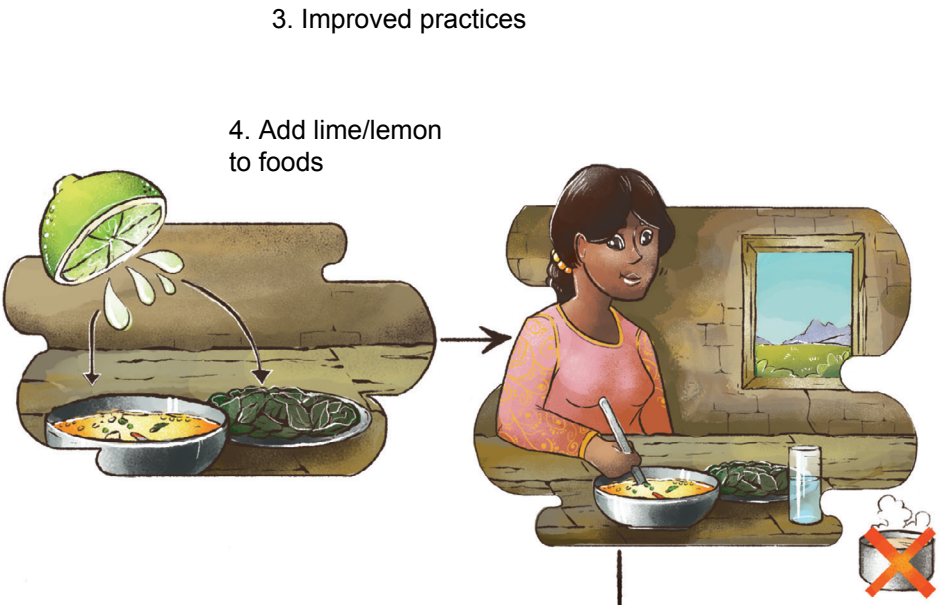


Lesson: Not drinking coffee/tea at the same time as meals, and adding lemon/lime to food, will make people feel more energetic due to improved iron absorption, especially women.



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

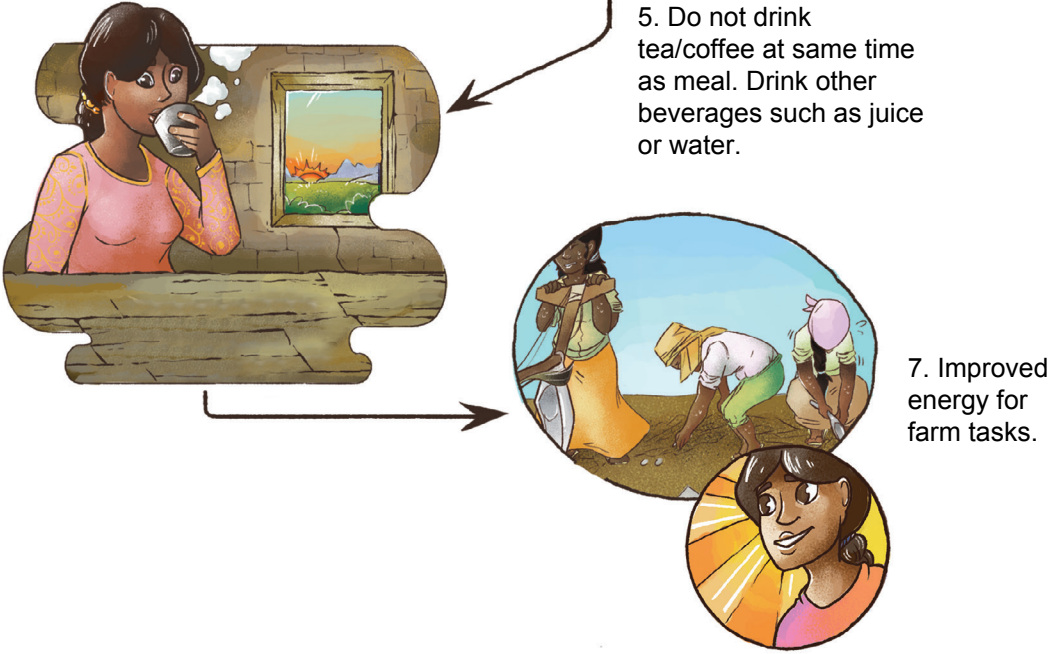
2. Result: fatigue, less energy for farm labour



