



### Body-building foods

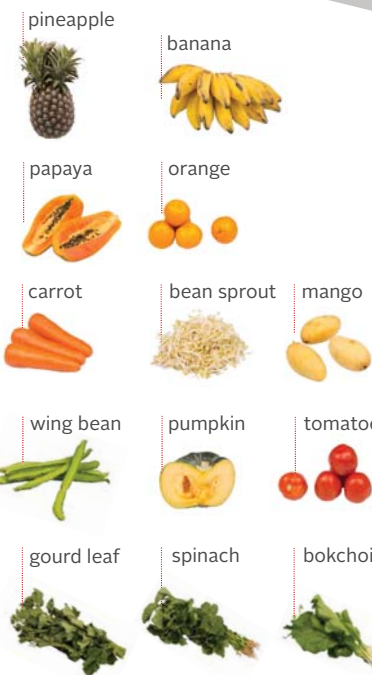
#### Legumes, nuts and oilseeds

Good source of protein, some vitamins and minerals and fibre and oils



#### Animal products

Excellent source of protein, vitamins and minerals, fats and oils



### Protective foods

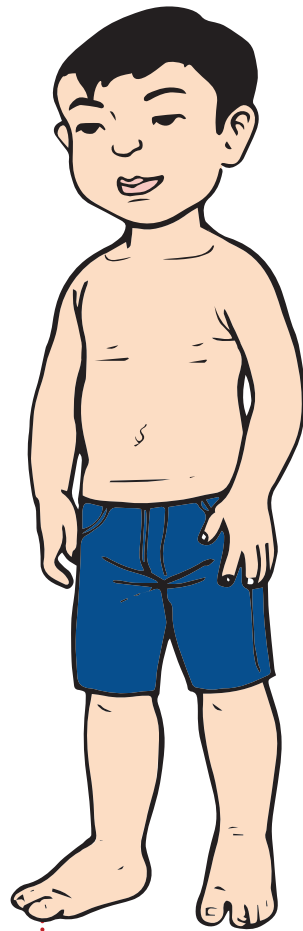
Excellent source of vitamins and minerals and fibre

### Energy-giving foods

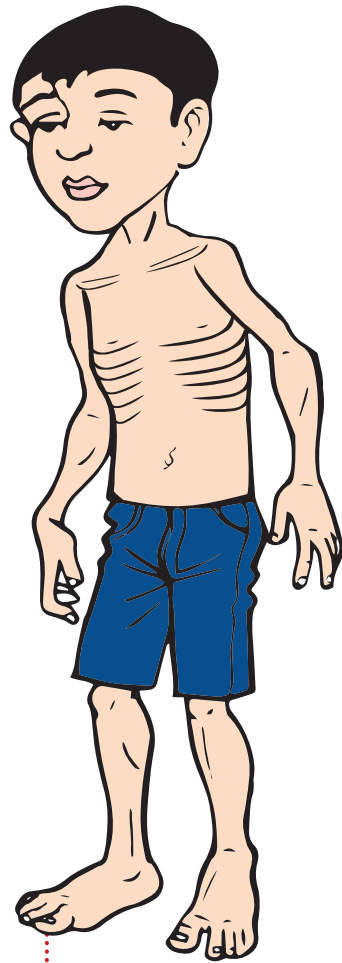
Good source of energy, protein, and some vitamins and minerals. Unrefined cereals are also a good source of fibre



