

# Tropical Poultry Genetics Solution Nutrition-Sensitive Intervention

IMPROVING NUTRITION OUTCOMES  
THROUGH OPTIMIZING  
AGRICULTURAL INVESTMENT  
Household Training Manual

2023



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# SESSION I

## WHY NUTRITION MATTERS

Theme #1:  
Why good nutrition?

Theme #2:  
Causes of malnutrition



# Theme #1: Why good nutrition



## OBJECTIVES

Understand why good nutrition is important



## DISCUSSION QUESTIONS

Show the image and ask:

- What do you see in the picture?
- What does this picture tell us?
- What are the benefits of good nutrition?

## HOW TO FACILITATE THIS SESSION

**Before the session begins:**

- Welcome all the participants and exchange greetings.
- Introduce yourself.
- Ask participants to introduce themselves.
- Explain why you are meeting them and how long the session will take.

## FACILITATION REQUIREMENTS

**Time required:** 45 minutes.

**Teaching and Learning Resources:**

Counseling cards with poorly nourished family members, malnourished children, and vicious circle of malnutrition for farmers, plates of a poor meal and a balanced meal, food group poster

## FACILITATION METHODS

Question and Answer, discussion, group work-

## FOR THE NEXT SESSION

- A cookery session on an example of a nutritious diverse meal.
- Request farmers to bring food items that will be used in the next session to demonstrate how a nutritious meal should be like

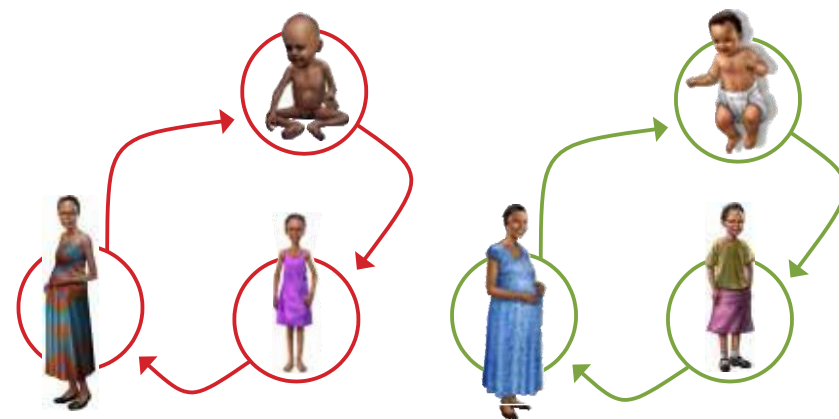


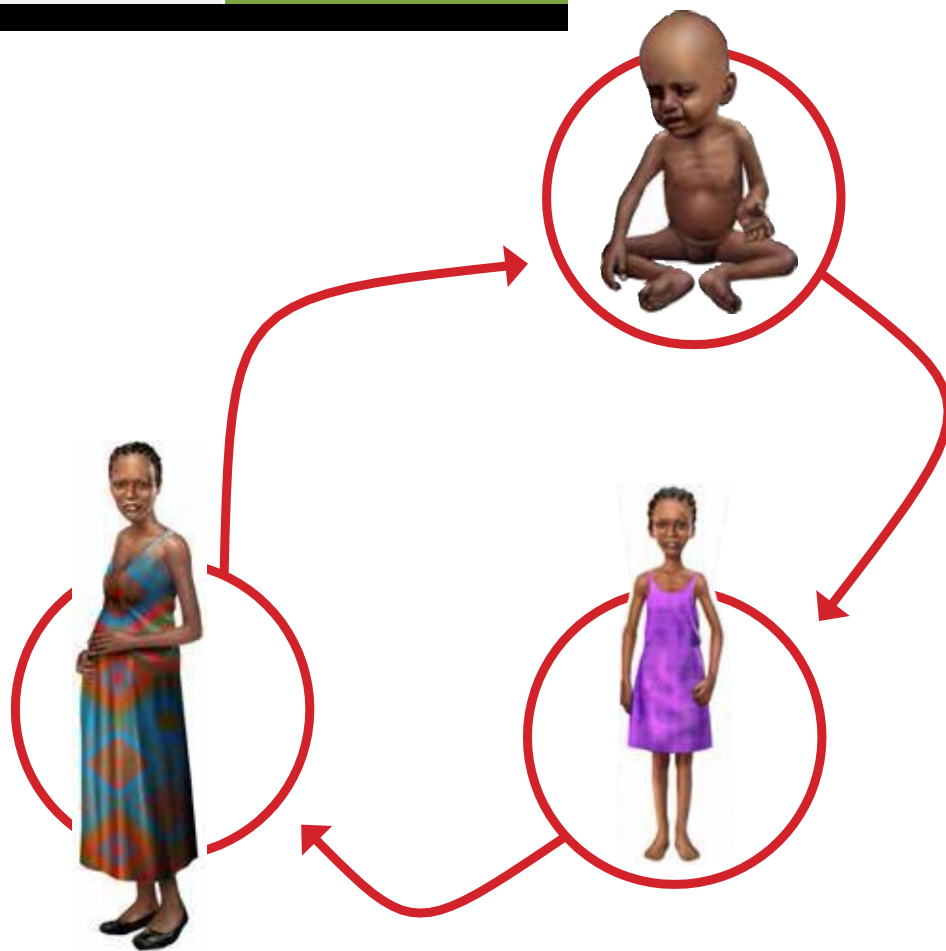
## KEY MESSAGES

- Good nutrition is important at all stages of life.
- Our bodies need enough of the right foods to give us energy to grow, learn, work and stay healthy.
- A poorly nourished pregnant woman is likely to give birth to an underweight child who will have a poor start in life and likely to have an underweight child herself.
- Children under the age of two have particular needs because their bodies are growing and changing quickly, even before birth. Health and nutrition are closely linked – a person must be well nourished to be healthy, while poor health can affect nutritional status
- The three key principles of good nutrition are:
  - Adequate diet** – eating enough of the right foods
  - Absence of disease** – staying healthy
  - Appropriate caring practices** – good care, rest, hygiene, and a stimulating and loving environment for young children