3. Improved practices

4. Add lime/lemon to foods

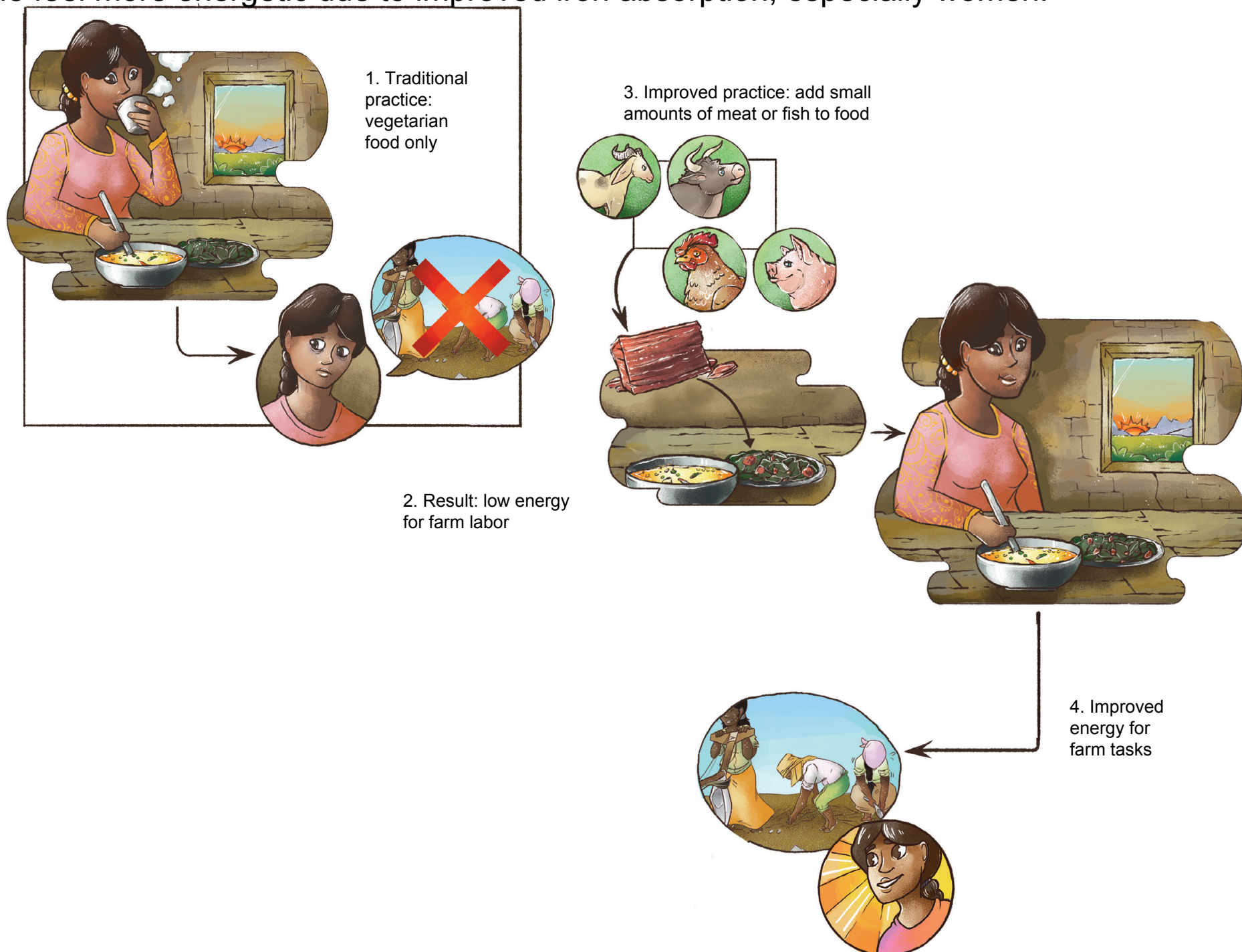
5. Do not drink tea/coffee at same time as meal. Drink other beverages such as juice or water.



6. Drink tea/coffee at a later time.

7. Improved energy for farm tasks.

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.



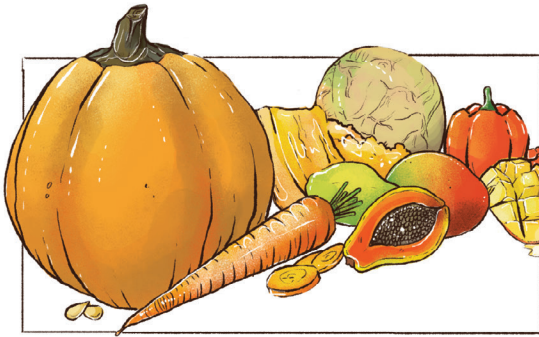
Lesson: Eating a diversity of colourful foods will prevent people from catching diseases

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

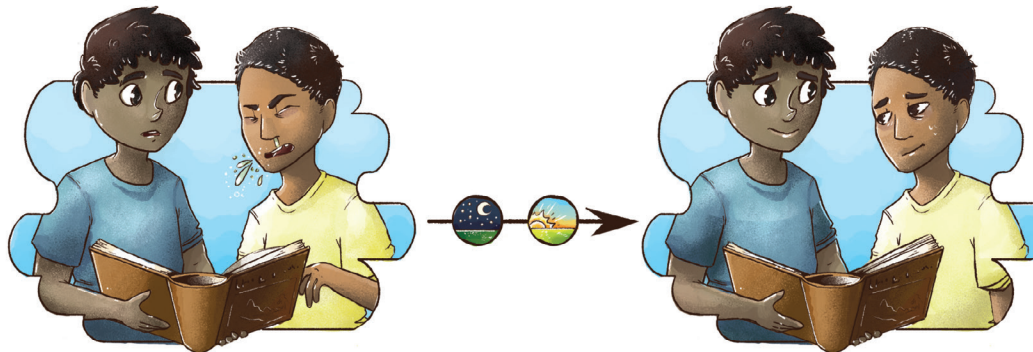
3. Blue shirt child is more likely to catch disease due to poor nutrition



