

Nutrition-Sensitive Agriculture

Facilitation time: 2
hours

Objectives: By the end of this training participants will be able to:

- Understand the definition of nutrition
- Understand the 3 food groups and why we need food from each of the groups
- Understand the link between agriculture and nutrition
- Understand the importance of managing (sell and consume) food products

User of the flipchart: Those that have been trained on the use of this flipbook

How to use the Flipbook:

- Use to communicate with VSLA groups and farmers groups
- As each page of the flipbook is turned over, make sure the picture remains visible to the audience while you look at the talking points on the back side of the picture.
- As the facilitator, follow along with the flipbook. For other nutrition-related questions not in this guide, refer participants to contact their nearest health facility or health worker.



= The group icon indicates for the facilitator is to ask a question for discussion.



= The light bulb icon represents the key messages for the facilitator to reinforce.

In order to conduct this training you need:

- This flipbook
- Attendance sheet
- Soap
- Water
- Nutritious crops tool posters (4 types)



Pass out the attendance sheet, ask people to write down their complete names, gender, age, where they live, electoral ID number and signature

Nutrition-Sensitive Agriculture (NSA)



For Farmer Groups

Photo credit: HATUTAN



Nutrition



ASK

What do you know about nutrition?

Wait for their responses. After the discussion ends, read the definition.



Definition of Nutrition

- Nutrition is the process of obtaining a variety of foods needed for health and growth.
- We get and maintain a healthy body from consuming the right variety of foods.



ASK

Where do we get our food from?

Wait for their ideas, make sure the response includes:



- We get food from our own garden and the market.



Photo credit: HATUTAN

Malnutrition



ASK

What do you see in this image? What happens if the child, chicken, and the tree do not have good nutrition?

Wait for their responses, then explain:



It is important that all three (child, chicken and tree) get good nutrition. Malnutrition can happen if people don't consume enough nutritious foods or they do not consume enough variety of foods.



ASK

What are the consequences of malnutrition?

Wait for participants' ideas, then add the following information:



- Children don't grow well
- Children get sick often
- Reduction in a child's ability to study, learn and help with chores at home
- Pregnant women with malnutrition may give birth to low-birth-weight babies or have complications during child birth

*For this reason, the Ministry of Health recommends that every month children under 5 go to the clinic for health checks to ensure that their weight and height continue to increase properly (as seen in the image).



Diagram source: Haburas Nutrisaun, MoH, WHO 2014

Nutrition Sensitive Agriculture (NSA)



ASK

How does agriculture link to nutrition?

Wait for the discussion to be completed, ensure the discussion covers:

- Growing and consuming nutritious foods
- Farmers should consume nutritious foods to help support their work load
- To increase household income to help buy nutritious foods they don't grow



Wait for the discussion to end, then explain that NSA makes the link between nutrition and agriculture:

Nutrition = The process of getting foods that is an essential part of growth and development.

Agriculture = Growing crops



Photo credit: HATUTAN

Nutrition and Agriculture



ASK

What is the reason that farmers produce foods?

Wait for the discussion to end, ensure all topics are covered. If participants have not covered these topics, ensure the points below are covered:



- Farmers sell foods to earn income
- Farmers consume some of the foods grown with their family
- Increase community access to nutritious foods in local markets
- The school can buy nutritious foods for the school feeding program
- When nutritious foods are produced, they can help improve human health and nutrition



Photo credit: HATUTAN

Nutritious Food Production



ASK

What do you do to produce sufficient nutritious foods for the family?

Wait for the discussion to be completed. Make sure the discussion covers:



- Each household should produce a variety of foods at home for their family to consume.
- First, consume a variety of foods at home. If foods are produced in large quantities, sell excess at markets or to schools.
- Safely store the foods that you harvested from the garden to prevent food loss.
- Use profits from any sales to purchase other nutritious foods that are not grown.



The three food groups



ASK

What have you heard about the 3 food groups?

Allow farmers to provide ideas:



Explain that the Ministry of Health promotes people to consume the 3 food groups everyday.

These food groups are:

- **Protein:** Essential for proper growth and development
- **Carbohydrate:** Provides the body with energy
- **Vitamins and Minerals:** Prevents illness and helps the body fight various infections.



ASK

What are some examples of foods from the 3 food groups?

Refer to the photo of the 3 food groups.

Note: Milk is not part of the list of protein foods because it is not readily available.

