The story is about ten year old twins Moses and Maria. While at school, they learn about many things and share the information with their parents and other community members. They also practice what they learn.

They are champions of nutrition.
The Ministry of Education and Sports (MOES) is responsible for the wellbeing and full physical and mental growth and development of school-going children to achieve their full potential. The Ministry carries out this role in partnership with other ministries, development partners, parents and communities through various approaches.

A comic book is a friendly, very attractive, entertaining and educative tool for learning. Accordingly, this comic book was designed by the Ministry of Education and Sports in partnership with other stakeholders to provide nutrition information to primary school pupils, and through them, to the parents and the community.

This is in line with the development priorities of the Ministry of Education and Sports and it contributes to the implementation of the Uganda Nutrition Action Plan (UNAP).

I commend the developers of the comic book and urge all schools to ensure that pupils utilise it for the improvement of nutrition, health and education, and for mobilising parents and communities for this noble cause.

Alex Kakooza
PERMANENT SECRETARY MINISTRY OF EDUCATION AND SPORTS
This comic book was developed through a collaborative effort of the Ministry of Education and Sports (MoES) and other stakeholders in the implementation of the Uganda Nutrition Action Plan (UNAP) namely: Office of the Prime Minister (OPM), Ministry of Gender, Labour and Social Development (MGLSD), Ministry of Local Government (MoLG) and Ministry of Agriculture, Animal Industry and Fisheries (MAAIF).

Special appreciation goes to the above Ministries, United Nations World Food Programme (WFP) and the Food and Agriculture Organisation of the United Nations (FAO).

Special gratitude goes to UNICEF regional offices of East and Southern Africa (ESARO) as well as West and Central Africa (WCARO) for the technical support and the European Union for the funding.

Dr. Kedrace R. Turyagyenda
DIRECTOR, DIRECTORATE OF EDUCATION STANDARDS
MINISTRY OF EDUCATION AND SPORTS
Among children below five years in Uganda, three out of ten are short for their age (stunted), one out of ten have a low weight for their age (underweight), five out of ten do not have enough blood (anaemic), one out of ten have vitamin A deficiency (VAD) while one in every 25 are overweight (UDHS, 2016).

A child with the conditions above, is malnourished. The consequences of poor nutrition for school going children include; delay in enrollment, absenteeism, lack of concentration and poor performance in class, increased school dropouts, bad temper and other negative consequences.

For a child to be healthy and learn well, he/she must have good nutrition. Nutrition is the science of food and how the body uses this food to perform its functions. The food can be obtained from the garden, bought or received as a donation and has to be well prepared and eaten for the body to utilise it properly.

It is therefore important for all children and older people to eat a variety of foods in the right amounts, live and practice healthy lifestyles as well as get timely treatment from a healthy facility when sick.
CHARACTER PRESENTATION

The champions of Nutrition
Maria and Moses are ten year old twins who are champions of nutrition.

They are both in primary five at Kapeyo Primary School.

They enjoy going to school, never miss any lessons and always share what they learn at school with their parents, friends and other people.
OTHER CHARACTERS

SARAH

SARAH is Maria and Moses’ mother. She has two children and she takes good care of her family.

MRS MUZE

MRS MUZE is the aunt of Maria and Moses. She has five children, Tete (10 years), Tobi (8 years), Tito (7 years), Tina (1 year) and Tom (2 years). She lost two other children during childbirth. She is pregnant again and she and her children are all sickly.

MR MUZE

MR MUZE is the husband of Mrs Muze. He is quarrelsome, and often beats his wife and children.

MR YAKO

MR YAKO is the father of Maria and Moses and husband to Sarah. He is also the local council (LC)1 chairman of Kapeyo village.
Sr Buna is a nurse. She works at the local health center – Kapeyo Health Centre IV. Aside from treating sick people, she also teaches mothers how to take care of their children and families.