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



5. Blue shirt child eats colourful foods

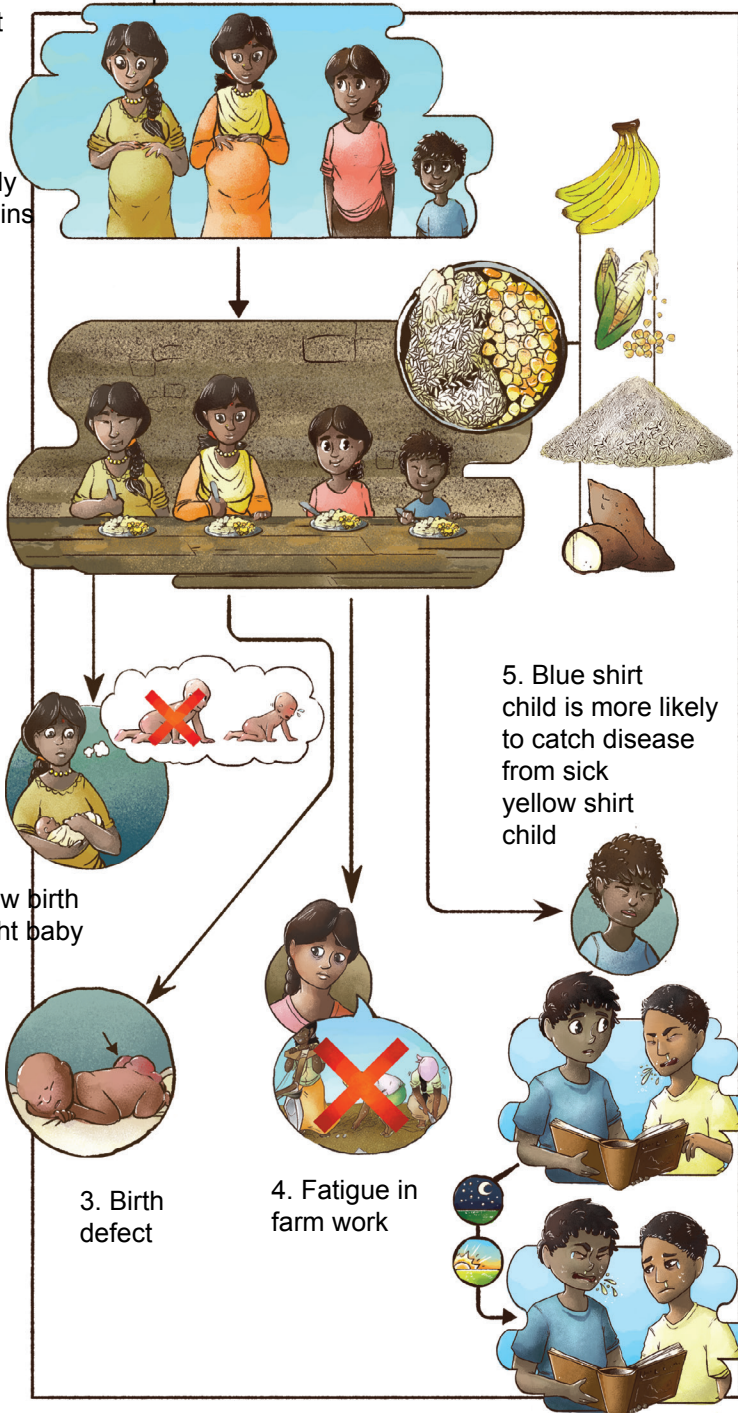


6. Blue shirt child less likely to become sick after contact with sick yellow shirt child

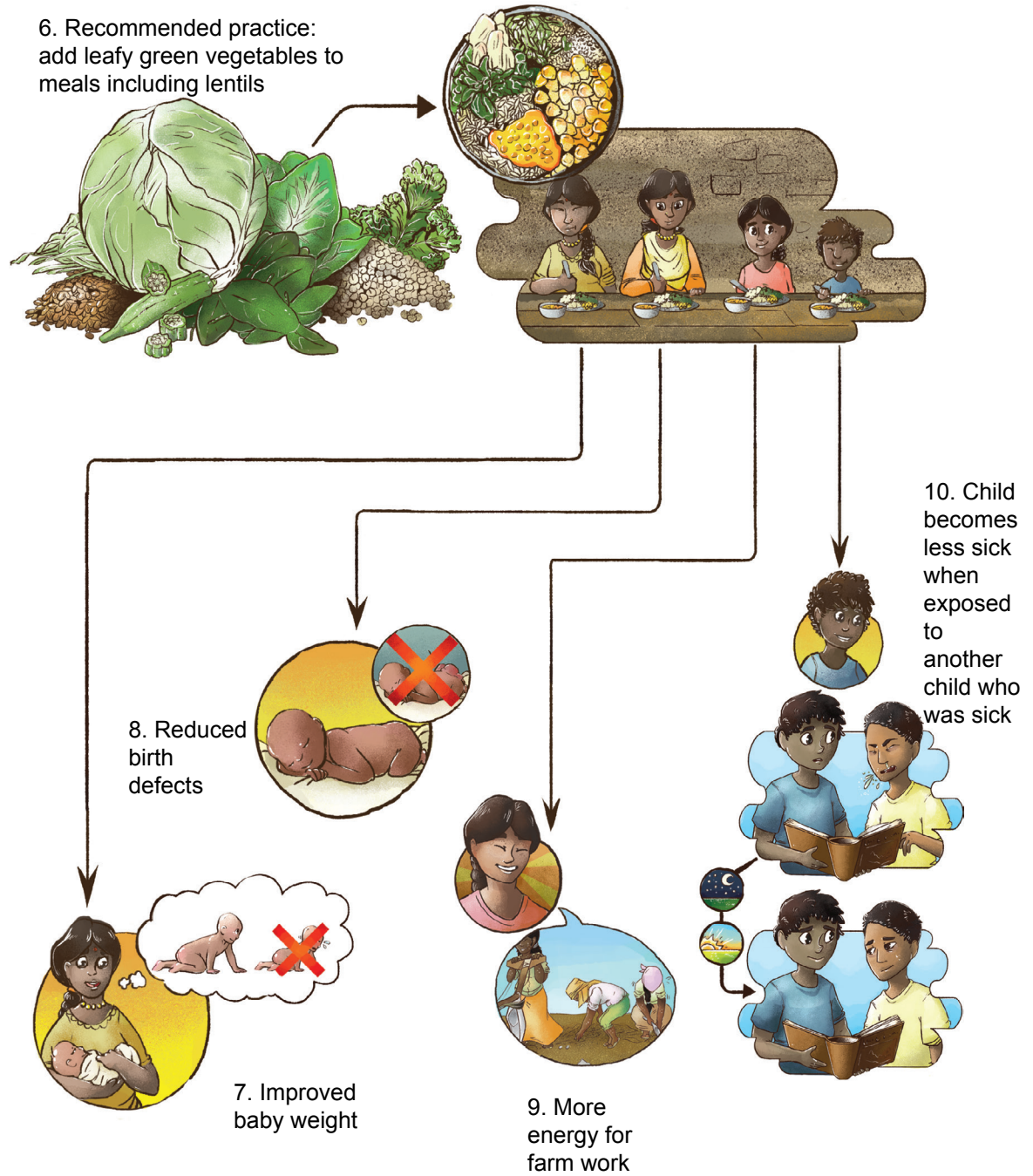
