

# LEKANI NDIKUUZENI



IRON



**EAT HEALTHY**  
**EAT DIVERSE**  
**EAT DIFFERENT**  
**FOOD GROUPS**

### Contributors

#### Zambian Government



#### NFNC

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#### GIZ

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#### Sources

GIZ, NFNC, Care Groups.

#### Arts and Designs

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## About this comic booklet

This comic booklet was produced under the Food and Nutrition Security, Enhanced Resilience Project (FANSER) and Fish for Food Security Project (F4F) in Zambia. FANSER and F4F have been initiated and commissioned by the German Federal Ministry of Economic Cooperation and Development (BMZ) as part of the Special Initiative ONE WORLD – No Hunger. The initiative aims to address the challenges of hunger and malnutrition.

As part of the national Scaling Up Nutrition process and the 1000 Most Critical Days Programme (MCDP) II, FANSER reaches out to 110,000 women and 70,000 children in Eastern and Luapula Provinces. The following fields of interventions are being covered by the project:

1. Increase knowledge about nutrition, change attitudes positively.
2. Increase knowledge about hygiene, change attitudes positively.
3. Increasing the year-round availability of nutrient-rich foods / nutrition-sensitive agriculture.
4. Developing improved strategies for households to manage their household and productiveresources.
5. Strengthening nutrition governance at the district, provincial and national level.

Furthermore, the F4F project in Zambia aims to improve access to sustainable fish products for people facing food insecurity. To achieve this the project assists artisanal fishers and fish farmers in operating sustainably and efficiently, while curbing illegal fishing. Thereby having local communities' benefit from improved and sustainable livelihoods in fishing and fish processing, as well as gaining access to a broader range of fish products.

Through these approaches and by focusing on women in the fish value chain, the project helps to combat hunger, malnutrition and poverty. Creating linkages between food and income security, environmental and resource conservation, education and women's empowerment. The F4F project intends to educate and create awareness on the nutritional value of fish and sustainable fisheries within the designated target groups.

Based on the Social and Behaviour change (SBC) concept and national communication strategies, the project together with NFNC produced an animated series called 'let me tell you". The series is available as an animated TV series, being aired on radio and as a comic booklet. This comic booklet provides an overview about the importance of Iron in the body.

Julia Kirya

Signature:



Project Coordinator FANSER Zambia

Samanta Mapfumo

Signature:



Project Coordinator F4F Zambia





**CHIMWEMWE**  
(Ambuya)



**LIMBANI**  
(Atate)



**CHISENGA**  
(Amai)



**MAPALO**  
(M'bale)



**DALISANI**  
(M'longo)



**CHISOMO**  
(M'bale)



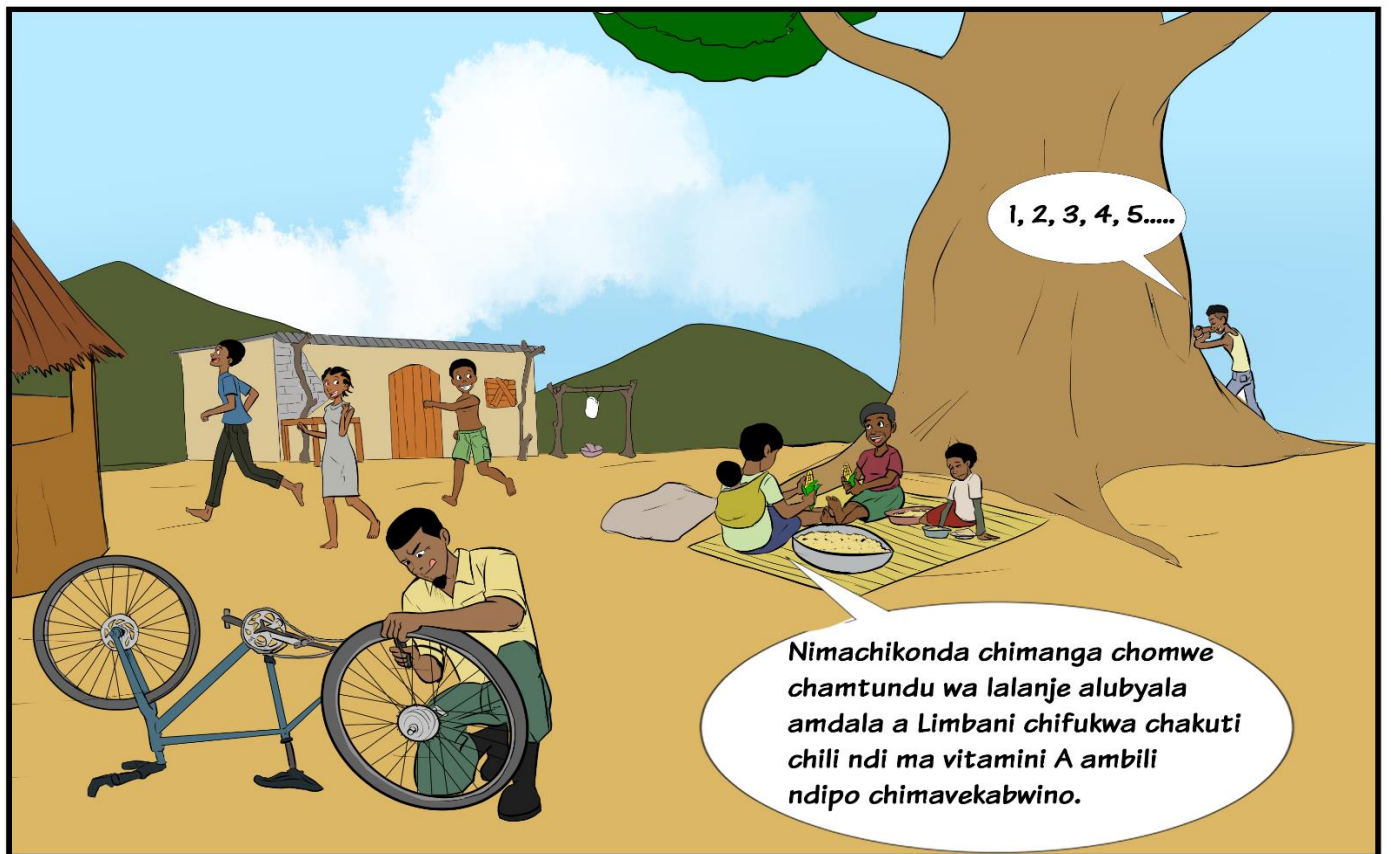
**MALUBA**  
(M'longo)

