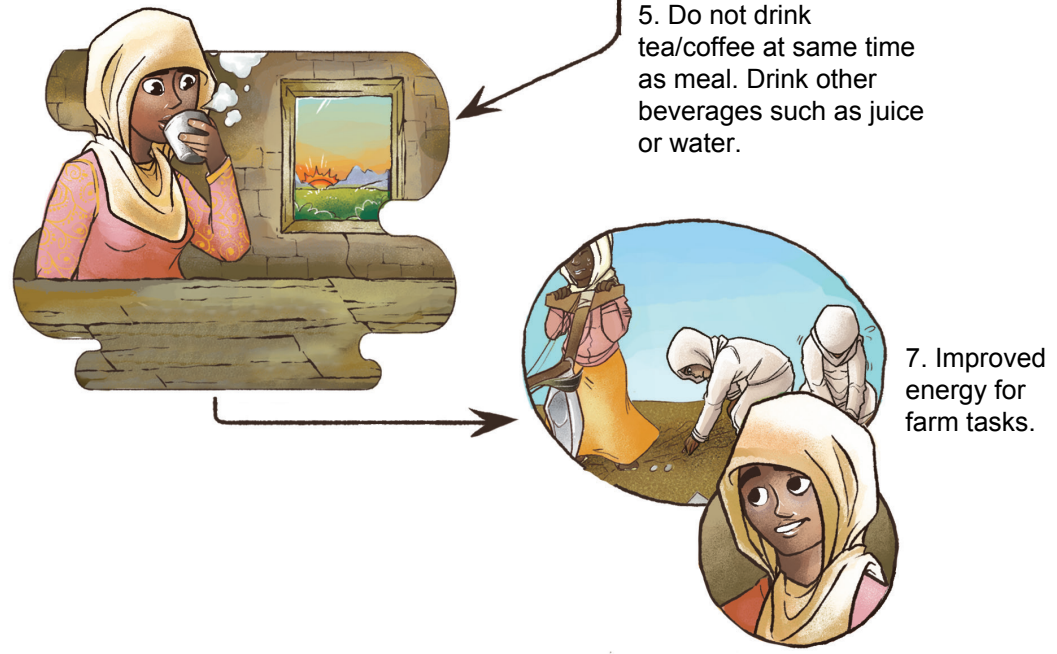
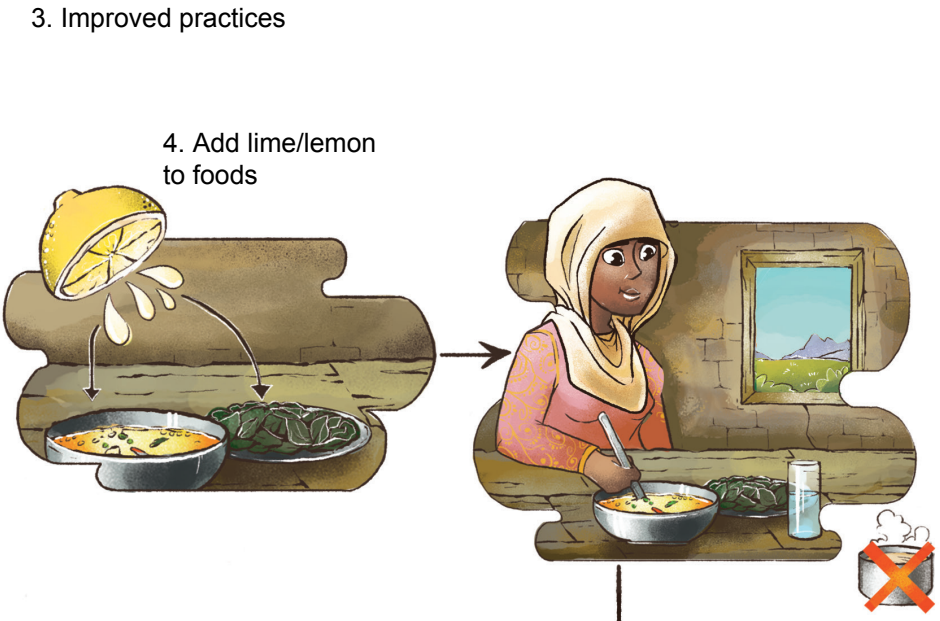
