

Nourishing Connections Supporting Tools

PRICE COMPARISON, TRIVIA,
AND CARD GAME



USAID
FROM THE AMERICAN PEOPLE

Breakthrough
ACTION
FOR SOCIAL & BEHAVIOR CHANGE





Supporting Tool

Price Comparison



DURATION

15–20 mins.



WHAT IS IT?

This tool will enable you to compare the cost of healthy food items to other non-essential marketplace items. The tool also contains key facts about why some food items are healthy to trigger caregiver’s behavior changes.



GOAL

- Easily dispel common misconceptions about the difficulty of making healthy meals for young children.
- Help caregivers and influencers to solve one of the most important perceived challenges: the financial cost of healthy food.



HOW TO FACILITATE THIS ACTIVITY

Step 1: Show the participant the list of items and ask, “What items from this list do you usually buy?”

Step 2: Review the items in the “Equivalent” column and ask the participant, “How much do you usually pay for these items?”

Step 3: Make the participant count how many healthy items they could buy with that money.

Step 4: Explain to the participant why a certain item is considered healthy for a child (e.g., fish is healthy because it helps improve vision).

Step 5: Write down in the action plan any agreements achieved while using this tool (page 12 of the Nutritional Job Aid).

Don’t forget!


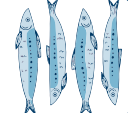










Listening carefully and sharing your personal experience during the session will make the caregiver more comfortable speaking with you about themselves and their situation.



Price Comparison

1 Write down the price of the healthy option in the middle column. Then, think about what you could have for that same price and write it down in the "Equivalents" column.

2 After completing step 1, read the benefits of the healthy ingredients.

| Equivalents | Price | Healthy options for your child's nutrition | Why is this option healthy? |
|--|---|--|--|
|  Cost of call cards (airtime) | = _____  | Cost of dried fish for your child's porridge | It improves vision |
|  Cost of soda | = _____  | Cost of milk | It helps have good blood pressure |
|  Cost of sandals | = _____  | Cost of eggs | It helps build healthy bones and teeth |
|  Cost of cigarettes | = _____  | Cost of fruits for four days of snacks | It reduces the risk of developing heart disease |
|  Cost of candy | = _____  | Cost of nuts for four days of snacks | It gives energy, helps brain health, and builds immunity |
|  Cost of cakes | = _____  | Cost of green beans | It helps build strong and healthy bones, and reduces the risk of fractures |



3 If the participant commits to anything during this activity, write down their commitments in the Action Plan template.



Supporting Tool Trivia Game



DURATION

One-on-one

20–25 mins.



GOAL

Have an easy and engaging way to transmit knowledge and talk about important nutritional habits.

Don't forget!

Listening carefully and sharing your personal experience during the session will make the participants more comfortable speaking with you about themselves and their situation.



WHAT IS IT?

This game consists of a set of questions to ask to the caregiver about interesting, little-known, and important facts regarding nutritional behaviors for children six- to 24-month-old children. This game should be played in a one-on-one setting.



HOW TO FACILITATE THIS ACTIVITY

Step 1: Start by introducing the game to the caregiver by explaining, “We will play a quiz game to test and exchange our knowledge about nutrition for children who are six to 24 months old.”

Step 2: Read the first question to the caregiver and ask for their answer.

Step 3: Show the caregiver the right answer and ask, “How have you been handling this at home?” and, “Why have you opted for this style?”

Step 4: Provide the answer to the caregiver.

Step 5: Ask the remaining questions and repeat steps 3 and 4 until all the questions have been asked.

1



From what age should soft foods and fruits be introduced into children's diet for best growth and development?

1



Tip

Save fish, crayfish, grasshopper, and fruit to easily add them to six- to 24-month-old children's pap.

From what age should soft foods and fruits be introduced into children's diet for best growth and development?

Six months

2



Why do children under
six months cry?

2



Tip

There are many correct answers!
But it does not mean they need food other than breastmilk.

