Nourishing Connections Supporting Tools

PRICE COMPARISON, TRIVIA, AND CARD GAME
# 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

1. **Step 1:** Show the participant the list of items and ask, “What items from this list do you usually buy?”
2. **Step 2:** Review the items in the “Equivalent” column and ask the participant, “How much do you usually pay for these items?”
3. **Step 3:** Make the participant count how many healthy items they could buy with that money.
4. **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).
5. **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

**Step 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.

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

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

**Step 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.**

**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.

**GOAL**

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

**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.

*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.
From what age should soft foods and fruits be introduced into children’s diet for best growth and development?
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
Why do children under six months cry?
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
What can a grandmother do when a child under six months cries?
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.
How can a father help feed their six-month-old children dried fish daily?
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

Tip
Add yogurt to babies’ pap.
How can a grandmother help increase the types of food a six- to 24-month-old child eats daily?
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

Tip
Encourage mothers to provide fruits as snacks to the child.
Nutritious porridge for six- to 24-month-old children must include at least four types of food.

TRUE

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

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.

TRUE
## Action Plan

### What do you have in your food stock?

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### 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

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Meal Planner Game
Nutrition Card Game
For the spare cards deck, take one of each character cards as shown below.

- **Mother-in-law**
- **Father**
- **Mother**
- **Community Leader**
- **Not a 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 of the food items.
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.
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.

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.
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.
Character
Character
Character
Character
Character
Character
Character
Character
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

Community Leader

Community Leader

Community Leader

Community Leader

Community Leader

Community Leader
Strengthens bones and helps keep blood sugar levels under control

Helps you stay hydrated

Helps body healing

Reduces the risk of heart disease

Reduces fever and stimulates the immune system

Improves eyesight and promotes healthy skin and hair

Boosts immune system

Reduces the risk of heart disease and cancer
Reduces inflammation, promotes bone health, and boosts the immune system

JUTE LEAVES

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

OKRA

Keeps you safe from viruses and bacteria

SPINACH

Improves blood health, immunity, and healing

BEEF

Improves hydration and vision

LETTUCE

Protects eyesight

PUMPKIN

Keeps you safe from viruses and bacteria

SPINACH

Improves blood health, immunity, and healing

BEEF

Keeps you safe from viruses and bacteria

SPINACH

Improves blood health, immunity, and healing

BEEF

Improves blood health, immunity, and healing

BEEF

Increases energy expenditure

YOGURT
Increases bones mineral density and makes them stronger

Has low cholesterol as well as low-fat content

Helps brain development

Helps immune system fight off diseases and strengthens eyesight

Improves vision and eye health

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

Helps to have healthy bones and teeth

Prevents bone fractures
Food Items

Food Items

Food Items

Food Items

Food Items

Food Items

Food Items

Food Items
Improves vision and eye health

Improves nervous system health

Helps to strengthen immune system

Source of healthy fats, protein, and fiber

Prevents fatty liver

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

Prevents malnutrition

Helps brain health, immunity, and bone health
Helps strengthen your immune system

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

Helps maintain strong and healthy bones

Prevents constipation

Reduces inflammation

Strengthens immune system

Improves heart health and promotes weight loss and digestion

Energizes and cools the body
RICE
Lowers cholesterol and reduces risk of heart disease and stroke

FONIO
Reduces risk of heart disease and stomach cancer

GUINEA CORN
Is anti-inflammatory

YAM
Enhances brain functions

MAIZE
Prevents diseases like cancer and heart disease

MILLET
Maintains cardiovascular health

COCOYAM
Boosts overall health and reduces chance of various types of cancer

SWEET POTATOES
Promotes gut health
Cures inflammation

Supports immune function

Provides energy

Helps with stomach problems and may help lower cholesterol