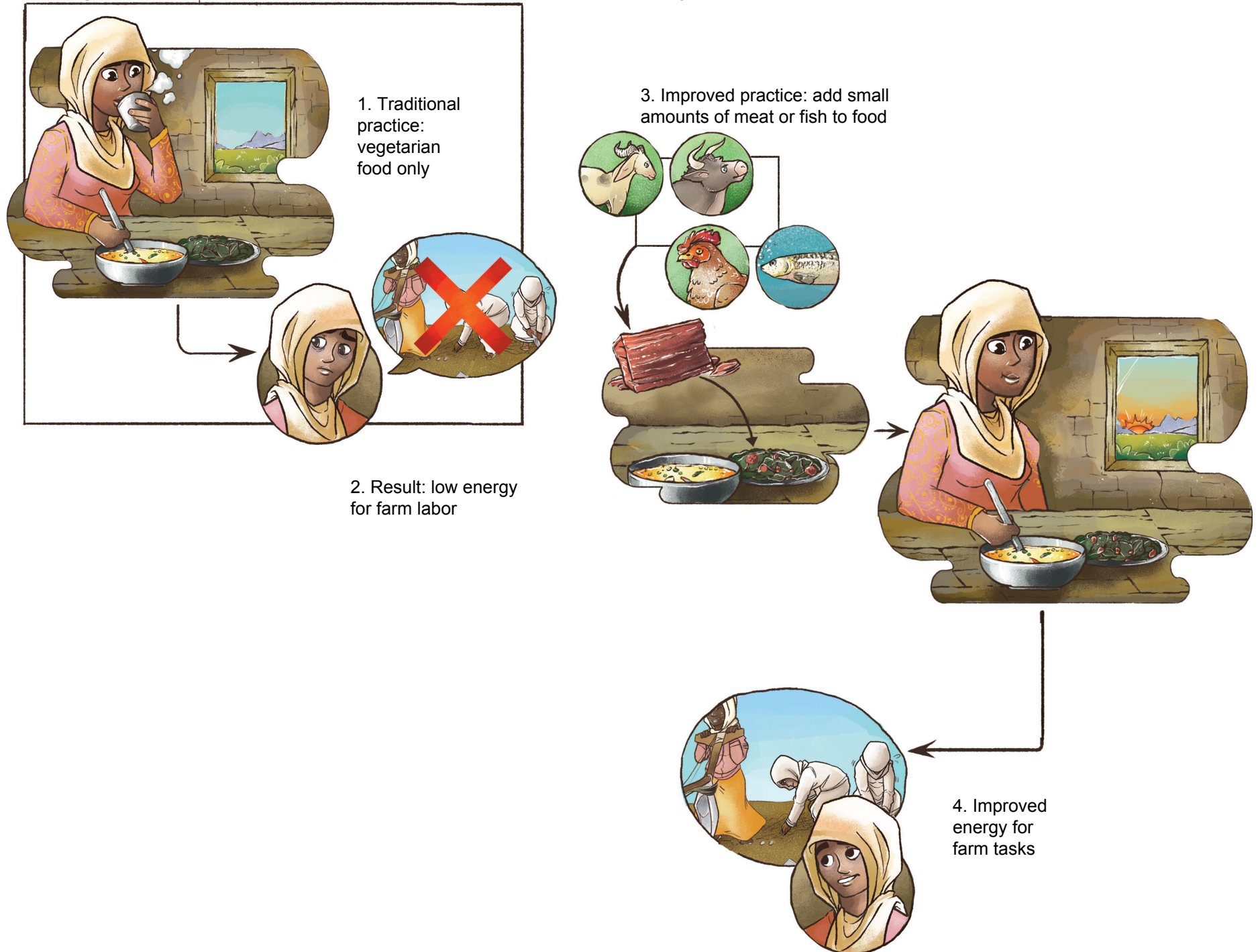