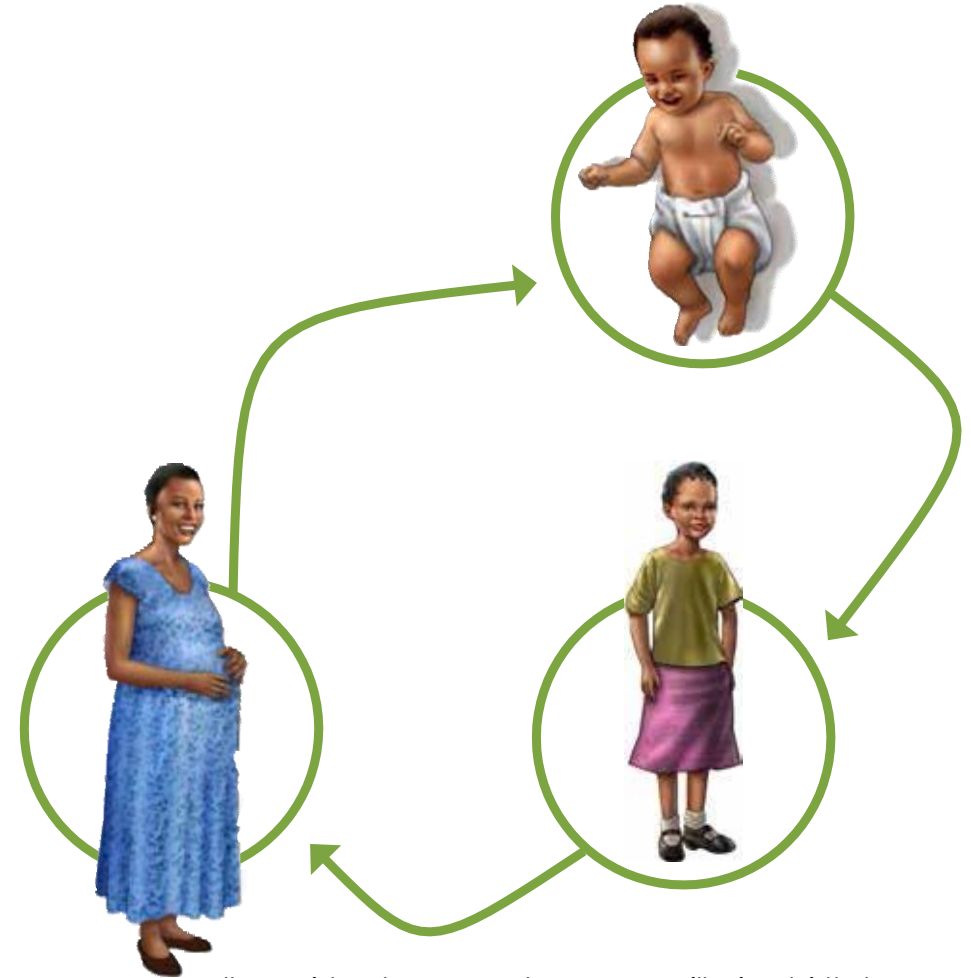
## REMEMBER

*The family need a balanced meal everyday*





A poorly nourished pregnant woman is likely to give birth to an underweight baby who grows up as a weaker adolescent and will likely give birth to an underweight baby.



A well-nourished pregnant woman will give birth to a healthy baby who grows up a healthy adolescent and is likely to give birth to a healthy baby in the future.

# Theme #2: Causes of malnutrition.



## OBJECTIVES

Know about malnutrition and its causes.



## DISCUSSION QUESTIONS

Show the image and ask:

- What do you see in the picture?
- What does this picture tell us?
- What are the causes of malnutrition?

## KEY MESSAGE TO REMEMBER:

A well-nourished family has the ability to produce more food and live a healthier life.

## HOW TO FACILITATE THIS SESSION

### Before the session begins:

- Welcome all the participants and exchange greetings.
- Explain why you are meeting them and how long the session will take.
- Explain that there will be a cookery session after the lesson.

## FACILITATION REQUIREMENTS

**Time required:** 45 minutes, cookery session 30 minutes.

**Teaching and Learning Resources:** Counselling cards, pictures of a balanced meal plate, meal planning food cards.

## FACILITATION METHODS

- Question and Answer, discussion, group work

## FOR THE NEXT SESSION

- A cookery session on classification of foods.
- Request farmers to bring actual food items used in the next session to demonstrate how different foods from different groups make up a diverse diet. The farmers should bring the food they planned and budgeted for in this lesson.

## KEY MESSAGES

The causes of malnutrition are diverse, interlinked, and complex:

### • Immediate causes

(Inadequate diet - quantity and quality, diseases)

### • Underlying causes

(Food security, inadequate mother and childcare, inadequate healthcare, and unhealthy environment)

A person who does not eat a varied diet may lack certain vitamins and minerals (micronutrients). This can affect health at all stages of life and prevent adequate growth and development in children.

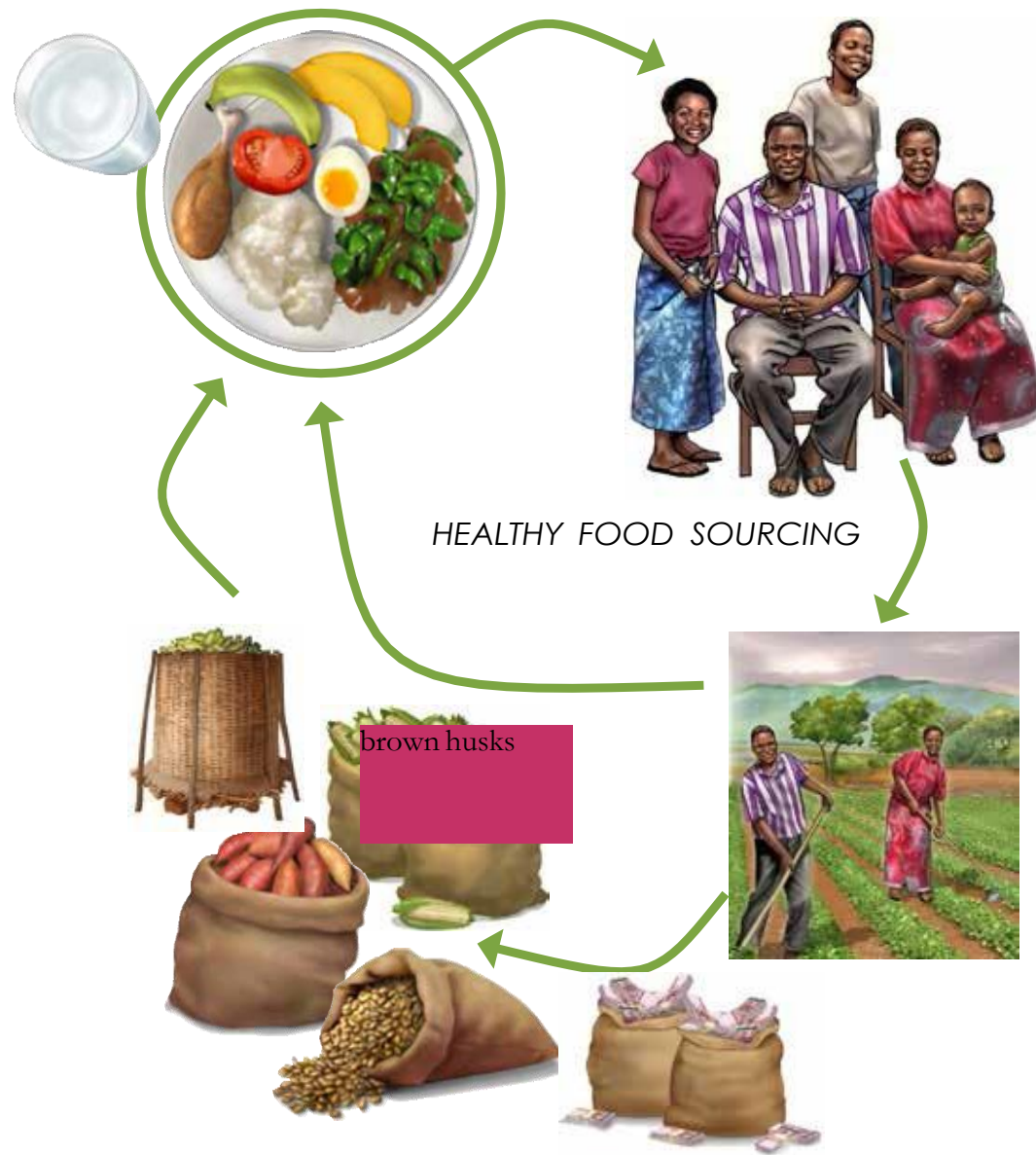
The most common micronutrient deficiencies are iron, vitamin A, and iodine, a lack of which affects health and growth.

A varied diet or special supplements can ensure people get the necessary micronutrients.

## REMEMBER

*Eat a variety of nutrient dense food everyday*









# SESSION 2



**Theme #3**  
Food groups

**Theme #4**  
Dietary diversification

**Theme #5**  
Essential food-based micronutrients:  
Vitamin A-rich foods

**Theme #6**  
Essential food-based micronutrients:  
iron, folic acid, and iodine

# Theme #3: Food groups



## OBJECTIVES

Enhance an understanding on the food groups for dietary diversification.



## DISCUSSION QUESTIONS

What do you see in the picture ?  
What does this picture tell us?  
What kind of locally available foods are in the food groups?

