

How can we plant more nutritious crops?

Plant and Eat for Vitamin A

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

High levels of
Vitamin A

4346
(mcg/100gr)



Carrot

3985
(mcg/100gr)



Orange-flesh sweet
potato

2741
(mcg/100gr)



Kangkung

1019
(mcg/100gr)



Pumpkin

851
(mcg/100gr)



Ripe papaya

Note: Includes both types of Vitamin A
(retinal and carotenes).

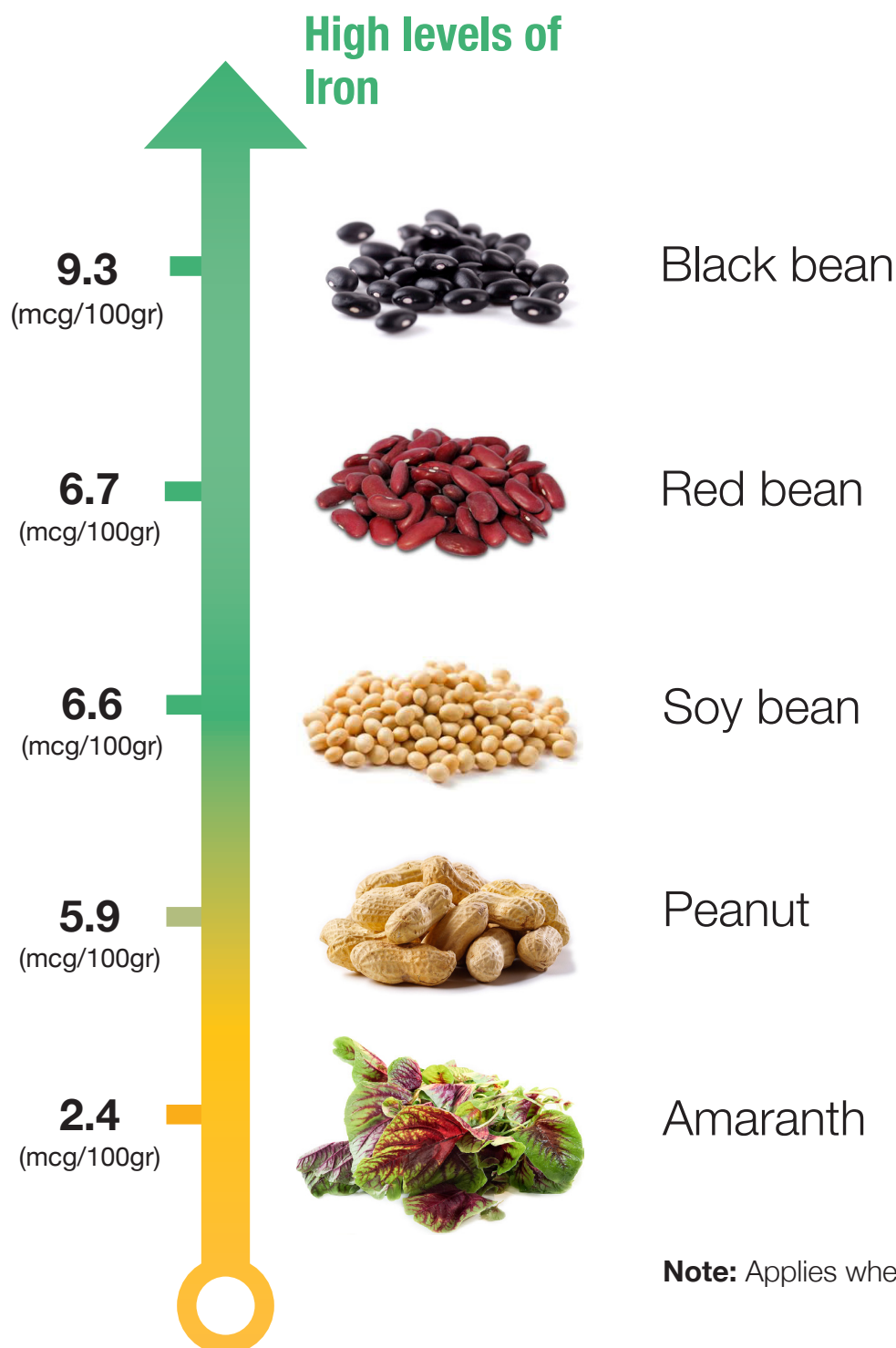
Lower levels of
Vitamin A



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Plant and Eat for Iron

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



Note: Applies when uncooked or dry.

