

My School Nutrition Book

Name:

Mama:

Papa:

School:

Number of children in
family:

Grade:

Village:



This is my book. It will help me learn more about growing good food.

I will know if I am growing properly.

I will know if I am healthy.



The good things I get from the food I eat are called nutrients.

There are many different nutrients my body needs.

Different foods contain different nutrients.

I must eat many different foods every day to get all the nutrients my body needs.

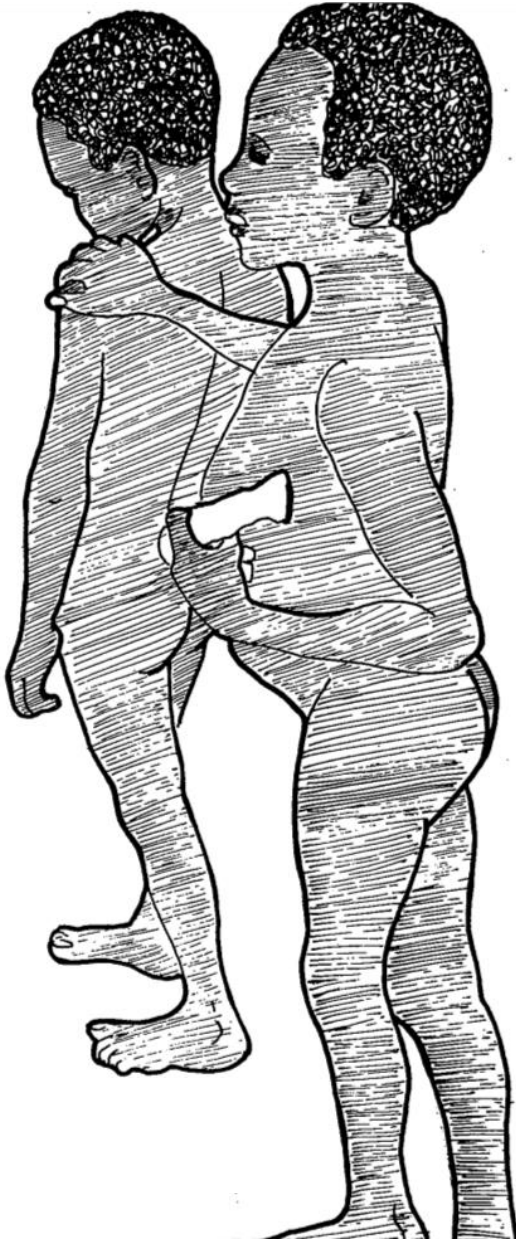
If I want to grow, I need to eat good food three times every day.



To stay healthy, I should eat all the good foods that grow in my garden



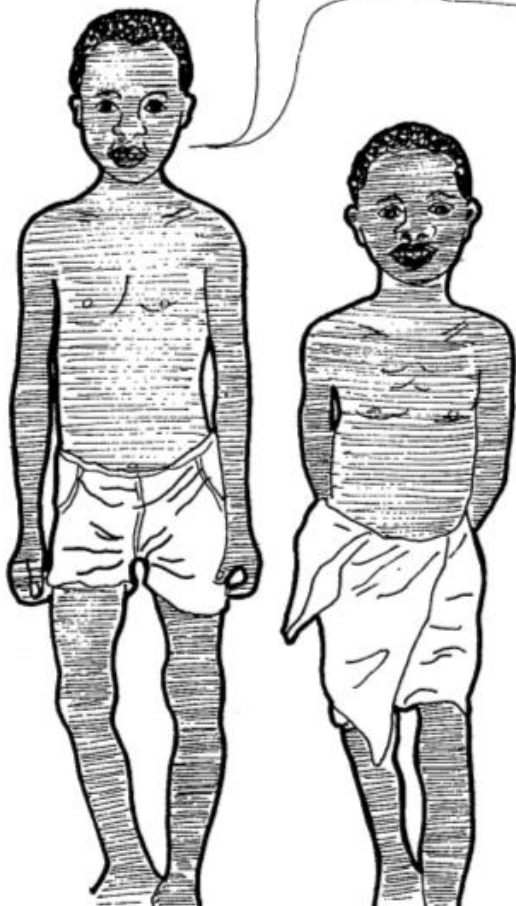
I will learn about malnutrition



I must look after myself and my little brothers and sisters.
We should all eat good food every day.