## HOW TO FACILITATE THIS SESSION

### Before the session begins:

- Welcome all the participants and exchange greetings.
- Collect all the food items brought and put them in a safe place.
- Explain why you are meeting them and how long will the session take.
- Explain that there will be a cookery session after the lesson.

### FACILITATION REQUIREMENTS

**Time required:** 45 minutes, cookery session 30 minutes.

### Teaching and Learning Resources:

Counselling cards with the five food groups.

### Facilitation methods:

- Question and Answer, discussion, group work
- Role play: Using food cards for meal planning, ask participants to go into groups and pick out the food cards to create food groups. Ask them to budget for the food items they picked and to plan a nutritious meal using the food cards. You can assign a particular meal for each group, like breakfast, lunch, or supper.

## REMEMBER

*No one food provides all the right nutrients .  
Eat a variety of diverse nutrient dense food.*



## KEY MESSAGES

To have a healthy and balanced diet means eating a variety of foods that supply nutrients that are important for the body. It does not mean eating expensive food.

The food we eat is grouped into 5.

Food Group	Examples	Nutrients
Grains/Cereal, banana roots	Rice, maize, millet, etc.	carbohydrates
Meat and meat products, milk poultry, pulses/nuts and fish	Chicken, eggs, sardines, meat from different animals etc.	Protein
Fruits	Guava, Pawpaw, passion	Vitamins and mineral
Vegetables	Amaranthus, sweet potato	Vitamins and mineral
Oils and fats	avocado, animal fat, cooking oil, margarine, groundnuts, coconut	fats
Clean and safe water		





# Theme #4: Dietary diversification



## OBJECTIVES

Enhance an understanding of the benefits of dietary diversification.



## DISCUSSION QUESTIONS

What do you see in the picture ?  
What does this picture tells us?  
How can we ensure diversified diets in our households?

## FACILITATION REQUIREMENTS

**Time required:** 45 minutes

### Teaching and Learning Resources:

Counselling cards with the five food groups, food cards

### Facilitation methods:

- Question and Answer, discussion,
- Nutrition game: how to play the nutrition game-using the food cards, ask participants to go in groups of three people. Give them the cards and in the groups, ask them to pick 5 cards which represent each food group. The participants who can be the first to pick and identify all the 5 foods that are from each food group wins the game. Make sure the participants declares that he or she found all the food groups and explains each food card picked and what group it is from

## IN THE NEXT SESSION:

- A cookery session on Vitamin A rich foods
- Request farmers to bring actual food items that will be used in the next session to demonstrate Vitamin A rich foods.

## REMEMBER

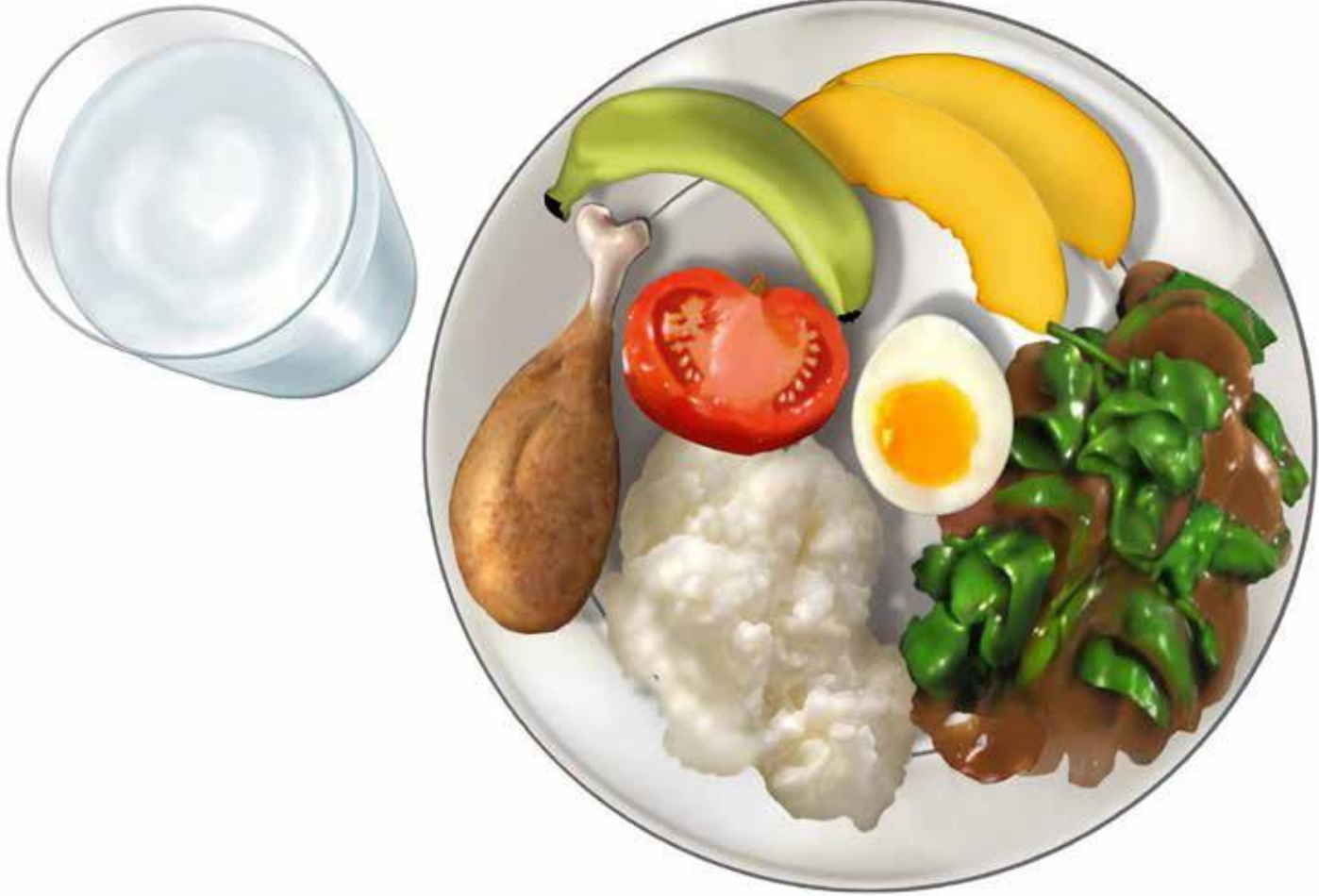
*To have a healthy diet does not mean eating expensive food. Use locally available food stuff*



## KEY MESSAGES

- To have a healthy and balanced diet means eating various foods that supply nutrients important for the body. It does not mean eating expensive food.
- The nutrients a person's body needs to function, grow and stay healthy can be found in many locally available foods.
- Pick every day from at least 4 locally available food groups:
- Staple foods (starches); vegetables and fruits (different types – leaves, fruits and tubers – and colors – green, red, yellow/orange); meat/animal products and legumes/nuts (proteins); fats etc.
- Use simple and careful cooking methods to ensure maximum nutrients are obtained from foods
- For instance the best way of cooking vegetables is by steaming them with a little water instead of boiling them. Leaves from vegetables such as spinach can be steamed for about five minutes in a sieve over rapidly boiling water.
- To have a healthy and balanced diet means eating a variety of foods that supply nutrients that are important for the body. It does not mean eating expensive food.
- The nutrients a person's body needs to function, grow and stay healthy can be found in many locally available foods.
- Pick every day from at least 4 food groups that are locally available: Staple foods (starches); vegetables and fruits (different types – leaves, fruits and tubers – and colors – green, red, yellow/orange); meat/animal products and legumes/nuts (proteins); fats etc.







## OBJECTIVES

Enhance an understanding on the sources and benefits of Vitamin A for growth of the children under 2 years.



## DISCUSSION QUESTIONS

What do you see in this picture?

Which groups are targeted for Vitamin A Supplementation?