Lesson: Pregnant women and children should eat leafy green vegetables

1. Not recommended practice:

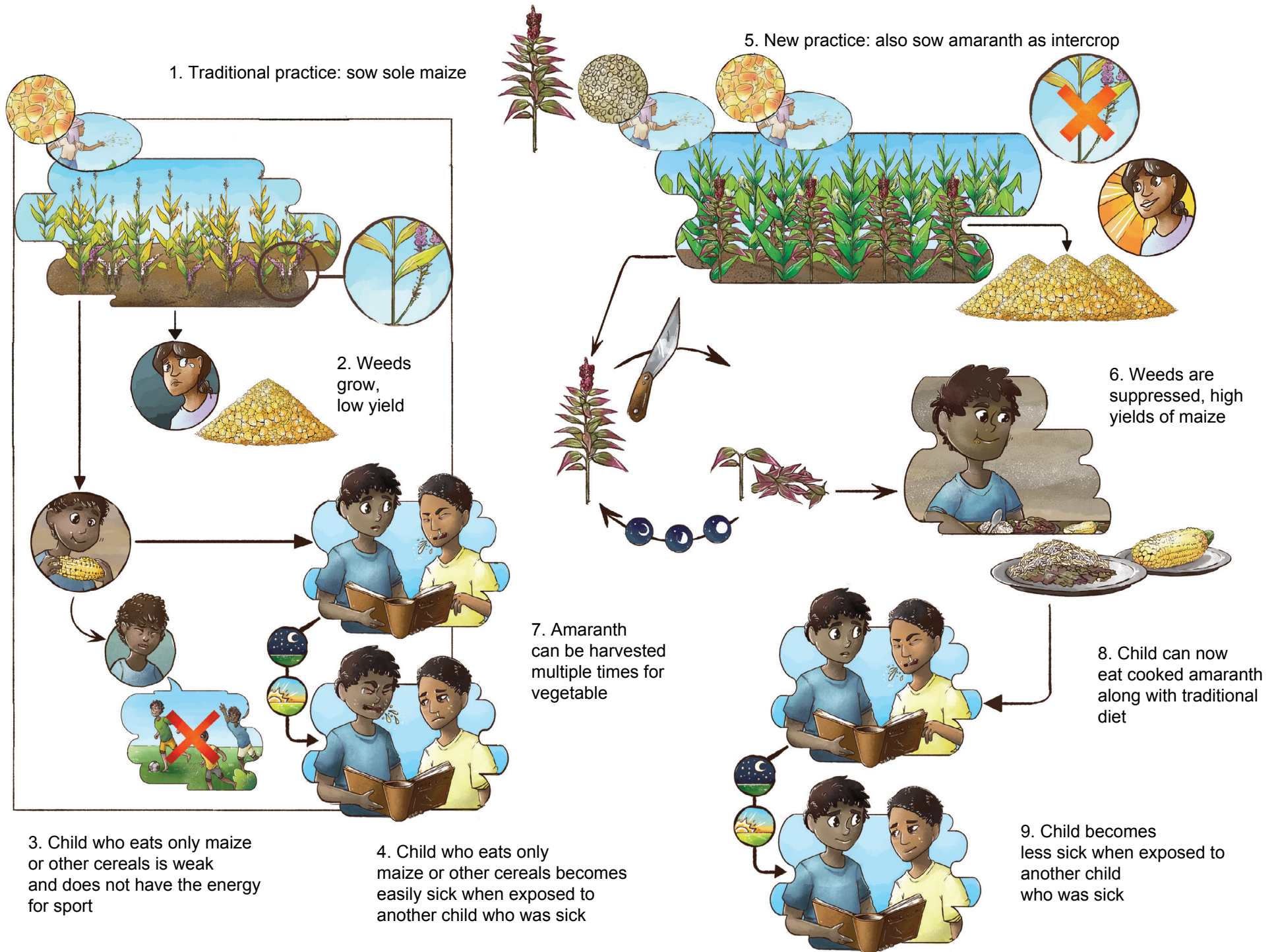
Pregnant women, teenage girls or children eat mostly large grains such as maize or rice or tubers such as cassava