Every day when I go to school, I must eat good food. When I go home I must help grow good food.





When you learn about good things to plant in your garden – corn, beans, greens, fruit – go home and plant them with your parents.



All school children should help their parents grow good food.

Ask your mother to help with the cooking at school. Help mother cook at home.

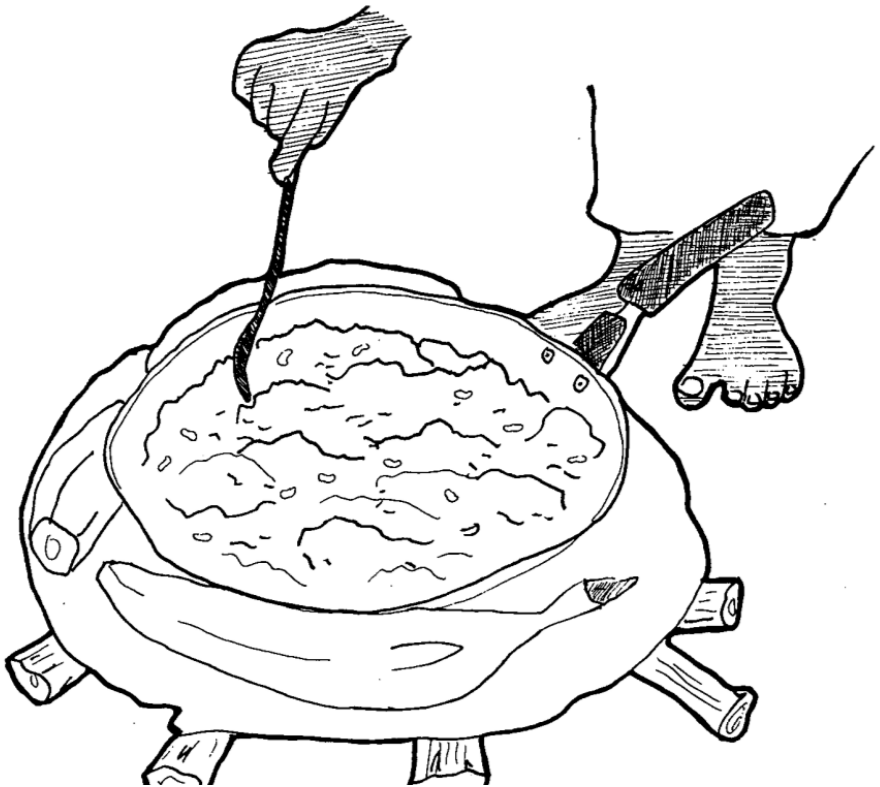


We all like good food. We should cook our food in the best way.

Clean hands. Clean water.

Don't boil the greens too long.

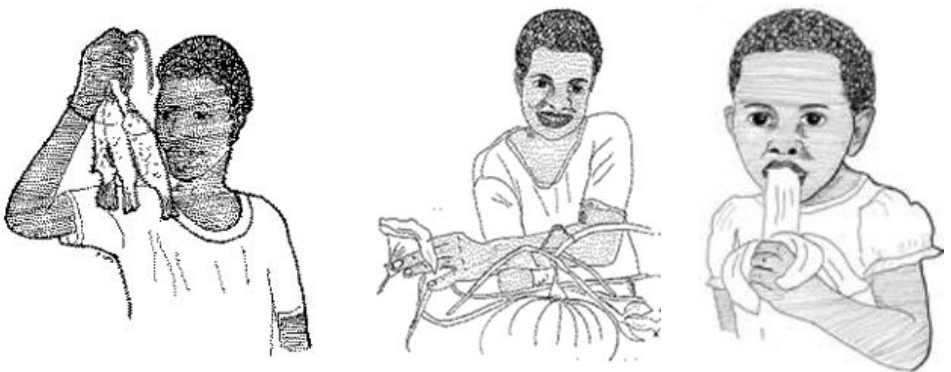
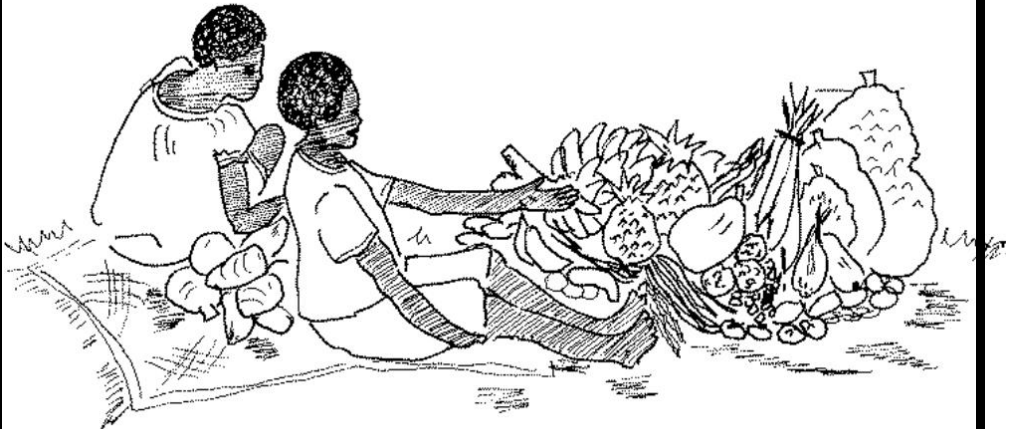
Have some food from all three food groups (energy food, growth food and health/protection food) in every meal.



