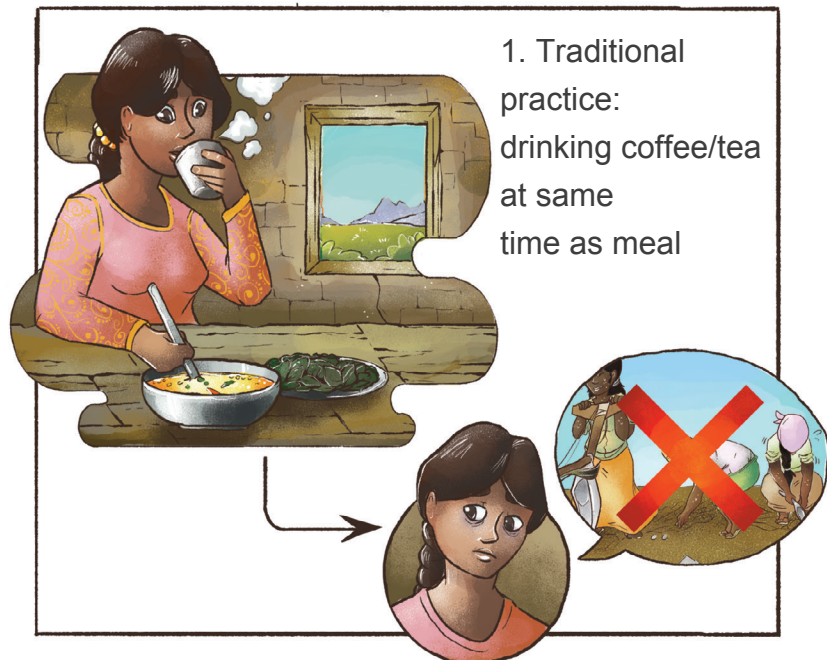
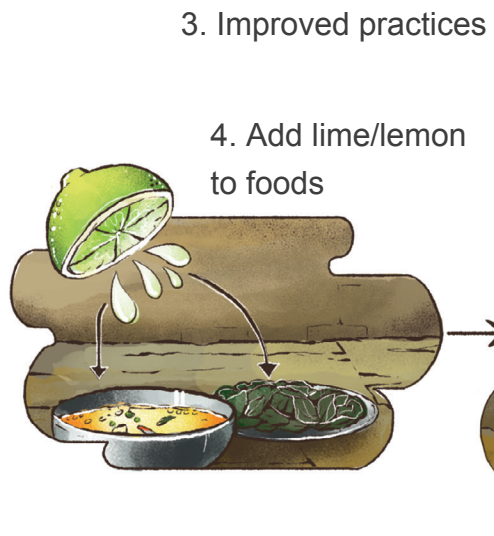


Lesson: Not drinking coffee/tea at the same time as meals, and adding lemon/lime to food, will make people feel more energetic due to improved iron absorption, especially women.



1. Traditional practice: drinking coffee/tea at same time as meal

2. Result: fatigue, less energy for farm labour



3. Improved practices

4. Add lime/lemon to foods



5. Do not drink tea/coffee at same time as meal. Drink other beverages such as juice or water.



6. Drink tea/coffee at a later time.



7. Improved energy for farm tasks.