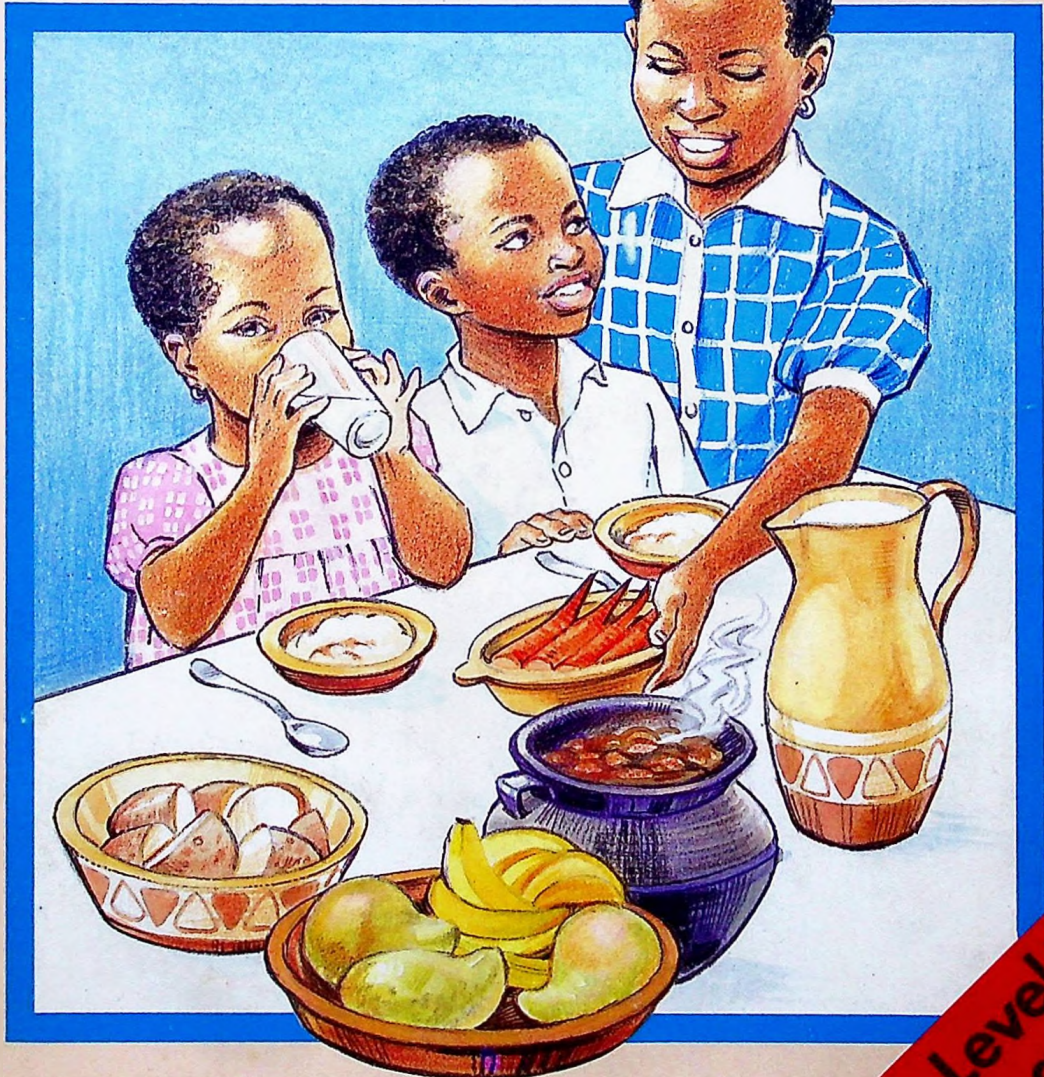




CHILD-to-child Readers

Good Food



**Level 1
Reader**

Colette Hawes

Good food

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MAINLY FOR PARENTS AND TEACHERS

As more and more work is carried out on nutrition, the importance of the right kind of diet in the early years is becoming clearer and clearer.

Babies must be breast-fed wherever possible.

