

The Puzzle

How to keep clean and why it is important



A Children for Health book



REPÚBLICA DE MOÇAMBIQUE
GOVERNO DA PROVINCIA DE TETE

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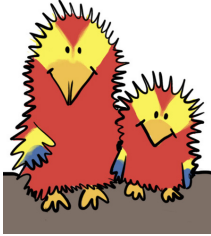


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Characters



ZuZu and ZaZa



Wise Monkey



Mika



Christina



Mama Ruth



Papa Geraldo



Baby Sylvia



Cousin Lourenco



Mr Cool

New words list

10 words in the story that may be new.

- | | | |
|----|--------------|---|
| 1 | Squeaks | Short, high sounds. |
| 2 | Bubbling | Bubbling happens when little pockets of air (bubbles) that come to the top of a liquid when it is hot or when the liquid is 'active' in some way. |
| 3 | Nicknamed | A name that was given to a person and used instead of their real name often when the person was young. |
| 4 | Invisible | Not seen. |
| 5 | Puzzle | A toy or game that has difficulties or challenges to put right or put in order. |
| 6 | Instructions | A set of actions given in an order, usually for learning. |
| 7 | Chewing | Breaking up using the teeth and mouth. |
| 8 | Fluttered | Waved about quickly. |
| 9 | Dispose | (on a puzzle card) Get rid of. |
| 10 | Pattering | A tapping sound. |

ZaZa and ZuZu were woken in the night by squeaks and by strange bubbling noises coming from the pond by the village. They could smell a nasty smell.

'Something very bad is going on,' said ZuZu.

Under the water in the village pond, the germs were growing in some bad mud. All night, as people slept, the germs grew stronger and multiplied. The germs were tough and very mean. 'Ha, ha,' they said, 'let's grow big and strong and make the people in the village sick. We will spread through the village until everyone is sick and unhappy.'

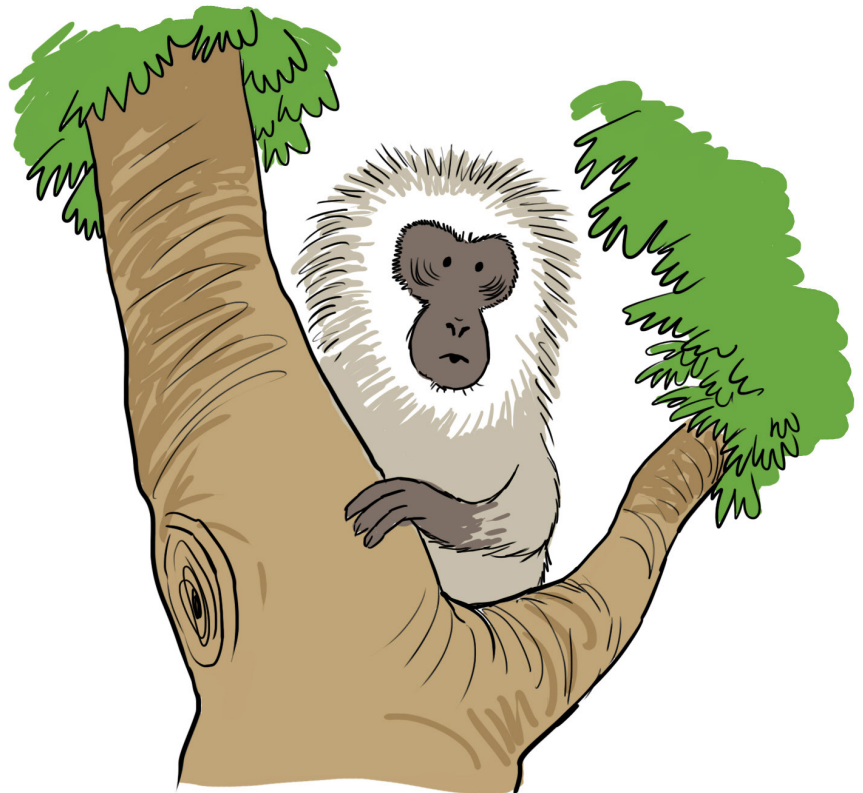
The next day many people in the village were sick. The same thing happened the next day, and the next day. More and more people were getting sick with stomach, breathing and eye diseases.