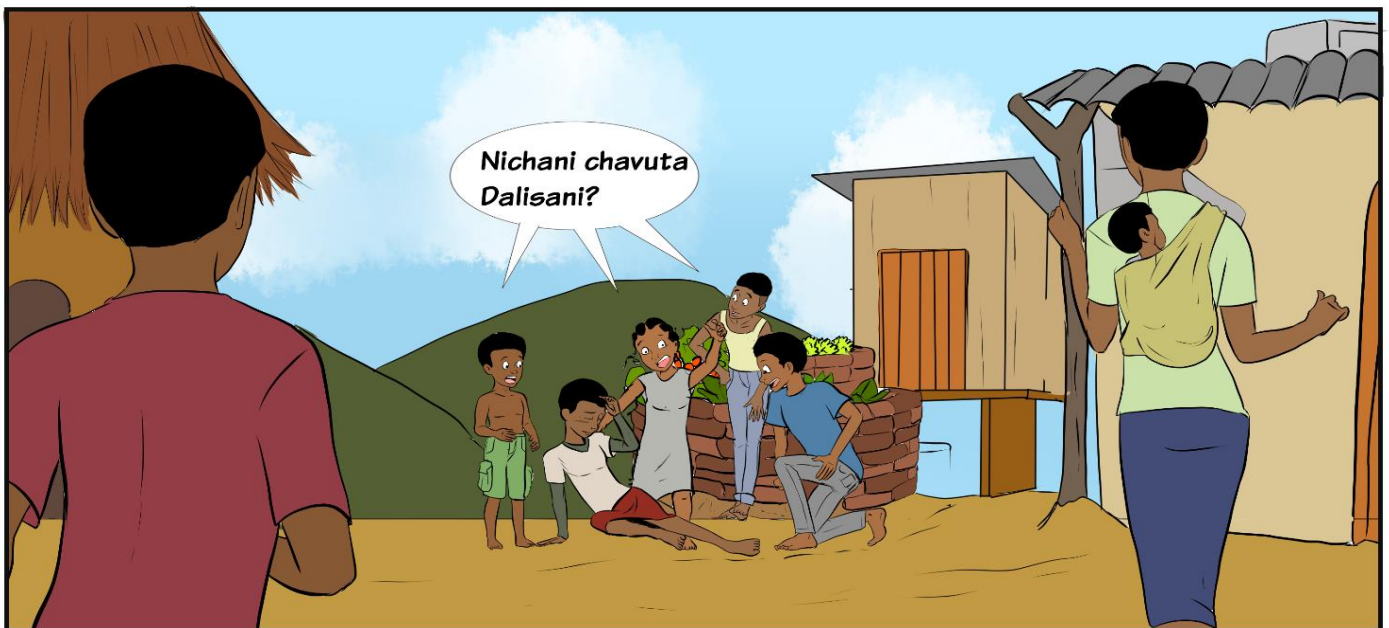


**MULILO**  
(M'bale)

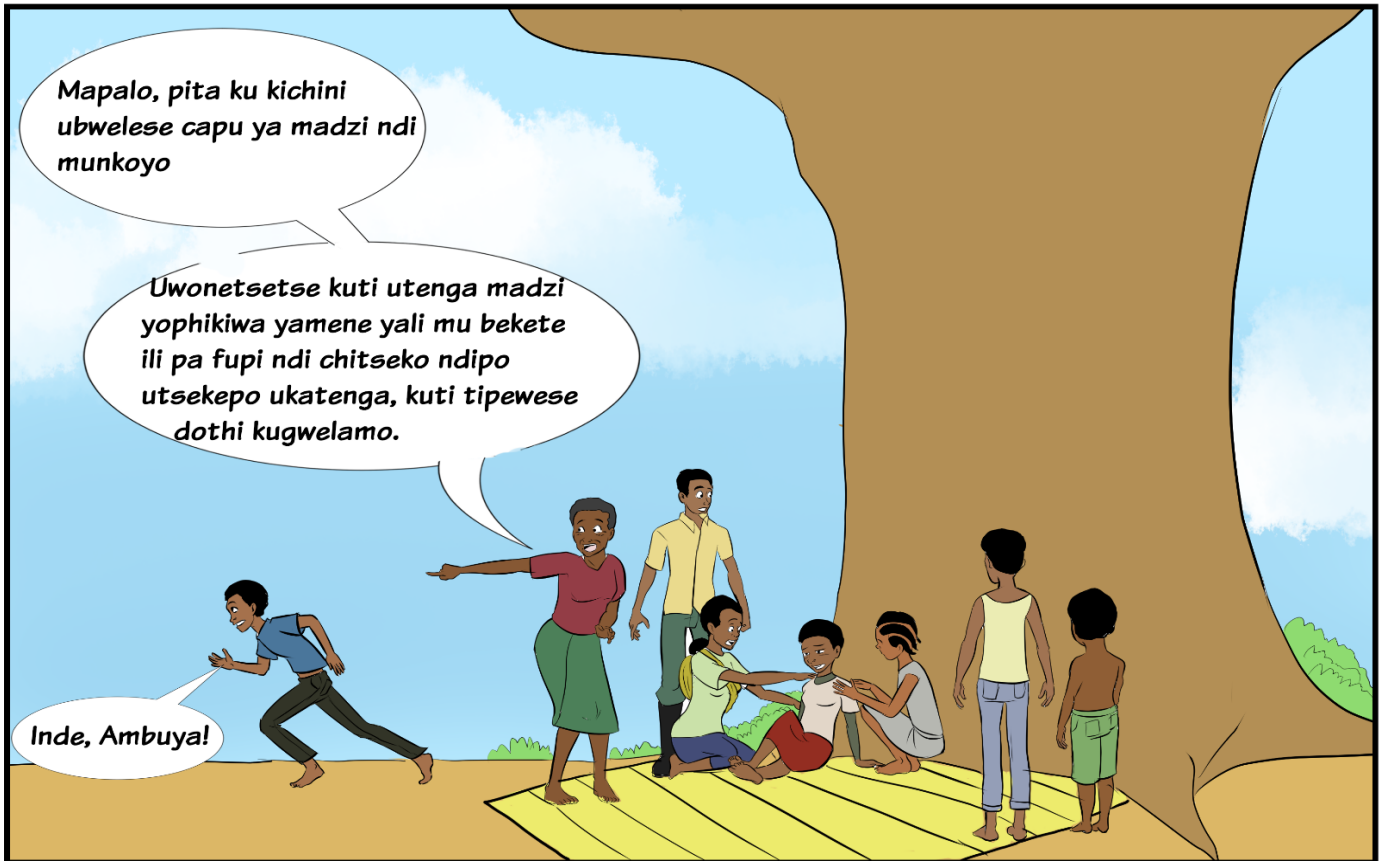


**ALINAFE**  
(M'longo)

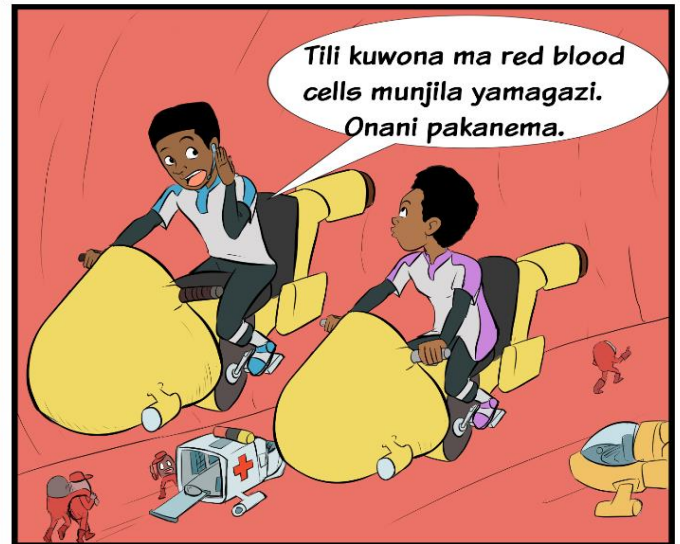
