

Lafaek

For Adolescent Nutrition



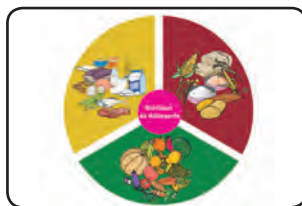
Special Edition



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This special edition magazine aims to increase adolescents' knowledge about nutrition and to promote key nutrition practices which adolescents can control for themselves, including: choosing healthy snacks, choosing water as the healthiest drink, and eating breakfast at home before school.

It was produced specifically for an adolescent audience to read for themselves and discuss with their peers, teachers and family. It was developed in close consultation with adolescents and their ideas are included throughout the content of the magazine.

We would like to extend our appreciation to the Timor-Leste **Ministry of Education, Youth and Sport** and the **Ministry of Health** for their involvement in the development of this magazine.

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Adolescent Life Cycle

In your opinion, where does nutrition for Rosa begin?



1

When Rosa's mum was pregnant, her dad supported her mum to eat nutritious foods.



2

Rosa's grandma made healthy rice porridge for Rosa and her mum to eat.



3

Rosa's dad helped to feed her a variety of foods.



7

Later, Rosa married and started a family of her own.



4

When Rosa was at school, she would buy healthy snacks to eat



5

When Rosa was in high school, she loved playing sport and exercising to stay fit.



6

After school, Rosa realised her dream of becoming a doctor.

My Favourite Breakfast



My breakfast is bread with an egg so I can feel fresh and active!

I eat rice porridge with vegetables for breakfast, so I have energy and can study well at school.



I eat boiled mung beans before school to feel strong and study well.

I eat boiled banana and sweet potatoes to give me energy when I play sport.



To have enough time to eat breakfast, what time do you need to wake up?.....

What is your favourite breakfast?

This week, I ate breakfast on the following days:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Eat Breakfast

for Success in School

Ronaldo's future can take one of two paths. Help him choose the best way forward.



1

Ronaldo wakes up early, showers and has breakfast.



2

After eating breakfast, Ronaldo can focus in class. He feels active and smart.



3

Ronaldo has energy to play football with his friends.



4

Ronaldo does well in class and achieves success at school.



1

Ronaldo wakes up late, has a shower but doesn't have time for breakfast.



2

Because he skipped breakfast, Ronaldo can't focus and is sleepy at school. He feels tired and his stomach hurts.



3

Ronaldo has no energy to play football.



4

Ronaldo does poorly in school.

Which path will you choose?

Healthy Snacks



1

Maria goes to school and brings rice and vegetables from home.



2

When she arrives at school, she meets Riko buying bread and a boiled egg.



3

During recess, the two of them meet other friends who have all brought food with them.



4

They put together their food and see they also have oranges, peanuts, and fried tempe.



5

Then they hang out and eat together.

Food Combinations For \$0.50?

Make Healthy Snack Combinations

Choose Well, Feel Great.

Bring water from home!

With \$0.50, I can buy healthy, tasty snacks.

Fried banana \$0.25
and peanuts \$0.25

An egg \$0.25 and
bread \$0.25

Fried tempe \$0.25
and an orange \$0.25

Rice meal (rice,
cassava leaves and
tempe) \$0.50



Let's Drink

A young woman with dark hair in a ponytail, wearing a white short-sleeved shirt with orange trim and a school crest, an orange skirt, and white sneakers, is drinking from a clear plastic water bottle. She is standing outdoors on a paved area. Large, dynamic water splashes are superimposed over the image, particularly around her head and the bottle. The background shows a clear blue sky and some greenery.

Water makes
me feel fresh.

I choose water
because it gives
me energy.

I can really focus in class.

I'm going to remind my
friends to bring drinking
water to school.

Water

Wow... she's
very active.