Children must eat mixed foods.

They must eat enough and eat often.

They must have cooked food.

They must have the right food.

This book attempts to show children, simply and clearly, how important food is when they are growing up. It explains the values of locally available foods and shows how good food can improve their health and happiness.

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CH-140

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My family



This is a picture of me. I am eight. I am holding our new baby. His name is Yumyum and he is five months old.

I am big. I can run. I can put a lot of things on my head. I help my mother. I wash. I work in the garden. I go to school. I can jump and play games. I am always very happy.

Yumyum is fat. He can eat. He can drink. He cannot walk. He cannot talk. But he can say: "Ga, ga, Mummumm." He is often asleep. He is always very happy.

I have another brother and a sister. This is a picture of them.



My brother is six and my sister is four.

Yumyum loves his brother and sister. He loves his mother and he loves me. We are all very happy.

Why are we all good and happy?
Because our mother gives us good food.



Our mother gives Yumyum her milk. She does not give him milk from the cow. She does not give him milk from the shop. She only gives *her* milk.

She gives Yumyum a little soft food too. She takes a sweet banana. She puts it on a plate. She mashes it with a spoon. She gives Yumyum soft banana with the spoon. She also gives him mashed fruit, mashed cooked rice and mashed cooked beans. Yumyum can eat any mashed food.



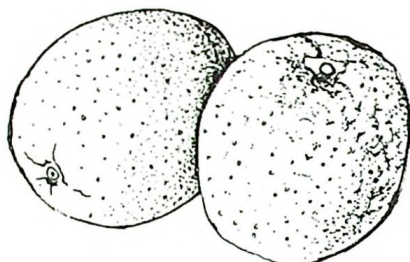
Mother gives Yumyum the mashed food d llllll u l
time and many times a day.

Mother gives us all good food. Sometimes she gets the
food from her garden.

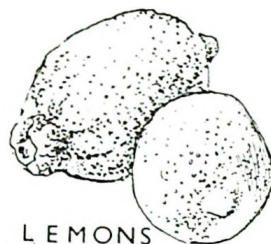


Sometimes she buys food in the shops. Sometimes she
buys food in the market.

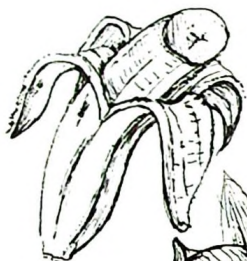
What fruits does our mother give us? She gives us:



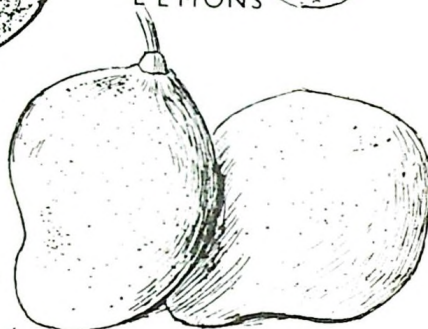
ORANGES



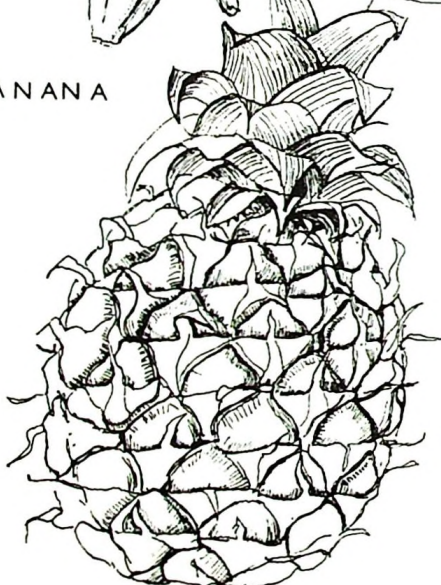
LEMONS



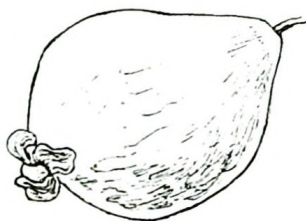
BANANA



MANGOES



PINEAPPLE



GUAVA



LIME

What vegetables does mother give us? She gives us:



