

NUTRITION AND HEALTH

Our goals

- * Increase overall food awareness and how it effects our bodies.
- * Introduce a wide variety of healthy food alternatives.
- * Instill proper hygiene practices for food preparation and consumption.

We had in-depth conversations with the children surrounding the subject of Nutrition and Health. We discussed the importance of food and how our bodies rely on healthy and adequate quantities of food in order to thrive.



Food Hygiene

Most of the communities the children live in are in a deplorable state. The hygienic conditions are not suitable to ensure good food hygiene. In this activity, we passed to the children the knowledge of being creative and the necessity to do so. For example: keeping the vegetables in cool place, Washing vegetables and fruits before eating them with clean water and washing hands with soap before and after eating.