

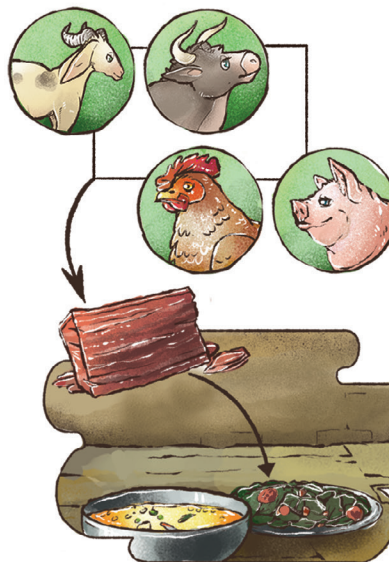
Lesson: Adding small amounts of meat or fish to vegetarian food (if beliefs permit) will make people feel more energetic due to improved iron absorption, especially women.



1. Traditional practice: vegetarian food only

2. Result: low energy for farm labour

3. Improved practice: add small amounts of meat or fish to food



4. Improved energy for farm tasks.