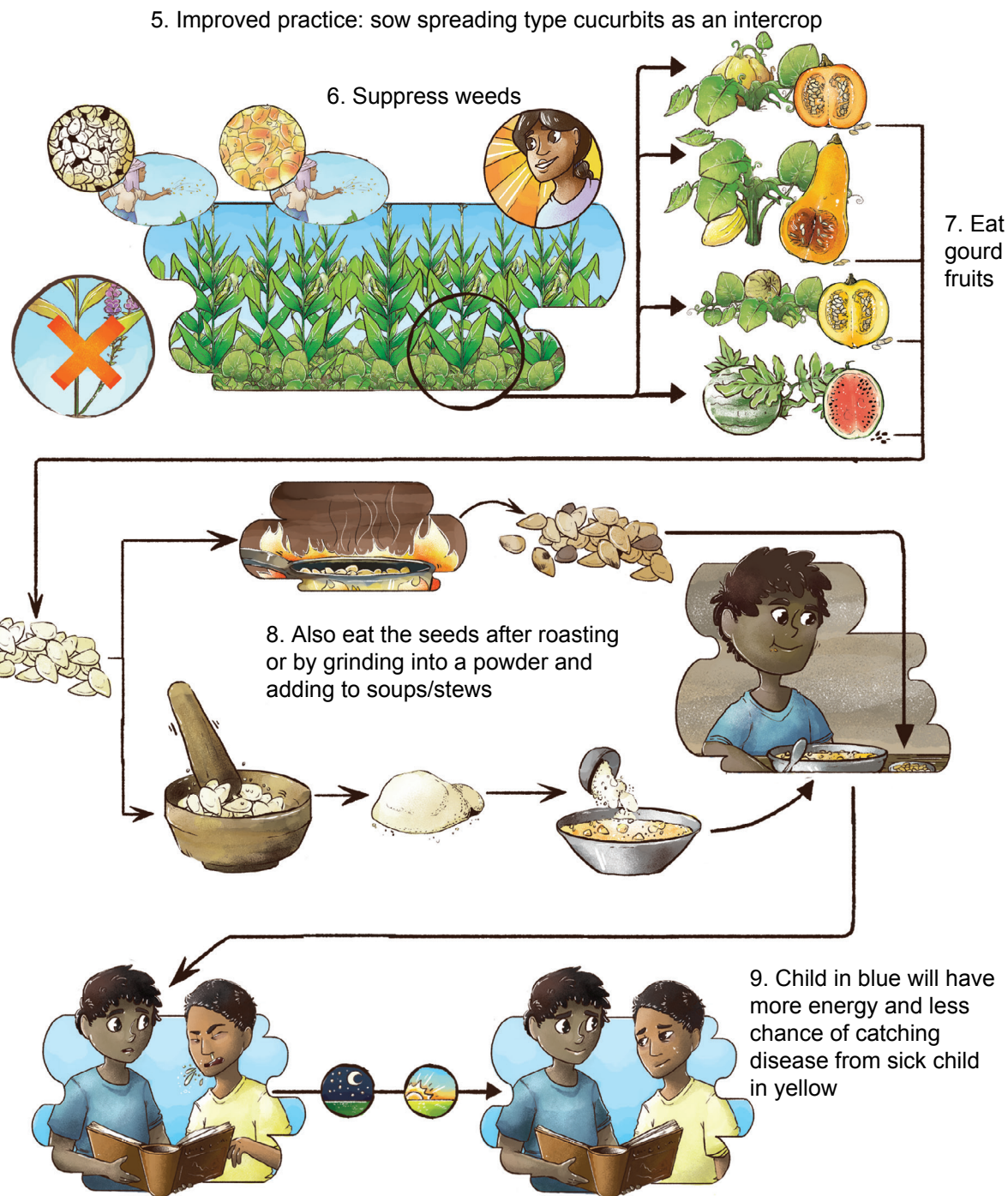
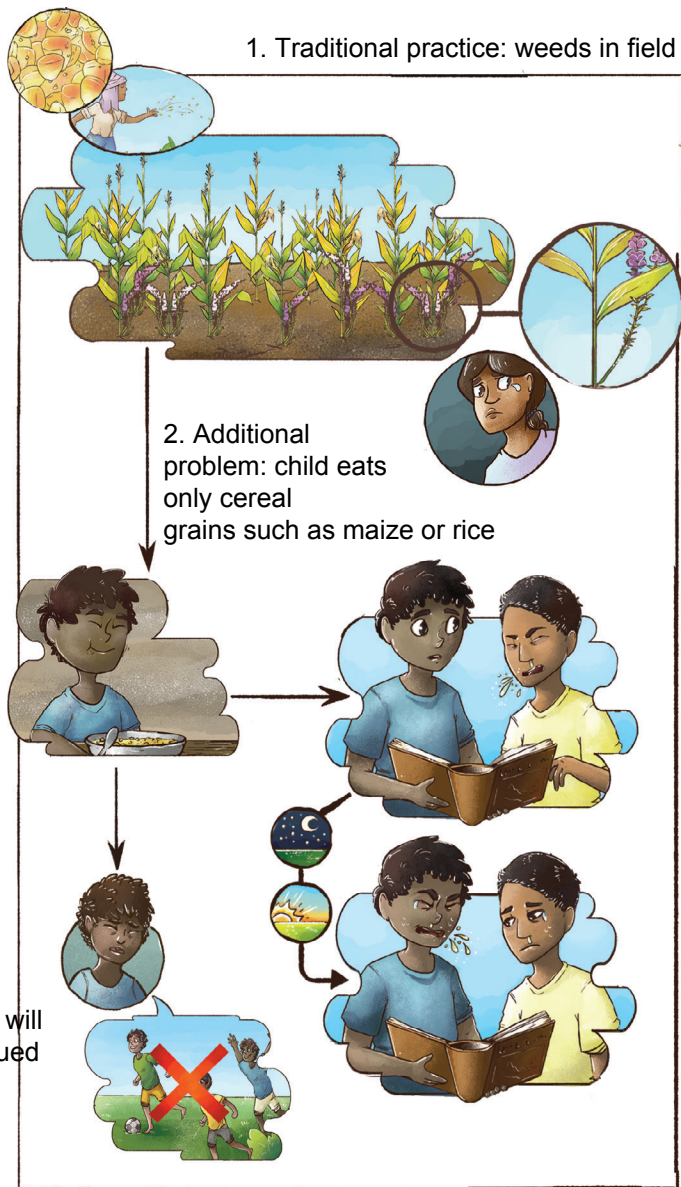
6. Recommended practice: add leafy green vegetables to meals including lentils