Mr Okot is the head teacher of Kapeyo Primary School. He teaches basic science and health in upper primary, and enjoys demonstrating how to grow nutritious food and rear animals.

Mrs Kato is the District Inspector of Schools, responsible for supervision of schools and making sure that children are learning well and in a healthy environment.

Tete is the best friend of Moses. He is the son of Mr and Mrs Muze and is also ten years old. He is in primary five in the same school as Maria and Moses, but is always among the worst performers in the class. He does not have much interest in going to school because at school he is always hungry, sleepy and does not concentrate. He is also often sickly.

Mr Okot is the head teacher of Kapeyo Primary School. He teaches basic science and health in upper primary, and enjoys demonstrating how to grow nutritious food and rear animals.
Maria and Moses on their way back from school. Today they have been learning about how to feed well.
Aunt don't you sleep under a mosquito net?

No I don't. The only one we have is used by Tom and Tina.... And it's even torn.

Where is Tete?

I have been sick with malaria for the past two weeks and I am still not feeling well.

Aunt you don't look well. What is the problem?

He is inside the House and also sick.
Oooh... That's why he has been absent from school.

Tete is missing a lot in class. Today we learnt about a balanced diet and how to be healthy.

Moses, can you imagine! Aunt is sick. Tete is sick. Tom and Tina are also sick! We should tell mum about this.

Maria and Moses run off to tell their parents.

Mum.... Aunt, tete and the whole family are sick....

How do you know?

My dear, you need to go to the health centre with the younger children.

Let me go and see.
From the check up, you and your children are not feeding well. You are all malnourished.

Have the children been vaccinated against measles? Do they receive vitamin A?

Have they been dewormed?

From the check up, you and your children are not feeding well. You are all malnourished.

What can I do?

We will admit the children here for treatment for sometime.

Ooh... No!... I have a lot to do at home and other children to take care of.

Don’t worry Mrs. Muze. Here at the Health Centre we have a nutrition unit, we shall take care.

This afternoon we will be giving a health and nutrition talk with a food demonstration.

You will learn a lot from it.
Today, we are going to talk about good feeding for young children, feeding for pregnant women, and feeding for breast feeding mothers. We shall also learn how to prepare these foods.

Later in the afternoon, a health and nutrition talk is held...

The best food for a baby is breast milk. Babies should be fed on breast milk only for the first six months.

After six months, in addition to breast milk, begin to give the baby other foods like soya porridge, millet porridge with milk, mashed potatoes with beans.

Nurse, then when can we stop breastfeeding?
Breastfeed up to two years or more.

And every six months until the baby is five years. All children and pregnant women must sleep under a mosquito net.

who can tell us what a pregnant or breastfeeding mother should eat? ... yes sir?

meat, peas and milk...

fruits like mangoes, bananas, guavas.

millet and maize...

groundnuts, beans vegetables....

at one year your baby should be dewormed, and thereafter two times a year until the child is 14 years old.

In addition, at six months your baby should receive his/her first dose of vitamin A supplementation.

At one year your baby should be dewormed, and thereafter two times a year until the child is 14 years old.

She needs a diet rich in foods such as...

Eggs...

Thank you Maria and Moses. That is correct.

And pregnant women also need to take iron and folic acid tablets to improve their blood so as to give birth to healthy babies.
Maria and Moses: Champions of Nutrition

Two weeks later... Mrs Muze, Tina and Tom are discharged from the Health Centre.

Mrs Muze: Welcome back...

Tina:..., Tom...

Two weeks later... Mrs Muze, Tina and Tom are discharged from the Health Centre...

It’s good to be back home. Tete, how have you been?

Mrs Muze: Yes Aunt, Moses and I already have our own at home.

I’m fine Mum. I have even gone back to school.

And we have been learning about home gardening. Can I start mine here?

Yes Aunt, Moses and I already have our own at home.
Hello children.

Look we have a surprise for you! Here is a hen and a cock for you to rear.

Mum, can I have some seeds to start my garden?