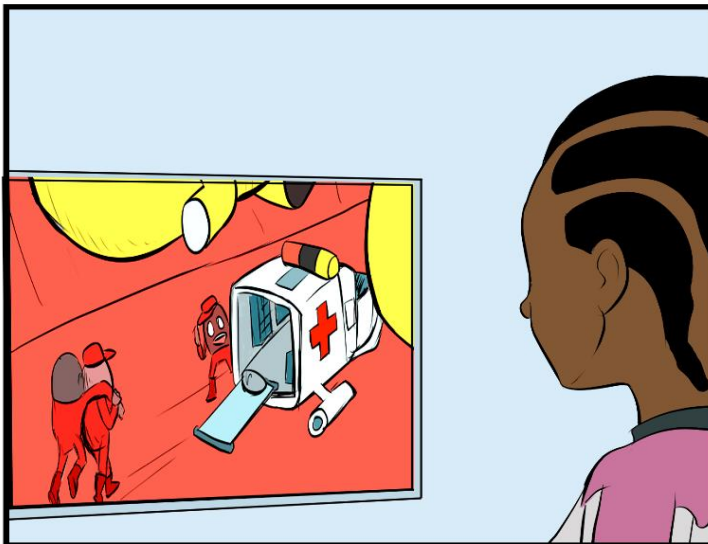
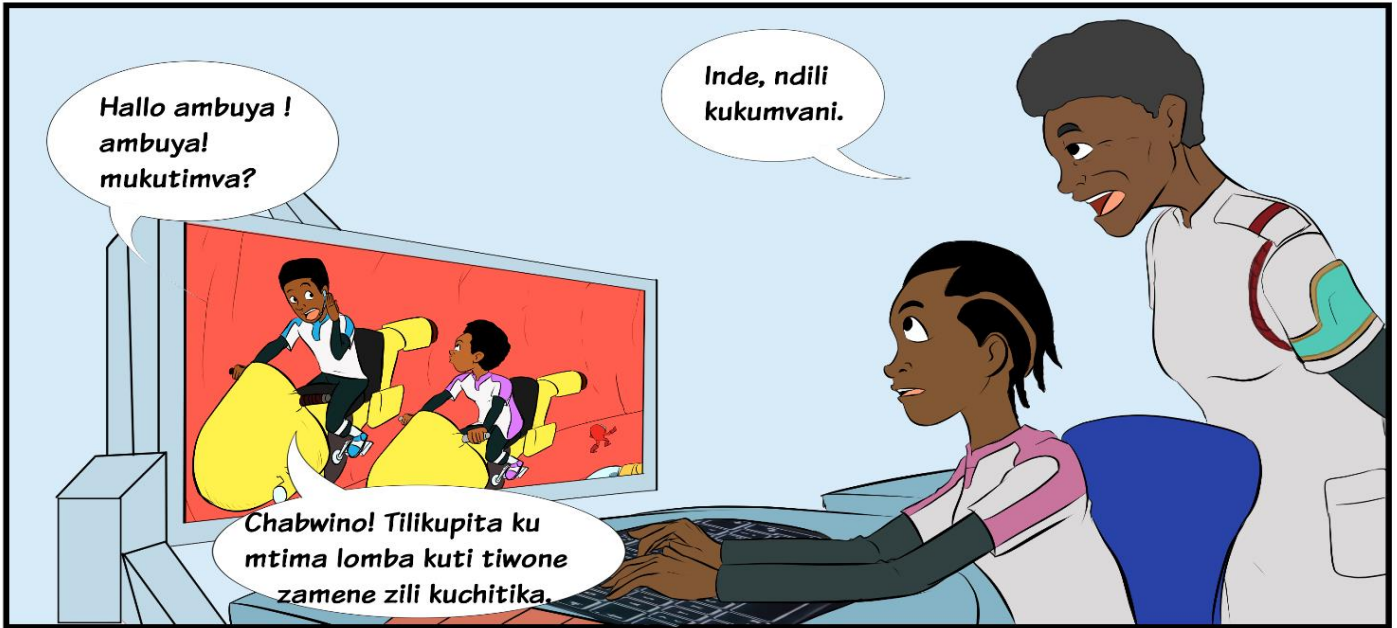


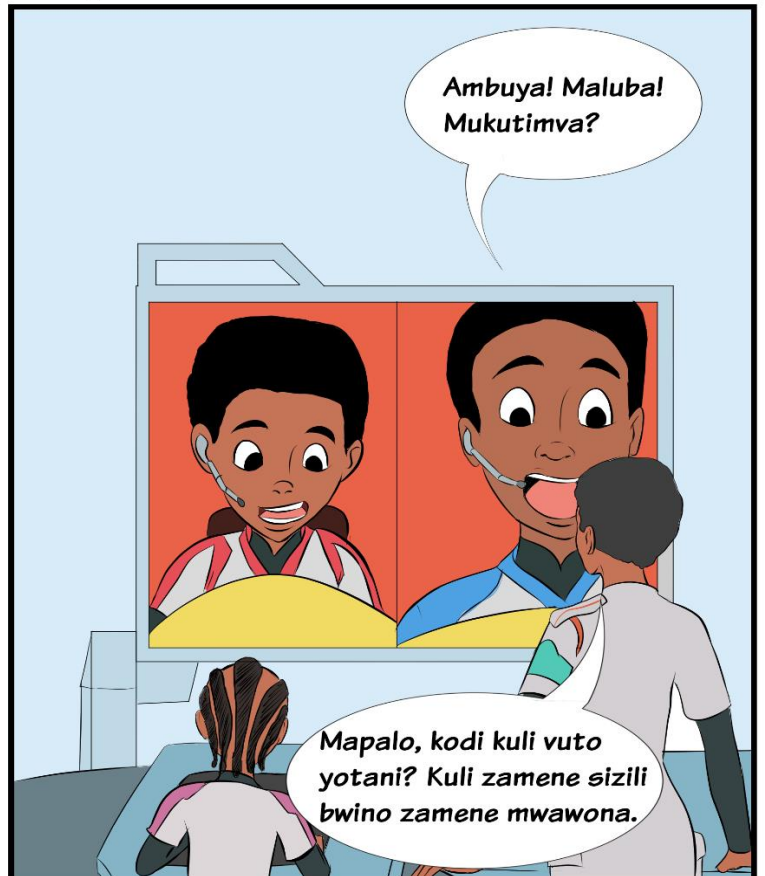
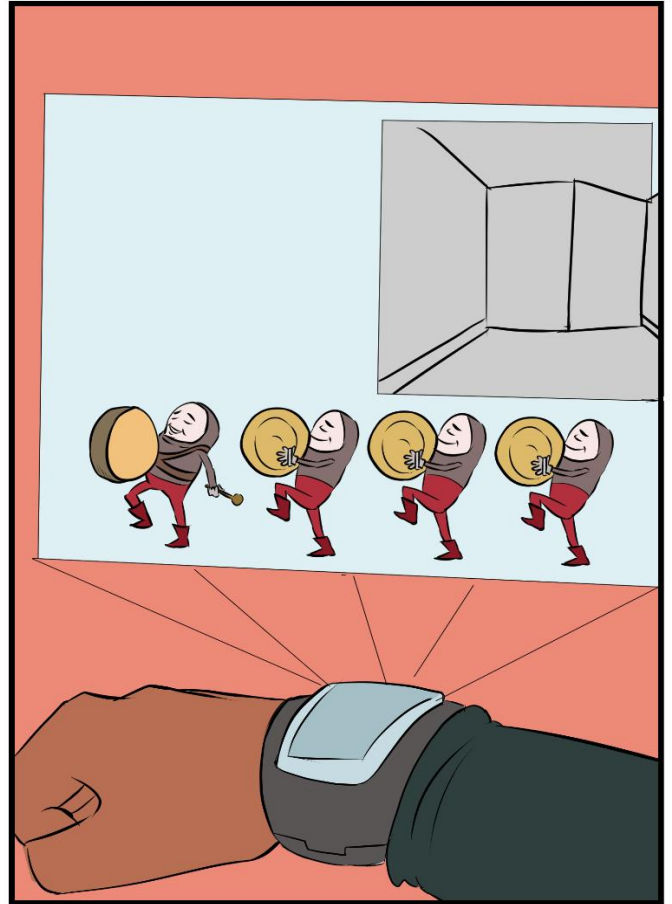