'What is happening?' said ZaZa. 'What is making everyone sick?'

'I do not know the answer, but I know who will,' said ZuZu. 'We must go to the forest and ask Wise Monkey.'

They found Wise Monkey sleeping in the sunshine. He opened his eyes when he heard the parrots flying into his tree. Wise Monkey was very old. He had grey hair and big brown eyes that knew everything.

'I will come to your village,' he said. 'I will watch what is happening and see what is causing so much sickness.'



The parrots ask Wise Monkey why everyone in the village is getting sick.

Wise Monkey came to the village and hid in the tree. He knew that germs liked to hide in dirty water. But the village had a pump with good clean water, so how were the germs getting to the people? He watched the tiny bubbles in the pond and knew that there must be invisible germs there, growing and growing, and waiting to make people sick.



A dog came to drink the water. The germs from the water jumped onto the dog's hair and rode back to the village. The dog met a little boy who was nicknamed Mr Grubby because his hands and face always looked dirty. Mr Grubby patted the dog and the invisible germs jumped from the dog hair onto his hands.

Wise Monkey followed Mr Grubby home, hiding in the trees. Mr Grubby sat down to eat, but he did not wash his hands first. He picked up some chima from a pot. The germs jumped from his hands onto the chima. He put the chima with the germs on it into his mouth. Then he gave some chima with germs on it to his baby sister.

That night the germs grew and grew in the boy's tummy and in the baby's tummy. The next day the boy and his little sister had diarrhoea. The boy went to the toilet behind the house and lots and lots of germs from the poo jumped onto his hands but he did not wash his hands afterwards.

'Help me with the cooking,' said his Mama. The boy did not wash his hands before cooking. The germs jumped from his hands onto the food. The family ate the food and the germs went into their tummies. All the family got very sick.

The Wise Monkey called ZaZa and ZuZu to him. He sat nodding his old head.

'I know what the problem is. The germs are riding around the village on people's hands. They are having a good time making everyone sick. People cannot see what the germs are doing because the germs are invisible. I need to tell someone in the village how to fight the germs. Who shall I tell?'

ZaZa and ZuZu told Wise Monkey about two clever children, Mika and his little sister Christina.

Wise Monkey sees the germs jump from the boy's hand to the chima that goes into the baby's mouth. Germs are getting into people's bodies because they do not wash their hands, but how can the parrots tell the children?

That night Wise Monkey visited Mika and his sister Christina in a dream. He showed them the invisible germs making people sick with dangerous diarrhoea, breathing diseases and eye diseases. 'I need you to help me fight the germs,' he told the children. 'You must find puzzle cards with special instructions. The cards are hidden and you must find them. Then you must follow the instructions on the cards and you must tell everyone in the village to follow them. You must all follow all of the instructions or the germs will still harm the village. Will you help me?' The children both said, 'Yes, we will.'

In the morning the children woke up and were surprised that they had both dreamed about Wise Monkey.

'Was it real?' asked Christina. 'Are there really puzzle cards that we must find?'

'It is certainly true that many people in the village are sick,' said Mika. 'We must go and look for the cards. But where do we begin to look?'

ZaZa and ZuZu flew down. They kept flying towards the maize fields.

'Perhaps the birds know something,' said Christina.

The children followed the birds and walked through the tall maize. It was very hot and Christina was thirsty. She wanted to go home and give up. Then they saw something white stuck in a tall maize plant. Mika reached up and got it. Christina and Mika read the instructions.



Wise Monkey tells the children in a dream that germs are making people sick. The children must find seven puzzle cards to work out how to stop the germs.

Pick three correct answers.

WASH THE INVISIBLE DIRT AWAY BEFORE YOU

A GO TO SLEEP	B EAT FOOD	C PLAY FOOTBALL
D COOK FOOD	E GIVE FOOD TO A BABY	F READ A NEWSPAPER

Answer:

B,D,E

Correct, you have stopped the germs getting into people's mouths by washing your hands at these important times.

Suddenly another card floated down from the sky. Christina read out the instructions on the card.

The next puzzle is somewhere inside your home.

