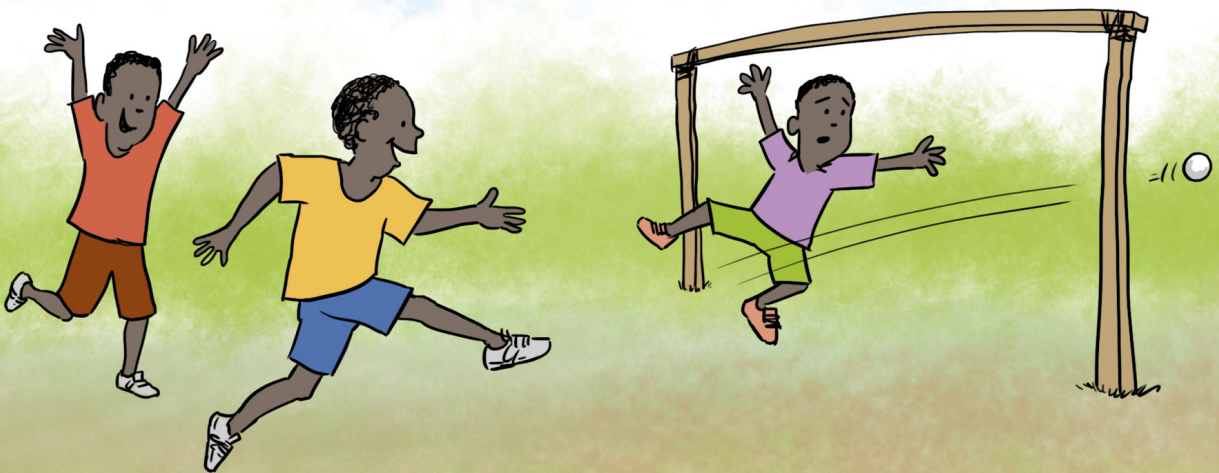


How to be Good at Football

Why small things are important:
A story about micronutrients



A Children for Health book



REPÚBLICA DE MOÇAMBIQUE
GOVERNO DA PROVINCIA DE TETE

Acknowledgements

Writing team: Liz Gifford and Clare Hanbury

Editors: Tobias Hanbury and Lesley Montford (Anglosphere Editing Limited)

Illustrator: David Gifford

Translators: Laurence Hendrix and Bibiche Mwalutshie Sangwa

Thanks to the SETSAN team and in particular to Bibiche Mwalutshie Sangwa for suggestions and assistance with the field-testing.

Thanks to all those involved in the field-testing. This includes teachers from 12 schools in Tsangano District, Tete Province, Mozambique: EP1 Afutsa, EPC Caponda, EP1 Cassowa, EP1 Catubua, EPC Chimvano, EP1 Chitambe, EP1 Folotoia, EPC Mwanjete, EP1 Njlanjira, EP1 Nsankha, EP1 Tchere, EPC Tsangano-Sede; and the children from Grade 7, Josina Machel Primary School, Tete City.

June 2016



SETSAN

Secretariado Técnico de Segurança Alimentar e Nutricional

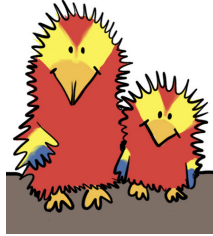


Published by Children for Health
Copyright © 2016 Children for Health. All rights reserved.



ISBN 978-1-911480-05-1

Characters



ZuZu and ZaZa



Mama Ruth



Papa Geraldo



Mika



Christina



Baby Sylvia



Dona Matilde

New words list

10 words in the story that may be new.

- | | | |
|----|----------------|--|
| 1 | Scared | Frightened or afraid. |
| 2 | Curious | Wanting to find out something. |
| 3 | Micronutrients | Things that a living thing has to have for a healthy life but in very small amounts. |
| 4 | Dizzy | Feeling like the inside of your head is going round and round. |
| 5 | De-worming | Getting rid of worms in the body. |
| 6 | Pill | Something that a person takes by mouth to help them with an illness. |
| 7 | Immunised | Had an injection that teaches the body to fight a disease. |
| 8 | Impressed | Thinks someone has done something good. |
| 9 | Lump | Something hard and often round that forms under the skin after a fall. |
| 10 | Celebrate | Mark a special event or day with fun, joyful activities. |