What type of foods are rich in Vitamin A?

## FACILITATION REQUIREMENTS

**Time required:** 45 minutes discussions and 30 minutes cookery.

### Teaching and Learning Resources:

Counselling cards with the five food groups, food cards and food group poster on vitamin A rich food

### Facilitation methods:

- Question and Answer, discussion on vitamin A rich foods.
- Nutrition game: using a nutrition game cards, ask participants to pick the food cards that have images of vitamin A rich foods. Ask participants to separate the vitamin A rich foods that are found in their homes and the vitamin A rich foods that can be found on the market. Ask them to cost the food they have picked as found on the market

### In the next session:

- A cookery session on iron rich food
- Request farmers, if they can, to bring actual food items that will be used in the next session to demonstrate iron rich foods. Foods like red meat, fish, poultry, offal, millet, beans and green leafy vegetables.



## KEY MESSAGES

- Vitamin A is important for child survival.
- Children under the age of 6 months gets their Vitamin A from Breast Milk (colostrum), breastfeed exclusively for the first six months.
- It is important to ensure that complementary foods includes foods rich in Vitamin A, like orange-fleshed sweet potatoes, carrot, pumpkins, and other orange fleshed fruits.
- Children ages 6 to 59 months receives Vitamin A supplementation every after 6 months.
- Foods that are rich in Vitamin A are such as orange fleshed sweet potato, carrots, pa-paya, pumpkins, mangoes, and green leafy vegetables. Others include liver, eggs, milk, fish, fish oil and industrial cooking fats/oils fortified with Vitamin A Follow up to ensure children aged 6-59 month receive Vitamin A supplementation after every six months for good health.

## REMEMBER

*Add little oil/fat in the food.  
as it helps with vitamin A absorption*





# Theme #6: Essential micronutrient - food rich in iron



## Objectives

Enhance an understanding on the benefits and source of iron



## DISCUSSION QUESTIONS

What do you see in this picture?

Which groups are targeted for iron and folic acid supplementation?

What type of foods are rich in Iron? Why is iron more important to pregnant mothers?



## KEY MESSAGES

- Pregnant mother: eat foods rich in iron every day.
- Foods rich in iron include red meat, fish, poultry, offal, millet, beans, groundnuts, and green leafy vegetables.
- Citrus fruits like orange, lemon or lime are good sources of vitamin C and needed to facilitate absorption of iron in the body.
- Limit the amount of tea/coffee/ coke as it can interfere with the absorption of nutrients.
- When pregnant, visit health facility and make sure you take iron tablets as directed by physicians.
- Iron is important to prevent anemia and ensures enough blood stores in the body during and after delivery. It also sustains energy during pregnancy.

## REMEMBER

*Tea should not be provided with meal as it inhibits iron absorption.*



### Benefits of combined Iron and Folic Acid Supplement

- Fewer tablets are consumed compared to the separate iron and folic acid
- It improves compliance compared to the separate tablets
- In some cases, the tablets are sugar-coated and, therefore, taste better

### Benefits of iron

- Reducing anaemia,
- Reduces risks of low birth weight,
- Sustains strength during pregnancy and
- Ensures enough blood is stored in the body during and after delivery

### Benefits of Folic acid

- Folic acid is beneficial in the period before getting pregnant and within 28 days after conception
  - If taken before conception, it helps to reduce the incidence of neural tube defects
  - It helps in the absorption of iron

### Sources of Iron and Folic Acid

	Good sources	Moderate sources
<b>Iron</b>	Red meat, liver, fish, poultry	Legumes, peanuts, cereals, dried fruits, dark green leafy vegetables, plantains.
<b>Folate</b>	Liver, green leafy vegetables, fish, legumes, avocado, sunflower seeds, egg yolk.	Groundnuts, corn, green peas, oranges, grapefruit, pineapples, banana, sweet melon.

# SESSION 3

## MATERNAL NUTRITION

### Theme #7

Maternal nutrition during pregnancy & lactation

### Theme #8

Maternal nutrition services needed

# Theme #7: Maternal nutrition during pregnancy and lactation



## OBJECTIVES

Demonstrate basic nutrition requirements for pregnant women and lactating mothers



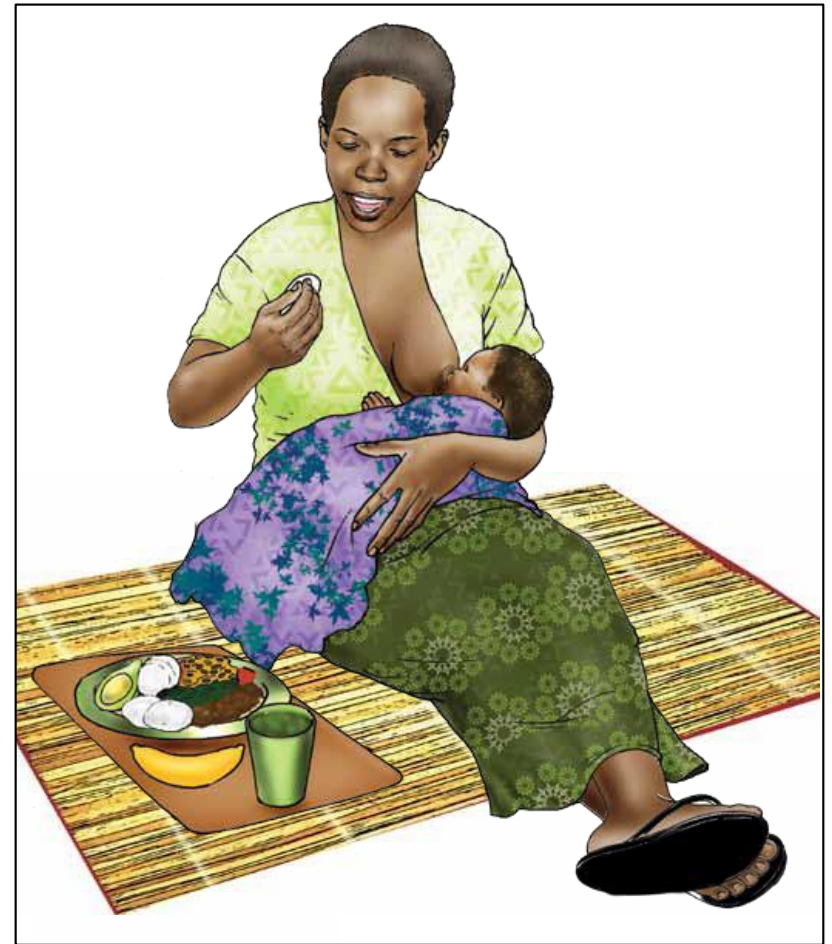
## DISCUSSION QUESTIONS

What do you see in the picture?  
What kinds of food should you eat when you are pregnant? What should you avoid doing when you are pregnant?



## KEY MESSAGES

- Wash your hands before handling food. Wash vegetables and fruits before eating them.
- Eat one extra meal or snack each day in addition to three meals to provide energy and nutrition for you and the growing baby
- Eat a diversified diet to ensure variety in the food choices using locally available foods. Choose foods from at least 5 food groups at every meal.
- Eat foods rich in Vitamin A and iron such as beans, meat, fish, eggs, tomatoes, pumpkin, and green leafy vegetables. Iron rich foods help in prevention of anaemia; Vitamin A rich foods boosts your immunity
- Take small frequent meals and plenty of fluids and treated water
- Poor maternal nutrition can increase the likelihood that your baby is born preterm, too small, or with cognitive and body defects.
- Avoid taking tea or coffee with meals as it inhibits iron absorption and it can interfere with the body's use of the foods Use iodized salt only. Iodine helps your baby's brain and body grow well.
- Engage in light household duties. Exercise keeps your body strong and healthy. Ask husband to help you with household's chores.