'Hurry,' said Mika. 'We must run home and find the next card.'
The children ran back home and ZaZa and ZuZu followed them.

The children answer the first puzzle. It says you must wash the invisible dirt away before you prepare food, eat food or feed a baby. Then the children must find the next puzzle card at home.

Inside the house the children looked everywhere for the next puzzle card but they could not find it. Then they saw baby Sylvia chewing a piece of card. Mika took it from her gently. He read it aloud.

Pick four answers.

WASH THE INVISIBLE DIRT AWAY AFTER YOU

A EAT A TOMATO	B CLEAN A BABY WHO HAS DONE A POO	C TOUCH AN ANIMAL	D WASH THE COOKING POTS
E TOUCH GARBAGE	F COMB YOUR HAIR	G GO TO THE LATRINE	

Answer:

B,C,E,G

Well done! Germs love to live in poo.

Always wash your hands after touching it or going to the latrine.

Immediately another card appeared on the floor next to the baby. Christina picked the card up and read out the instructions.

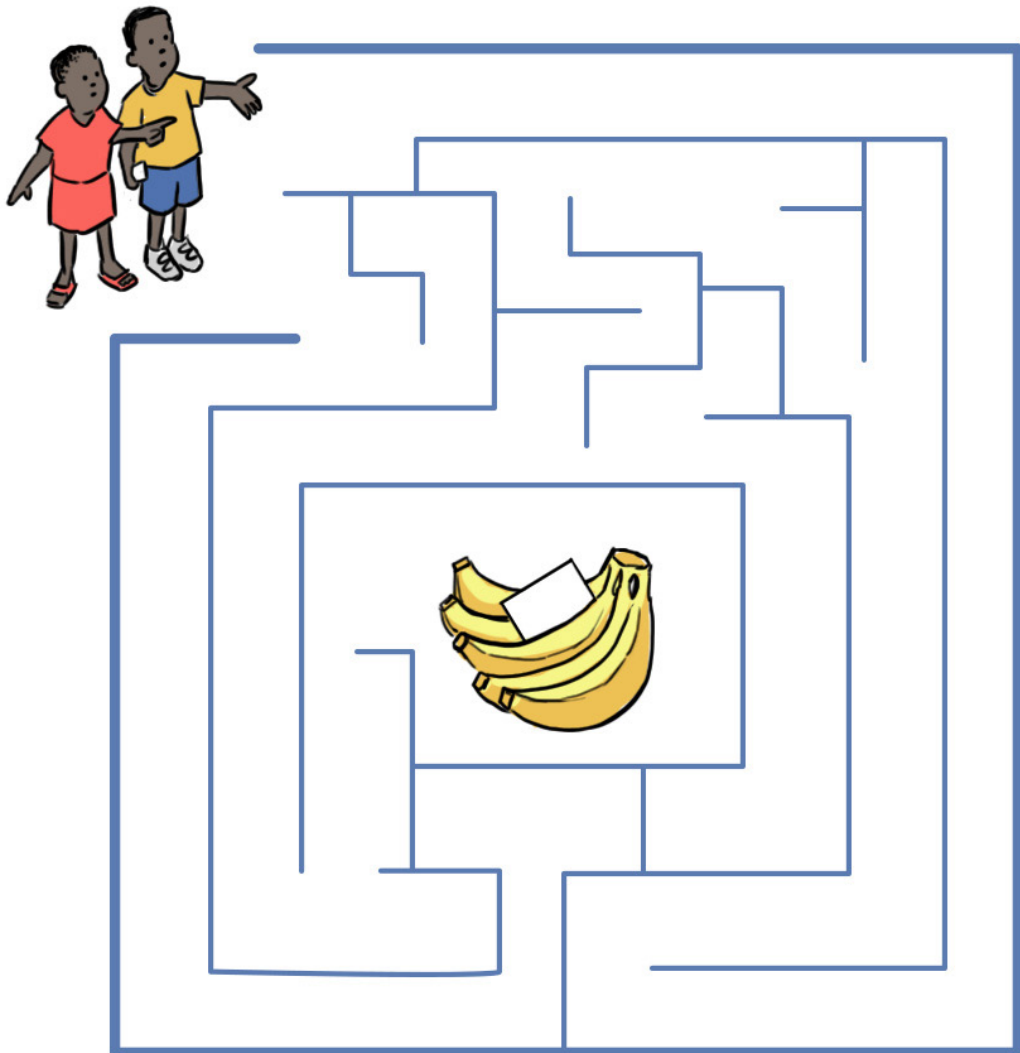
The next card is hidden somewhere at the market.