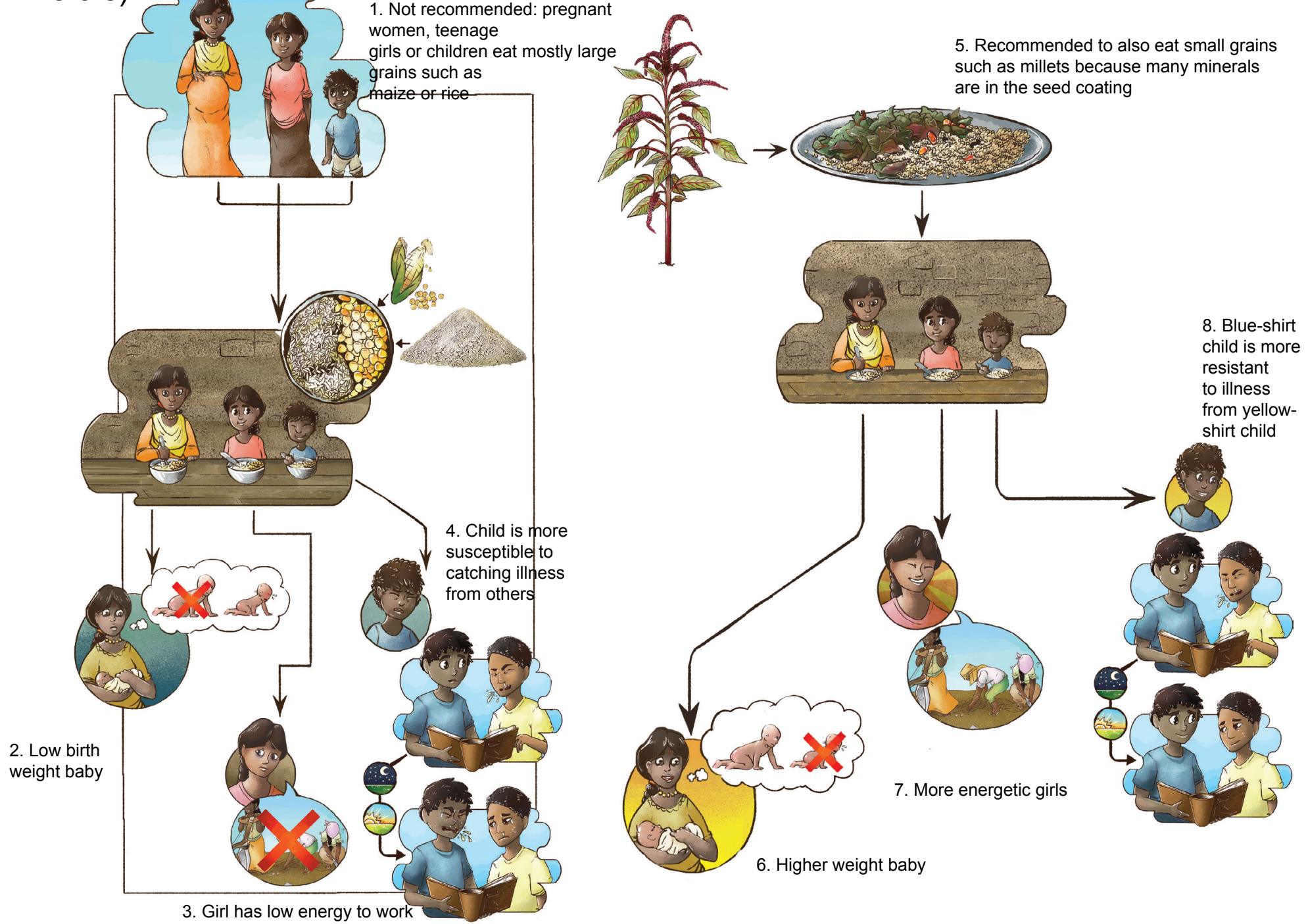
Lesson: Amaranth is fast, easy to grow, can suppress weeds and adds nutrients to human diets