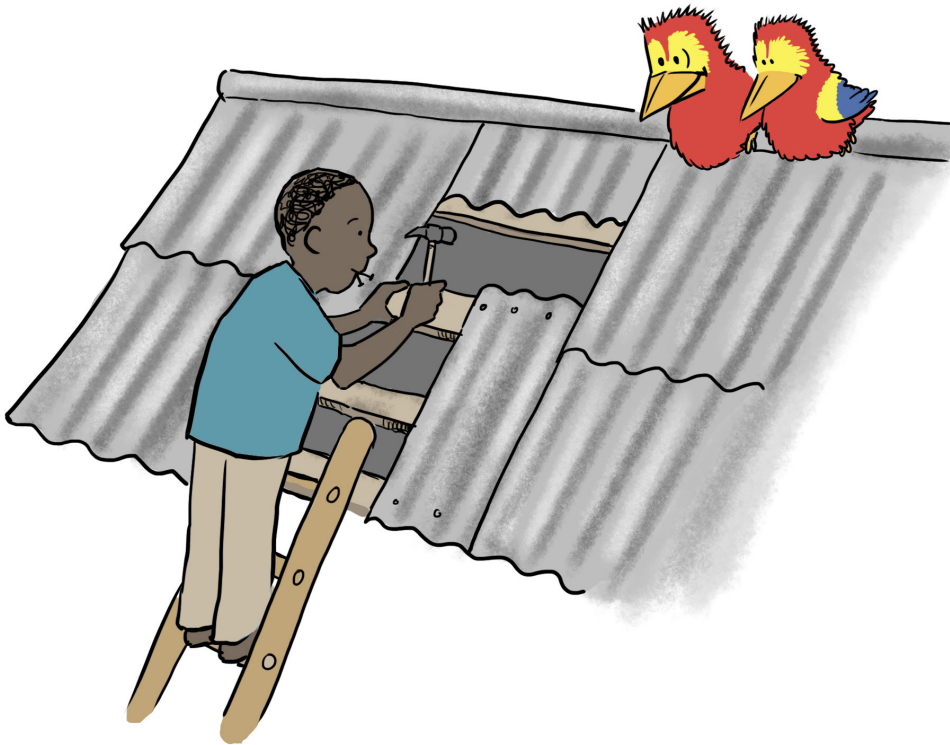
One night there was a great storm. The wind blew and the rain poured down. ZuZu and ZaZa were tossed up and down in their tree. They listened to the wind and the rain and they felt scared.

In the morning they saw that the wind had torn a hole in the school roof.

'Oh, no! Look at the big hole in the roof,' said ZaZa. 'What will the children do now?'

The sun began to shine. While the children had lessons, Papa Geraldo and some of the parents came to look at the damage and to help mend the roof.

'This roof should not have blown down,' said Papa Geraldo. 'But look, some of the nails have gone rusty and now they are broken. We need some new, strong nails.'



Soon there was a lot of loud banging while Papa Geraldo and the other parents mended the roof with hammers and nails.

The storm blows a hole in the school roof. Papa Geraldo and other parents come to help mend the roof.

ZaZa, who was always very curious, came to watch. She had to put her wings over her ears because of the banging from the hammers.

'What are those little silver things in that tin?' ZaZa asked ZuZu. 'They look like little shiny worms. Are they good to eat?'

'Those are nails, ZaZa. You must not eat them. They are used to make buildings.'

'How can they make buildings?' asked ZaZa. 'They are too small. Are they going to build a little tiny school for insects with those nails?'

'The nails are to hold the big sheets of metal in place on the wooden planks. The nails are little, but they are very important. Even big buildings need those tiny nails to keep them strong and hold them together. Sometimes very small things are as important as big things.'



'Like me!' said ZaZa happily. 'I am small but I am very important.'

'Yes, ZaZa,' said ZuZu laughing. 'You are very important. Now let's go and see what the teacher is telling the children about today.'

ZaZa looks at the nails.

ZuZu explains to ZaZa that the little nails are very important for mending the big building. The nails are small but they hold the roof in place.