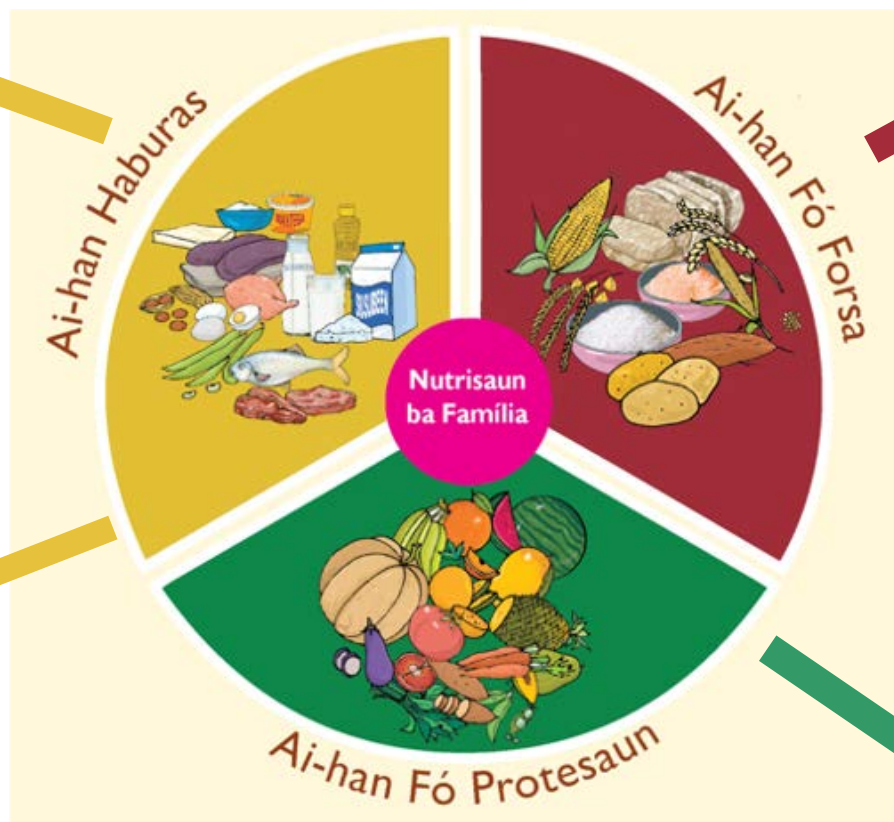
The three food groups

Protein from animals:

Fish
Beef
Chicken
Egg

Protein from plants:

Tofu
Tempe
Red bean
Peanut
Soybean
Mung bean
Black bean



Carbohydrate:

Rice
Corn
Bread
Cassava
Potato
Taro

Vitamin and Minerals:

Pumpkin
Papaya
Mango
Carrots
Orange
Watermelon
Tomato
Green leafy
vegetables

A complete meal



ASK

How many food groups do you see in each of the plates?

Allow the farmers to provide responses:

Wait until they provide their thoughts, then make sure the discussion covers:

1. Porridge only: One food group only, carbohydrate group.
2. A corn bean stew: 3 food groups, green vegetable and carrots from vitamin and mineral group, corn from carbohydrate group, and red beans and peanut from the protein group.
3. Boiled egg, rice, and vegetable: 3 food groups: rice from the carbohydrate group, eggs from the protein group, green vegetable from vitamin and mineral group.
4. Rice and vegetable: 2 food groups. Rice from carbohydrate group, vegetable from vitamin and mineral group.



ASK

Which plate contains the complete three food groups?

Let the farmers answer. The correct answer is plate 2 and 3.