Good Things our bodies need

We eat food to get all the good things our body needs to grow strong and healthy. These good things are called nutrients.

There are many different kinds of nutrients we need. Eat many different kinds of foods to get all the nutrients we need.

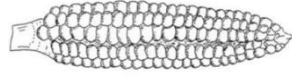


The 3 food types

We should eat foods from the 3 types every day.

1. Energy Foods

We need energy to grow, work, think and do many things.



Energy foods like cooking banana, sago, sweet potato, and yam do not have enough energy for all our needs. We should also eat high energy foods like corn, seeds, coconut and nuts.

Fat and oil in coconut, peanut and marita pandanus are also good high energy foods.

2. Growth Foods

Growth foods contain protein for us to grow strong and build strong muscles.

Eat lots of beans, peanuts, other nuts, seeds and animal foods like meat and eggs to grow strong.



3. Health (Protection) Foods

Health foods contain many different nutrients our bodies need like minerals and vitamins.



Greens, other vegetables, fruit and spices are important health foods.

School Garden

Grow many nutritious foods like corn, peanut, beans and leafy greens in your school gardens.

Grow fruit and nut trees (especially coconut) and marita pandanus outside your school garden.

Grow enough food in your school garden for you to eat each day.



Soil conservation

Protect your soil so it continues to grow good food crops for your family.

Heavy rain and running water on steep slopes can wash soil away.

Cover the soil with grass (mulch) or closely planted crops to protect it so the soil will not wash away.

On steep slopes, plant crops across the slope to stop water running down the slope and washing soil away. This also helps water soak into the soil for our crops.

Plant trees and shrubs on steep slopes, and grow grass or dense, closely planted crops like peanuts under the trees. This will stop the soil being washed away.

The deep tree roots will help hold the soil together so it does not slip down the slope.

Add organic matter to the soil

Dig a trench and fill it with organic matter (kunai or other plant material like scraps of food).

Cover the kunai with soil to make a mound.

Wait about 2-4 weeks before planting seeds in the soil above the kunai.

The kunai is like 'food' for the soil. It will rot in the soil and release a lot of plant nutrients so crops will grow strongly and produce a lot of food.

Every time you plant a new crop, add organic matter to the soil to keep the soil fertile.

You can grow many green leafy vegetables, corn, beans and peanuts in your new, fertile village garden.



Mulch

Mulch is made from organic matter. It is spread out on top to the soil around the crop plants. A layer of mulch helps crops grow better in many ways.

It:

- Stops weeds growing (because they have no sun).
- Keeps water in the soil during dry weather.
- Keeps the soil cool during hot weather.
- Protects the soil from heavy rain.
- Rots and gives food back to the soil to keep it healthy and fertile (like when we add organic matter into the soil).

Kunai is good organic matter for mulching but any plant material can be used as long as it does not have seeds in it because these will become weeds in the garden.

Crop rotation

Every time you grow food, change the type of crop grown in the same block of land to protect it from insects and diseases.

A good rotation is: Plant corn. When the corn is harvested, plant beans between the dried corn plants. When the beans are harvested, grow greens like aibika. When the greens are harvested, grow peanuts.

