

FARMER NUTRITION SCHOOL

FLASHCARDS



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SPRING
Strengthening Partnerships, Results,
and Innovations in Nutrition Globally



QUESTIONS FOR DISCUSSION

- Do you eat together with your family?
- Who eats first and why?
- When do you eat? (Try to find out whether the mother eats last)
- What is the benefit of eating together?
- What is the benefit of a pregnant woman eating with other family members?

KEY MESSAGE

When you eat together you can divide foods evenly so that everyone will get same portion of the nutritious food. Family members can also take care of a pregnant woman while eating.



QUESTIONS FOR DISCUSSION

- What do you give to your baby's mouth/feed your baby immediately after he or she is born?
- How long did you feed or want to feed your baby only the breastmilk?

KEY MESSAGE

Do not feed your infant (0-6 months) sugar water, honey, water, powdered milk, cow's milk, or goat's milk as this can lead to more illness, such as diarrhea and pneumonia.

Never use a bottle to feed your baby, as these are hard to keep clean and may cause illnesses due to contamination with germs.



QUESTIONS FOR DISCUSSION

- When do you usually wash your hands?
- Why is handwashing necessary?
- If you wash your hands only with water, what will happen?

KEY MESSAGE

Your hands will be still dirty if you do not wash them properly with soap and water even if they look clean.

If you and your family members don't wash your hands with water and soap after going to the bathroom, before preparing food, and before eating or feeding the food, you and your family members can easily be infected with germs/diseases and become sick. Also there will be no benefit of eating nutritious food that you are producing at your home.



QUESTIONS FOR DISCUSSION

- Where do you keep your chicken(s) or brooding nest (Hajol)?
- Do you frequently clean the area where the chickens live or you keep the Hajol?
- How frequently do you clean your house?
- What happens if you do not clean your household?

KEY MESSAGE

Young children will get sick and their growth will be impaired when the environment is dirty with human and animal feces.



Source: WHO

QUESTIONS FOR DISCUSSION

- At what age do you think a human being is more vulnerable towards nutrition? (Explain that during pregnancy to 2 years of age it is more important to get nutritious food.)
- Do you think children under 2 years need enough diversified nutritious food? Why? (Explain about the consequences of malnutrition like stunting which may not be recovered in later life)
- Although in the photo these two girls appear to be the same height, they are in fact two years apart in age, with the girl on the left two years older than the girl on the right.

KEY MESSAGE

If a child is not fed with adequate and diversified nutritious food and this situation continues for a long time, s/he can become stunted. Once a child becomes stunted, it usually becomes permanent.



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QUESTIONS FOR DISCUSSION

- What do you think of the foods that are shown in this picture? Are these typical snack foods available here?
- What kinds of foods do you usually give to your child in-between meals? Why do you give these types of snacks to your baby?
- Do you think these foods are healthy for your baby? (Explain that the kinds of snacks shown in this picture are not nutritious for babies and can reduce the appetite so that the baby will not be interested to have home-made foods which are usually much more nutritious)
- Which kinds of foods do you think you can give them other than these?

KEY MESSAGES

When you go to the market, buy nutritious snacks for your young child such as seasonal fruits. Buy mangos, papayas, sweet potatoes, pumpkins, carrots, and milk instead of biscuits, chocolates, or sweets. These latter items can lessen a child's appetite for nutritious food.



COMMON CHICKEN DISEASES

Ranikhet

Symptoms:

- If severe, 100 percent of chickens will die.
- If moderate, chicks will take long, drawn breaths with mouth open and cough with a rattling sound in the throat.
- White lime-like diarrhea
- Running nose
- Wings drop down

Fowl cholera

Symptoms:

- Chickens can die if severely affected.
- If body temperature severely increases, appetite and weight loss can occur.
- Eye lashes, face, and the comb swell.
- Frequent, loose bowels and droppings are green and can be foul smelling.
- The comb and ear lobes turn blue or blackish.