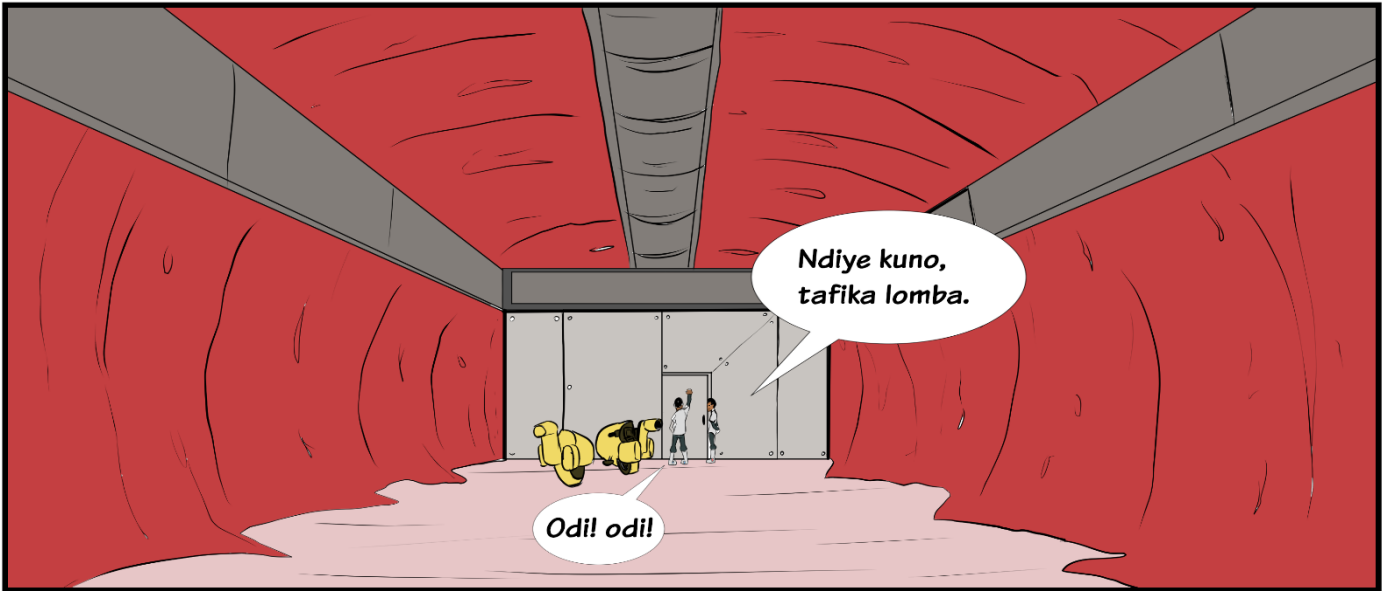
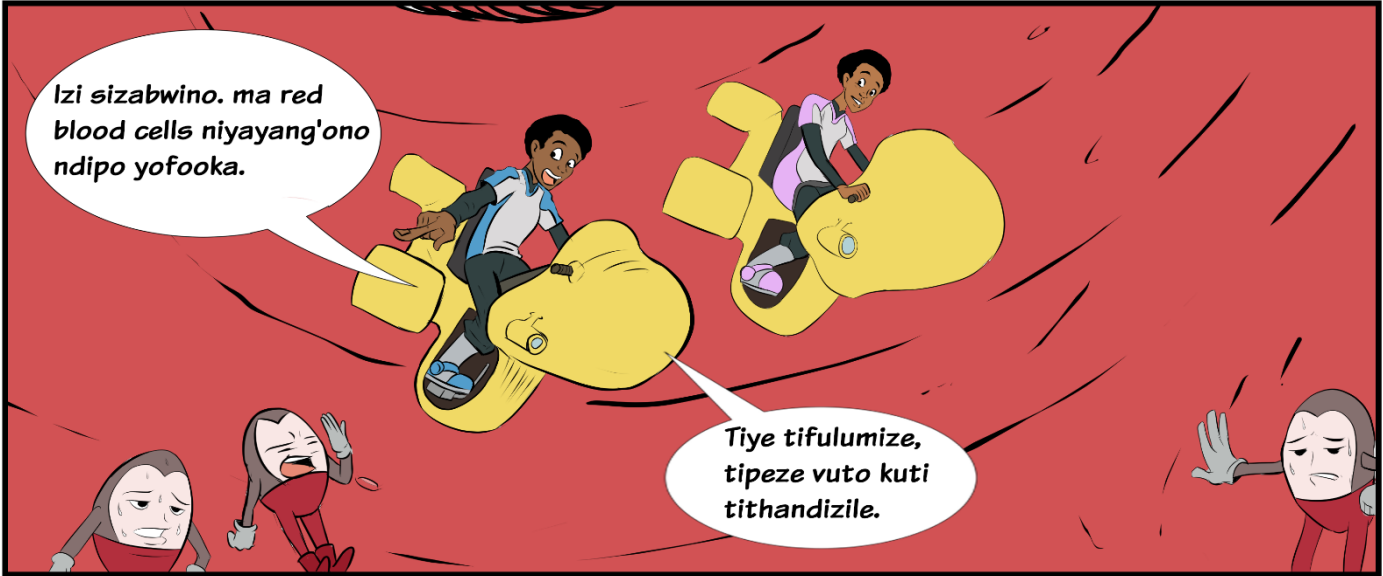


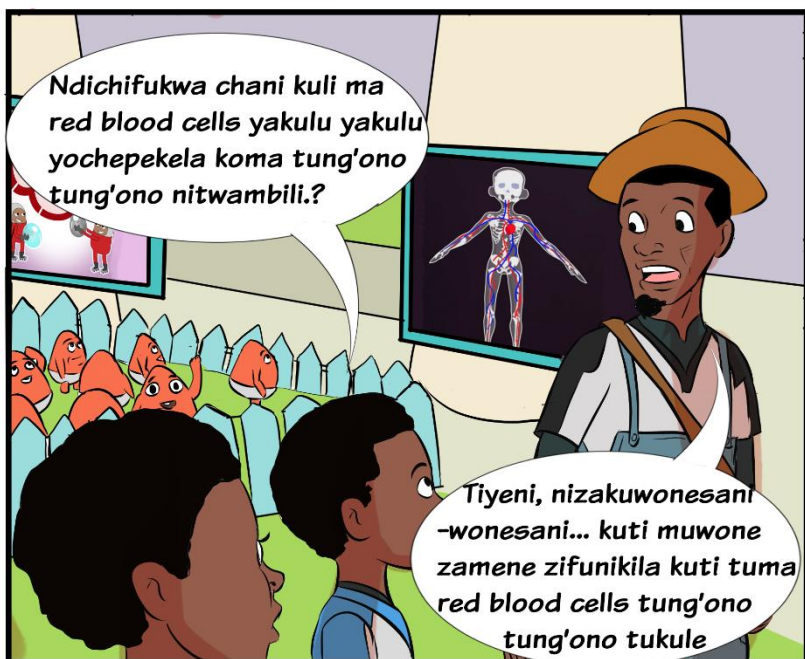
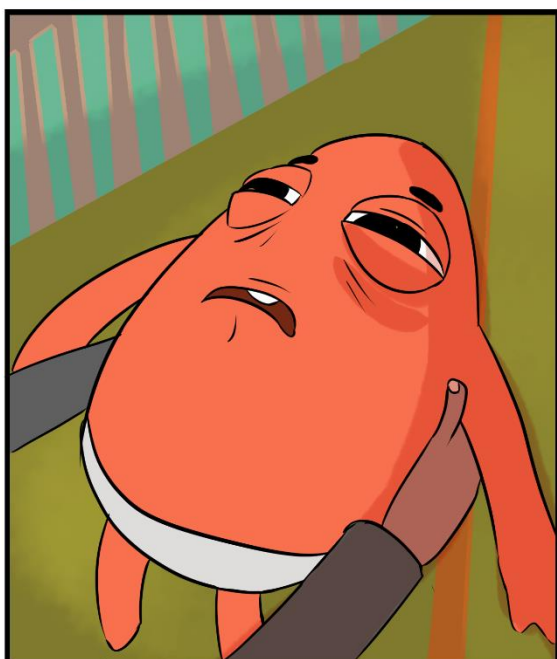
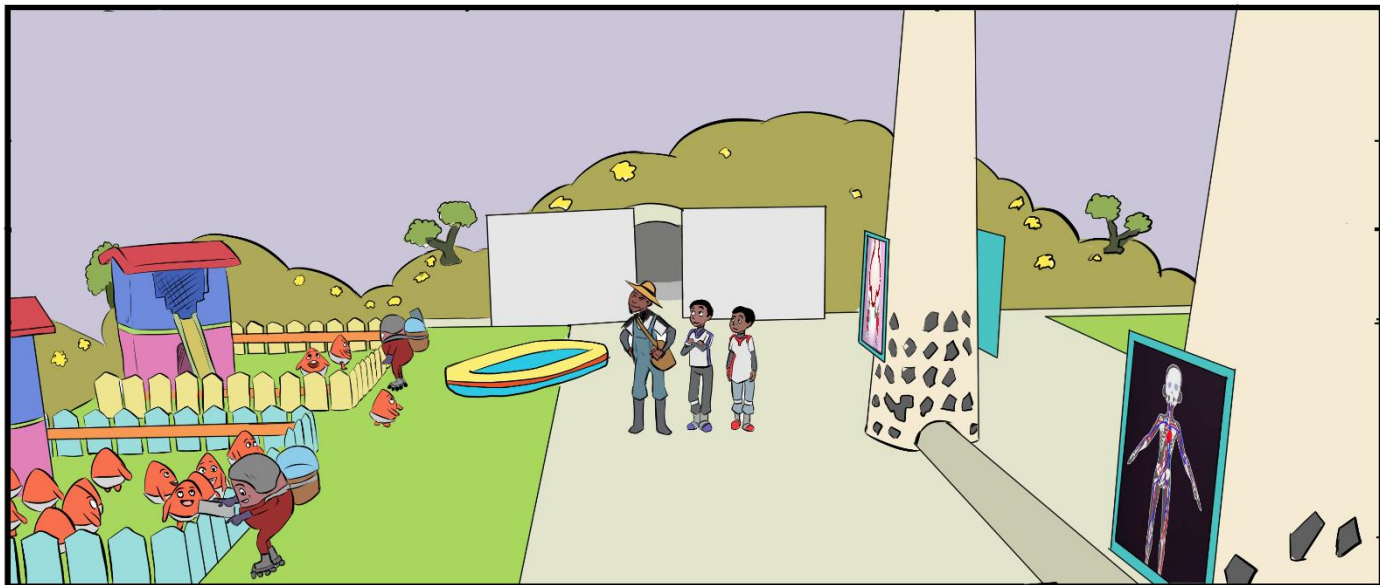