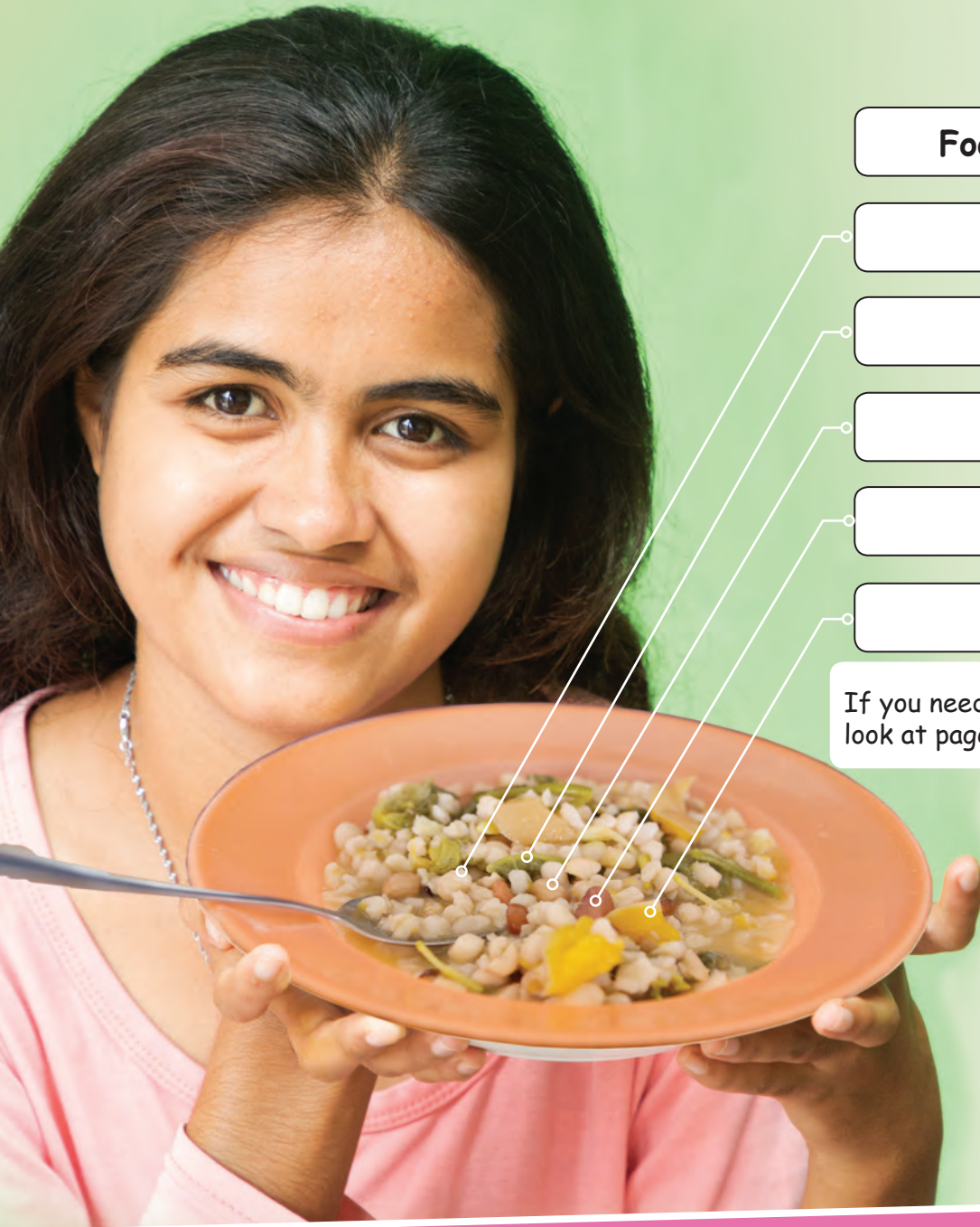
She looks
so fresh.



Our Traditional Timorese Food

"This food comes from our ancestors. When I eat corn stew, my body feels strong and full of energy."

Friends, in this corn stew we can see a variety of healthy foods. Fill out the empty columns to label the foods and their food groups.



| Food | Food group |
|------|------------|
| | |
| | |
| | |
| | |
| | |

If you need help on the food groups, take a look at page 11 opposite.

In your opinion, is this meal complete?