CABBAGE



BEANS



ONIONS



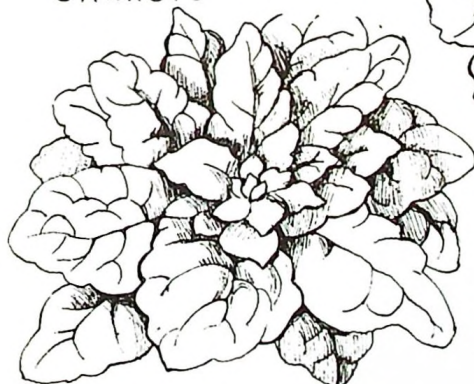
TOMATOES



CARROTS



GREEN LEAVES



SPINACH

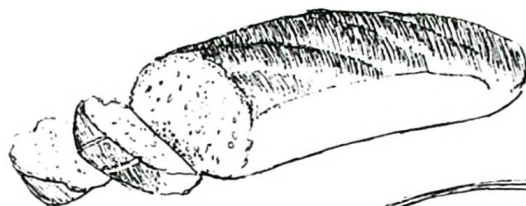


PEAS

What other foods does mother give us? Sometimes she buys:



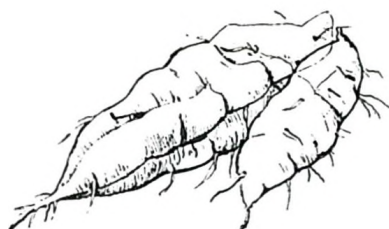
What other food can she buy or get?



BREAD



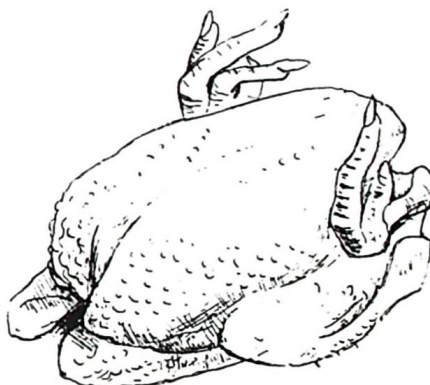
RICE



POTATOES



NUTS



CHICKEN



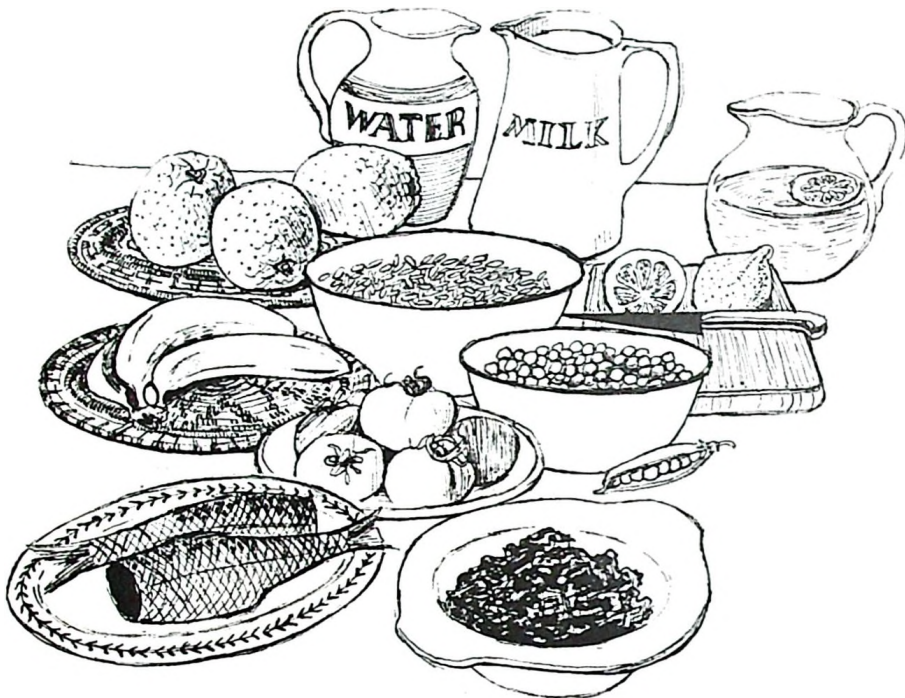
MEAL



EGGS

Mother does not give us the same food every day. She gives us many foods. She gives us different foods.