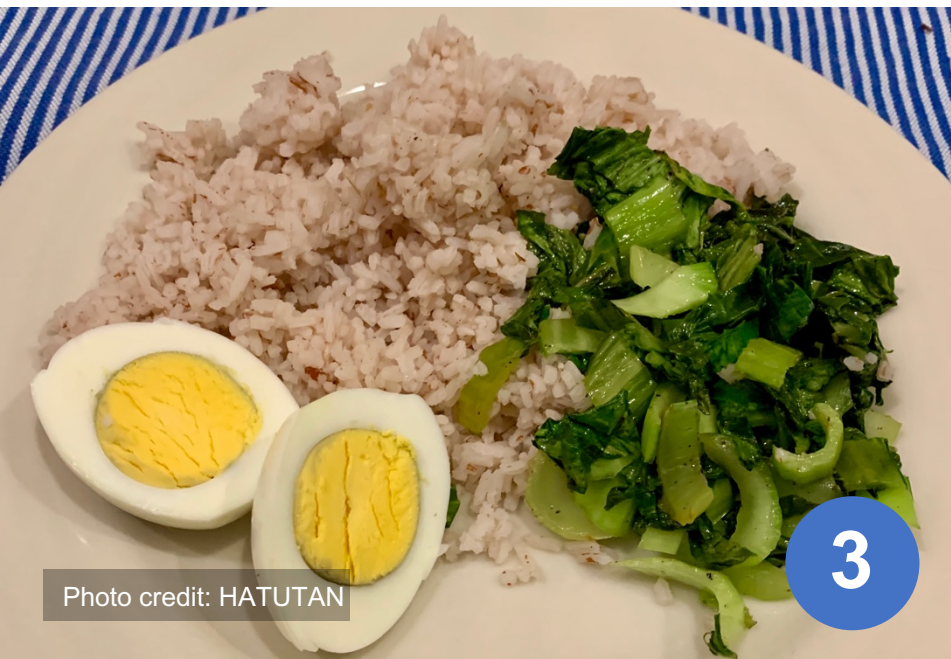


Photo credit: HATUTAN

What are you currently growing in your farms?



ASK

What are you currently growing in your farm?

Wait for the farmers to give responses.



ASK

From the crops that you have planted, which of the 3 food groups is not included?

Wait until the discussion finishes and ensure the discussion covers:



- Carbohydrate: rice, cassava, corn, taro etc.
- Protein: soybean, red bean, mung bean, peanut, etc.
- Vitamins & Minerals: spinach, amaranth, pumpkin, papaya, mango, etc.



Photo credit: HATUTAN

Agriculture for good nutrition



ASK

each of the questions below.

Wait until they answer the question before moving to next question:



1. What do you see in these pictures?

Crops that have protein and crops that have Vitamin A

2. Why are foods that contain protein important for health?

Helps to support physical growth as well as cognitive growth

3. Why are foods that contain Vitamin A important for health?

Supports proper eyesight and prevent illness

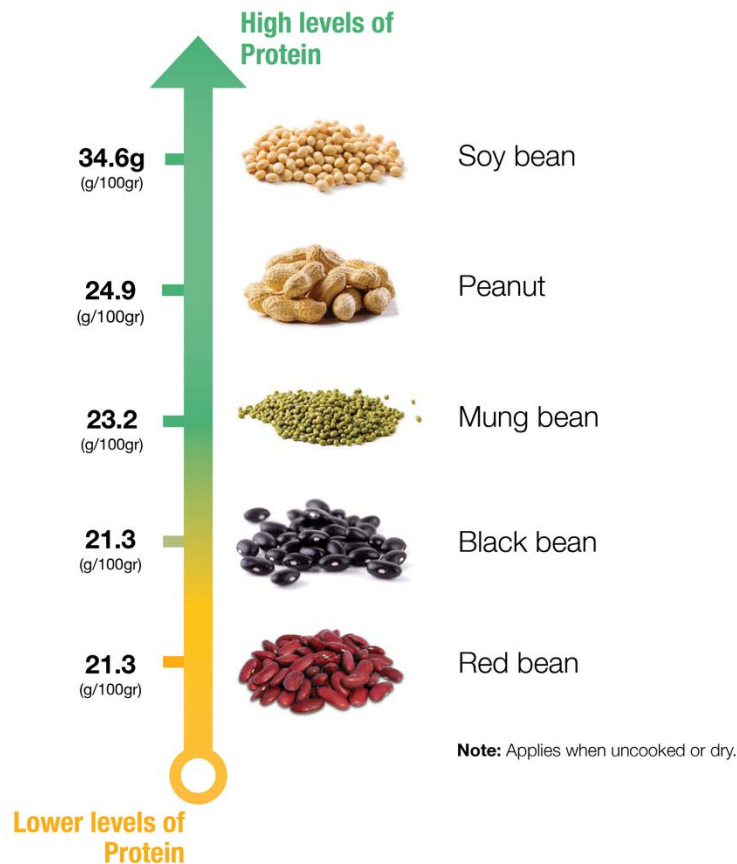
4. Which crops contain protein and which crops contain Vitamin A?

Protein: soybean, peanuts, mung bean, black bean, red bean.