Mufunikila ma iron yambili popanga ma red blood cells, yamene yamakulisiwa m'malo monga yano yamkati mwa ma bonzo.

Ungathe kuwona monga malo yano ndiokwana pazinchito za thupi imodzi, komonso tili ndi malo yena monga yano yambili.

Tsopano lekani ndikufotokozeleni mwamene magazi amayendela muma thupi athu.

izi ndi njira zamagazi ndipo ma red blood cells yali kupitana pitana ndi makatundu awo a phepo yabwino

Yamapeleka mphepo yabwino kumalo yonse ya mthupi-ngakhale kumalo monga ku nzala zaku mendo ni zaku manja.

KEY

- Carbonated Blood
- Carbon Dioxide
- Oxygen

Yatatha kupeleka mphepo yabwino, yamapeleka zotsalila monga mpepo yoipa yochedwa kuti carbon dioxide pachizungu ku mapapo yomwe yamapeleka kubwalo.

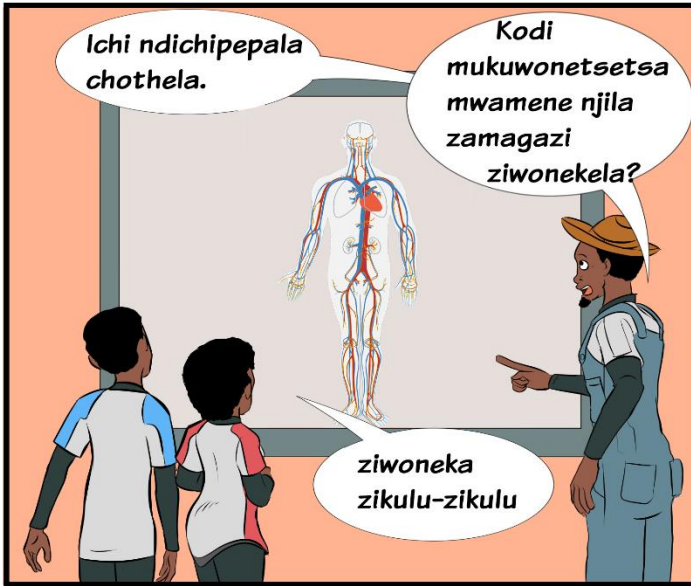
KEY

- Oxygenated Blood
- Carbonated Blood
- Carbon Dioxide
- Oxygen

Pachipepala china ichi, yamapitila mtu njira tung'ono-tung'ono kapena kuti veins, kubwezewa ku mtima.

Bwelani muwone pachipepala china ichi

Uyu ndi mtima, umagwila nchito monga pampu. Kuthandizila ma red blood cells kuti yafike komwe apita ndi kubwelela ndi mphepo yoipa kapena kuti carbon dioxide.



Ichi ndichipepala chothela.

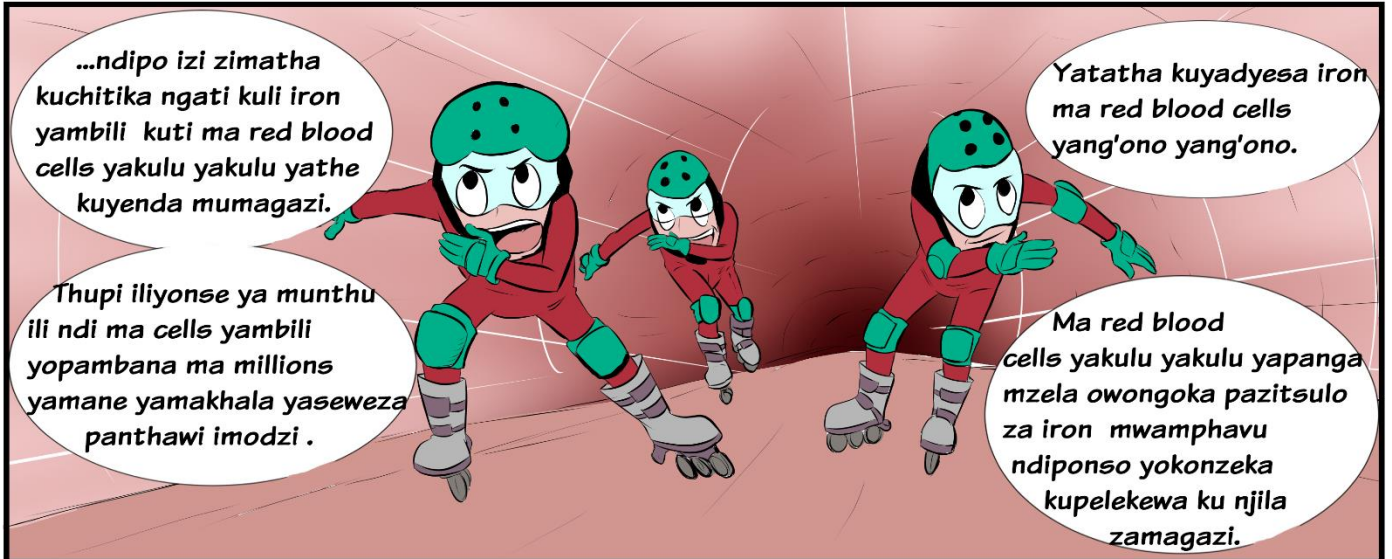
Kodi mukuwonetsetsa mwamene njila zamagazi ziwonekela?

ziwoneka zikulu-zikulu



Aha, imamkhala njila yotangwanika ngati magazi yali bwino bwino..