## Theme #8: Maternal health services needed



### OBJECTIVES

What do you see in this image?  
What do you learn from this image?  
What nutrition services are available in your area?



### KEY MESSAGES

- **Antenatal care** - Pregnant women are expected to visit the local health facility at least four times.
- **Supplementation** of iron and folic acid
- **De-worming** - tablets must not be taken during the first three months of pregnancy.
- **Preventive malaria treatment** - The health worker will prescribe two doses.
- **Postnatal care** - Skilled birth attendants are expected to check the health of the mother and her infant within a day of the birth and periodically over the next six to eight weeks.
- **HIV voluntary counselling** and testing.
- **Family Planning**
-



# SESSION 4

## CHILD NUTRITION

Theme #9:

Feeding from birth to 6 months

Theme #10:

Initiation of complementary feeding at 6 months

Theme #11:

Complementary feeding at 7-8 months

Theme #12:

Complementary feeding at 9-11 months

Theme #13:

Complementary feeding at 12-23 months

Theme #14:

Feeding during and after illness

Theme #15:

Child nutrition services needed

# Theme #9: Feeding from birth to 6 months



## OBJECTIVES

Create awareness on the benefits of exclusive breastfeeding newborn and infants



## DISCUSSION QUESTIONS

What do you see in the photo?  
How do you feed your baby from birth to 6 months?  
What are the benefits of early initiation of breastfeeding?

This theme covers nutrition requirements for infants from birth to five years. It discusses the right food to give to infants after six months, quantities, frequency of feeding and consistency of the food. The aim is to promote dietary diversity in infants and ensure that proper child care and feeding practises are adhered to by the caretakers.

## SESSION OBJECTIVES:

- Influence family feeding practises especially for infants and women of reproductive age
- Promote positive child care practises among farming families

## THEME OBJECTIVES:

By the end of this theme, families should be able to:

- Explain the factors that contribute to poor nutrition among infants.
- Describe the feeding patterns for infants and the requirements for achieving good nutrition for infants.

## How to cover this theme:

This session is long and has to be covered per theme; therefore it will be divided into 7 themes. In each theme, plan and budget for the cookery to be done in the next theme. Make sure that the cookery in each theme reinforces the previous topic. Make sure that the cookery corresponds to the age group. Do not mix up the food measures of infants. Consistency and quantity should be according to the age group.

## FACILITATION REQUIREMENTS

**Time required:** 45 minutes discussions, and 40 minutes for cookery session of infant meals.

**Teaching and Learning resources:** Counselling cards, food group cards

**Facilitation methods:** Question and Answer, discussion and practical session.



## KEY MESSAGES

Put your baby to the breast within the first 30 minutes of birth. Initiating breastfeeding facilitates milk production and helps your uterus to go back to shape faster and controls bleeding after delivery.

Feed your baby breast milk only, not even water, during the first six months after birth. Each feeding session should take between 20 and 45 minutes.

Exclusive breastfeeding promotes the child's adequate growth and development. It is always clean; contains antibodies that protect against diseases. Breastmilk is always ready and at the right temperature and is easy to digest. It contains enough water for the baby's needs.

Breastfeed as often as your child wants especially at night. Your child might be hungry if he/she is fussing, sucking fingers, or moving lips.

Look into your babies eyes, gently stroke their face and body and sing songs as they breastfeed. Wash your hands with soap before breastfeeding and keep your nails trimmed.

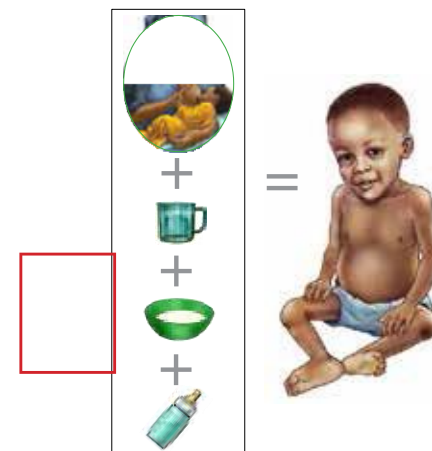
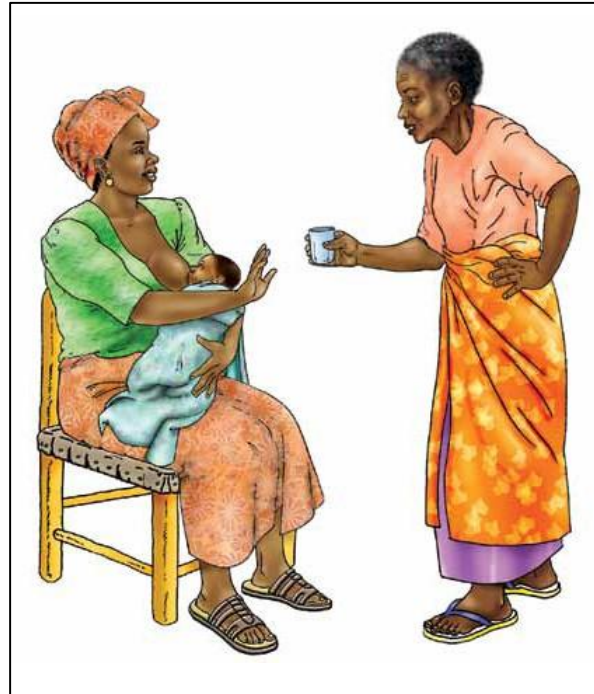
If you are HIV positive, consult the doctor immediately for guidance on how to feed your baby

When the child is 5 months old, begin to think and prepare for timely introduction of optimal complementary feeds.



**REMEMBER**  
Feed your baby breast milk only during the first six months after birth, do not give any fluid, not even water







## OBJECTIVES

Instill skills on how to introduce complementary foods for a 7 months baby



## KEY MESSAGES

- When the baby turns 6 months, he/she requires more nutrients from other foods.
- Breastmilk continues to be very important for your baby. Breastfeed your baby first before giving other foods.
- Breastfeed until your baby is two years or older. Continue breastfeeding your baby whenever he or she wants, day and night, for good health.
- Start to give soft food (porridge, mashed banana or mashed potato,) at the end of 6 months of age, 2 to 3 times a day.
- Start with 2-3 tablespoonful per feed.
- Add breastmilk or other animal milk to prepared soft food.
- Food should be thick enough so that it does not run off the spoon.
- Feed your child slowly and patiently, make eye contact, encourage and motivate the child to eat. Never force-feed children.
- Look for cues that show your child is hungry before s/he starts to cry (e.g. puts fingers in the mouth, spits, looks what others are eating)
- Do not use bottles to feed your baby. They are very difficult to keep clean and can make your baby sick with diarrhea.

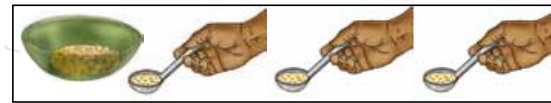
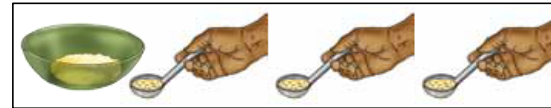
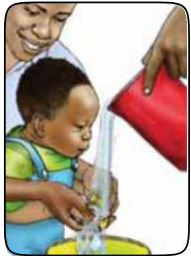


## DISCUSSION QUESTIONS

What do you see in the photo?  
What type of foods should we start giving a child of 6 months? How many times should a child be fed at 6 months?



**REMEMBER**  
Complementary foods start at  
7 months for 2-3 times a day





## OBJECTIVES

Enhance an understanding on what and how to feed a child aged 7 - 8 months of age



## DISCUSSION QUESTIONS

What do you see in the photo?  
How should you feed your 7 to 8 month old?  
How many times should a child be fed at 7 to 8 months?