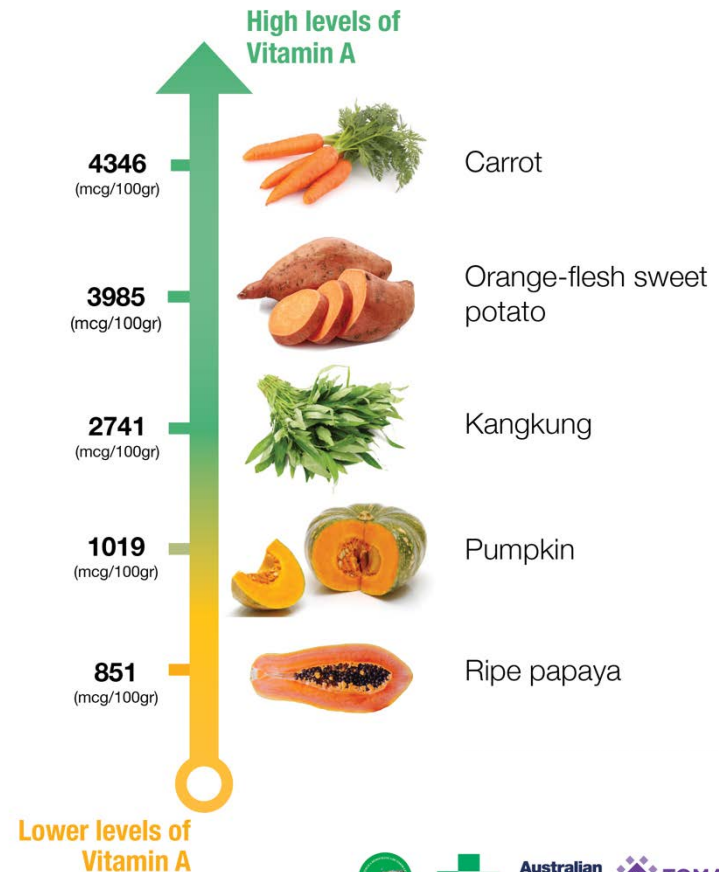
Vitamin A: carrots, orange sweet potato, spinach, orange pumpkin, ripe papaya.

Plant and eat for good health

Protein is important for good **growth** as well as **physical** and **mental** development



Vitamin A is important for **eyesight** and helps **fight illness**



Agriculture for good nutrition



ASK

each of the questions below:

Wait until they answer the question before moving to the next question:



1. What do you see in these pictures?

Crops that contain iron and crops that contain zinc

2. Why are foods that contain iron important for health?

Important for healthy blood, prevents illness and helps the brain to function to learn and do work

3. Why are foods that contain zinc important for health?

Helps our body prevent illness and helps the brain function

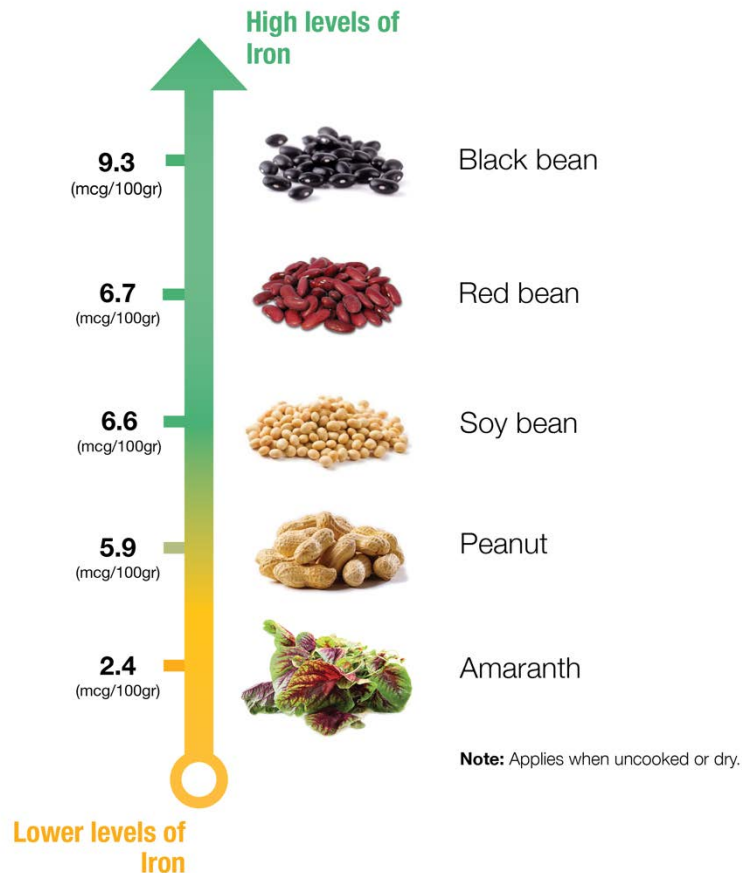
4. What crops contain iron and what crops contain zinc?