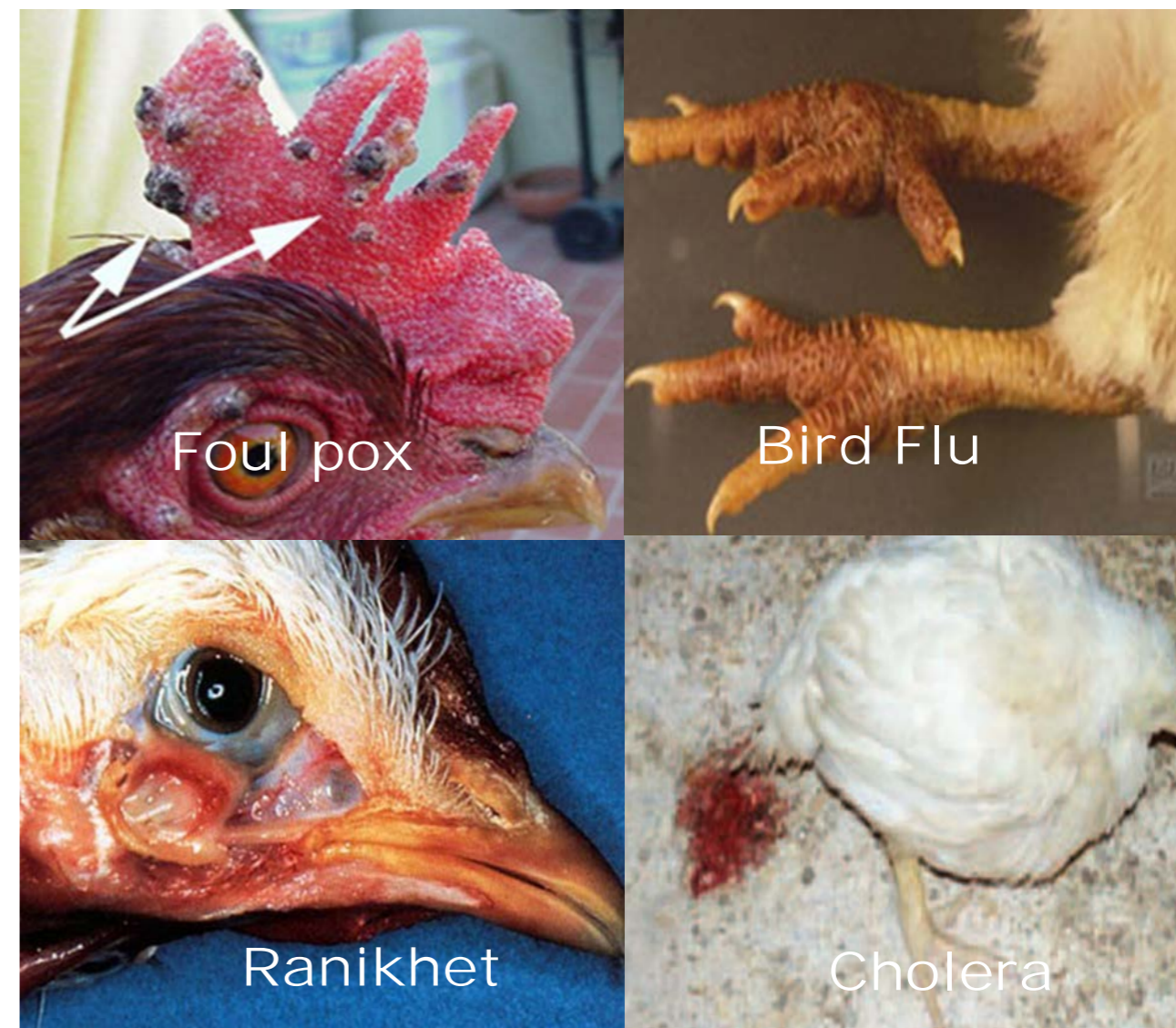
Fowl Pox

Symptoms:

- Small blisters appear on the eyes, combs, and ear lobes.
- Body temperature increases and appetite is lost.
- Chicks gradually wither away; they will die within a few days.

Bird Flu

- Unprecedented death rate
- Inflated head
- A deep blue shade emerges on the head
- Blood clogs beneath skin and in chicken's feet
- A deep blue shade emerges on the head
- Blood clogs beneath skin and in chicken's feet





COMMON FISH DISEASES

Epidemic Ulcerative Syndrome

Symptoms:

- Primarily small red spots can be seen on the body of the fish
- The muscle beneath the red spots becomes rotten
- Fish do not eat any feed and gradually most of them die

Tail & Fin rot diseases:

Symptoms:

- The membrane of tail and fin split and decay
- Skin becomes less slimy, color becomes lighter.
- Fish die extensively

MALNUTRITION DISEASES OF FISH

Symptoms:

- Fingerlings/fish do not grow.
- Dorsal and caudal fins are decaying.
- Body of fish becomes bendy.
- Head becomes bigger than body



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