Plant corn again after the peanuts are harvested. You must organise your garden into separate areas to rotate crops.

Do not forget to add organic matter like kunai to the soil before planting each crop.

Planting crops every month

Women and children need to eat a lot of nutritious food every day. It is important to plant enough seed of each crop (corn, beans, greens) every month in a different area of soil to produce nutritious food to last a long time.

When the first crop stops producing food, the second crop will start producing food.

When the second crop stops producing food, the third crop will start producing food.

Continue this way so you have plenty of corn, beans and greens to eat over a long time.

Name:

School:

Age:

Grade:

Term 1.	
Weight (kg)	
Height (cm)	
Days absent	

Term 2.	
Weight (kg)	
Height (cm)	
Days absent	

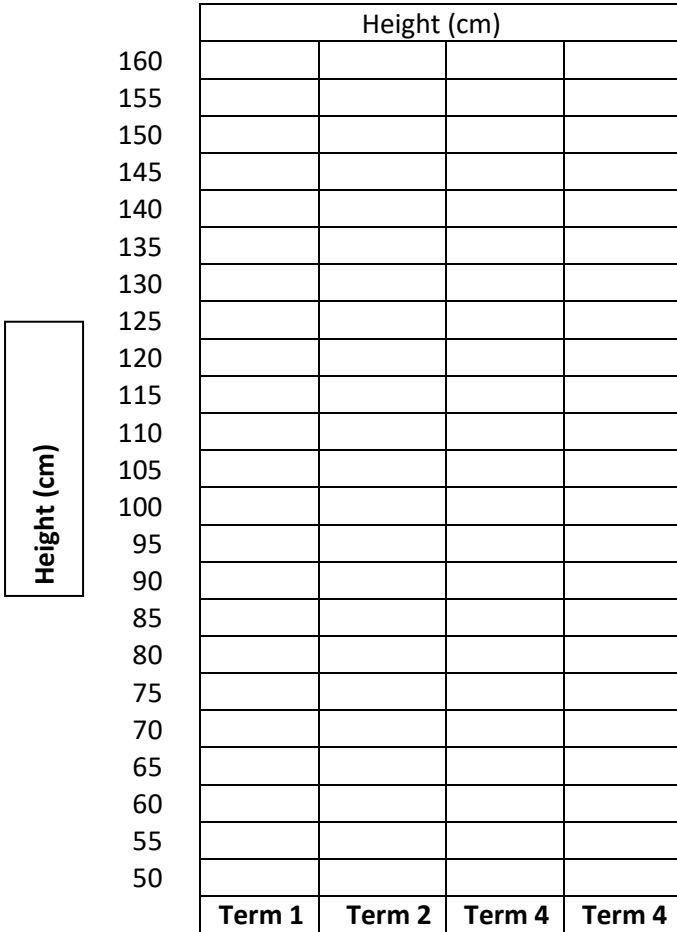
Term 3.	
Weight (kg)	
Height (cm)	
Days absent	

Term 4.	
Weight (kg)	
Height (cm)	
Days absent	

Weight (kg)

Weight (kg)			
60			
58			
56			
54			
52			
50			
48			
46			
44			
42			
40			
38			
36			
34			
32			
30			
28			
26			
24			
22			
20			
18			
16			
14			
Term 1	Term 2	Term 3	Term 4

Plot your weight each term on this graph. If you eat nutritious food every day, you should be healthy and your weight should increase a lot.



Mark your height on this graph each term. If you eat nutritious food every day, you should be healthy and your height should increase a lot.



Thank you

This primary school colouring book was first written, illustrated and published by Sabet Cox in the late 1970s, over 40 years ago. It was distributed to 140 schools in the Sepik as part of a school nutrition curriculum. All trained teachers made gardens and organised cooked lunches at schools and monitored children's height, weight and arm circumference.

Some minor additions to the book have been made so it can be used by schools in the Strickland Bosavi area of Western Province, PNG as part of a Rotary Foundation Global Grant "Adopt-a-Village" project. I hope the messages in this book will help improve nutrition for students and their families.

All Sabet's excellent resources have been archived by HELP resources (c/- Jill Bosro, Manager, HELP Resources, PO Box 1303, WEWAK). I am grateful for access to these resources.

Dr Russ Stephenson

Rotary Club of Nambour

Solutions to Malnutrition and
Food Security



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Rotary
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