

THE PARTICIPATION OF CHILDREN IN LEARNING AND ACTION FOR NUTRITION (PCAAN)



Background

PCAAN is an approach to hygiene and nutrition education. It was developed as part of the education strategy to reduce chronic malnutrition in Mozambique.

Children at primary school become ambassadors for good nutrition in their family and community and influence change.

PCAAN has been developed over 2 years by twelve schools in Tsangano district, Tete Province, Mozambique and by three schools in Tete City.

PCAAN activities work over one school year. Children in School Clubs learn eight nutrition messages. They learn fun activities like games and songs linked to each message plus good questions to ask. They share the messages, activities and good questions with their friends at school during assemblies and formal school time allocated to 'local curriculum' activities. All school children learn and share the messages, ideas and questions with their families and together influence change.

School Teachers and Community Mobilisers lead the work and support children as they learn and spread ideas. Children present and discuss their learning at community meetings and events.



Pedagogical Materials

Everyone interested in PCAAN can find out more from the pedagogical materials:

1. The PCAAN Basic Guide
2. The PCAAN Training guide
3. The PCAAN Story Books
 - Rainbow Garden: Growing colourful food to keep you healthy
 - Everyone Counts: How to share your food so everyone gets enough to eat
 - The Puzzle: How to keep clean and why it's important
 - How To Be Good At Football: Why small things are important – a story about micronutrients
4. The PCAAN Recipe Book for Children
5. The PCAAN Handbook
6. This poster!

The pedagogical materials are not essential but they can help to guide those who wish to start a PCAAN programme in their school and community.

The Seven Threes

PCAAN training is structured around understanding of the 7 threes.

1. **Roles**
 - Teacher
 - Facilitator
 - Coach
2. **Connections**
 - Head
 - Heart
 - Body
3. **Stages**
 - Understanding
 - Action
 - Reflection
4. **Skills**
 - Listening
 - Asking Open Questions
 - Organising Groups
5. **Qualities**
 - Important
 - Relevant
 - Fun
6. **Locations**
 - Intrest Circle
 - Classroom
 - Home
7. **Values**
 - Community
 - Creativity
 - Clarity



The Eight Messages



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.