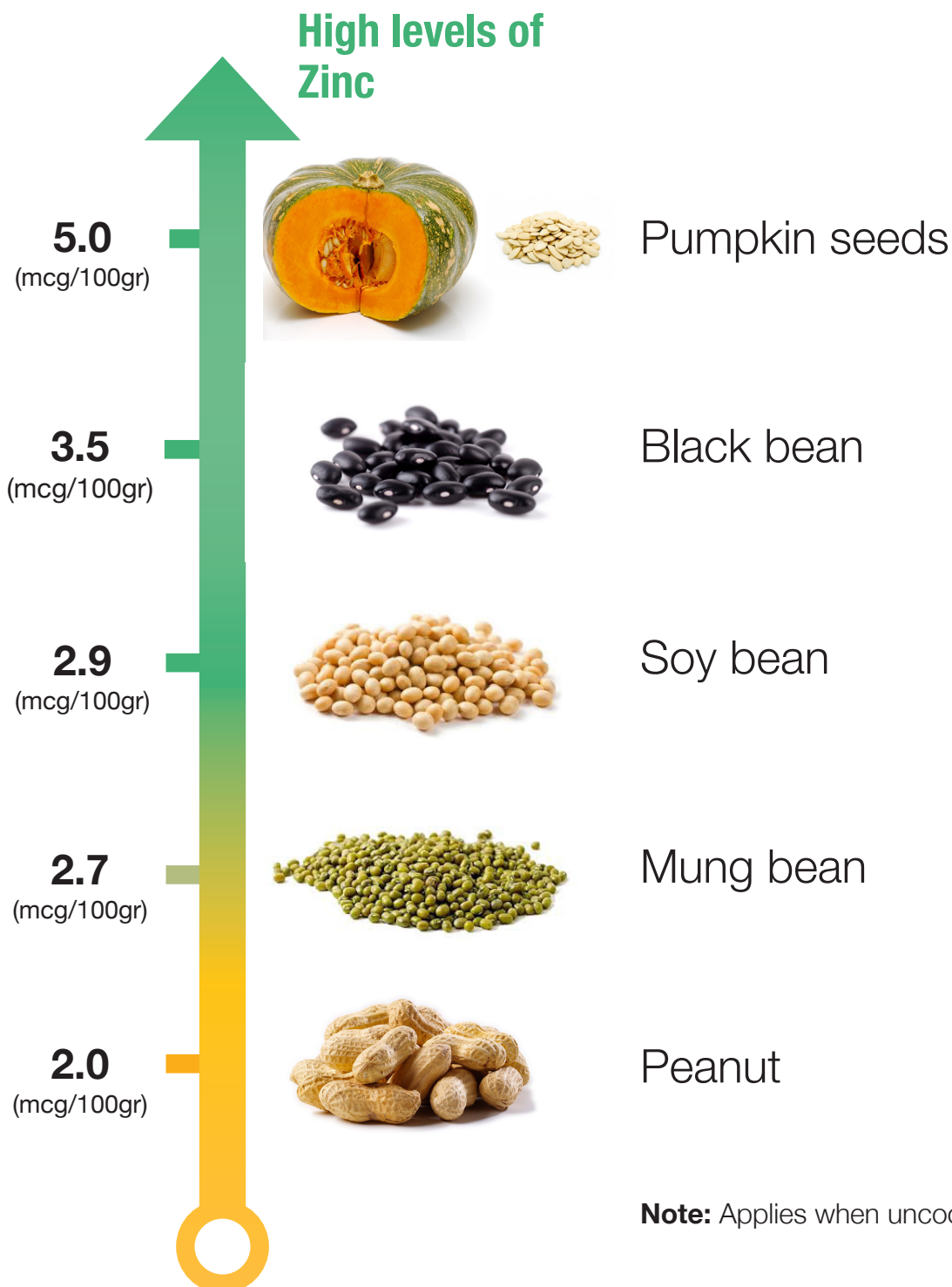
Lower levels of Iron



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Plant and Eat for Zinc

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



Note: Applies when uncooked.

Lower levels of
Zinc



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Discussion points

1. What do you see in this poster?
2. What are your key considerations when deciding which crops to plant?
3. From these photos, which crops do you normally plant?
4. How can better nutrition help farmers? Pregnant women? Small children?
5. What do you think about growing crops that are better for nutrition?

We can also get micronutrients from animal sources

Vitamin A



Iron



Zinc



Reference: ASEAN Food Composition Database 2014