Lesson: Not drinking coffee/tea at the same time as meals, and adding lemon/lime to food, will make people feel more energetic due to improved iron absorption, especially women.



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.



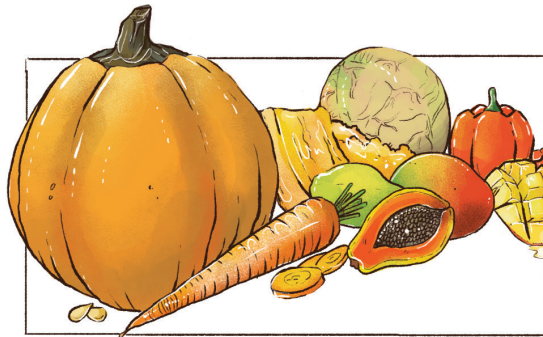
Lesson: Eating a diversity of colourful foods will prevent people from catching diseases

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



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

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



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

5. Blue shirt child eats colourful foods

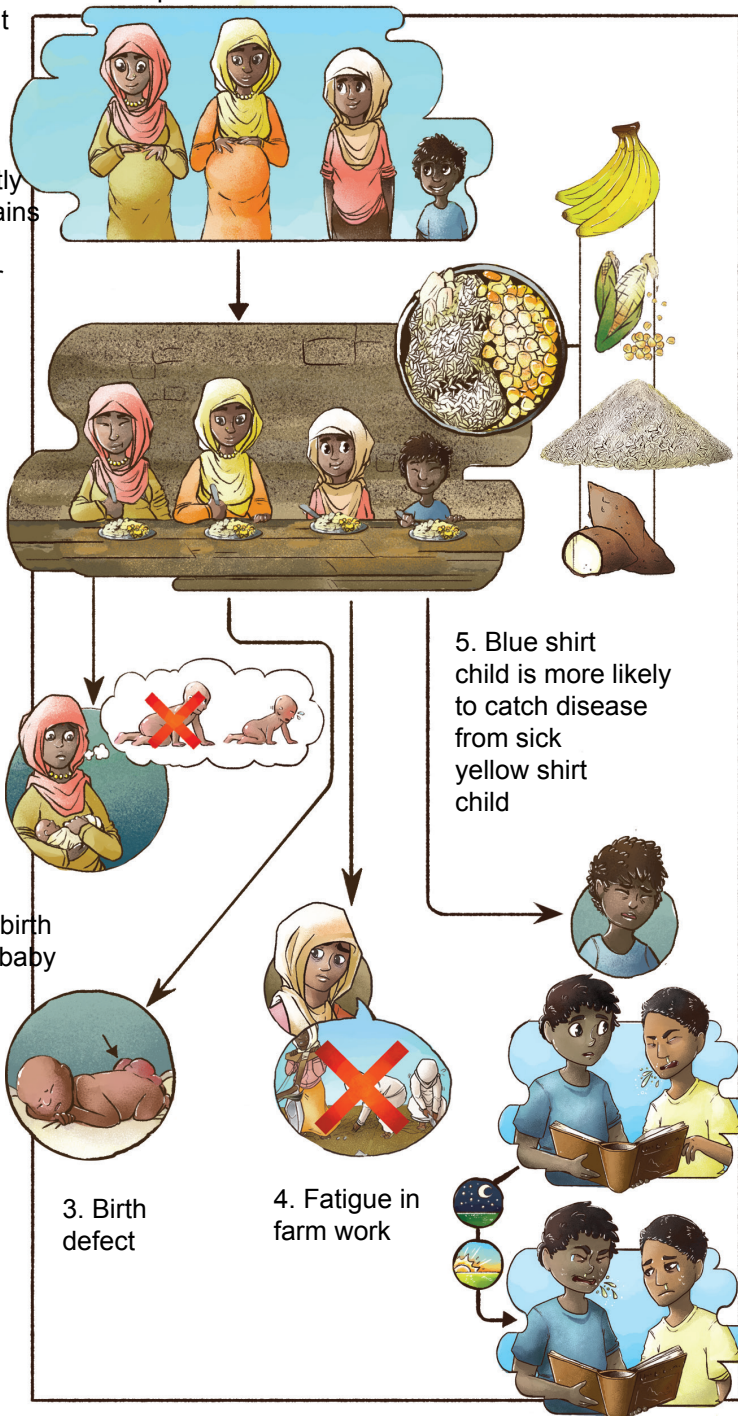


6. Blue shirt child less likely to become sick after contact with sick yellow shirt child

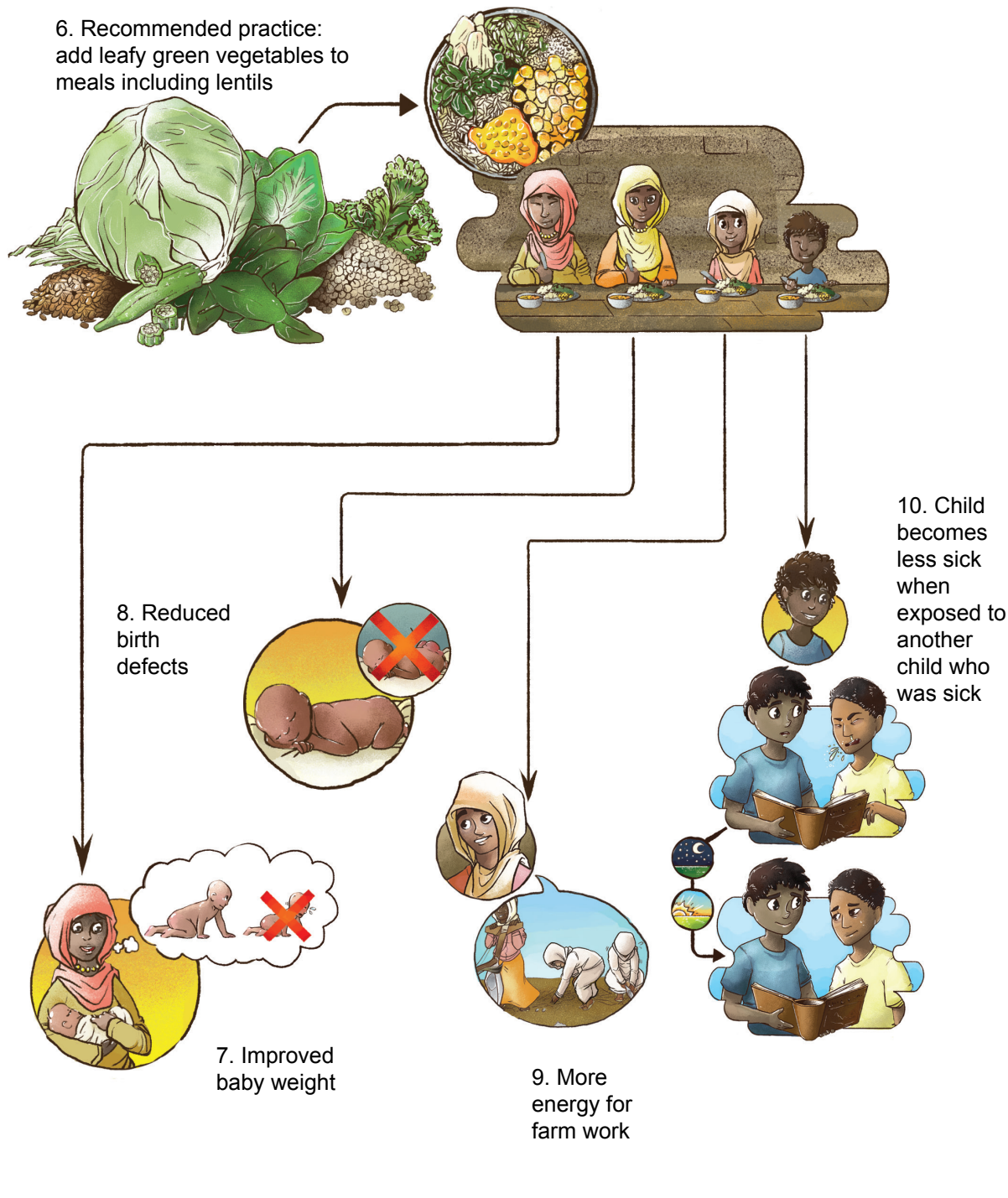
Lesson: Pregnant women and children should eat leafy green vegetables