Why do children under six months cry?

They want to be breastfed

They are tired or sleepy

They have a wet or dirty diaper

3



What can a grandmother
do when a child under six
months cries?

3



What can a grandmother do when a child under six months cries?

Encourage the mother to breastfeed until her breast is emptied, and the baby is full

Tip
Advise mothers to breastfeed them eight to 12 times per day.

4



How can a father help feed their six-month-old children dried fish daily?

4



Tip
Add yogurt to babies' pap.

How can a father help feed their six-month-old children dried fish daily?

Buying the fish

Saving money for the fish

Helping to cook and feed fish to the child

5



How can a grandmother help increase the types of food a six- to 24-month-old child eats daily?

5



Tip
Encourage mothers to provide fruits as snacks to the child.

How can a grandmother help increase the types of food a six- to 24-month-old child eats daily?

Giving them fruit snacks

Adding food to the child's porridge

Encouraging the family to add more types of food to their diet

6



Nutritious porridge for six- to 24-month-old children must include at least four types of food.



TRUE



FALSE

6



Tip

Even adding one or two food items to the porridge is very nutritious! For example, this could be a vegetable in one meal and dried fish in another.

Nutritious porridge for six- to 24-month-old children must include at least four types of food.



TRUE



FALSE



Action Plan



What do you have in your food stock?



What will you try to do this week?

- A. Add healthy local foods to your child's bowl
- B. Add healthy local foods to your child between meals
- C. Feed your child with a separate bowl
- D. Share these suggestions with family members for support

Barriers

Have a conversation with the caregiver by asking, "Is there anything that could stop you from taking these actions?"

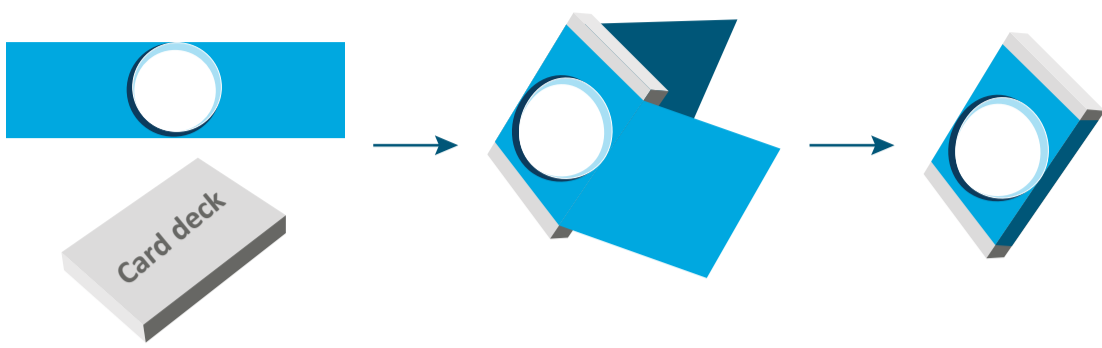
Session Recommendations



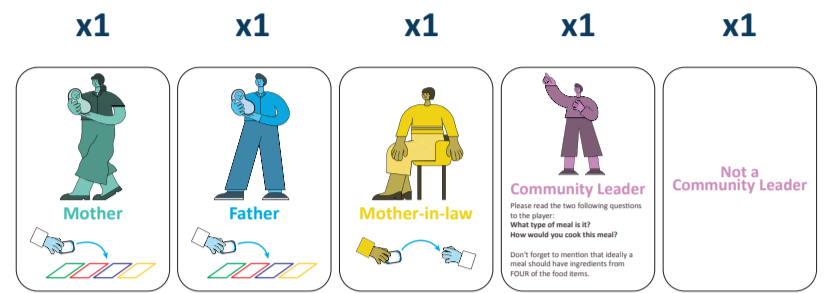
Meal Planner Game

Nutrition Card Game

How to assemble



For the spare cards deck, take one of each character cards as shown below.