Ichi nichifukwa chakuti ma red blood cells yamene yamanyamula mphepo yabwino yamapitila mu njila imeneyi, tsono yamafunika kuyenda mwamumsanga msanga



...ndipo izi zimatha kuchitika ngati kuli iron yambili kuti ma red blood cells yakulu yakulu yathe kuyenda mumagazi.

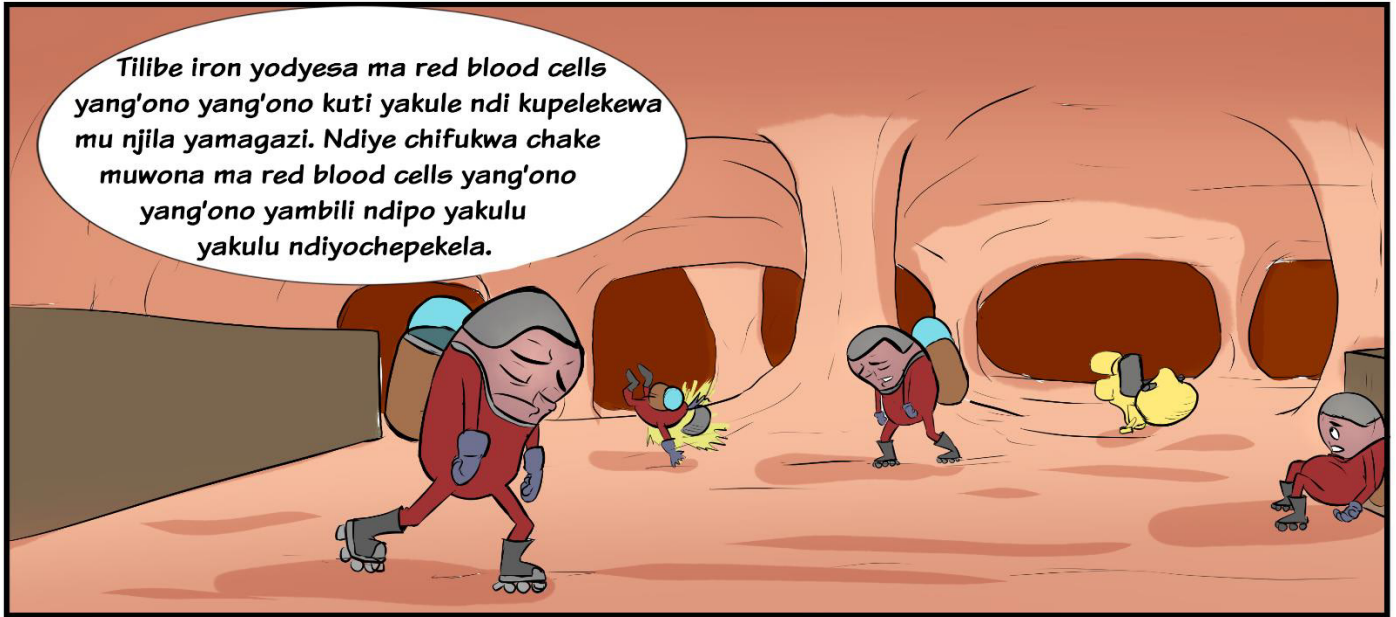
Thupi iliyonse ya munthu ili ndi ma cells yambili yopambana ma millions yamane yamakhala yaseweza panthawi imodzi .

Yatatha kuyadyesa iron ma red blood cells yang'ono yang'ono.

Ma red blood cells yakulu yakulu yapanga mzela owongoka pazitsulo za iron mwamphavu ndiponso yokonzeka kupelekwa ku njila zamagazi.



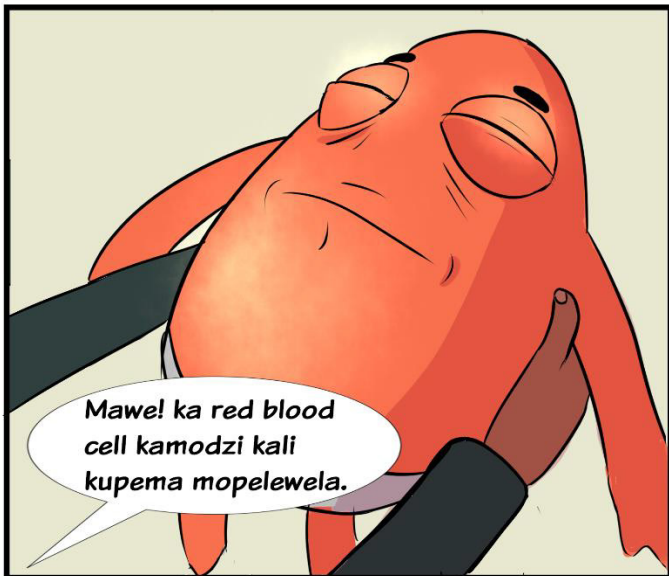
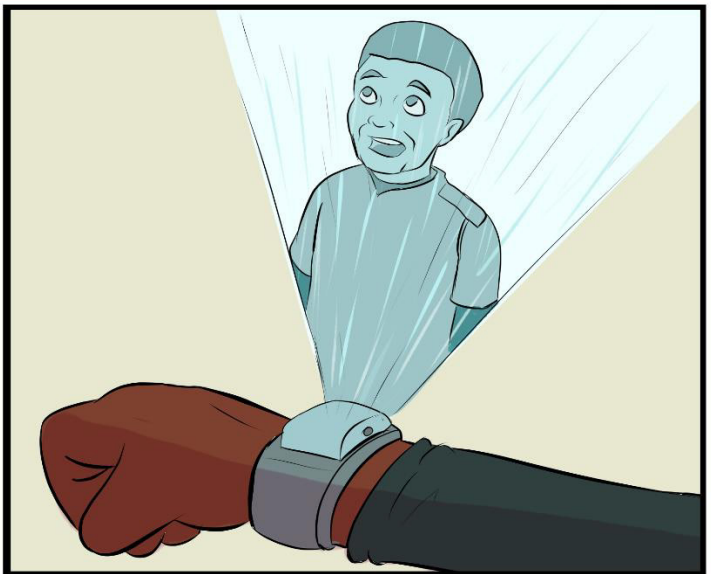
Tsopano lekani ndikuwoneseni kwamene vuto ichokela.



Tilibe iron yodyesa ma red blood cells yang'ono yang'ono kuti yakule ndi kupelekewa mu njila yamagazi. Ndiye chifukwa chake muwona ma red blood cells yang'ono yang'ono yambili ndipo yakulu yakulu ndiyochepekela.



Tifunikila iron ina yambili kuti ma red blood cells yang'ono yang'ono yakule popanda izo, siyazakula mofikapo ndi pelekewa mu njila zama gazi.



Mawel! ka red blood cell kamodzi kali kupema mopelewela.



Kapena ndikadyeseko iron imodzi yapa suit yanga.

