

## NUTRITION

10.a

<b>ACTIVITY:</b>	Three pile sorting
<b>CARD SET:</b>	10
<b>TIME:</b>	1 - 2 hours
<b>OBJECTIVE:</b>	To understand how to ensure good nutrition.
<b>KEY MESSAGE:</b>	Provide a balanced diet to children
<b>HOMEWORK:</b>	Practice the recommended recipes

### METHOD:

1. Give out all the pictures to the group and ask them to come up one at a time and explain their picture.
2. Discuss each picture and decide if it is good, bad, or medium and for what reason.
3. Discuss:
  - how children should be feed, and which food is the most nutritious
  - how to ensure school going children have enough food.
  - which food is worth buying and how to get nutritious food rather than junk food.
  - how food should be grown at home and vegetables consumed regularly.
4. Show the pictures of Kwashiorkor and Miasmas and explain the difference
5. Ask people to give examples of malnutrition that they have seen.
6. Decide how to ensure food security by growing a nutrition mound or garden.
7. Make plans for appropriate trainers to come and assist to start up the gardens.

### RECOMMENDED PRACTICES

1. Children should be given a balanced diet
2. Children should eat three times a day
3. Children's growth depends on the right food
4. Babies should continue feeding until 2 years, with supplementary food.
5. At 2 years they should continue to be well fed once weaned
6. School children should have food before they go
7. School children should have a midday meal
8. Mothers should buy health food, not junk food.
9. Avoid giving children too many sweets and coke
10. All families should grow and consume vegetables.