Character

Community Leader

Food Items

Spare Cards



Age group:
14+ years



2–8 players



10–30 mins.

Game Goal

You are part of a family that is planning the meals of the day for a six- to 24-month-old child. Your goal is to build a healthy breakfast, lunch, snack, and dinner, combining at least four food categories over 24 hours. Each meal should be good enough for your child to grow healthy by combining food from each of the following four different food families:



FRUITS & VEGETABLES



ANIMAL SOURCE



STAPLES



LEGUMES & SEEDS

Preparation

1

Place the following three card deck piles face hidden on the table.



2

Each player takes one **character card**, being assigned one character among the following:



Mother

Your goal during this game is to make a healthy meal for a six- to 24-month-old child by playing a food item from each of the four food families.



Father

Your goal during this game is to make a healthy meal for a six- to 24-month-old child by playing a food item from each of the four food families.



Mother-in-law

At each round you will be able to help one mother/father to build their meal by giving them one ingredient card they might be missing to win.

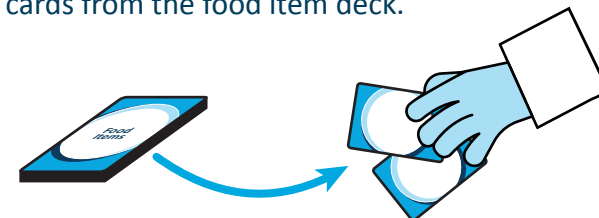


Game leader

Your goal during this game is to ensure everyone is playing the game correctly.

3

Each player, except the game leader, draws two cards from the food item deck.

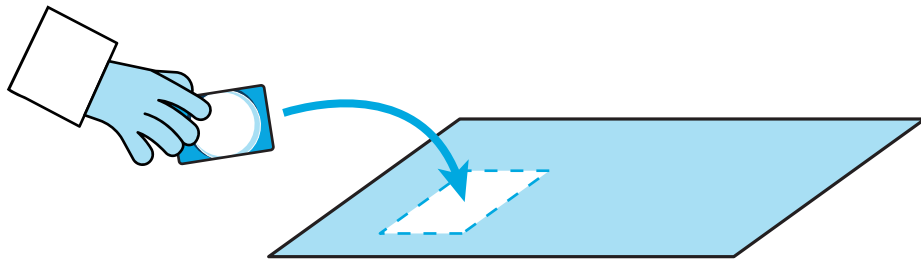


Playing the Game

1 First round

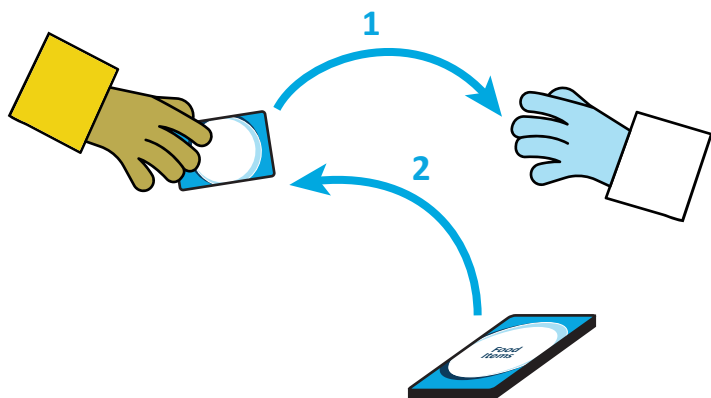
Mothers and fathers

Place a food item card on the table. This is the first ingredient of your meal.