The children answer the second puzzle. You must wash the invisible dirt away after you go to the latrine, touch poo, touch an animal or garbage. Then they must find the next puzzle card at the market.

Mama was about to set off for the market. So the children went with her to look for the next card.

The market was big and very busy. 'We will never find the card here,' said Christina. They walked through the stalls, looking everywhere for another puzzle card.

FIND THE CARD



They find card number three hidden in the market.

Suddenly Christina saw a stall with many bunches of bananas. The card was stuck between some bananas. She pulled it out and read.

Put these very important instructions in the right order.

A

RINSE THE
SOAP OFF WITH
WATER

C

PUT SOAP ON
YOUR WET HANDS

B

DRY YOUR HANDS IN
THE AIR NOT ON
YOUR CLOTHES

D

RUB THE FRONT
AND BACK
ALL OVER

E

RUB BETWEEN
THE FINGERS

They can save your life!

Answer:
C, D, E, A, B

The children put the cards in the right order to show how to wash hands thoroughly to remove germs.

When they had finished, the woman behind the stall said, 'Hey, are you Mika and Christina? I have a letter for you.' Very surprised, the children took the letter. It said,

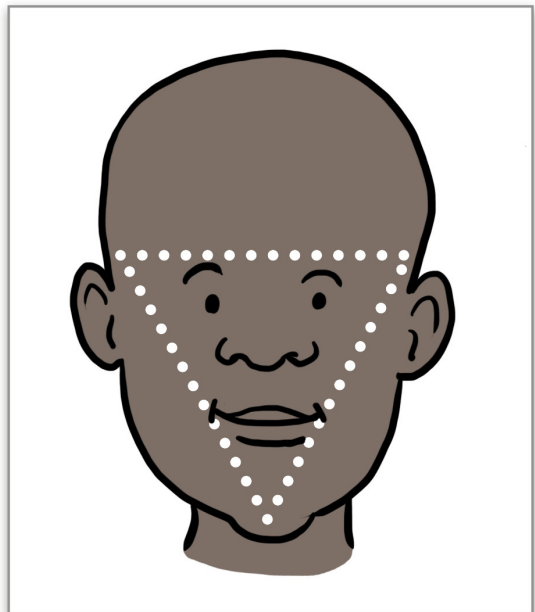
The next puzzle is in a tree with two parrots in it.

'There are so many trees,' said Christina. 'How will we find the tree with the puzzle card in it?' On the way home Christina saw ZaZa and ZuZu sitting in a tree. ZaZa fluttered her wings and a puzzle card floated down. Mika ran and picked it up. He showed Christina a picture of a face with a triangle from the eyes to the mouth. She read out the card.

Germes can get into our bodies
though the delicate skin on the
eyes, mouth and nose.

Try not to touch the face triangle
with your hands when you are
playing or doing lessons and you will
be healthier.

Try and go a whole day without
touching the face triangle.



Mama looked at the card. 'That is clever,' she said. 'It is a good idea to keep your fingers away from your eyes, mouth and nose to stop germs getting into your body. I wonder who drew this.' She turned it over and read.

The next puzzle is in the village!

'Quick,' said Mika. 'We must run back to the village.'

This card shows the area you should avoid touching with your fingers to stop germs entering the body.

Mika and Christina looked everywhere around the village but they could not see the card. So they asked all their friends to help them. At last, Mika saw the card stuck on the wall of a house. Mika read it out, then all the children worked on the puzzle together.

Join up the pairs.

A
DISPOSE OF

1
**COOKING POTS AND
DRY THEM IN THE SUN**

B
WASH

2
RUBBISH

C
TIDY

3
POO

D
BURY

4
**THE LATRINE AFTER
YOU USE IT**

Answer:
A2, B1, C4, D3

In the village they find puzzle number six showing how to keep the home and the village free from germs.