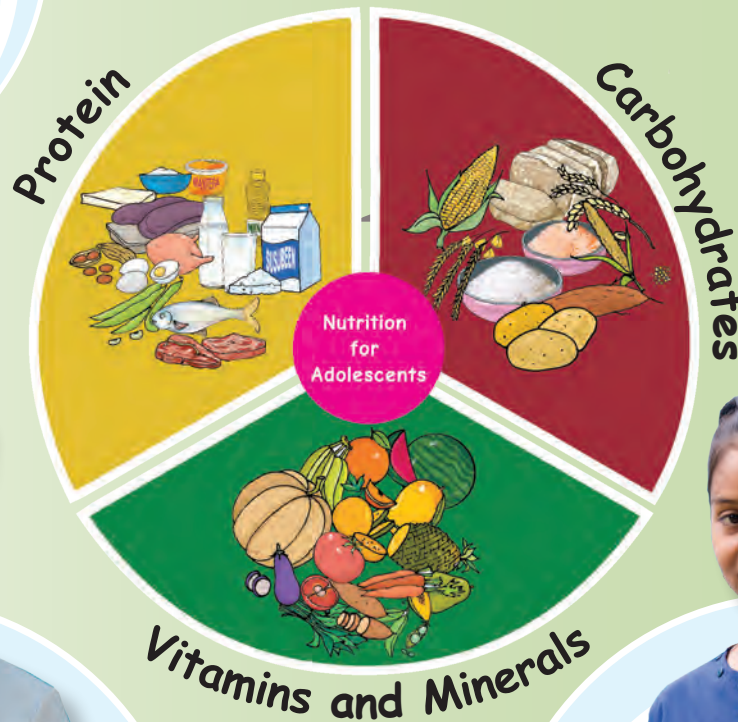
"THREE FOOD GROUPS"



Protein

- ◇ Protein helps with growth and physical and mental development.

Examples: Meat, eggs, mung beans, fish, red beans, etc.



Vitamins and Minerals

- ◇ Vitamins and minerals help us stay healthy and prevent disease.

Examples: Fruit (papaya, banana, avocado, oranges), vegetables and moringa.



Carbohydrates

- ◇ Carbohydrates give us energy to work, study and play.

Examples: Rice, maize bread, cassava, potatoes, taro, etc.

HEALTHY AND DELICIOUS



"My grandma and aunties love cooking rice porridge with chicken, moringa and carrots. I eat it all the time because it's delicious and it prevents me from getting sick."



"I enjoy eating rice with beans, cassava leaves and beef because it helps me focus in class. Timorese food is so tasty!"

If you wanted to eat these foods, who would cook it? (Put an X in the box or boxes below)

☐

Mum

☐

Dad

☐

Aunt

☐

Uncle

☐

Grandma

☐

Cook it myself

CHOOSE HEALTHY

Help Benny find the path to better health.



Feeling tired and out of energy.

Feeling strong, energetic and fresh.



Continued from a story
in Lafaek for the
Community edition
2/2018

Nutritious Food

Prevents Anaemia

1

Bimuti and Ameta's family are talking about nutritious food.

I heard from the health centre that children need to eat nutritious food regularly to become smart.



2

Bimuti and Ameta's grandparents agree that nutritious foods are important for family health.



3

Bimuti is happy with her family's decision. From a distance, her mother is surprised to see that Bimuti has her monthly period.

I promise to do well in school grandma!



4

Because she hasn't had any iron-rich foods, Bimuti feels weak and doesn't go to school.

I feel so lazy because I have my period. I'm weak and tired.