Mother-in-law

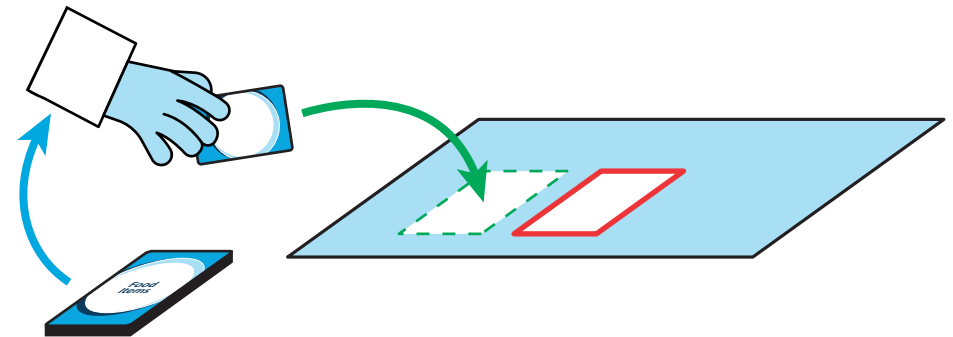
You can give one of your food item cards to another player to help them make a good meal. Then, draw a new card from the food item pile.



2 Following rounds

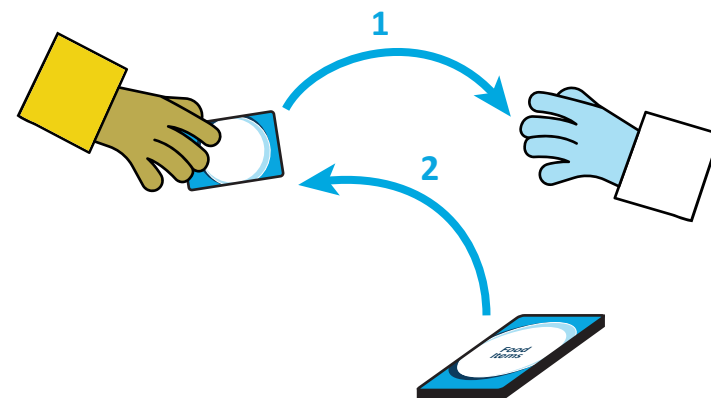
Mothers and fathers

Each player has to place a food item card on the table. However, they cannot play a card from the same food family of a card they already played during previous rounds. If you cannot play a card, you can draw a new food item card.



Mother-in-law

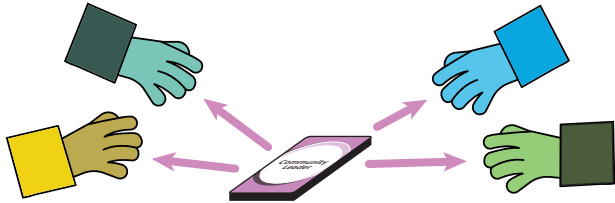
You can give one of your food item cards to another player to help them make a good meal. Then, draw a new card from the food item pile.



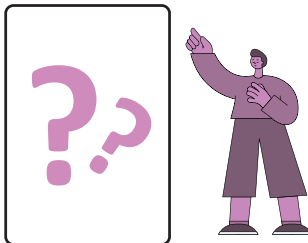
3 Final round

When a player has played a food item from four different food families, all the players go for a special round.

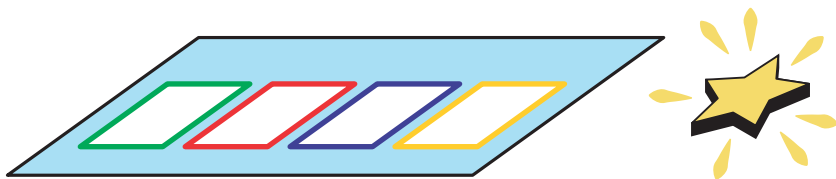
All the players draw a card from the community leader deck. One of the players will end up with a **Community Leader** card. Other players will have “Not a community leader” cards.



The player who draws the **Community Leader** card will assess whether the player with the four food items wins this round by asking the questions on the back of the **Community Leader** card.