She gives us different foods many times a day.



When does our mother feed us?

In the morning she gets up. She gets dressed and she washes. She always gives us food before she goes out. She also gives Yumyum her milk and a little mashed food. She gives us hot tea with a lot of milk. She also gives us some hot, cooked food.

Then I go to school.

I always eat before I go to school.

I do not go to sleep in school. I learn in school. I work very hard. I am happy because I eat good food before I go to school. I am not hungry when I am at school.



A sad family

A woman called Mrs Bulbul lives near us. Once she had eight children: Anna, Frances, Daniel, Flora, Friday, Edith, Jonathan and a baby, Wawa. Flora and Jonathan are dead. Now she has six.

These children are not big. They cannot run well. They do not help their mother. They are dirty. They do not work. They are not happy.

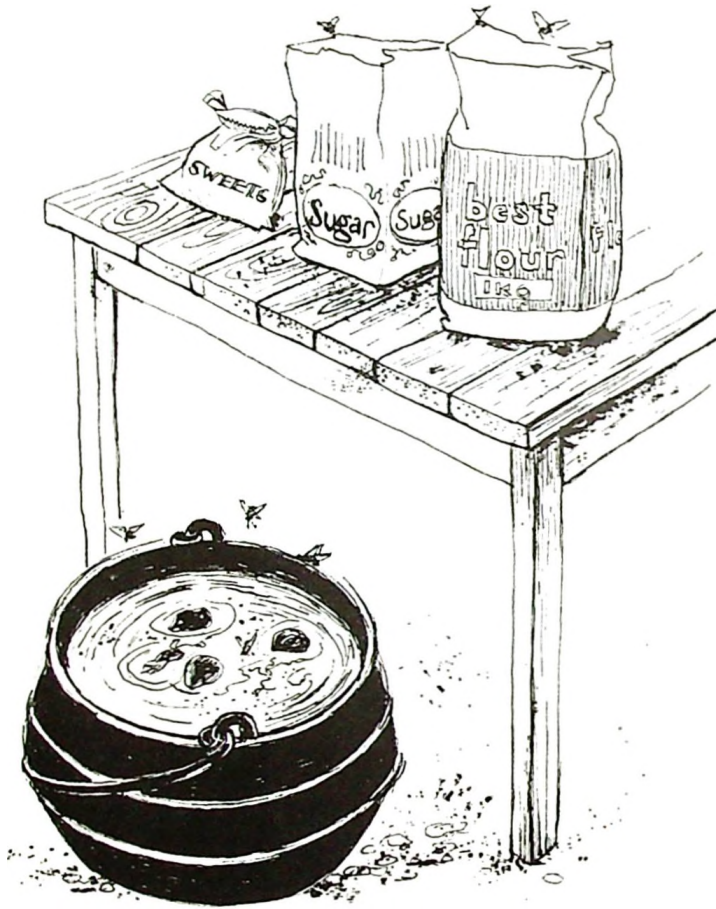


Wawa is six months old. He is not fat. He is very thin. Little Wawa is often ill. He cannot sit up. His eyes are big. His belly is big. He does not talk but he often cries.



Why are Wawa and the other children thin? Why are they not happy? Why are they often ill? Because Mrs Bulbul does not give them good food.

Mrs Bulbul gives her children the same food every day. She gives them cold food because she only cooks one big pot of food each day.



Mrs Bulbul does not get food from her garden. There is nothing in it. She gets sugar and flour from the shop. She pays a lot of money. She gets only a little food for her money. The food is always the same.