1. Not recommended practice:

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

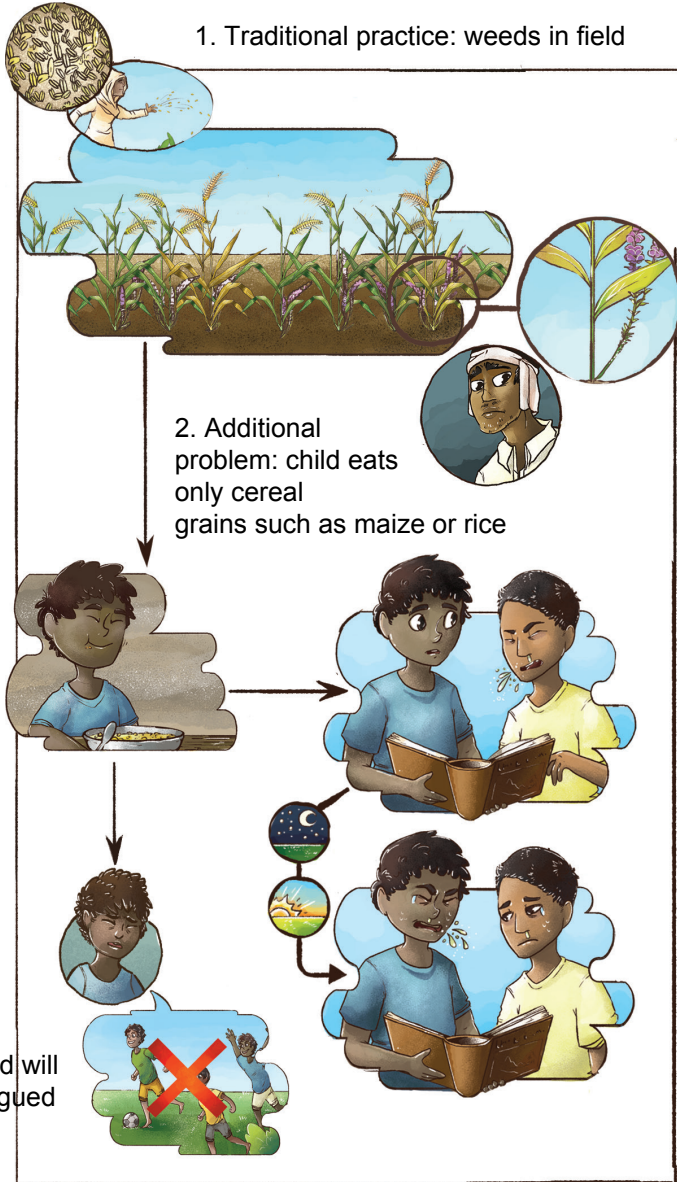


6. Recommended practice: add leafy green