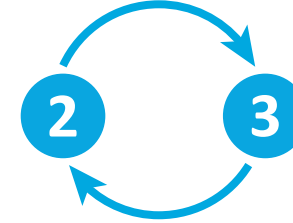


Once the player answers these questions, the **Community Leader** can either give a star to approve the meal as being diverse and healthy for a six- to 24-month-old child, or the **Community Leader** can ask the player to add a different food item.



4 Win!

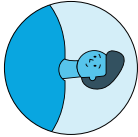
After the final round, the game continues and each player goes through steps 2 and 3 again until a player wins the game by successfully making a breakfast, lunch, snack, and dinner for a six- to 24-month-old child.



For the short version of the game, players only have to make lunch and dinner for a six- to 24-month-old child.

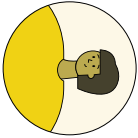


Mother



Father

Their goal during this game is to make a healthy meal for a six- to 24-month-old child by playing an ingredient card from four different food families.

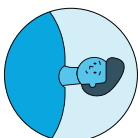


Mother-in-law

At each round , they will be able to help one mother or father build their meal by giving them one food item card they might be missing to win.

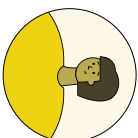


Mother



Father

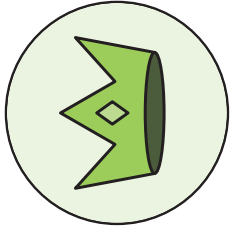
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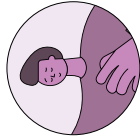
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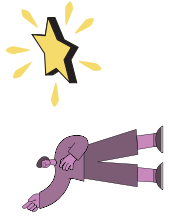
Game Leader

Your goal during this game is to ensure everyone is playing the game correctly.



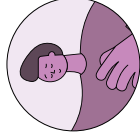
Community Leader

During a special round, they will assess whether the player with the four food items wins this round by asking the questions on the back of the Community Leader card.



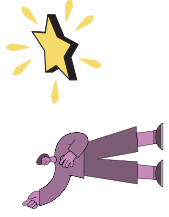
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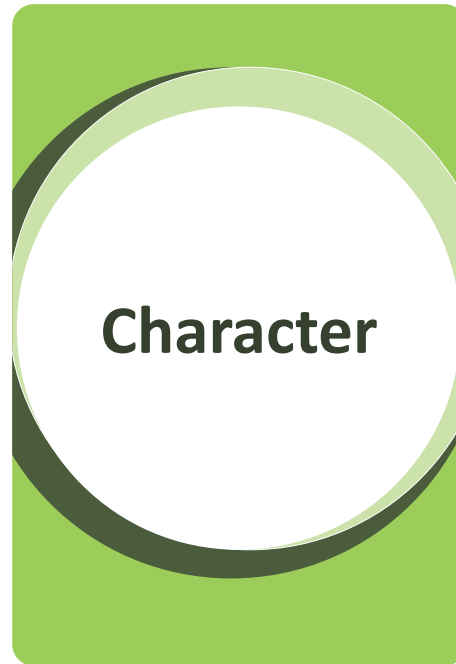
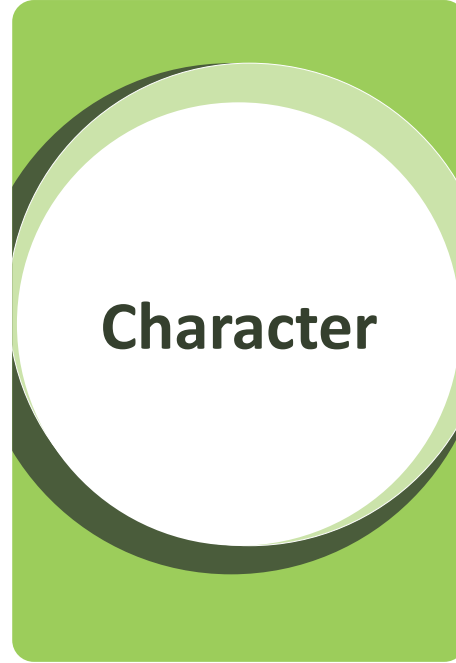