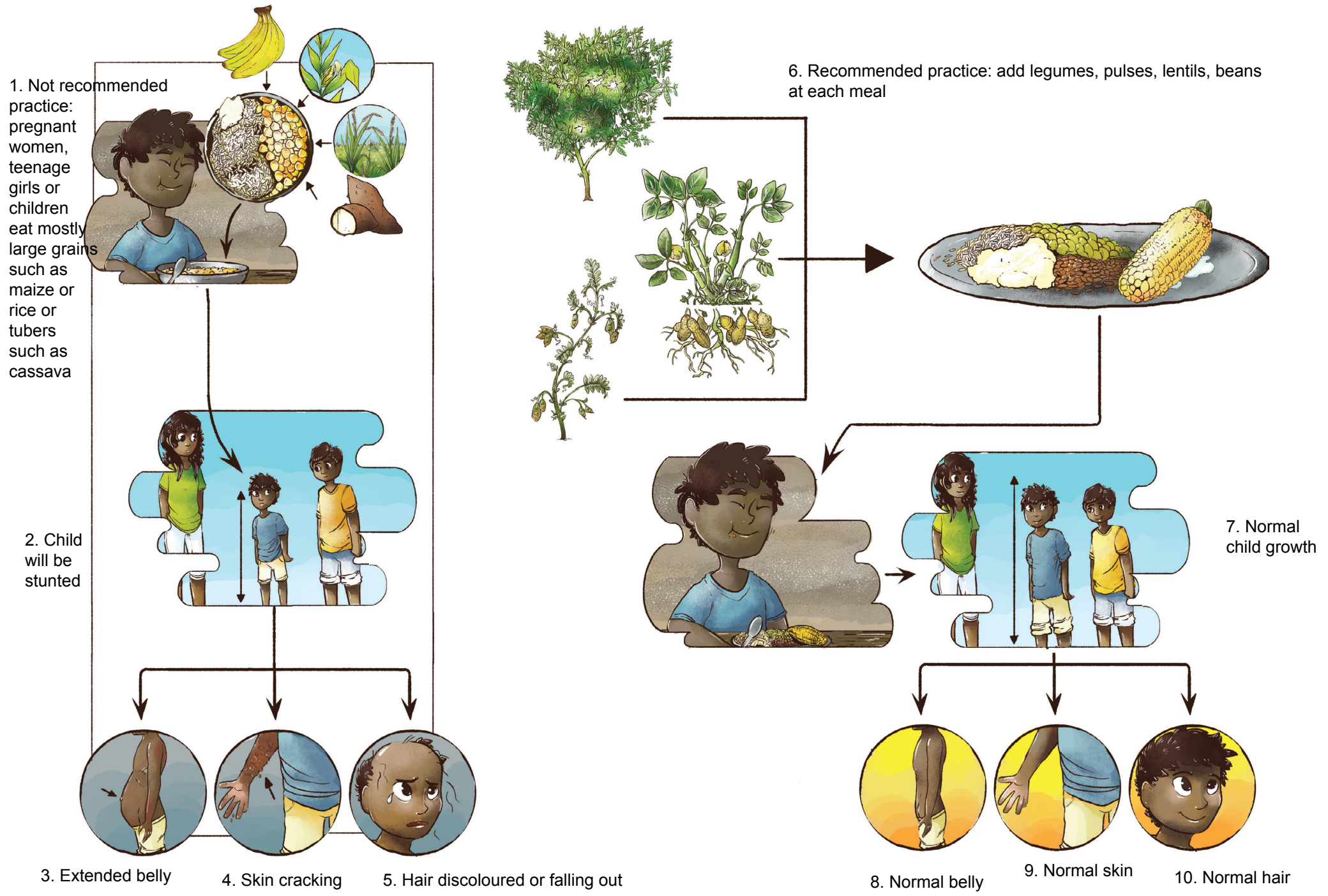
Lesson: Cucurbit intercrops suppress weeds and provide nutrients to reduce disease in people



Lesson: Pregnant women and children should eat whole small grains to be healthier (folate and minerals).