vegetables to meals including lentils

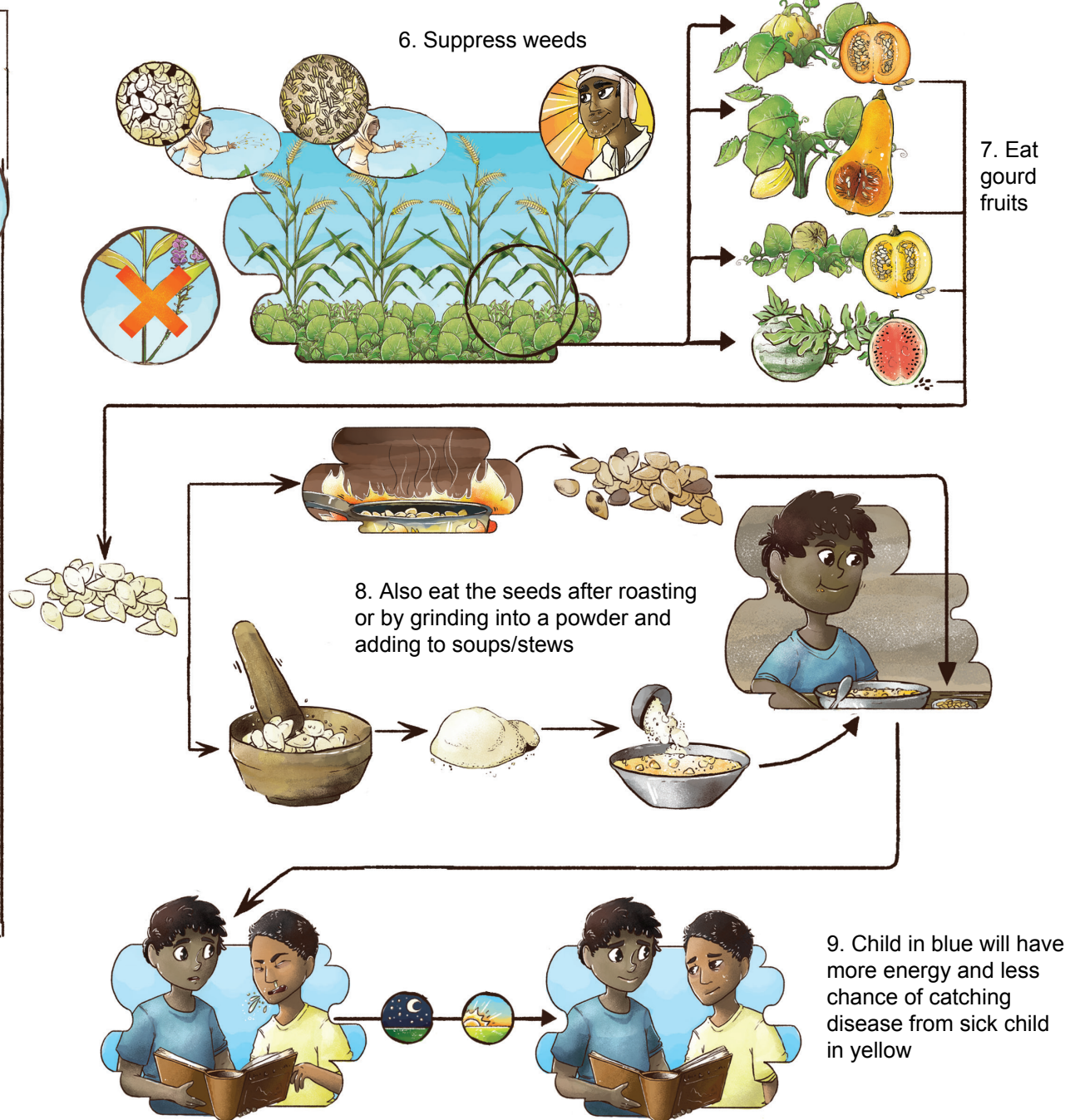


Lesson: Cucurbit intercrops suppress weeds and provide nutrients to reduce disease in people