When they had joined them up correctly they looked for the next instructions but they could not find another card. Then the children saw ZaZa sitting on a stone. ZaZa flew away and the children saw that she had been sitting on an old phone.



Christina turned the phone on and the children saw a map with a red dot. They followed the map on the phone and the children arrived at the school. They found the last card in the school hall. It had pictures showing something they had to make.

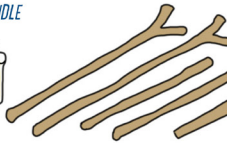
A phone appears with a map. It shows the way to a card with instructions for a Tippy Tap for hand washing.

Mika tilted his head and studied the pictures. 'I think we need someone to help us make this,' he said.

How to help an adult build a TIPPY TAP

What you need

NAIL ON STICK & CANDLE



2M FORKED
STICKS X 2

1M STICKS X 2

FOOT LEVER
STICK



HOE

WATER
CONTAINER



GRAVEL



BOTTLE



SOAP

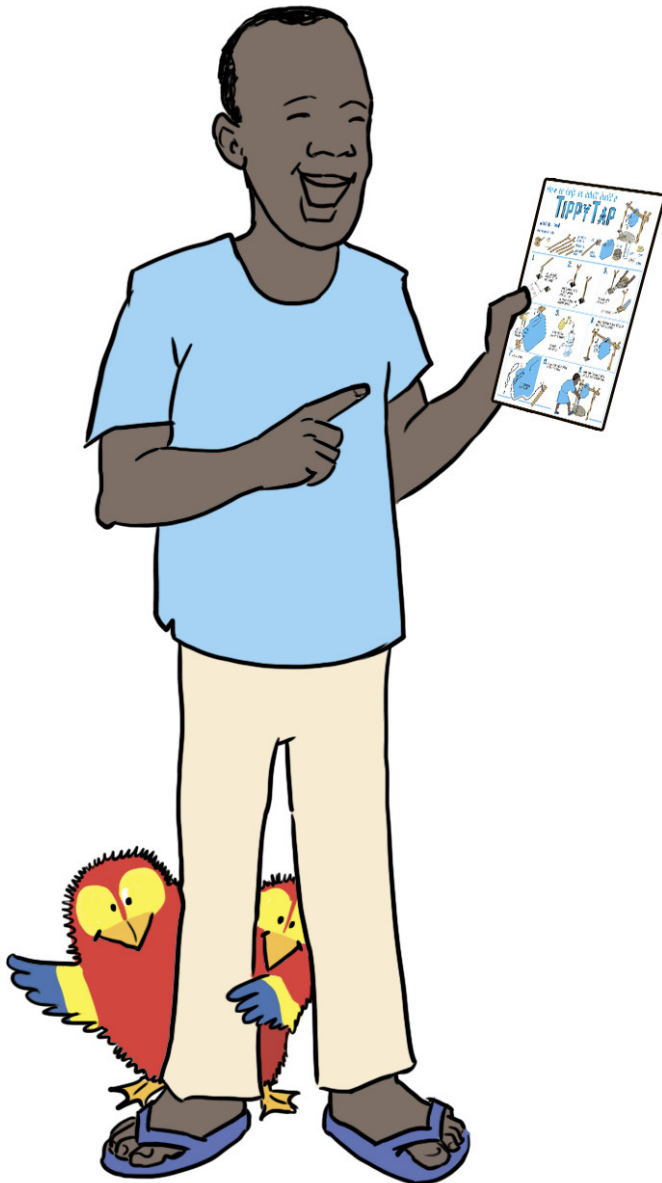


STRING



TippyTap illustration originally drawn for the Partnership for Child Development

Just then Mika's cousin Lourenco came walking up the path to school. 'I had a strange dream,' he said. 'An old monkey told me to come and see the children at school today, even though it is a Saturday. Why are you all here?'



Mika's cousin Lourenco used to go to the school. Today he was home from his college where he was training to be a health worker. Mika's cousin was very smart and always wore clothes that were clean and cool. He listened to cool music. He had a cool haircut and he combed his hair neatly. Mika and Christina always loved to be allowed to go over to their cousin's when he was home. They were allowed to play games on his phone – if they washed their hands first!