Iron: black bean, red bean, soybean, peanuts, amaranth.

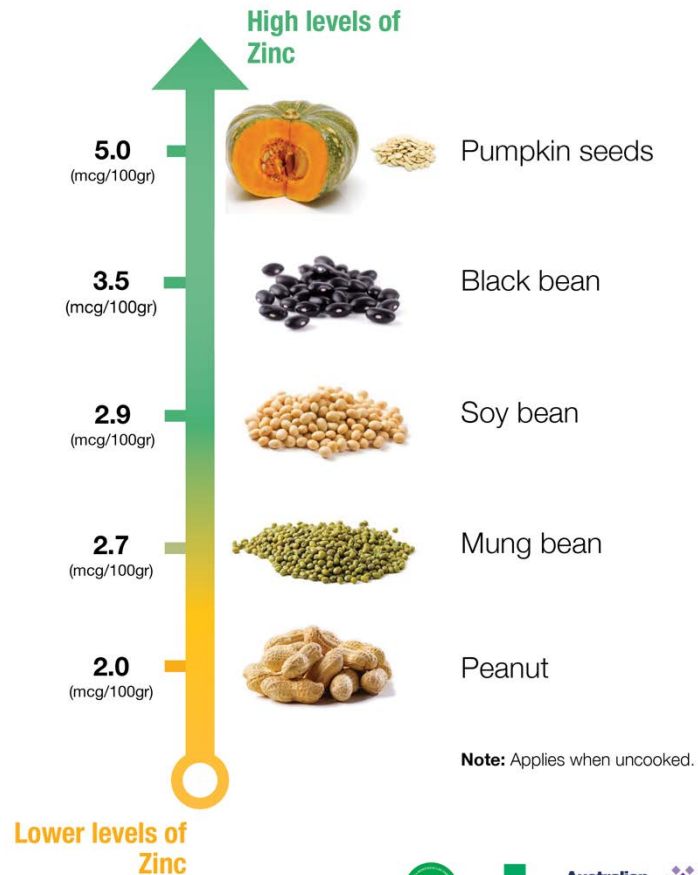
Zinc: pumpkin seed, black bean, soy bean, mung bean, peanuts.

Plant and eat for good health

Iron is important for healthy blood and **prevents anaemia**. It also prevents illness and supports our **brains to function** well



Zinc is important for good health. It helps **fight illness** and supports our **brains to function** well



Agriculture and hygiene



ASK

What do you think are the important times to wash hands with soap?

Allow farmers to provide ideas.



There are 7 important times to wash hands with soap for a duration of 20 seconds (count when you start washing hands).

Important times to wash hands with soap:

1. Wash hands before preparing food
2. Wash hands before eating (feeding a baby)
3. Wash hands after using the toilet
4. Wash hands after cleaning a baby's bottom
5. Wash hands after taking care of sick people
6. Wash hands after having contact with animals
7. Wash hands after coughing or sneezing

Reinforce: It's very important to help children to wash hands their hands with soap at these important times. This helps prevent children from getting sick.

Oinsá ita bele fase liman ho loloos?



**Fase liman beibeik
ho sabaun no bee
moos ne'ebé sulin,
mínimu durante
segundus 20**



1
Habokon liman ho
bee



2
Uza sabaun



3
Kose liman laran
ida-idak



4
Kose liman-fuan leet
oin no kotuk



5
Kose liman-fuan leet
ho liman laran



6
Kose liman-fuan kotuk
ba iha liman laran



7
Kose hadulas ba
liman-fuan boot



8
Kose hadulas liman
fuan ba iha liman laran



9
Kose hadulas liman
fukun



10
Fase liman ho bee
moos ne'ebé sulin



11
Hamaran liman ho tisu
ka hisik liman to'o maran

Making decisions together about agriculture



ASK

How do we divide responsibilities between men and women with agriculture work and household work?

Allow farmers to provide their responses.



Wait for the discussion to be completed and make sure the discussion covers:

- A wife and husband should discuss with each other about what crops they intend to grow and how they intend to use the crops which could be to harvest and consume or to sell.



Photo credit: TOMAK

The Importance of NSA



ASK

How is working with agriculture important to improve the nutrition condition in our community?

Allow farmers to provide their responses.



Wait for the discussion to be completed and make sure the discussion covers:

- Grow, plant and consume foods at home from the 3 food groups.
- When farmers produce enough variety and types of food, they will have enough to sell some to the school to improve student and community nutrition.



Farmers produce & consume

Sell extra in the market, community can consume



Sell extra to the school, students can consume

Thank you for your attention

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