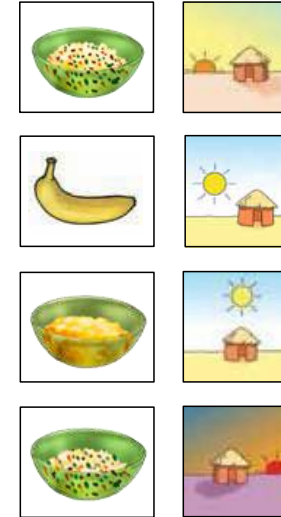
*From 7 months onwards, feed your baby 3 times a day. Give 1 to 2 snacks in between meals*



## KEY MESSAGES

- Continue breastfeeding your baby day and night to keep him or her healthy.
- Breastmilk is very important for your baby. Continue to breastfeed until your baby is two years older.
- From 7 months onwards, feed your baby 3 times a day. Give 1 to 2 snacks in between meals.
- Gradually increase the amount of food to  $\frac{1}{2}$  of a 250 ml cup. Babies have small stomachs and can only eat small amounts at each meal.
- Mash and soften the foods so the baby can easily chew and swallow; use breastmilk or other animal milk to prepare soft food.
- Thicken your baby's food as the baby grows older, making sure that he or she is still able to easily swallow without choking.
- Try to include at food from at least 5 food groups every day
- Add small amounts of oil or margarine to your baby's food. Animal milks (goat, camel, cow, etc.) are also good things to add.
- Use iodized salt in your baby's food.
- Be patient , make eye contact and actively encourage your baby to eat. Never force your child to eat.
- Look for cues that show your child is hungry before s/he starts to cry (e.g. puts fingers in the mouth, spits, looks what others are eating)





# Theme #12: Complementary feeding at 9 –11 months



## OBJECTIVES

Enhance an understanding on what and how to feed a child aged 9 - 11 months of age



## DISCUSSION QUESTIONS

What do you see in the photo?  
How should you feed your 9 to 11 month old?  
How many times should a child be fed at 9 to 11 months?

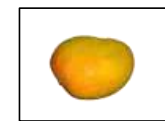
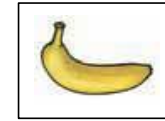


## KEY MESSAGES

- Continue breastfeeding your baby until your baby is two years or older to maintain his/her health and strength.
- From 9 months onwards, feed your young child 4 times a day (3 meals and 1 –2 snacks). Give your young child 3/4 of a 250 ml cup/bowl at each feed.
- By 9 months the young child should be able to begin eating finger foods such as pieces of ripe mango and papaya, banana and vegetables.
- Try to include at food from at least 5 food groups each day
- Add small amounts of oil or margarine to your baby's food. Animal milks (goat, camel, cow, etc.) are healthy for your baby.
- Give your baby his or her own plate to make sure she or he eats all the food given.
- Be patient, show love, make eye contact and actively encourage your baby to eat more food. Never force-feed children.
- Look for cues that show your child is hungry before s/he starts to cry (e.g. puts fingers in the mouth, spits, looks what others are eating)
- Wash your hands with soap before preparing food and feeding your child.  
REMEMBER to wash your baby's hands too.



*Safe preparation and storage of complementary foods: Store food in a covered, clean container and give it to your baby within 2 hours after cooking (if you don't have a refrigerator)*



# Theme #13: Complementary feeding at 12 –24 months



## OBJECTIVES

Enhance an understanding on what and how to feed a child aged 12 - 24 months of age



## DISCUSSION QUESTIONS

What do you see in the photo?  
How should you feed your 12 to 24 month old?  
How many times should a child be fed at 12 to 24 months?



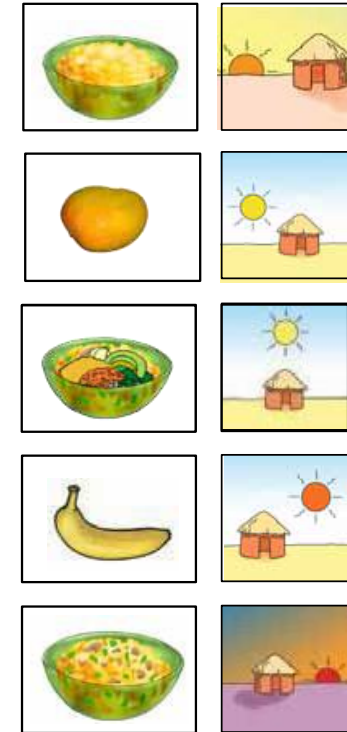
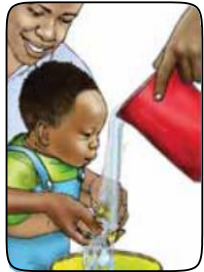
## KEY MESSAGES

- Continue breastfeeding your young child until they are two years old to maintain his/her health and strength
- At age 12 months give the baby food from the family meal. Children eat more slowly than adults, so give the baby his/ her own bowl to make sure s/he gets enough food.
- Be patient and actively encourage your baby to eat. Never force-feed children.
- The child should be fed 3 - 4 times per day (a full filled cup) + 1 - 2 snacks Give your young child  $\frac{1}{4}$  to one 250 ml cup/bowl at each feed.
- Cut the food into small pieces so the young child can easily chew and swallow.
- Try to include food from at least 5 food groups each day
- Add small amounts of oil or margarine to your baby's food. Animal milks (goat, camel, cow, etc.) are healthy for your baby. Use iodized salt in your baby's food
- Store foods given to the baby in clean, safe conditions to avoid diarrhea and illness.
- Wash your hands with soap before preparing food and feeding your child. REMEMBER to wash your baby's hands too.



*Safe preparation and storage of complementary foods:  
Store food in a covered, clean container and give it to your baby within 2 hours after cooking (if you don't have a refrigerator)*





## Theme #14: Feeding during and after illness



### OBJECTIVES

Enhance an understanding of the breastfeeding problems and possible remedies



### DISCUSSION QUESTIONS

What do you see in the photo?  
What do you learn from the photo?  
How should a sick child be fed? Can mothers who fall ill still breastfeed?

*Remember to continue breastfeeding the child and give small amount amount of food more frequently*



### KEY MESSAGES

- When the child is sick continue to breastfeed often, to help quick recovery and regain the weight lost. Even if your baby has diarrhea it is important to keep breastfeeding.
- If your baby is too weak to suckle, express breastmilk to give to the baby, either by cup or by expressing directly into the baby's mouth. This will help you keep up making milk for your baby and prevent breast problems (engorgement).
- For a child aged 0-6 months breastfeed more frequently during and after illness.
- For a child aged 6-24 months, increase breastfeeding frequency and also feed small amounts of enriched meals/ porridge more frequently
- Follow treatment recommendation given by the medical practitioner.

#### Feeding during recovery

- When your young child has recovered, give him/her one additional meal of solid food each day during the next two weeks. This will help him or her to regain weight lost during illness.
- Breastfeed more frequently during two weeks after recovery.

#### If the mother is sick

- If you are sick you can still breastfeed.
- If you are sick with a cold or diarrhea your breast milk will protect your baby from getting sick also.





## OBJECTIVES

Enhance an understanding of the nutrition services needed from birth to 2 years



## DISCUSSION QUESTIONS

What do you see in the photo?  
What do you learn from the photo?  
How should a sick child be fed? Can mothers who fall ill still breastfeed?



## KEY MESSAGES

### From birth to 6 months

**Newborn care** - clean cord-cutting and care, washing infants in warm water, immediate breastfeeding, and keeping infants warm, early and exclusive breastfeeding

**Post-natal care** - immunization and growth monitoring and promotion (baby weighing, detection of baby/ mother danger signs etc).