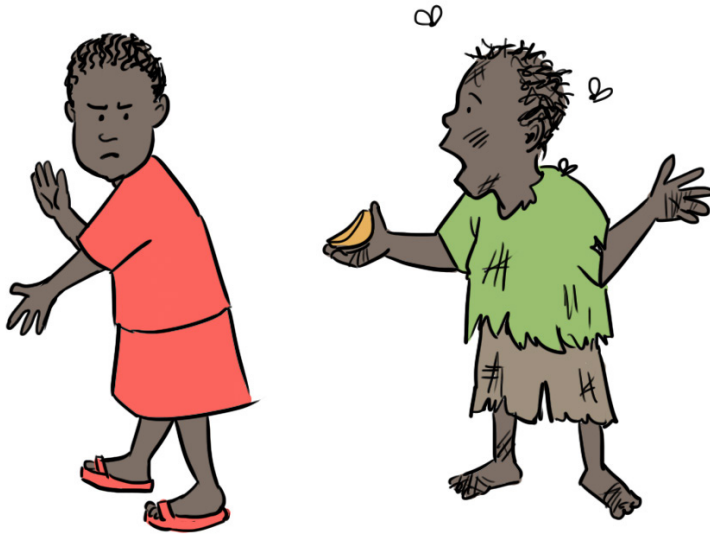
'This is a very good idea', Lourenco said when he saw the drawing of how to make a Tippy Tap. 'It will make it easy to wash our hands at home with clean water and soap.' He told the children to run to the village and gather all the things they needed to make a Tippy Tap, one for each family, and to get some friends to come along too.

Lourenco helps the children make a Tippy Tap following the diagram on the card.

One of the children who came back with Mika was Mr Grubby. Mr Grubby was frowning. 'I think it is too boring to keep washing your hands and use soap, which is meant for washing clothes,' he grumbled to Christina.

Mr Grubby was lonely. The other children did not like to play with Mr Grubby. They did not like to hold his hand in games because they knew that Mr Grubby did not wash them after going to the latrine. Mr Grubby stood back from the group who were crowding around Lourenco. He started to eat a mango. 'Have some of my mango,' he said to Christina. Christina stepped away from Mr Grubby. 'Yuk,' she said. 'No thanks! I know that you did not wash your hands after the latrine and now you are offering me your food from your hands. Are you crazy? No thanks.' Mr Grubby ate the mango by himself.

'But I do not have time to wash my hands every time I go to the latrine,' he complained. 'Anyway, my hands look clean.'



'You are silly. The germs that make you sick are invisible. If you leave them on your hands they will certainly make you sick,' said Christina, 'and you will make other people get sick. No one wants to play with you if you have dirty hands all the time,' she said.

Mr Grubby looked sad. 'Is that why no one plays with me, because I don't wash my hands? Perhaps I will listen to what Mika's cousin is saying.'

No one likes to play with Mr Grubby because he never washes his hands after going to the latrine.

It was fun learning to make the Tippy Tap. Lourenco explained to them, 'If we use a transparent bottle, the hot bright sun helps to kill the germs. But the sun needs six hours to do this job. It's like cooking the water! So you can have a spare bottle beside your Tippy Tap and fill your Tippy Tap with this water after the sun has done its work!' The children were amazed!



Whenever the children needed to wash their hands, they can tip soap from the little bottle and then tip the container to get the water to wash over their hands and wash the dirty soap away. Mika and Christina made a Tippy Tap for Mama Ruth who always loved them to wash their hands. It would make washing hands much quicker at home. The children practised washing their hands well with soap and helping baby Sylvia to keep her hands clean. Mr Grubby sniffed his clean hands and smiled. 'And they feel nice and smell good too!'

Lourenco helped all the children. Mika was very proud of his smart cousin, his good manners and how good he looked. 'When I grow up I want to be like your cousin,' said Mika's friends.

Suddenly ZaZa and ZuZu flew into the schoolyard and dropped another card by the children. It said:

Don't forget that germs stick to the natural oil on your hands. Look for a special gift, then go home and tell your families what you have learned.