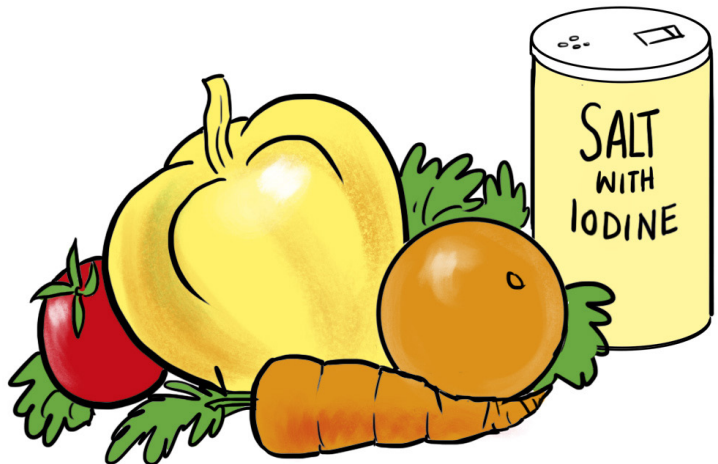
The teacher was telling the children about micronutrients. 'Red, yellow and green fruits and vegetables are full of micronutrients,' the teacher said. 'Micronutrients are tiny amounts of goodness, called "minerals" and "vitamins". Micronutrients are too small to see but they are very, very important because they make our minds and bodies strong. And where do we find micronutrients, children?'

Christina put her hand up. 'In colourful food,' said Christina.

'Yes. Colourful food has many different vitamins and minerals, or micronutrients.'

Mika put up his hand. 'Chima is our most common food,' he said. 'But it's not colourful. Are there micronutrients in chima?'

'Chima is made from maize flour and when the flour is soaked in water most of the micronutrients are washed away. If you do not soak it then more of the micronutrients are left. It's even better if you eat maize when it is freshly picked. Then it is alive, yellow and colourful, and has many micronutrients left in it. Do you remember where else can we find micronutrients?'



Christina put her hand up again. 'In salt, which has got iodine in it.'

'Yes. Very good. Salt is white and some of it has had iodine put into it. So you must buy salt that says it has iodine in it, or use salt called "sea salt".'

At break, the teacher had some exciting news. The school was going to have a football match. The boys picked teams. 'I hope we are going to win the football match,' Mika said to his friend.

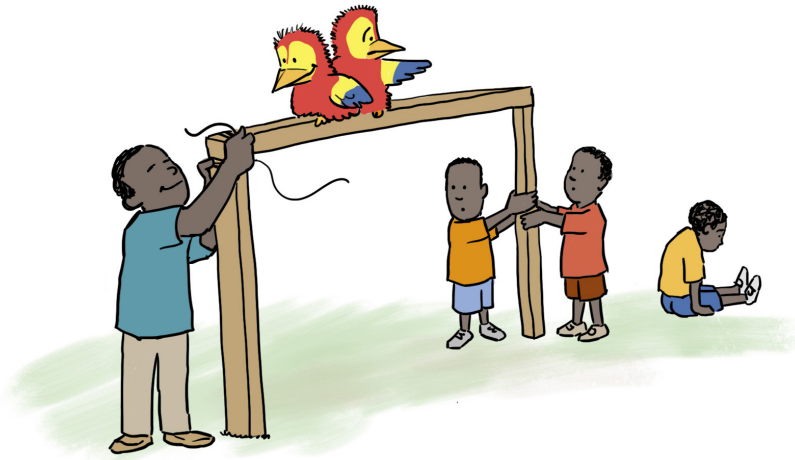
The teacher tells the children about different kinds of micronutrients in colourful vegetables and in iodised salt. The boys pick teams for the school football match.

The boys in the village played football every day. The storm had blown down the goal posts so they asked Papa Geraldo if he had any nails so they could mend them.

'No, there are no more nails left,' he said. 'I will give you some string.'

'Look,' said ZaZa. 'Papa is helping the boys mend the goal posts with a different small thing. He is using string.'

'Yes,' said ZuZu. 'You can use different little things to make big things from wood.'



'Hooray,' shouted the boys when Papa fixed the goal posts. 'Now we can have our game of football. We need to practise for the school football match.'

Mika loved football more than anything. He was very good at it. He wanted to be a great football player and play for Mozambique when he grew up. But today Mika was running slowly. He felt dizzy and breathless. Christina was sitting at the side with her friends. She was feeling cross because the boys would not let the girls play. She saw how Mika kept stopping and looking tired. He came and sat down by her side.

'What is the matter Mika?' she asked.