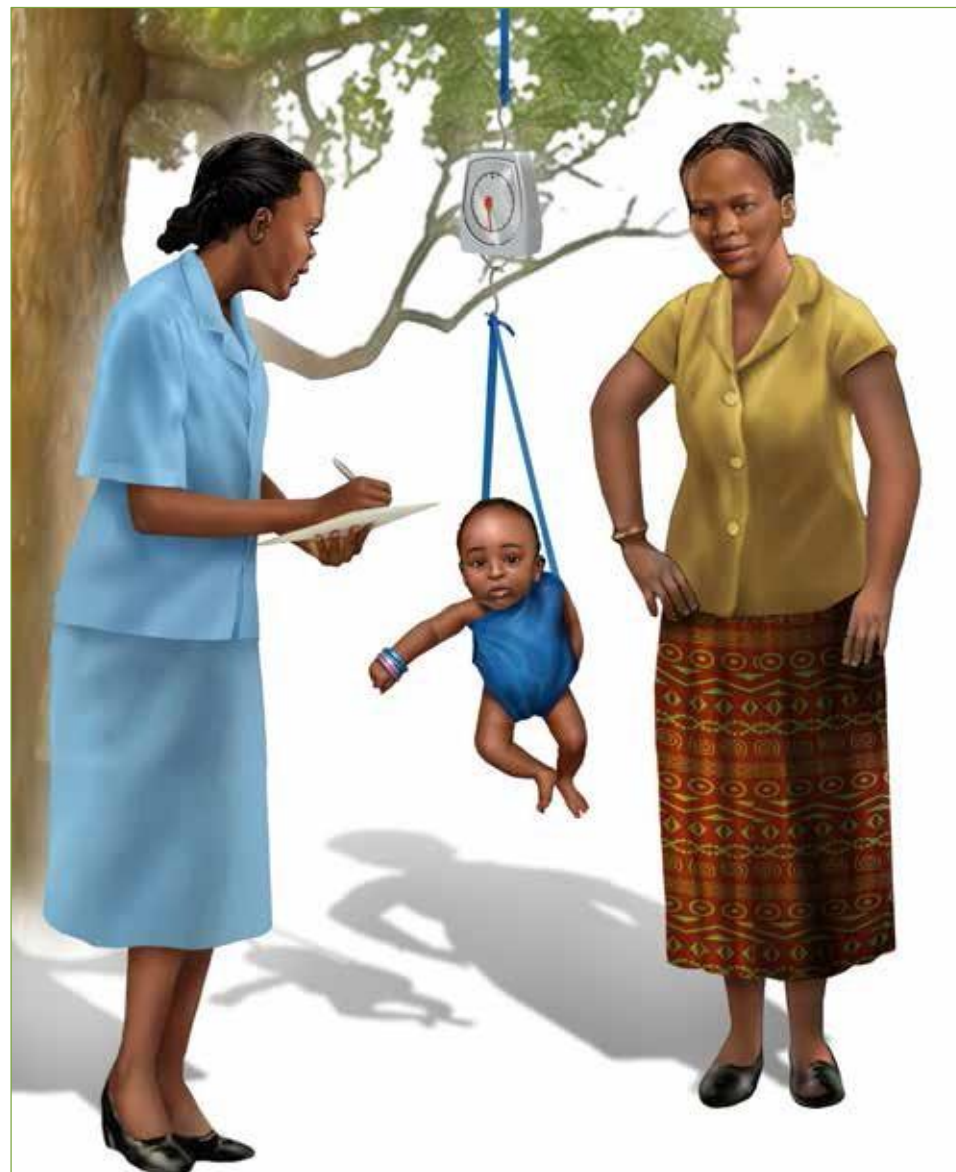
### From 6 months to 2 years and above

Measles immunization

Supplementation of vitamin A De-worming (from 12 months)

Growth monitoring and promotion

*Remember to continue breastfeeding the child and give small amount of food more frequently!*



# SESSION 5

## HYGIENE & SANITATION

Theme #16:

Drinking water treatment and storage and food safety

Theme #17:

Hand washing at critical moments

Theme #18:

How to make tippy tap

Theme #19:

Keeping children away from faeces

Theme #20:

Protecting child's play area (use of mat)

Theme #21:

Protecting child's play area (breaking the faecal pathways)



## OBJECTIVES

Enhance skills that are necessary for ensuring that households use safe and clean water



## DISCUSSION QUESTIONS

What do you see in the photo?  
What do you learn from the photo?  
What do you do to make water safe for drinking

*The container should be used to store drinking water only.*



## KEY MESSAGES

- Even water retrieved from a safe water source can become contaminated during collection, transport, handling, and storage. Ingestion of contaminated drinking water is a leading cause of illness and diarrheal disease.

### Drinking water can be disinfected by:

- Boiling it or treating it with a chlorine product or household bleach to make it safe for drinking.
- If boiling, bring your water to a complete boil for at least 1 minute.
- To treat your water with chlorine, use one of the locally available treatment products such as Aquatabs® or PuR® and follow the instructions.
- If a chlorine treatment product is not available, you can treat your water with household bleach. Add 8 drops of household bleach for every 1 gallon of water (or 2 drops of household bleach for every 1 liter of water) and wait 30 minutes before drinking.
- Use a safe storage container when collecting water. Do not use leaves or other materials to cover the container as they may contaminate the water.
- If scooping water from a storage container, use a long-handled ladle so hands do not come into contact with water.









## OBJECTIVES

Enhance skills that are necessary  
for ensuring that households  
**FOOD SAFETY**



## KEY MESSAGES

- Ensure herbicides and chemicals are safely stored and or disposed.
- Avoid eating contaminated foods.
- Sorting and preparation of all nuts and grains should be done properly to avoid consuming aflatoxins.
- Raw foods need proper handling eg salads, eggs
- Wash vegetables and fruits properly before eating them.

Food Safety refers to handling, preparing, and storing food to reduce the risk of individuals becoming sick from foodborne illnesses.

Food safety is a global concern that covers a variety of different areas of everyday life.

Food safety principles aim to prevent food from becoming contaminated and causing food poisoning. This is achieved through a variety of different avenues, some of which are:

- Properly cleaning and sanitizing all surfaces, equipment, and utensils
- Maintaining a high level of personal hygiene, especially handwashing
- Storing, chilling, and heating food correctly about temperature, environment, and equipment
- Implementing effective pest control
- Comprehending food allergies, food poisoning, and food intolerance



## OBJECTIVES

Ensuring that households use safe and clean water



## KEY MESSAGES

- Wash your hands using running water and soap. Hand washing critical these 4 times
- Before preparing food for the baby
- After using the toilet
- Before feeding the baby or eating
- After changing the baby and properly disposing off its feces in a pit latrine.
- Thoroughly wash your child' s hands and your own hands before mealtimes— before preparing food, before feeding your child, and before eating. Small children can get very dirty exploring their surroundings. There are many germs on the ground that can make them sick.
- Teach children to wash their hands.
- Have a handwashing station that has soap near the latrine for immediate use after visiting the toilet. A locally made tippy tap or basin and jug with water can be used.



## DISCUSSION QUESTIONS

What do you see in the photo?  
What do you learn from the photo?  
What are the critical times when you should wash your hands? What about your baby's hands?

## STEPS TO THOROUGH HAND WASHING

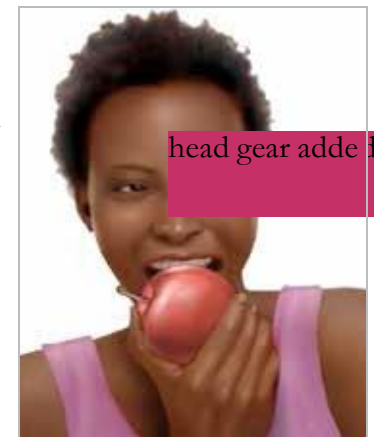
Rub your palms together  
Interlock your finger webs and rub them together .  
Rub each palm against the back of the opposite hand.  
Rub each palm over knuckles and finger tips on the opposite hand.  
Rub each thumb.  
Rub around your wrist and a ways up your forearms.  
Rinse your hands with warm wa-ter suitable for drinking.  
Dry your hands in the air or on a clean, hygienic cloth



green veges added



head gear added





## OBJECTIVES

Share skills on how to make an easy to use handwashing station



## DISCUSSION QUESTIONS

What do you see in this picture?