There was a pattering sound. Suddenly a pile of soap bars appeared under the tree. ZuZu and ZaZa were laughing in the tree to see the children so surprised. Now they had soap to spare and could make more Tippy Taps with their friends!

The children went home with more bars of soap and their Tippy Taps. They told their families and friends what they had learned about how to stop the invisible germs riding around the village on people's hands, and how it was important to keep things clean and get rid of poo because germs love to live in it and grow strong.

The children never called Mr Grubby 'Mr Grubby' again!

Mr Grubby used his Tippy Tap and got clean.

Mr Grubby went home with his Tippy Tap and his soap. He thought about how he had eaten the mango after going to the latrine without washing his hands. He remembered how Christina had pulled a face and said 'No thanks' when he offered the mango to her. He began to feel uncomfortable and ashamed of his dirty hands. His Mama was happy when he showed her the Tippy Tap. She listened to what Lourenco had told the children about hand washing.

'This is just what we need to make it easy to wash our hands and get rid of all the germs,' she said. 'I am glad you made me a Tippy Tap. I will put some soap next to it so we can all wash our hands properly after going to the latrine and before we cook food or eat.'

Wise Monkey called ZaZa and ZuZu. 'Now it is time for me to go back to the forest.' In the blink of an eye, Wise Monkey was gone.

ZaZa and ZuZu were happy to see that not many people in the village were sick now. Things had changed. But the biggest change was with Mr Grubby. He used to be so dirty that the children did not want to hold his hand in games. But now Mr Grubby combed his hair, he had clean clothes and he was the best at washing his hands. He never forgot to wash away the invisible dirt after using the latrine or before eating. The women in the village began to say what good manners he had. 'That boy is going to do something smart when he grows up,' they said.

'We cannot call you Mr Grubby any more,' said Christina looking at his clean clothes and neatly combed hair. 'We must call you Mr Cool.'

Mr Cool smiled. He was eating a mango. He offered some to Christina. 'Thank you,' she said and took some.

Then the boys called Mr Cool and he ran off to play football with them.



The village is safe from germs because everyone washes their hands and people stop getting sick with diarrhoea and other illnesses. Mr Grubby is now Mr Cool.

Activities

The story *The Puzzle* is for children aged 10–14 depending on their reading ability. They can also read it to younger children. Its focus is on creative thinking, problem solving, nutrition and washing hands.

Ideas for using the story book

1. Ask the children to look at the cover. Ask them to guess what the story is about.
2. Read the story with them.
3. Ask the children to read the story to each other, or to someone at home.
4. Ask the children to share or act out the story with younger brothers, sisters or friends.

Talking about the book

Get the children into pairs or groups, ask the questions and then ask the children to discuss the questions in pairs or groups. Discuss the questions as a whole group at the end.

Ideas for questions

Response to the story questions

1. Did you like the story?
2. Which bit did you like the best? Why?
3. Do the pictures help to tell the story? How?

Reading between the lines questions

1. What are good manners?
2. Do you think Mr Grubby had good manners?
3. Why did the children avoid Mr Grubby? Why did Christina not take the mango from him?
4. Do you think being clean and neat helped Lourenco do well at school?
5. How did the germs get from the dog to the baby's tummy?
6. Who needs to wash their hands, some people or everyone in the village?
7. What do you think when someone goes to the latrine and does not wash their hands?

Suppose you were questions

1. Suppose you were Wise Monkey, how would you explain to the village why people are getting sick?
2. Suppose you were Christina, how would you explain to Mr Grubby why children do not like to take food he gives them?
3. Suppose you were Mika, how would you explain to Mama Ruth how to use the Tippy Tap?
4. Suppose you were Lourenco, how would you demonstrate to children the best way to wash their hands well?

Linking the story to real life questions

1. Where do we find germs?
2. What do germs do to people?
3. How do germs get into our bodies?
4. Why is hand washing so effective in stopping germs getting into our bodies?
5. Why is it good to not touch the triangle on our faces?
6. Why do we need to wash our hands after going to the latrine or cleaning up poo?
7. What do we need to do to keep our house clean? What is the best way to wash cooking pots?
8. What must we always do before cooking, eating or feeding a baby?