'I don't know. I am not getting better at football, I am getting worse! I do not feel strong any more. I get tired and dizzy, and I can't run fast like I used to.'

'And you keep going to sleep in lessons. What is wrong with you, Mika?'

Papa helps the boys mend the goal posts with string and they play football, but Mika is not playing well. He is slow and dizzy. What is the matter with Mika?

ZaZa and ZuZu were listening. 'Oh no,' said ZuZu. 'There is something wrong with Mika. He will be so sad if his team do not win the football match.'

The children told Mama Ruth about Mika feeling weak and dizzy.

'Maybe Mika has worms,' said Mama Ruth. 'Worms steal the goodness from your blood and make you tired.' She gave Mika a de-worming pill from the clinic but a few days later Mika still felt tired.

'So you do not have worms Mika,' said Mama Ruth. 'I did not think you did because you are very good at always washing your hands after the toilet or before you eat, and you wear shoes to stop hookworms getting into your feet from the soil.'

Then Mama Ruth put her hand on Mika's forehead. 'Mika does not have a fever and he has been immunised,' she said. 'He is not sick. He should be feeling strong. I do not understand why you are so tired and weak Mika.'

It was time to eat. The family sat down together in the shade of the roof and Mama put the food on the plates. But Mika did not eat his colourful green sauce.

Christina had been thinking. 'Mika, look how you do not like eating green vegetables. But green vegetables have iron and vitamins in them, and the teacher says iron and vitamins help you become strong. Perhaps you need to eat plenty of green and red sauces with your chima so you have more vitamins and iron in your blood.'

'Hmm,' said ZuZu. 'More tiny things! I wonder if micronutrients are like the nails for the roof, the tiny things that make big things strong? I wonder if Christina is right. Perhaps eating micronutrients in red and green sauces would make Mika feel strong and then he could score more goals.'



Mama Ruth tries to work out why Mika is weak and tired. She checks he does not have worms and she knows he has been immunised to stop him getting sick. Christina thinks Mika needs more micronutrients from colourful vegetables.

The next day, the parrots watched Mama working hard to cook chima.

'That is funny,' said ZaZa. 'Last week, when Mama began to prepare the chima, she had a pile of brown maize flour. Then she soaked it and then she threw the soak water away. Now it is white and she is using the white chima. She has wasted some of the goodness that helps the body.'

'I don't know why she throws the micronutrients away with the water,' said ZuZu. 'But she is also cooking red and green sauces to eat with the chima. They will help Mika get stronger and play better football.'

Later the family sat down to eat. Mama gave Mika a spoonful of green sauce but Mika did not eat it. He left it on his plate.

'Mika, what about the football match? You know you must eat the colourful vegetables to get strong again,' said Christina.



'But I do not like green food,' said Mika.
'Sometimes it tastes too bitter.'

'If you want to win the match, you must eat colourful food. It has tiny amounts of vitamins that make your blood strong so you can run and not get tired,' said Papa. 'I am growing green leaves near the house so we can have some every day.'

'How do you know so much, Papa Geraldo?' said Mama. She was impressed by her clever husband.

'When I was mending the roof, I could hear what the teacher was saying. It was very interesting.'

Mika was not happy, but he ate some green sauce. 'It does not taste so bad,' he said. 'I will eat some red and green and yellow food every day and see if I get stronger.'

The parrots are surprised to see Mama soaking the brown maize flour to make white chima. Papa says the vitamins in colourful food will make Mika strong for the match.

At the market, Mama and Papa met Dona Matilde. Dona Matilde was sad. 'I waved at my friend, but she did not wave back. Do you think she is angry with me?'

'I do not know,' said Mama Ruth. 'Come and eat with us and we will cheer you up.'

When they got home, Papa showed the children the salt he and Mama bought at the market. He pointed to the packet. 'It says this salt says has iodine in it. The teacher said if you do not have iodine, you get a lump in your neck and get very tired.'