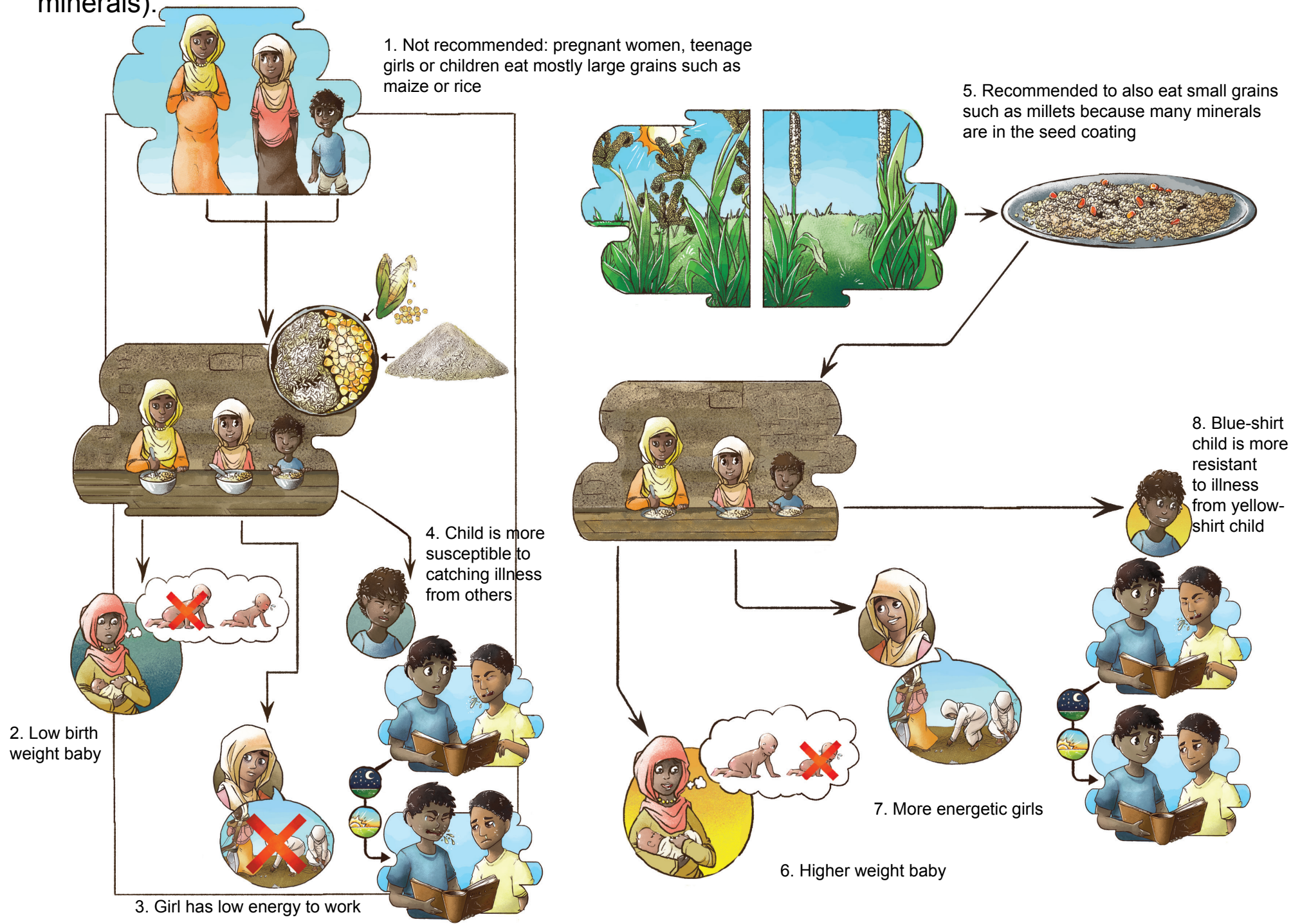
1. Traditional practice: weeds in field



5. Improved practice: sow spreading type cucurbits as an intercrop



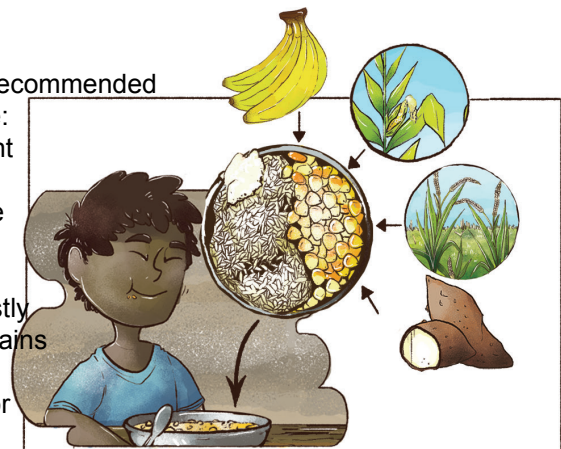
Lesson: Pregnant women and children should eat whole small grains to be healthier (folate and minerals).



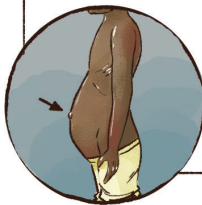
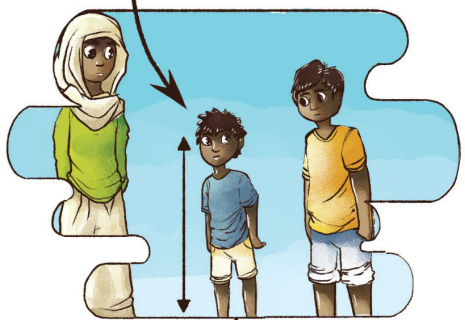
Lesson: People especially pregnant women and children should eat legumes/pulses

1. Not recommended

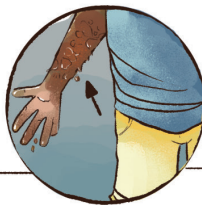
practice: pregnant women, teenage girls or children eat mostly large grains such as maize or rice or tubers such as cassava