Mrs Bulbul does not give Wawa her milk. She gives him milk from a tin. She buys the tin in the shop. The tin always costs a lot of money. Milk from a tin is not very good for babies. Mrs Bulbul does not know this.

Wawa is thin and ill. He is not happy because he does not get milk from his mother. He does not get mashed food. He does not get cooked food. He does not get different food. He only gets milk from a tin.



One day Mrs Bulbul came to see our mother. She asked:

"Why does Wawa cry and Yumyum laugh?
Why is Wawa thin and Yumyum fat?"



Why are your children happy yet my children cry?
Why are your children always well and my children
often ill?

Why are your children strong and my children weak?
Why do your children help you? My children do not
help me."

Mother asked: "Do you give Wawa your milk and some mashed food? Do you give your children food many times a day? Do you give your children different foods every day? Do you get food from your garden?"

Mrs Bulbul answered: "No, I do not do any of these things."



"But you *must* do all these things," our mother said.

"I cannot," Mrs Bulbul said. "I have a lot to do. I cook the pot of food. I clean my house and get water. I go to the town and talk to my friends. I buy cloth and take it to the tailor. I have no time to get food. When I come home, it is night. I go to sleep."

Mother said: "What does Anna do? She is ten. She does not go to school. She can help you." Then she said: "Elizabeth goes to school. She can help you after school and in the holidays."

I said to Anna: "I am going to help you to plant spinach, beans, onions, carrots, tomatoes, and other things in your garden. The rain will make them grow."



Mother said to Mrs Bulbul: "Go to market every day. Buy many foods in the market. Buy different foods. Food in the market is good."

Two happy families

The rain came. Many things grew in the garden. Now Mrs Bulbul gets food from her garden.



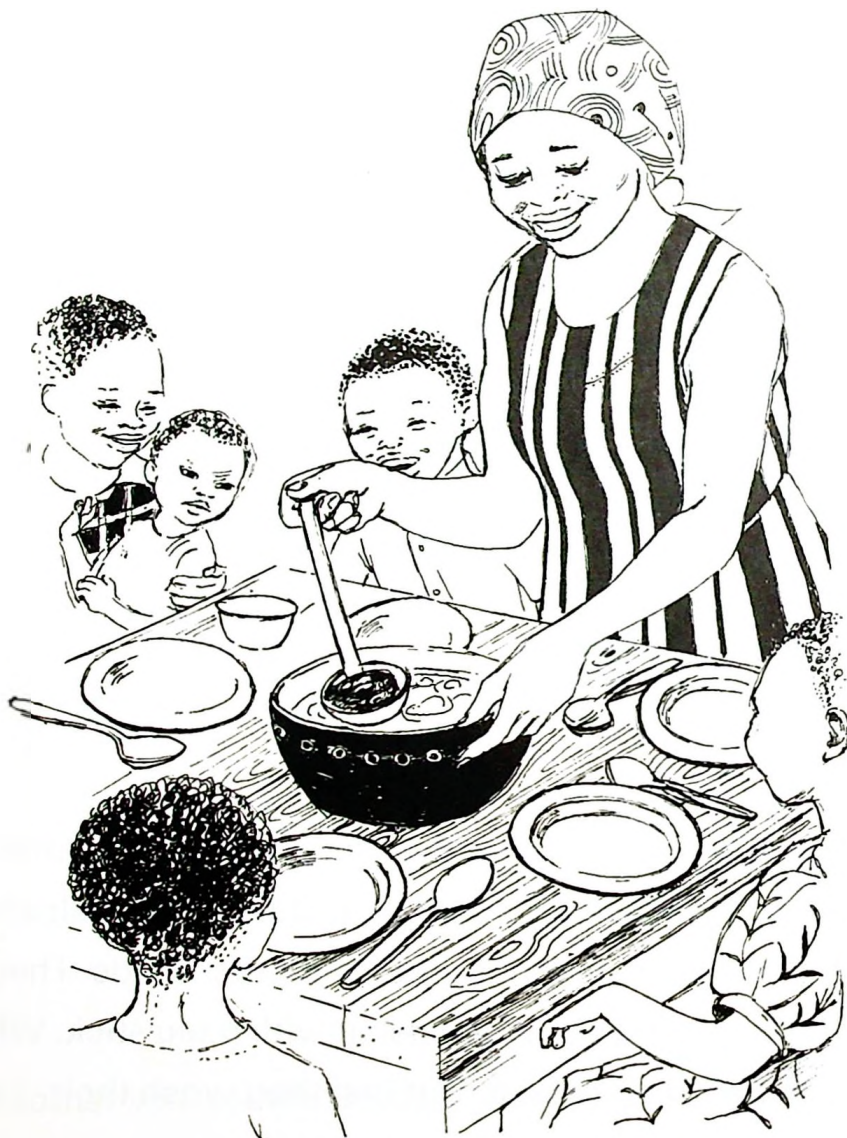
She goes to market every day. She buys many different foods. Anna mashes food for Wawa. Our mother helps her. She helps Anna mash beans, nuts and other foods. They put the food in a big pot and mash it with a big stick. When the food is soft, they cook it. But first they wash their hands.