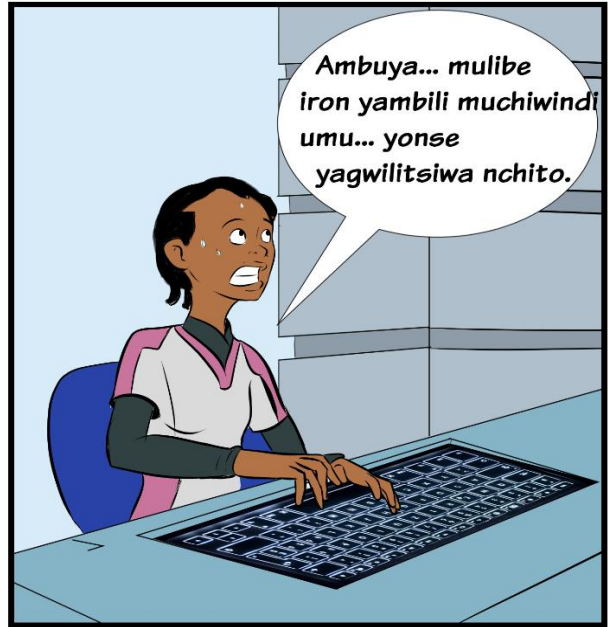
Iwe uka, napapata uka! Osanifela napapata.



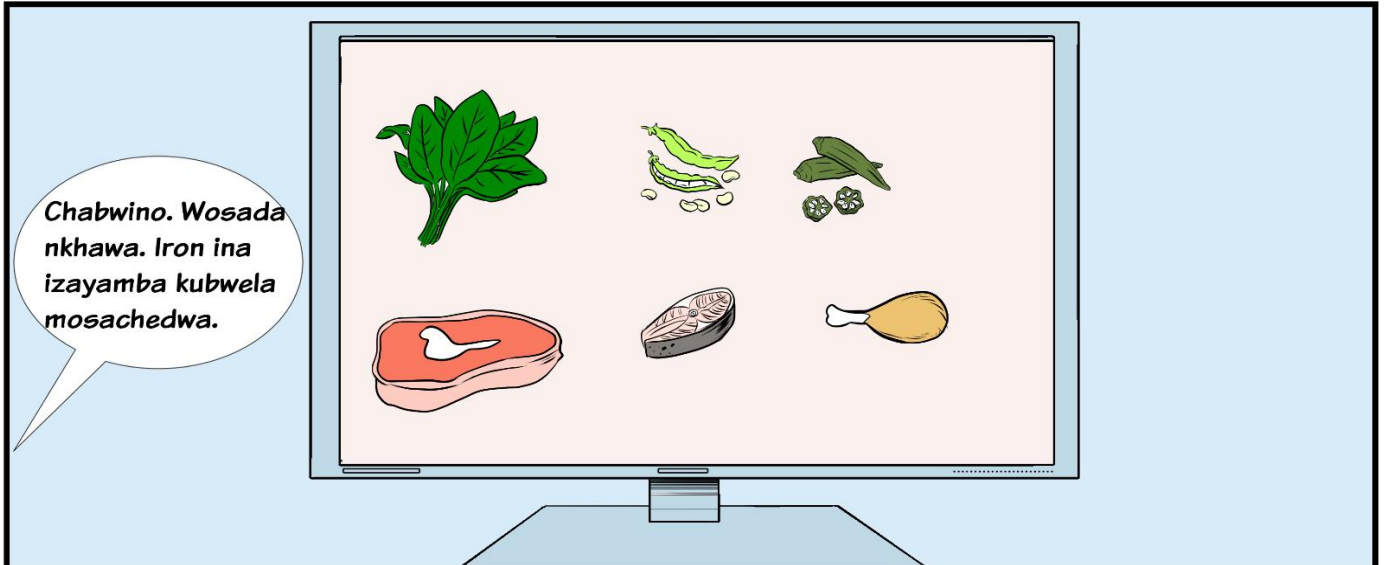


Ohio,,, tazindikila vuto lomba...

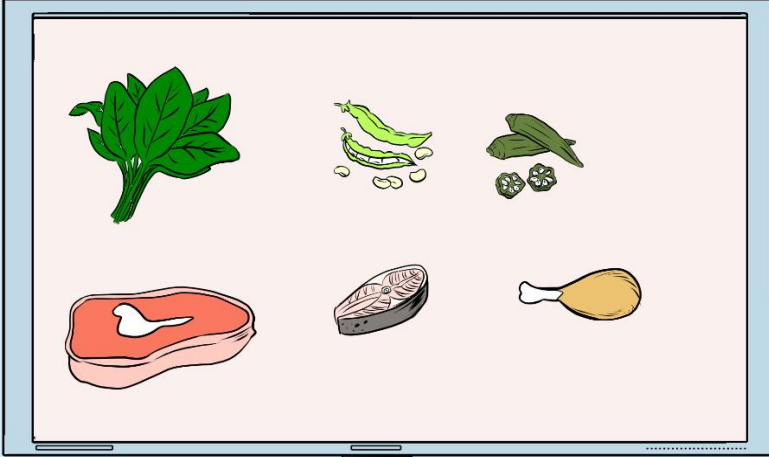
Tifunikila kuuza Dalisani kumalo akubwalo kuti adye zakudya zamene zili ndi iron yambili.. Maluba, wona ngati tili ndizokhalila umo mosungila muchiwindi.



Ambuya... mulibe iron yambili muchiwindi umu... yonse yagwilitsiwa nchito.



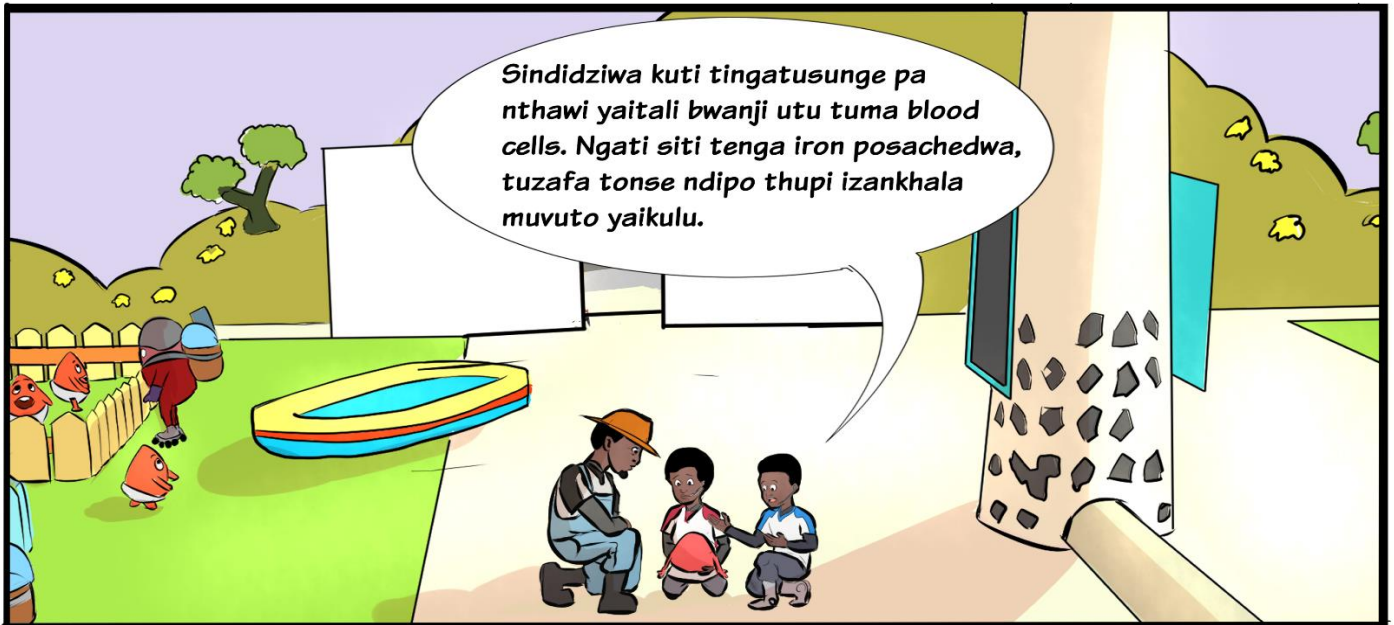
Chabwino. Wosada nkhawa. Iron ina izayamba kubwela mosachedwa.