Lesson: People especially pregnant women and children should eat legumes/pulses



Lesson: Pregnant women and children should eat colourful foods, leafy green vegetables, legumes/pulses and small whole grains

1. Not recommended:
pregnant women, teenage girls or children eat mostly large grains such as maize or rice or tubers such as cassava

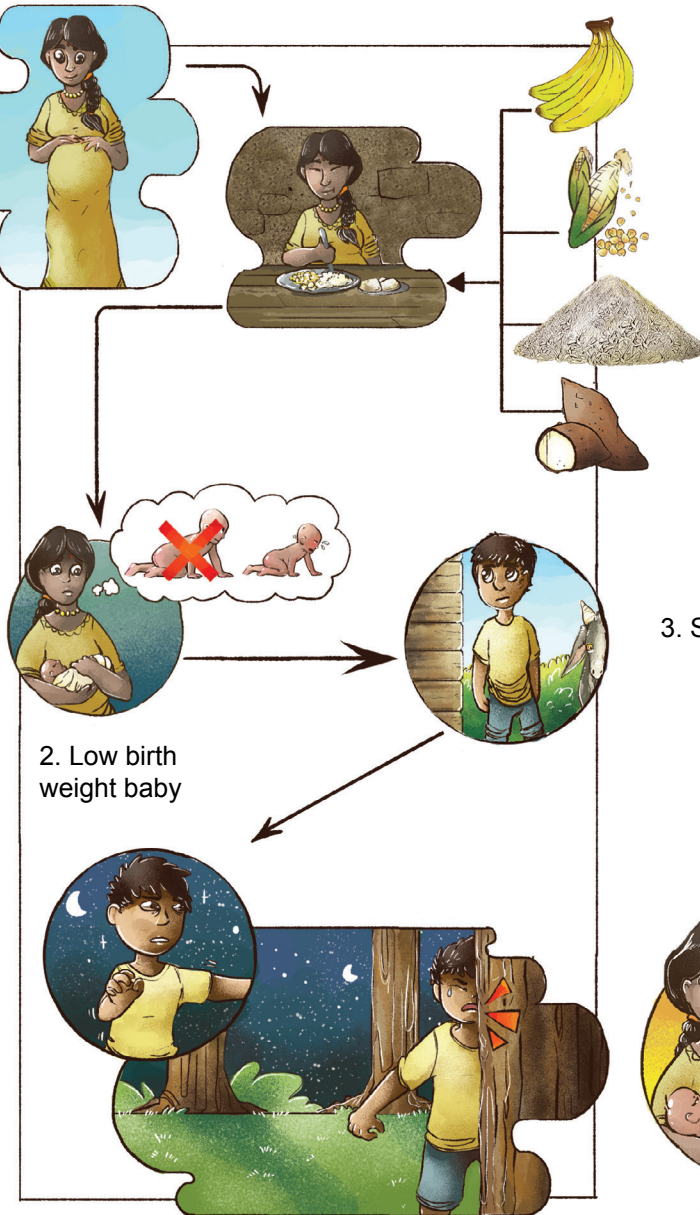
5. Recommended foods to eat

small grain legumes/pulses

colourful fruits and vegetables and cooked cucurbit seeds

leafy greens

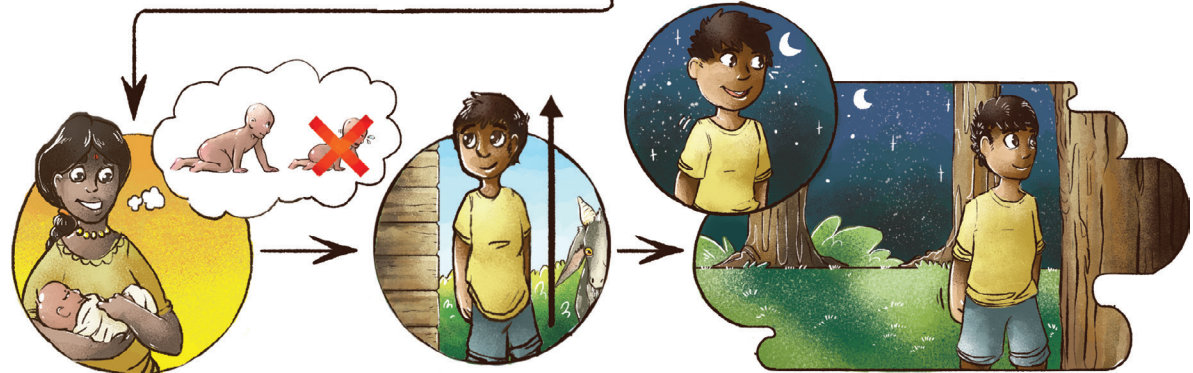
small grain cereals (e.g. millet)



3. Stunted child

2. Low birth weight baby

4. Night blindness



6. High birth weight baby

7. Normal growth

8. Proper eyesight at night