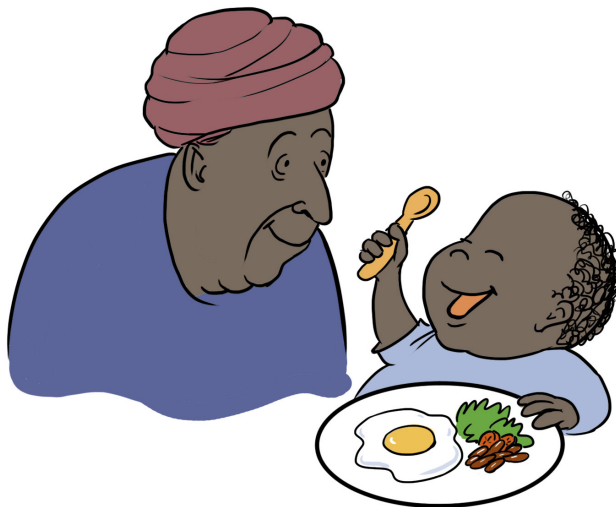
'Papa, you are a very good student,' laughed Christina.

Dona Matilde and all the family sat down to eat together.

'Today we have some eggs,' said Mama. She put some eggs on everybody's plate.

'No, no,' said Dona Matilde. 'Eggs are bad for babies. And they are bad for mothers who are expecting babies.'

'Excuse me but you are not correct Dona Matilde,' said Mama Ruth. 'Baby Sylvia was sick when she was too big to have just my milk. The doctor told me to give her some colourful food and also eggs and look how well she is now. Eggs help babies who are too old for just milk and they help to make babies strong.'



'And they are good for footballers,' said Mika, eating his eggs and green sauce.

Every day he ate the dishes Mama made with colourful vegetables. She used salt with iodine in it. Sometimes she cooked eggs or meat. She cooked fresh yellow maize. It tasted good. Every day, Mika's football got better. He could run fast. He did not get dizzy and breathless. Mika and his team practised scoring goals every day.

'They are a very good team,' said ZuZu. 'I think they are going to win the match.'

Dona Matilde is sad that her friend no longer waves to her at market. The family has micronutrients in several ways: colourful vegetables, salt with iodine, eggs and chima that is brown or fresh yellow maize. Mika is stronger. His football is better.

A few weeks later, Dona Matilde was looking very happy. 'I have found out why my friend did not greet me in the market. She could not see me. She could not see anything very well. She has been to the clinic and the health worker gave her some tablets to help make her eyes better. The health worker told my friend to eat more colourful vegetables and fruit, and she is beginning to get better and feel better too. She explained what had happened. We are good friends again.'

'I know why the colourful vegetables helped make her eyes better,' said Christina. 'It is because they have tiny amounts of vitamin A. Vitamin A helps our eyes.'

'I think eating colourful food is making you a good student, Christina!' said Mama.

'And I am strong too,' said Christina. 'And I am good at football.'

'Girls don't play football,' said Mika. 'Boys play football. I am eating lots of green and red and yellow vegetables, and eggs and good salt to make me a strong footballer. Different kinds of micronutrients make us strong in different ways.'



'Do not forget about worms and germs, Mika,' said Dona Matilde. 'If they get into your body they eat all your micronutrients and make you weak again. You must get immunised and make sure you do not get worms from dirty water or from bare feet.'

'Do not worry,' said Mama Ruth. 'I have already taken my children to be immunised. And they know they must wear shoes to protect their feet from worms, and that they must wash their hands after the toilet and before eating.'

'Yes Mama is always telling us to wash our hands,' said Christina.

Dona Matilde's friend can see her again because she has been taking vitamin A. Mika is getting stronger because he eats micronutrients. Matilde reminds Mika to make sure worms or germs are not making him get weak again.

Every day Mika ate green leaves and he got stronger and played better football. Mika and his team worked hard at making their football better. One day, Christina was watching the boys playing football in the village.

'Why is Christina coming to talk to us?' asked one of the boys. 'Is she going to ask if she can play again? What do you want Christina?'

'Mika, I can see that you are much faster and stronger now, but some of the other boys are not. You must tell them about how the micronutrients have made you stronger. They must eat colourful food and get stronger too,' said Christina.

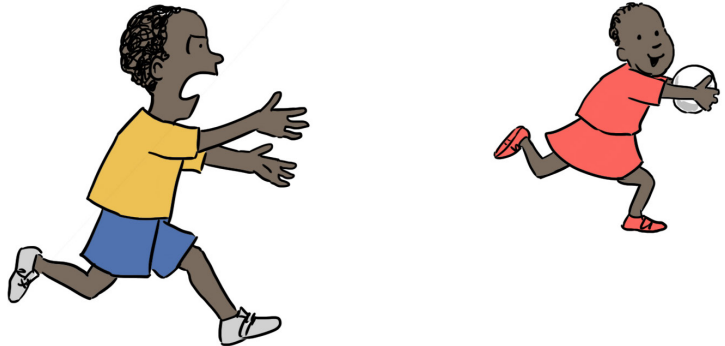
'OK, coach Christina,' the boys laughed. 'We will try and eat more micronutrients like the teacher told us. We all need to be strong for the big match.'