When the food is cooked it is soft and hot.

Mrs Bulbul likes it.

All the children like it.

Wawa likes it.



When I come home from school, I help Anna. We cook porridge. We cook green leaves, with a little water, onion, tomato and mashed nuts. We put these cooked vegetables on the porridge. We give this food to Wawa with a small spoon.

Wawa eats it. He likes it. He says: "Yummyumm!"
Wawa always wants more.

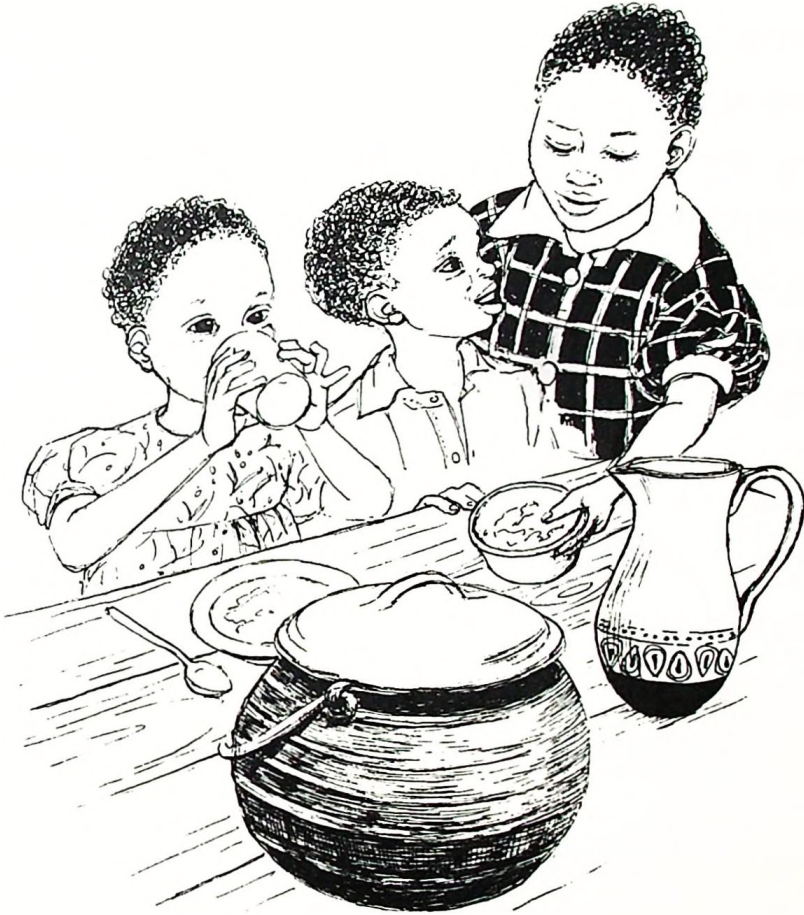


Sometimes we cook eggs with oil, rice and vegetables.
Sometimes we cook mashed grain with fish and vegetables.