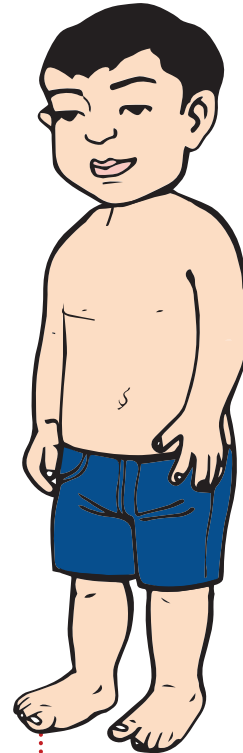
Visual aid 1.1 The food groups



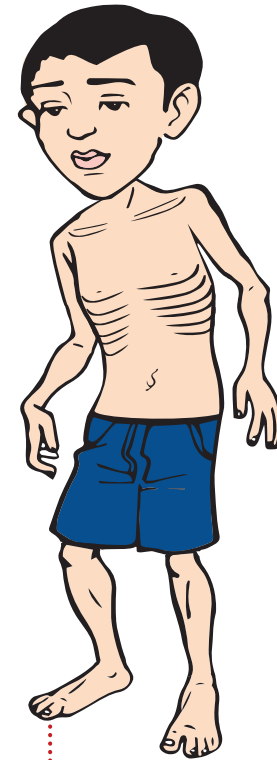
Normal  
Normal weight  
and height



Wasted  
Thinner than normal

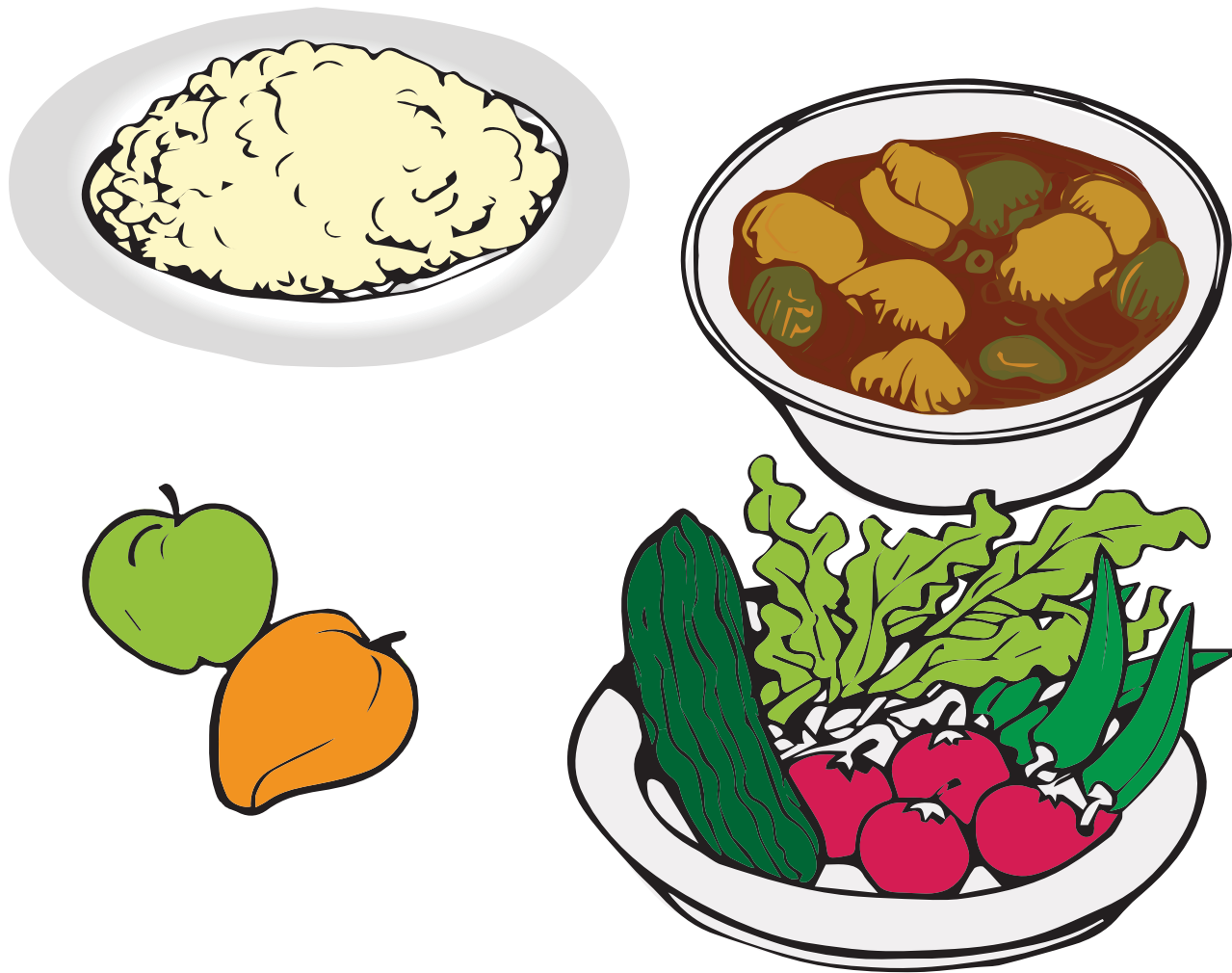


Stunted  
Shorter than normal



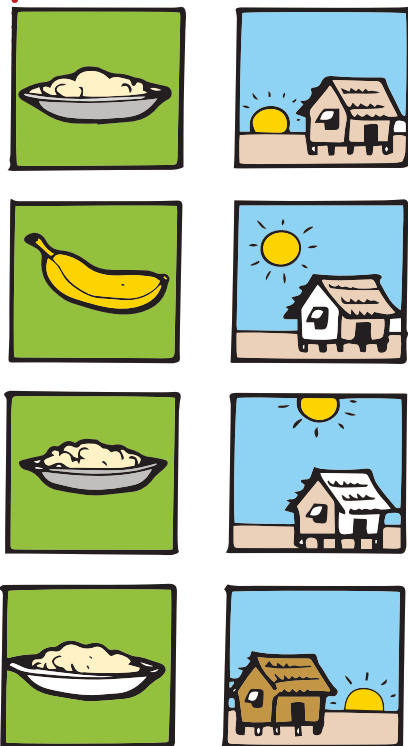
Wasted and Stunted  
Thinner and Shorter  
than normal