'And where do you get micronutrients?' she said with her hands on her hips.

'From colourful food, from salt with iodine, and from eggs and meat,' the boys said.

But suddenly Christina took the ball and ran away. She came back without it.

'What are you doing,' said Mika
'Give us back our ball. You're being mean Christina.'



'No, I am not. I am showing you something important. Being strong is not just about eating micronutrients. It is also about stopping diseases and worms from stealing your strength. You must protect your body by being immunised, by making sure you don't have worms, by drinking clean water and by washing your hands after the toilet or before eating.'

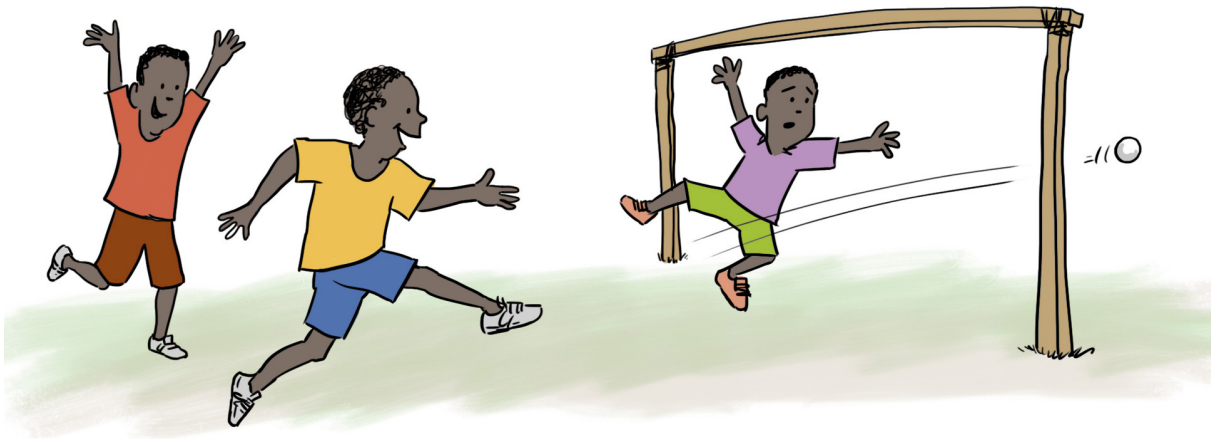
'Yes, yes, we will eat colourful food and make sure we are protected from worms and diseases,' said Mika. 'Now give us our ball back please.' She fetched the ball from its hiding place.

Christina tells the boys on the team they need to eat micronutrients and be strong. She steals the ball to show them they must stop worms and germs from stealing the micronutrients from their bodies.

Soon it was the day for the football match at school. 'I hope we will win,' said Mika. 'Everyone from the village and the school is coming to see the match.'

ZaZa and ZuZu found a good place to watch in a tall tree. 'Come on Mika,' squawked ZaZa. 'We want your team to win.'

All the children and the parents cheered and cheered for their teams. Mika ran fast. He kicked the ball straight, passed well to his team mates and scored THREE goals. He did not get tired or dizzy. His team won 5-2! They picked Mika up and carried him around the football field because he had scored a hat trick.



After the match, the teacher said thank you to all the parents who had helped mend the roof. 'And thank you for listening to what the children have learned about micronutrients. You have been cooking colourful food for the children. You have been using salt with iodine and eating eggs. Now the children are not only stronger, but they are better at their lessons and they are doing better at school. And now it is time to have a party to celebrate our strong new roof and our strong children.'

Everyone danced and had lots of fun and celebrated their win.

At the school football match Mika's team wins. The teacher thanks the parents for helping to make the roof strong again and for making sure that the children have enough micronutrients in their food. Then everyone dances.