Sometimes Mrs Bulbul cooks a chicken or some meat.
She cooks many different foods. Her children always want more. It is very good food. They get food many times a day now.

Sometimes the children are ill. They do not want food.
We give them fruit. They eat a little fruit. We give them
plenty to drink.



The children eat a little. It is good fresh fruit and it is
mashed.

They drink a lot.

They get better.

Now they are all happy.

Mrs Bulbul is happy because Anna is a very good cook.

Mrs Bulbul came to see our mother. She said: "Thank you very much for helping me."

Anna is very happy because I am her friend. She said to me: "Thank you very much for helping me. Now my brothers and sisters eat well. They are happy because they eat many times a day. They can play and run and jump."

Wawa is very, very happy. He gets plenty of mashed food. He gets good milk. He is going to walk. He is going to talk. Wawa is going to be fat and big and happy like Yumyum.



Things to do

- 1 Make a list of foods you can find in the market.
 Make a list of foods you can see in the garden.
 Make a list of foods you can see in the shops.
 Make a list of foods you can see on the bushes.
 Try to draw some of them.
- 2 Make a play with all the people in the story. Do what Yumyum does. Say what Yumyum says. Do the same with Wawa, Mrs Bulbul and all the other people.
 Then act the play for your friends.
- 3 Think of food you do not like. What can you do to make it good?
- 4 Ask people to tell you what they do when they cook.
 Ask people who cook well.
 Write it on a piece of paper. Put these pieces of paper together with a string.
 Draw a picture on each piece of paper. Now you have a cooking book.

Rules for the Good Food Game

- 1 Find 15 pictures of good food.
You can also play the game with 13 or 10 pictures.
- 2 Draw squares in the compound, about 30 cm square.
- 3 Put your pictures in some of the squares.
- 4 Put numbers under the pictures.
- 5 Make a line 3 or 4 metres away from the squares.
- 6 The players must try to throw a small stone or roll a small ball into the squares.
- 7 The stone or ball must not touch any lines when it stops.
- 8 Add the numbers each player gets.
- 9 The player with the highest number wins the game.

Activity

THE GOOD FOOD GAME

Picture 13		Picture 14		Picture 15
	Picture 11		Picture 12	
Picture 8		Picture 9		Picture 10
	Picture 6		Picture 7	
Picture 3		Picture 4		Picture 5
	Picture 1		Picture 2	

↑
3-4 metres
↓



REMEMBER

- Milk from mother is best.
- Mash food for Baby.
- Children must eat often.
- They must eat different foods.
- Vegetables, nuts, grain, fruit.
- Cooked food must be hot.
- Chicken, fish, meat, eggs.

The CHILD-to-child stories are edited by Pauletta Edwards, illustrated by Joan Gammans and written by a group of teachers and doctors:

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Pauletta Edwards
Shân Griffith Pinna
Colette Hawes
Hugh Hawes
Keith Lowe
Augustine Veliath
David Morley

What is CHILD - to - child?

CHILD-to-child is an International Programme which teaches and encourages children of school age to concern themselves with the health, welfare and general development of their younger pre-school brothers and sisters and of other younger children in their community.

Each of the stories in this series of readers is based on the CHILD-to-child concept of one child helping another.

It is hoped too that children will read these stories to their younger brothers and sisters thus giving practical expression to the CHILD-to-child idea.



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The CHILD-to-child Primary Health Readers have been developed to teach and encourage primary school children in Africa to become concerned with the health and general development of their pre-school brothers and sisters. Each book has been written by an experienced educationalist in conjunction with a panel of medical and language specialists. The books have been graded into two reading levels, and each deals with a different health topic of relevance to children in Africa.

The readers can be used as an integral part of a primary Science, Social Studies, Environmental Science, Home Economics or Health Science curriculum.

Good Food is a *Level 1 Reader* which attempts to show children how important food is to their growth and development. The book explains the values of many local foods and shows how good food can improve health and happiness.

Other books in the series:

<i>Level 1</i>	<i>Level 2</i>
Dirty Water	Down with Fever
Accidents	Teaching Thomas
	A Simple Cure