Ten comprehension questions

1. Why did the parrots go to see Wise Monkey?
2. What did Wise Monkey see was the problem?
3. What did the children dream?
4. Where was the first instruction?
5. Name three things that you must wash your hands after touching.
6. Name three things you must wash your hands before doing.
7. Why must you use soap when you wash your hands?
8. What did Mr Grubby offer to Christina? Did she want it?
9. How did Mr Grubby change?
10. How did the people in the village stop being sick all the time?

Activities to do in class or a club

1. In pairs, small groups or a whole-class group, children learn a message about hygiene. Then they create actions to go with the message. They share the message with friends and family.
2. In small groups children create a role play in which they learn a hygiene message at school, share it with friends and family, and then return to school to report on what they have done.
3. In pairs, children create a dialogue between a person who knows a hygiene message and a friend who does not (for example two mothers). They meet each other and the person who knows the message shares it with their friend. The person who does not know the messages gives reasons why they think message is wrong or difficult for them to follow. The other person gives reasons why the message must be followed.
4. Children think about one or two good questions they can ask their friends or family to start a discussion about how to follow the message. For example: What are the reasons we sometimes do not wash our hands with soap in our family? Can we change this? How?
5. Using the new words (see the list at the start of the story), children make new sentences using one or two of the words in the sentence. This can be done in pairs.

At community events children can show their Tippy Taps dramas, dialogues and debates, and sing hygiene and nutrition songs. Community leaders and children can discuss together the answers to children's questions.

Eight nutrition topics and messages

1. Hygiene
2. Balanced diet
3. Rainbow garden
4. Micronutrients
5. Sharing food fairly
6. Breastfeeding
7. Malnutrition
8. Growth monitoring

1. To wash hands properly use water and a little soap. Rub for 10 seconds, rinse and air-dry or dry with a clean cloth/paper, not on dirty clothes.
2. Energetic foods (Go) and body-building foods (Grow) and protecting foods (Glow) are good foods that keep your body and mind strong.
3. Eating from a rainbow garden helps to protect our health. Let's grow a rainbow garden.
4. Fruits and vegetables, red, yellow and green, are full of micronutrients, too small to see, but which make a strong, healthy body and mind.
5. Small children, boys and girls, pregnant and breastfeeding women, the elderly and children with special needs ALL need the right amounts of good food.
6. Breast milk is the only food and drink that a baby needs from birth to 6 months. It contains all the nutrients that a baby needs to go, grow and glow. It is always fresh and clean.
7. Malnutrition means 'bad nutrition'. This happens if we eat too little or if we eat too much junk food. Sharing the right amount of good food during meals avoids malnutrition.
8. From birth until 5 years old children must be weighed regularly at a health clinic to check they are growing well.

PCAAAN is a programme in Mozambique. PCAAAN stands for Children's Participation in Learning and Action for Nutrition. It has two aims: 1. that all children know these eight messages before they leave primary school; 2. that children have the skills and confidence to learn, share and discuss the meaning of these messages with other children.

About this book

This book was co-created with teachers and children from 15 schools in Tete Province, Mozambique between January 2014 and December 2015. The schools are all part of a government pilot programme managed by the government's multisectoral team for addressing chronic under-nutrition in the under 5s (SETSAN). This programme is called Children's Participation in Learning and Action for Nutrition (PCAAN in Portuguese). It is an approach to nutrition education using pre-existing structures and systems. It seeks to mobilise primary school-aged children as advocates for good nutrition in their families. The PCAAN programme is one of the education sector's initiatives and it is supported by the Danish Government agency, DANIDA. This is one of four story books that have been created and there is also a children's recipe book, co-created by teachers and local cooks.

1. *The Rainbow Garden*: Growing colourful food to keep you healthy
2. *Everyone Counts*: How to share your food so everyone gets enough to eat
3. *The Puzzle*: How to keep clean and why it is important
4. *How to be Good at Football*: Why small things are important: A story about micronutrients

There are eight nutrition messages at the end of the book and these messages form the basic structure of the PCAAN programme. They are linked to learning priorities in the existing primary school curriculum of Mozambique.



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