

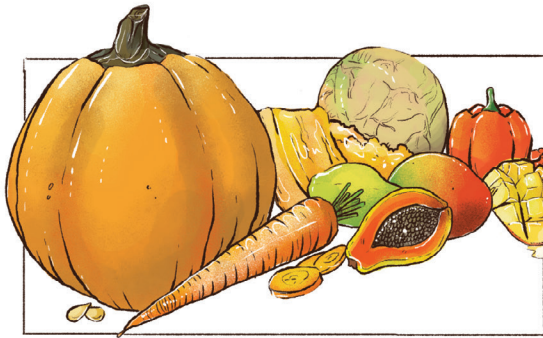
# Lesson: Eating a diversity of colourful foods will prevent people from catching diseases

1. Less recommended: Blue-shirt child eats maize, rice, or tubers only



2. Blue shirt child has contact with yellow shirt child who is sick

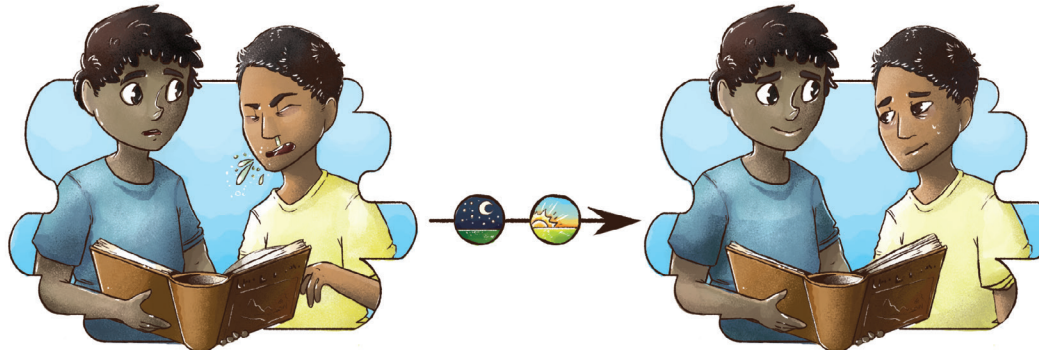
3. Blue shirt child is more likely to catch disease due to poor nutrition



4. Solution: eat a diversity of colourful foods which help to fight diseases.



5. Blue shirt child eats colourful foods



6. Blue shirt child less likely to become sick after contact with sick yellow shirt child