**Visual aid 1.2** Wasting and stunting signs

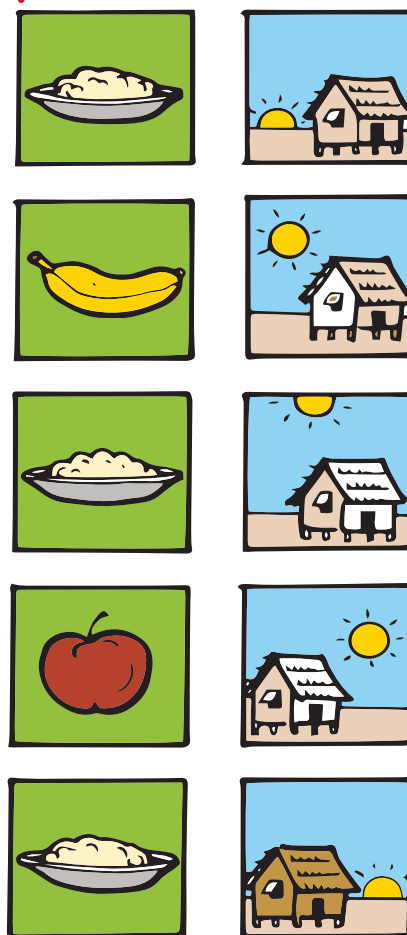


**Visual aid 2.1** Components of a balanced meal

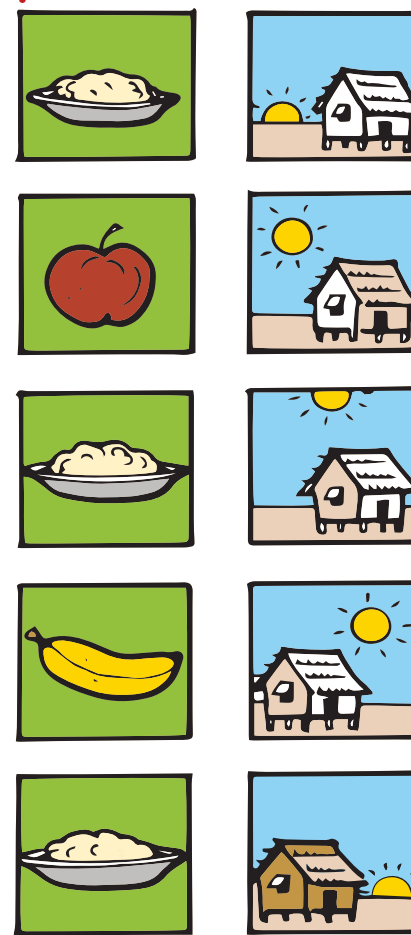
6 months to 9 months



9 months to 12 months



12 months to 23 months



**Visual aid 2.2** Supplementing breastfeeding for 6 to 23 month-old children



Visual aid 3.1 An improved home garden



Visual aid 4.1 Home hygiene problems