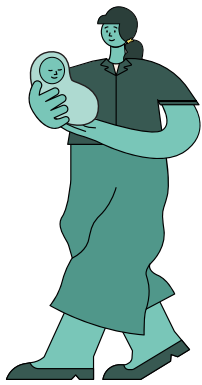
Game Leader



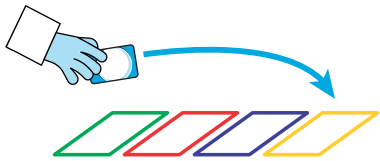
Game Leader



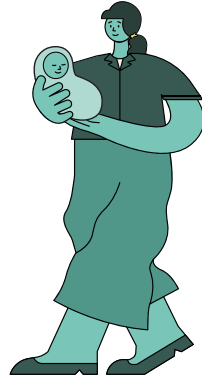
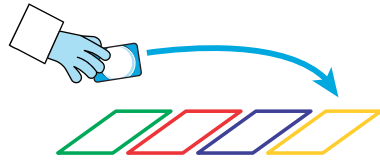




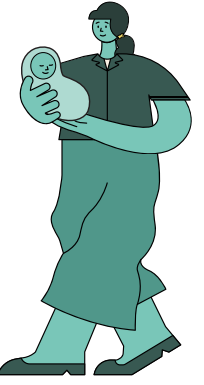
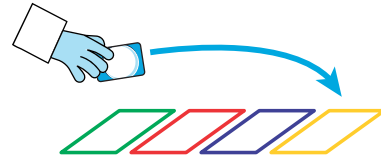
Mother



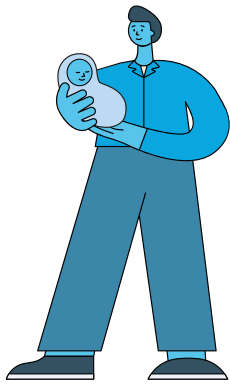
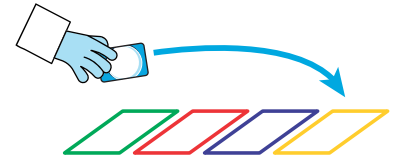
Mother



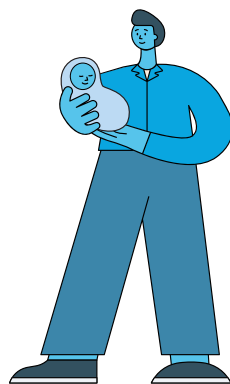
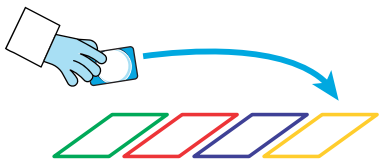
Mother



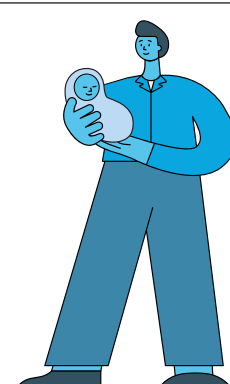
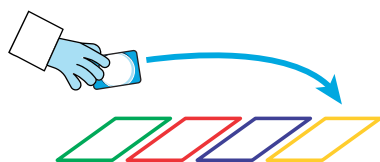
Mother



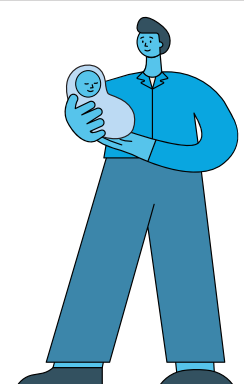
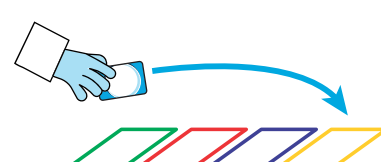
Father