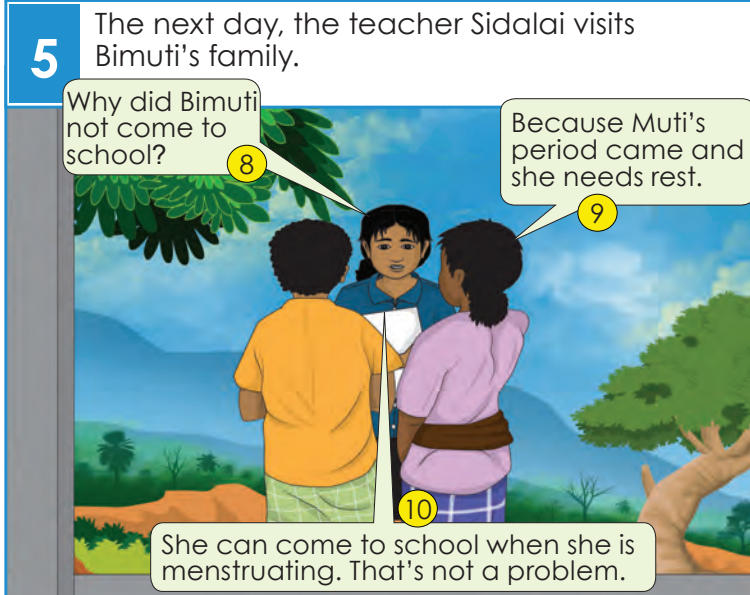


5

The next day, the teacher Sidalai visits Bimuti's family.

Why did Bimuti not come to school?

Because Muti's period came and she needs rest.



6

The teacher suggests taking Bimuti for an appointment at the local health clinic.

Teacher, Muti's feeling weak.

True. You should take her to the health centre because she might have anaemia.



7

Bimuti's Mum and Dad decide to take her to the clinic for a consultation.

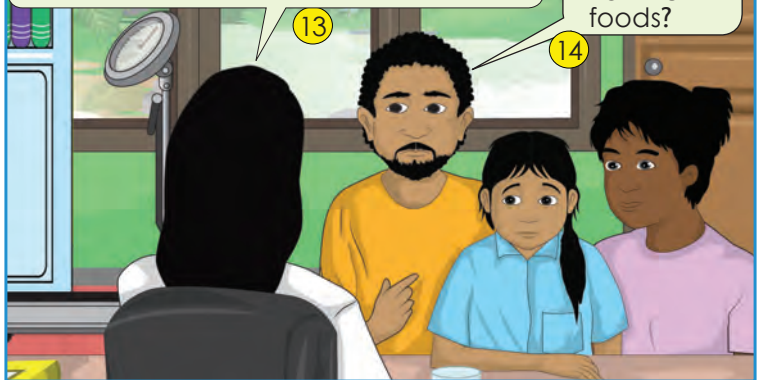


8

The doctor explains that during menstruation, girls need to eat food with lots of iron to replace the iron they lose during their period.

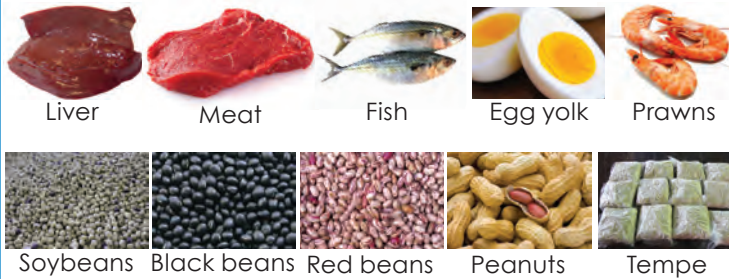
Adolescent girls and women need to eat more iron-rich foods because they lose blood every month.

What are iron-rich foods?



9

There are a variety of iron-rich foods



Squeeze lime juice on cooked leafy greens to help absorb iron.



10

The doctor explains why women and girls need to eat food with iron to prevent anaemia.

Iron rich foods produce red blood cells that carry oxygen around our bodies.



11

After hearing the doctor's recommendation, Bimuti and her parents return home.

To prevent anaemia, it's important for women and girls to eat iron-rich foods.

Yes, we should follow what the doctor said.



12

Finally, Bimuti feels strong enough to go back to school as she usually does.

Muti, did you bring a snack?



Glossary: Iron= Mineral that prevents anaemia; Anaemia = Having less red blood cells to transport oxygen around the body.

DISCUSSION

1. In your opinion, what are iron-rich foods?
2. What did you learn from this story?
3. Why are iron-rich foods important for adolescent girls and women?
4. How can we prevent anaemia?



WORD FIND

Help these football players find the protein foods and fill in the empty boxes.

You can find some ideas of protein foods at the bottom of the page.



Start



Finish

