



# Nutrition 10 messages for children to learn and share

1. To have a balanced healthy diet eat different food of different kinds.  
GO, GROW and GLOW for strong bodies and happy minds!



2. Malnutrition means Bad Nutrition and happens if we eat too little, too much or mostly junk food. Avoid malnutrition! Sit and eat enough good food at mealtimes but not too much.



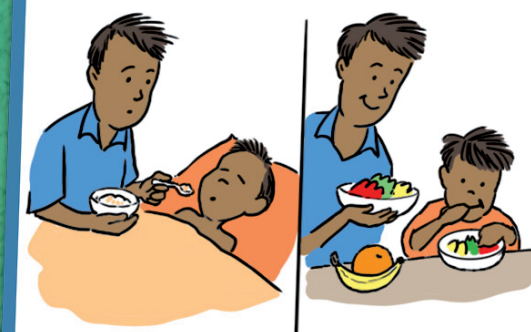
3. To check that babies and young children are growing well, watch and help record their length and weight at a clinic often and as instructed by a health worker.



4. Help avoid lifelong harm to young children. Tell adults to have them checked if you see the arms or body looking thin or the face or feet looking swollen.



5. When young children are ill they may not eat well. Give them healthy drinks e.g. breastmilk, milk or home-made soup. Also, give extra food when they start to feel better.



6. Be a breastmilk champion! Breastmilk is always fresh and clean and the **ONLY** food and drink a baby needs from birth to 6 months.



7. Help prepare and give older babies good food (6 months to 2 years). They need breast milk plus family food and snacks 3-4 times a day.



8. Eat a rainbow of fruits, vegetables including leaves (red, orange yellow and green) They contain micronutrients, too small to see but vital for our body and mind.



9. Wash your hands well using water and a little soap. Rub for 20 seconds, rinse, shake and air-dry after toilet and before preparing food and eating.



10. Wash fresh food well as you prepare it. Use cooked food immediately or make sure it's stored away from flies to make it safe to eat later.







## Frequently Asked Questions About Our Posters

- **Where can I get the printed poster?** Please print using your local printer - we are only able to offer a free digital download. The poster is best printed on A3 size paper in full colour. You can print the back in B&W for reference or full colour for display.
- **Who is the poster for?** Educators of children aged 10-14 and their parents.
- **Where might it be used?** Schools, at home, health clinics, nutrition projects, children's clubs, religious groups etc.
- **Why are the faces of the people on the poster multi-ethnic?** Children for Health has a global audience, so we use multi-ethnic faces on all our posters.
- **Is it enough for children to just learn the messages?** The messages are designed as doorways to discussion and action. They are to understand and use, not just to memorise.
- **How do I use the messages?** Be creative! Focus on one topic for a week, month or term!
- **What is the Rainbow Stick?** When a child learns and shares a message and returns with a story about how they shared that message, a teacher or other adult rewards the child with a strip of coloured fabric to tie to their stick. Children for Health has 100 messages and so every child can leave primary school holding their Rainbow Stick with 100 coloured 'ribbons' tied on it showing everyone that they know their 100 health messages. Tick sheets or stickers can be used too!
- **Why is one picture bigger than the others?** It's the Children for Health 'key' message for the featured topic.
- **Can I add to, change, adapt, translate or simplify the messages?** Yes! But check that your messages are accurate.
- **Are there other important messages you have not mentioned?** Our messages are short and simple. You may want to add other short and simple messages and that's fine.
- **Are some of the nutrition words and concepts too hard for children?** Children love to learn new words and ideas. Take time to ensure they understand the ideas of lifelong importance, like: malnutrition, variety, balanced diet, micronutrients, natural food, junk food and empty calories.



## Working with Children for Health

1. Go to our website to view the FREE resources which you can use and adapt as you like.
2. Send us your questions which we will answer on our website and blog.
3. Translate or adapt our materials - please acknowledge us and send us a copy of your version.
4. We can be your mentor. This needs funding.
5. We can help develop your health education programme with training, writing materials, help to create stories and pictures to remember messages, programme design, research design or help with monitoring & evaluation. This needs funding.
6. Set up a joint venture with us. Our partners lead this process and manage the overall programme. We can apply for funding together.

For more information please visit [www.childrenforhealth.org](http://www.childrenforhealth.org) or contact [clare@childrenforhealth.org](mailto:clare@childrenforhealth.org)



## What Can Children Do? Our Basket of Ideas



- HAVE a healthy breakfast every day.
- EAT lots of different fresh colourful food every day or week.
- ASK for more eggs, beans and colourful fresh food like fruit & vegetables.
- HAVE healthy snacks like fruit or orange sweet potatoes.
- WASH your hands with soap after toilet and before eating, and help younger children too.
- AVOID a lot of deep-fried foods, sugary drinks and snacks.
- HELP to shop for food shopping and learn to READ & UNDERSTAND food labels.
- LEARN to prepare and cook healthy snacks and healthy meals.
- DISCUSS which street food is healthy/unhealthy and why.
- (with an adult) ADAPT the NUTRITION messages using your own words in your own language. MEMORISE the nutrition messages and SHARE the messages with many others.
- Create a STORY or SERIES of IMAGINARY PICTURES to help remember the nutrition messages.
- FIND OUT and RECORD *\*Which mothers in your community breastfeed their babies and why? \*How does breast milk change as a baby gets older? \*When are bottles dangerous for baby? \*What do mothers give their babies as their first food after 6 months? \*How often they breastfeed at different ages?* MAKE a chart with friends to show the results to others.
- EXAMINE a baby's growth chart with adults to help (this is sometimes called a Road to Health chart). FIND OUT what the lines mean. OBSERVE babies & young children being weighed and measured and have their weight plotted onto their chart.
- FIND OUT & RECORD *\*What does your family eat each day/each week? \*How much family food is naturally colourful? \*Does everyone in your family get enough variety of food to GO, GROW, & GLOW? \*Are there family members especially old or especially young that need others to OBSERVE & COMMENT on how little or how much they are eating?* DRAW & WRTE about the foods we eat each day over a week.
- DISCUSS if there are any children you know who are, or might be, malnourished and PLAN what you can do to help.
- ASK & LISTEN to stories about when food made people ill (e.g. food stored too long)
- FIND OUT & have debates on topics like: *\*How to tell if a child is becoming malnourished \*What micronutrient rich foods are available to most people in the community \*How to prepare vegetables so they are tasty. \*Why it's important to eat naturally colourful food? \*What foods are good for people to eat when they are ill & afterwards \*The reasons why 'Breast is Best' \*The methods to keep food fresh like drying or bottling \*How to tell if food had gone bad & is no longer safe to eat \*How to help a child who is ill get good food & drink.*
- OBSERVE *\*How food is prepared & cooked \*How plates & utensils are washed & dried \*If the person cooking washes their hands with soap before touching food.*
- DRAW a picture chart showing foods that are unhealthy for babies & young children and WRITE next to each picture why this food is unhealthy. (e.g. sugar & empty calories).

**REMEMBER!** To become effective health champions, children need the help and support of adults, parents and educators of different kinds (church, club, school).