You will have to ask your father first.

Don’t worry, mum will get you seeds for nakati, dodo, and beans for your garden.

Eggs from the hen are good for your health and you can sell some to get some money.

Mum and dad will give you chicken and rabbits to rear.

And pumpkin.

Yeeey...

Thank you aunt and uncle.

Moses, Maria, let’s go and make a house for them.
Suddenly, Mr Muze appears and grabs one of the chicken...

Woman, cook this one for me immediately.

Stop Muze! the chicken is not to be eaten. It is to be reared to produce eggs and meat for your family.

This will improve the health of your family.

Stop drinking alcohol and be a responsible father.

A responsible father produces food for his home and takes care of his family.
Two months later there's an Open Day at Kapeyo Primary School.

Hello ... Mr and Mrs muzel! How are you?

Where are you going?

I am going to Tete’s school for the open day.

I realize I have not been a good husband and father but I will change! Can we go together?

We are fine.

Welcome to our open day.
Good morning Mrs Kato, you are welcome to Kapeyo Primary School.

Thank you. Good morning Mr Okot.

Good morning children.

Good morning Mrs Kato. You are welcome!

I see you are learning about nutrition. Who can tell me what good nutrition is?
Yes, Maria. Come up and tell us.

Maria walks up to answer the question...

Good nutrition is eating a variety of foods in the right type and amount for good health.

Thank you, that's a good answer! Can you give us an example of food combination that makes a balanced diet?

Cassava, beans, dodo and mangoes.
Is that what you eat at home?

Children, it is important to eat a balanced diet both at home and in school.

Which of these two packages is good for carrying food to school?

That one madam. Because, keeping food in this container keeps it clean, away from flies and germs.

EXCELLENT children, packing food in polythene bags is not safe because there are chemicals in polythene bags which spoil the food. And polythene bags are not safe for the environment. Tell your parents to always pack your food in plastic or metallic containers.
After the class visit, the Head teacher leads the Inspector to the school garden and animal shed...

My name is Moses. This is our school garden. We grow cabbages, eggplants, tomatoes, spinach, and pineapples.

My name is Maria. These are our cows. They give us milk which is added to our porridge.

Well done children, your school is teaching you well about good nutrition.
You are welcome Madam District Inspector of Schools, Chairman School Management Committee, our dear Headmaster, Parents, ladies and gentlemen, before you are pupils of P.5 West presenting a poem on nutrition.

"Nutrition... Nutrition... Nutrition
A path for good health and learning.
Important for us to build our bodies,
Provide energy to do work
And protect us from diseases.
Nutrition... Nutrition... Nutrition
Important for our learning to attain
A better future.
Parents, teachers and our leaders
Support nutrition to keep us healthy and bright.

Good nutrition and a balanced diet,
Keep us strong and
Protect us from diseases.
Ministry of Education and Sports,
Support nutrition
To keep us healthy and bright.

CLAP!!

CLAP!!

CLAP!!
Thank you very much pupils of Kapeyo Primary School and parents. I would like to highlight three issues.

One: Parents it is not healthy to pack food for your children in polythene bags. Pack food in a proper container.

Two: Feed your children with a variety of locally available foods. This will enable them to grow well, be healthy and perform well in class.

Three: It is important to always wash hands with clean water and soap, especially after visiting the toilet, before eating food and before preparing food.

Today I have learnt a lot about the importance of good feeding, how to pack food for the children, hygiene and sanitation which affect the wellbeing of our children and ourselves.

Thank you very much! Fellow parents let us follow the advice we have been given to make a change from today and onwards.
A few months later, Mrs Muze delivers a healthy Baby. Mr Muze is now a responsible man...

Parents now properly pack food for their children...

Pupils washing their hands with clean water and soap before eating food.

I have a balanced diet, a sweet potato, ground-nut paste, a boiled egg and a banana.
MR AND MRS MUZE’S HOME: healthy children, good sanitation and hygiene practices...