Can you demonstrate on how to make a tippy tap?

Do you have a tippy tap at your house?

Why is it important to have a handwashing station

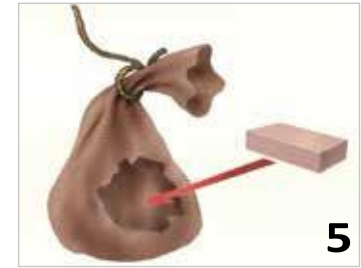
like tippy tap next to you kitchen and toilet?



## KEY MESSAGES

- Tippy tap is the used for a purpose of hand washing by using running water and soap.
- Build Tippy tap near the kitchen, and toilet.
- Its important to have Tippy taps near the Kitchen and toilet as it will be easy for people in the household to wash their hands with soap to during critical points
- Make tippy tap by using simple materials available in your area.
- These materials are spade, 2 sticks which has V shape at the top, 2 sticks for holding a can, and for stepping, nails.

*A handwashing station is an easy way to remind you wash your hands at every critical moment. Use soap.*





## OBJECTIVES

Strengthen an understanding of the link between growth and hygiene



## DISCUSSION QUESTIONS

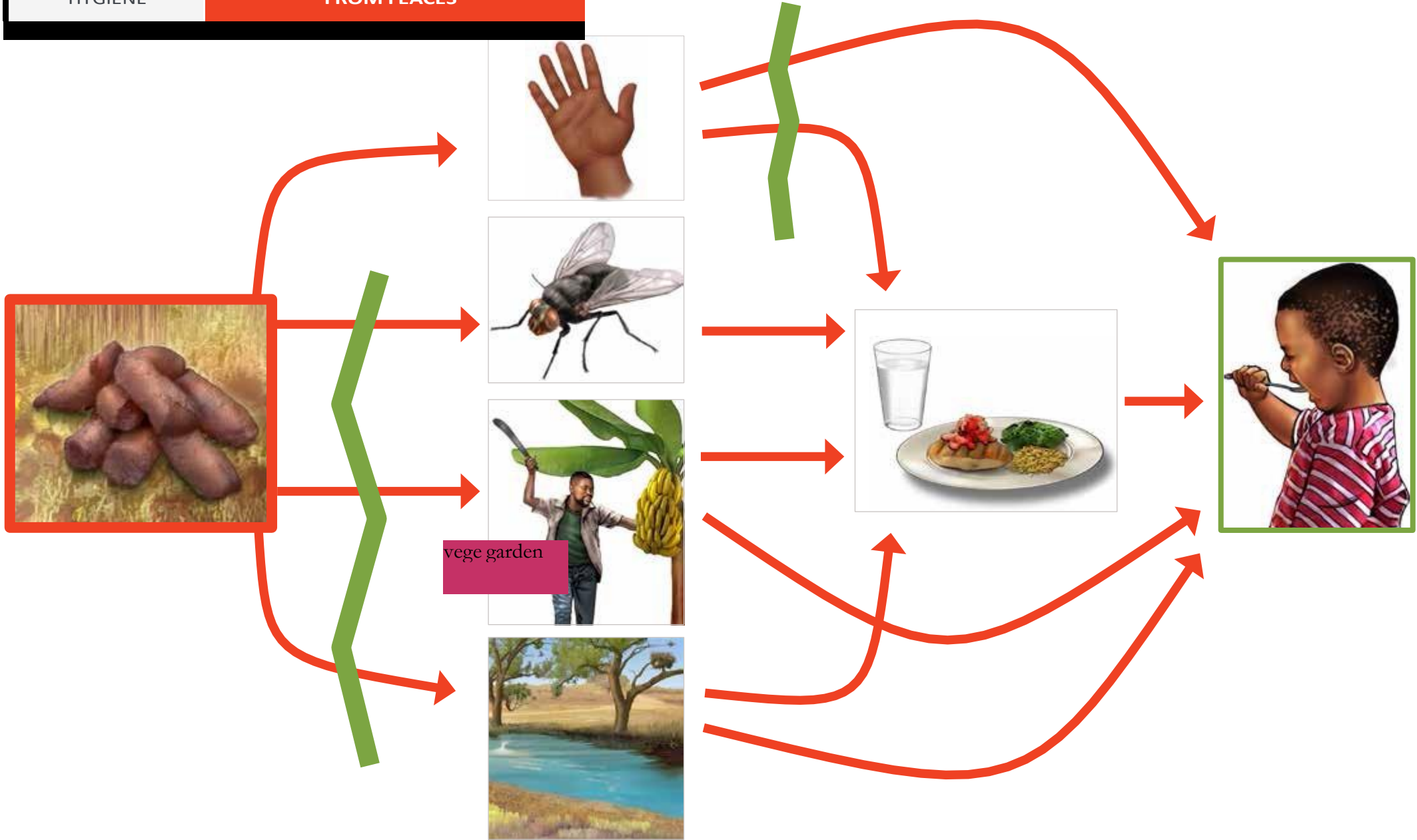
What do you see from the picture ?  
Can you demonstrate on how contamination occurs from point of fecal disposal to the mouth?

*Immediately remove feces from human area and dispose to the toilet.*



## KEY MESSAGES

- Don't defecate or throw feces in the bush this will be easy transmitted to the water or hands by touching contaminated grasses in the .
- Always use pit latrine to defecate or flush toilet.
- Wash your hands properly with water and soap always after using the toilet.
- Remember to build a permanent toilet in your household.
- Use the toilet all the time to prevent feces and associated microbial from spreading.





## OBJECTIVES

Strengthen an understanding of the link between growth and hygiene



## DISCUSSION QUESTIONS

What do you see in this picture?

In our daily work, where do we put our children?

What are the dangerous symptoms which affect the family if they get contamination from the fecal?

Why is it important to have a handwashing station like tippy tap next to you kitchen and toilet?



## KEY MESSAGES

Protect your children from eating dirty stuffs from the ground to prevent them being sick from diarrhea, fever and vomiting.

Parents /caregivers when busy doing other work in the garden or taking care of chickens make sure you leave your child in a clean place especially on the mat or clean cloth.

When you use a mat make sure you fold the role inside out, this is to ensure the inside doesn't get contaminated.

Provide your child with toys to avoid picking of dirty things from the ground, like chicken poop and other animals.

Make sure your child plays on the clean surface.







## Theme #21: Protecting child's play area (breaking the fecal pathway)



### OBJECTIVES

Strengthen an understanding of the link between growth and hygiene



### DISCUSSION QUESTIONS

What do you see in this photo?  
Why is it important to use a sanitary latrine?  
How do you ensure that your family is well protected from contacting with fecal matter?



### KEY MESSAGES

Dispose all children's faecal matter into a latrine.

If your child is old enough, let them use a potty (bought/made) and dispose this off in a toilet. Small children's faecal matter is as dangerous as an adult's faecal matter

Use a sanitary latrine, and teach your children how to use it. Using an improved sanitation facility helps prevent the spread of illness by preventing waste from coming into contact with water sources, open fields, and flies.

Keep your latrine clean to protect your environment, the water around your house, and your fields. Ensure that the path way to the toilet is clear

Provide your child with clean toys to avoid picking of dirty things from the ground, like chicken poop and other animals.

Keep chicken droppings away from the reach of the children. A "protective play space" keeps children away from animal feces and other dirty objects on the ground.

Make sure your child plays on the clean surface.