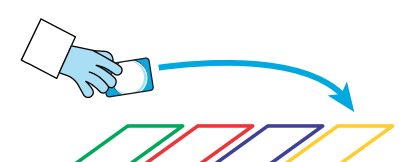
Father



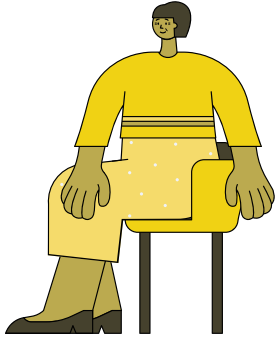
Father



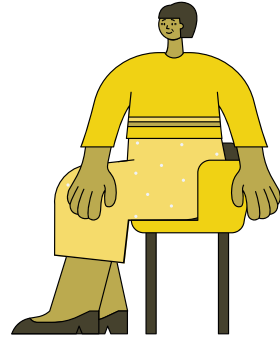
Father



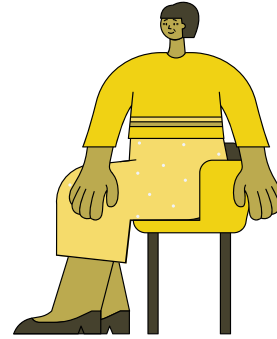
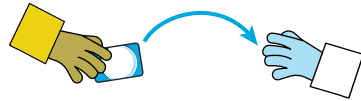




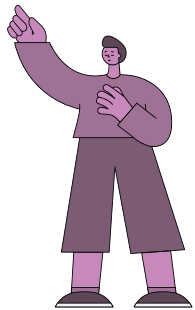
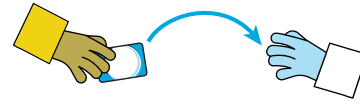
Mother-in-law



Mother-in-law



Mother-in-law



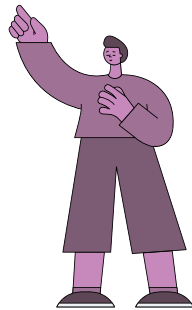
Community Leader

Please read the two following questions to the player:

What type of meal is it?

How would you cook this meal?

Don't forget to mention that ideally a meal should have ingredients from FOUR food families.



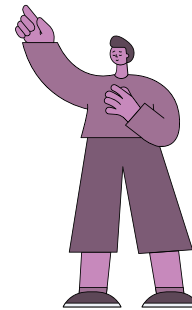
Community Leader

Please read the two following questions to the player:

What type of meal is it?

How would you cook this meal?

Don't forget to mention that ideally a meal should have ingredients from FOUR food families.



Community Leader

Please read the two following questions to the player:

What type of meal is it?

How would you cook this meal?

Don't forget to mention that ideally a meal should have ingredients from FOUR food families.



**Not a
Community Leader**

**Not a
Community Leader**

**Not a
Community Leader**

**Not a
Community Leader**

**Not a
Community Leader**

**Not a
Community Leader**

**Not a
Community Leader**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



FRUITS & VEGETABLES



Strengthens bones and helps keep blood sugar levels under control

CARROT



FRUITS & VEGETABLES



Helps you stay hydrated

WATERMELON



FRUITS & VEGETABLES



Helps body healing

MORINGA



FRUITS & VEGETABLES



Reduces the risk of heart disease

PAW PAW



FRUITS & VEGETABLES



Reduces fever and stimulates the immune system

BAOBAB LEAVES



FRUITS & VEGETABLES



Improves eyesight and promotes healthy skin and hair

PUMPKIN LEAVES



FRUITS & VEGETABLES



Boosts immune system

ORANGE



FRUITS & VEGETABLES



Reduces the risk of heart disease and cancer

TOMATOES



**Food
Items**

**Food
Items**

**Food
Items**

**Food
Items**

**Food
Items**

**Food
Items**

**Food
Items**

**Food
Items**



FRUITS & VEGETABLES



Reduces inflammation, promotes bone health, and boosts the immune system

JUTE LEAVES



FRUITS & VEGETABLES



Reduces risk of serious health conditions like cancer, diabetes, stroke, and heart disease