2. Child will be stunted



3. Extended belly

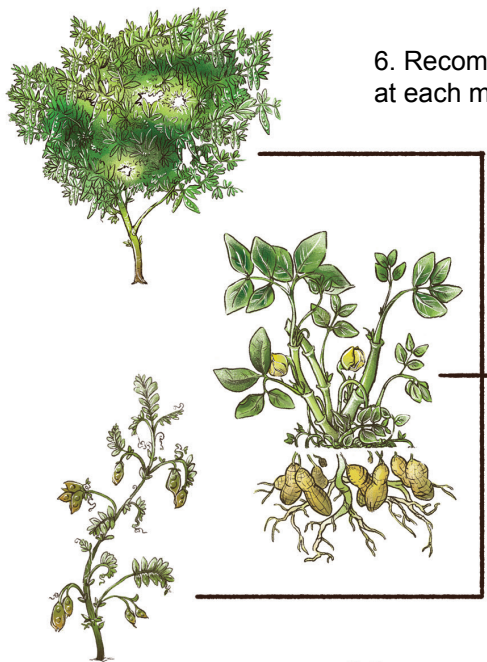


4. Skin cracking

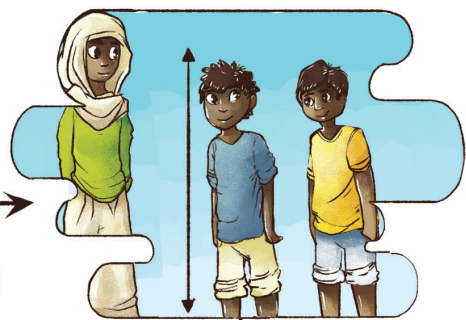


5. Hair discoloured or falling out

6. Recommended practice: add legumes, pulses, lentils, beans at each meal



7. Normal child growth



8. Normal belly



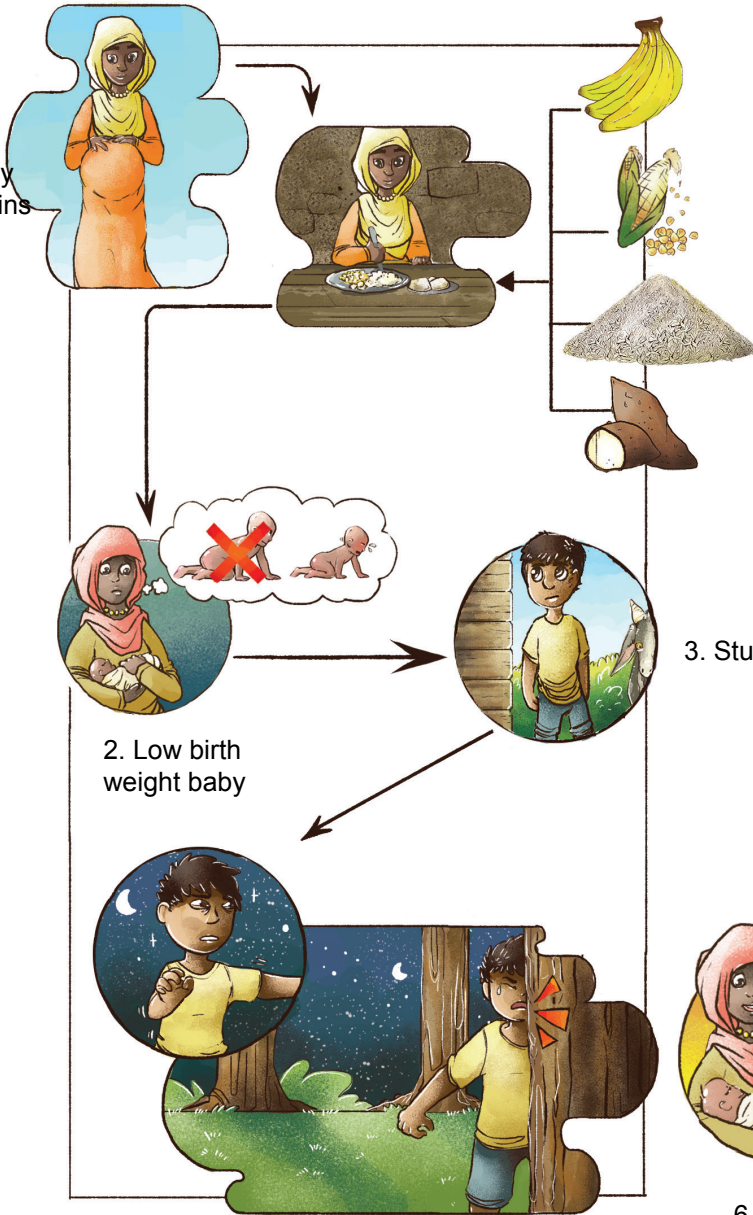
9. Normal skin



10. Normal hair

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



colourful fruits and vegetables and cooked cucurbit seeds



5. Recommended foods to eat

leafy greens



small grain legumes/pulses



small grain cereals (e.g. millet)



3. Stunted child

2. Low birth weight baby

6. High birth weight baby

7. Normal growth

8. Proper eyesight at night

4. Night blindness