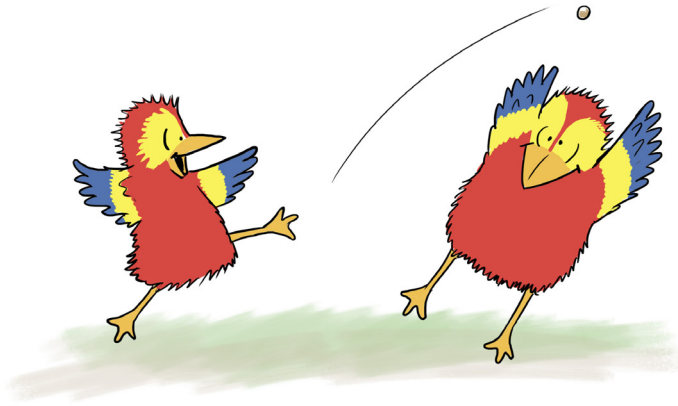
The next day Mika and the boys came to talk to Christina and the girls.

'Christina you helped me get strong again by noticing that I needed to eat green vegetables and colourful food. And you helped the team get better by reminding us to eat micronutrients and to protect ourselves from disease. You are a good football coach. We think the girls should have the football to play with too, sometimes.'

The boys sat and cheered while the girls played football.

'Look, girls can play football too,' said ZaZa. 'I would like to play football!'

ZuZu and ZaZa found a nut and they played football together. ZaZa kicked the nut high into the trees. ZuZu was very impressed.



'ZaZa, you are little but very strong.'

'Yes, little things can sometimes be very strong, like the tiny nails that held the school roof together, or the string that held the goal posts together. Or like the different kinds of micronutrients that helped Mika's body work well and make him a strong footballer,' added ZuZu.

'Didn't I tell you? Little things can be very strong, and very important,' said ZaZa.

'Very important,' he said. 'Now come on. Let's play football.'

The boys say thank you to coach Christina. They let the girls have a turn at playing football. ZaZa and ZuZu decide that different kinds of little things, like the nails and string, can be very important because they hold big things like the school and goal posts together, just like different micronutrients keep the body strong.

Activities

The story *How to be Good at Football* 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 and nutrition.

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. Why was ZaZa surprised that nails were important? What other little things in the story were important?
2. Are big things more important than small things?
3. Why were the parrots surprised that Mama Ruth cooked the chima and threw away the brown-coloured water? What sort of maize did the parrots think was best and why?
4. Do you think Papa Geraldo is clever to listen to the teacher about food and make changes to what the family eats? What changes does Papa make?
5. Why did Dona Matilde believe that eggs were bad for babies?
6. Why does Mama Ruth take the children to be immunised and make sure they wash their hands before eating and after going to the toilet?
7. Why does the teacher want the children to know about micronutrients?

Suppose you were questions

1. Suppose you were Christina. What would you tell the boys to do to get stronger and play better football?
2. Suppose you were a health worker. What would you tell Dona Matilde's friend to make her eyes better?
3. Suppose you were Mama Ruth. What would you say to Dona Matilde to explain that eggs are good for babies who can't have just milk any more?

Linking the story to real life questions

1. What are micronutrients and why do we need them?
2. Where do we get micronutrients?
3. Why do we need to protect our bodies from worms and germs?
4. How do we protect our bodies from worms and germs?
5. What do we need to eat for strong eyes?
6. Is it true that eggs are bad for babies and mothers expecting babies?
7. When is it important to give babies eggs? Why?
8. How can we get enough colourful fruit and vegetables? What did Papa Geraldo do?

Ten comprehension questions

1. What happened to the school roof?
2. What were the children learning about in school?
3. What is the teacher's exciting news?
4. What is wrong with Mika?
5. Why does Papa Geraldo say Mika needs to eat green leaves and colourful food?
6. What does Mika eat to get stronger?
7. Why does Christina steal the ball? How can we stop germs and worms harming us?
8. How did Dona Matilde's friend's eyes get better?
9. What happens on the day of the football match?
10. Why does ZaZa think little things can be as important as big things?

Activities to do in class or a club

1. In pairs, small groups or a whole-class group, children learn a message about nutrition. 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 nutrition 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 nutrition 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 message 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 do not eat colourful food in our family? Can we change?
5. With the help of their teacher, children can make a list of all the micronutrients and draw beside each one the foods that are rich in this micronutrient.
6. 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 nutrition dramas, dialogues and debates, and sing 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.



ISBN 978-1-911480-05-1



9 781911 480051 >