OKRA



FRUITS & VEGETABLES



Keeps you safe from viruses and bacteria

SPINACH



ANIMAL SOURCE



Improves blood health, immunity, and healing

BEEF



FRUITS & VEGETABLES



Improves hydration and vision

LETTUCE



FRUITS & VEGETABLES



Protects eyesight

PUMPKIN



ANIMAL SOURCE



Improves blood health, immunity, and healing

GOAT



ANIMAL SOURCE



Increases energy expenditure

YOGURT





**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



ANIMAL SOURCE



Increases bones mineral density and makes them stronger

CHICKEN



ANIMAL SOURCE



Has low cholesterol as well as low-fat content

GUINEA FOWL



ANIMAL SOURCE



Helps brain development

CRAYFISH

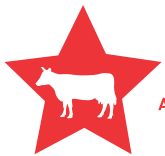


ANIMAL SOURCE



Helps immune system fight off diseases and strengthens eyesight

SNAIL



ANIMAL SOURCE



Improves vision and eye health

FISH



ANIMAL SOURCE



Gives more energy, helps sustain weight loss, and reduces cholesterol and lipid levels in blood

RAM



ANIMAL SOURCE



Helps to have healthy bones and teeth

EGG



ANIMAL SOURCE



Prevents bone fractures

MILK





**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



ANIMAL SOURCE



Improves vision and eye health

DRY FISH



ANIMAL SOURCE



Improves nervous system health

GRASSHOPPER



LEGUMES & SEEDS



Helps to strengthen immune system

COWPEAS



LEGUMES & SEEDS



Source of healthy fats, protein, and fiber

GROUNDNUT



LEGUMES & SEEDS



Prevents fatty liver

BEANS



LEGUMES & SEEDS



Reduces the risk of a range of health problems, including cardiovascular disease, and stroke

SOY BEANS



LEGUMES & SEEDS



Prevents malnutrition

BAMBARA NUTS



LEGUMES & SEEDS



Helps brain health, immunity, and bone health

CASHEW NUT





**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



**Food
Items**



LEGUMES & SEEDS



Helps strengthen your immune system

MELON SEED



LEGUMES & SEEDS



Promotes good sight, and reduces hypertension, stroke, and diabetes

LOCUST BEANS



LEGUMES & SEEDS



Helps maintain strong and healthy bones

GREEN BEANS



LEGUMES & SEEDS



Prevents constipation

OGBONO SEEDS



LEGUMES & SEEDS



Reduces inflammation

SESAME SEED



LEGUMES & SEEDS



Strengthens immune system

PEAS



LEGUMES & SEEDS



Improves heart health and promotes weight loss and digestion

COCONUT



STAPLES



Energizes and cools the body

GARRI



**Food
Items**

**Food
Items**

**Food
Items**

**Food
Items**

**Food
Items**

**Food
Items**

**Food
Items**

**Food
Items**



STAPLES



Lowers cholesterol and reduces risk of heart disease and stroke

RICE



STAPLES



Reduces risk of heart disease and stomach cancer

FONIO



STAPLES



Is anti-inflammatory

GUINEA CORN



STAPLES



Enhances brain functions

YAM



STAPLES



Prevents diseases like cancer and heart disease

MAIZE



STAPLES



Maintains cardiovascular health

MILLET



STAPLES



Boosts overall health and reduces chance of various types of cancer

COCOYAM



STAPLES



Promotes gut health

SWEET POTATOES







STAPLES



Cures inflammation

IRISH POTATO



STAPLES



Supports immune function

PLANTAIN



STAPLES



Provides energy

WHEAT



STAPLES



Helps with stomach problems and
may help lower cholesterol

PASTA