Aaah, nipasekoni lepu, ondwe, ndi spinach yamene sininadye m'masana... ehe, nipasenikoni ndi nyemba zamene ndinali nabweza.



Mmm, nivabwino ivi mwe...



Sindidziwa kuti tingatusunge pa nthawi yaitali bwanji utu tuma blood cells. Ngati siti tenga iron posachedwa, tuzafa tonse ndipo thupi izankhala movuto yaikulu.

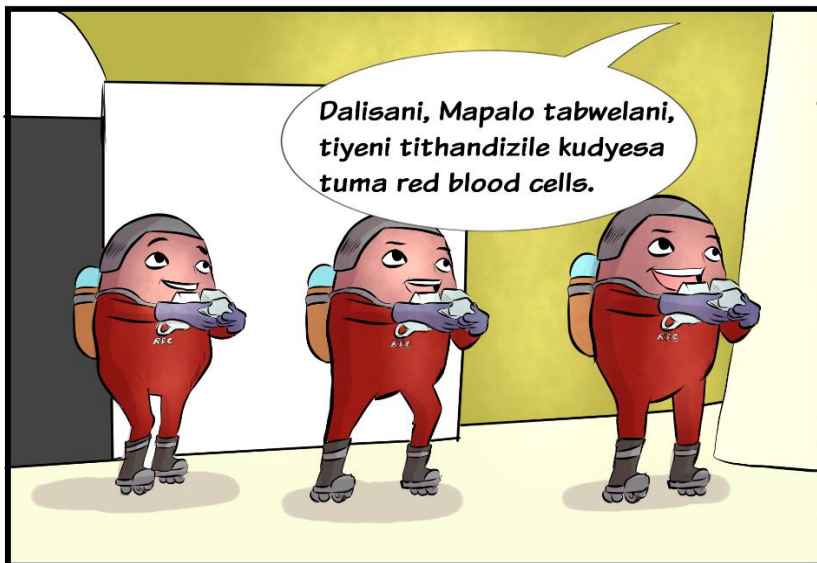


Lomba tizachita bwanji apa?.. nilibe iron ine ,, Ni chiani banthu bamakana kudya zakudya za thanzi?



Kodi Chongo cha nyimbo chichokela kuti?

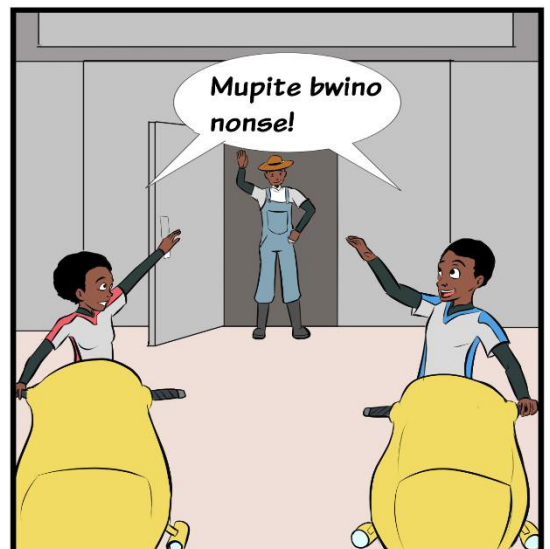
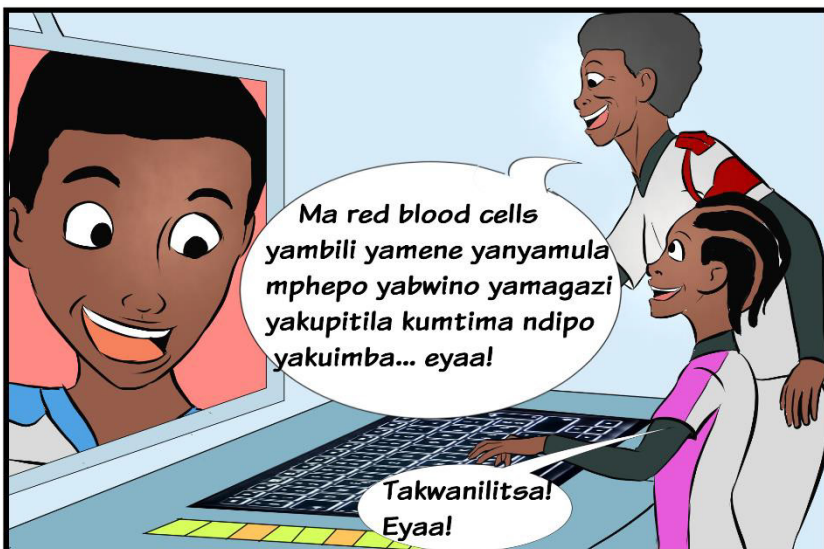
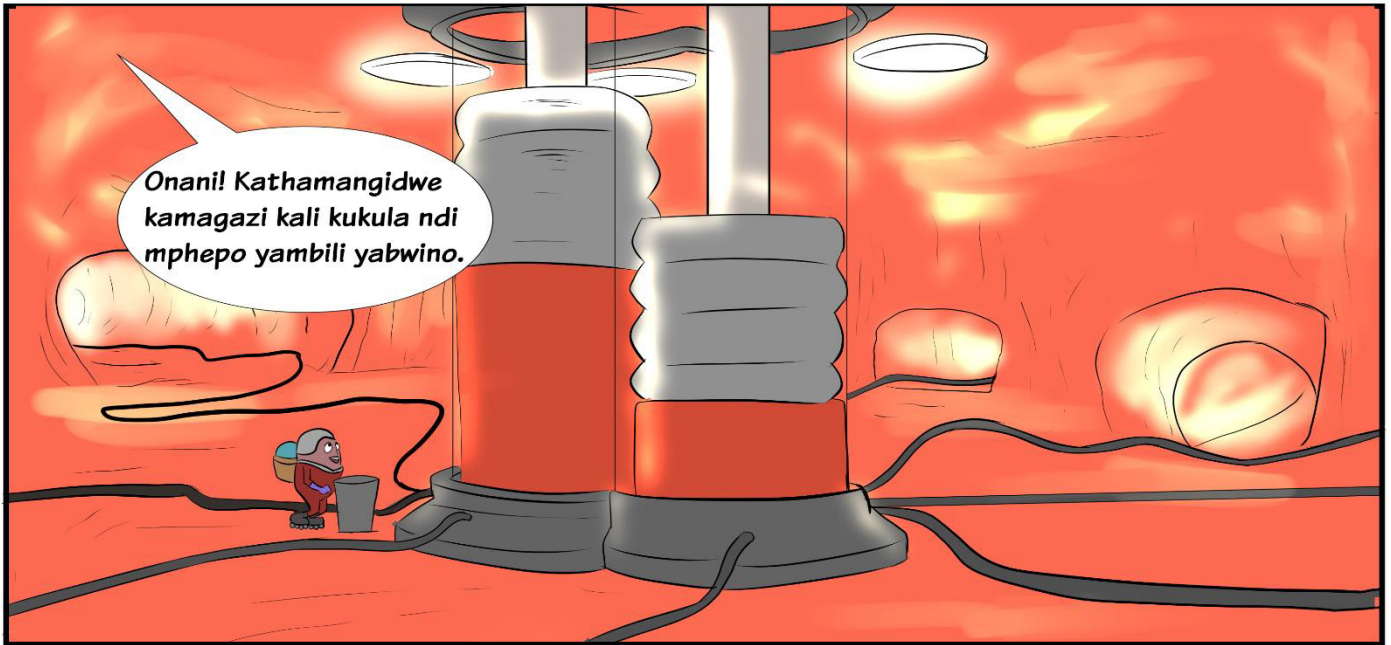
Asilikali ama iron akubwelesa iron ina.



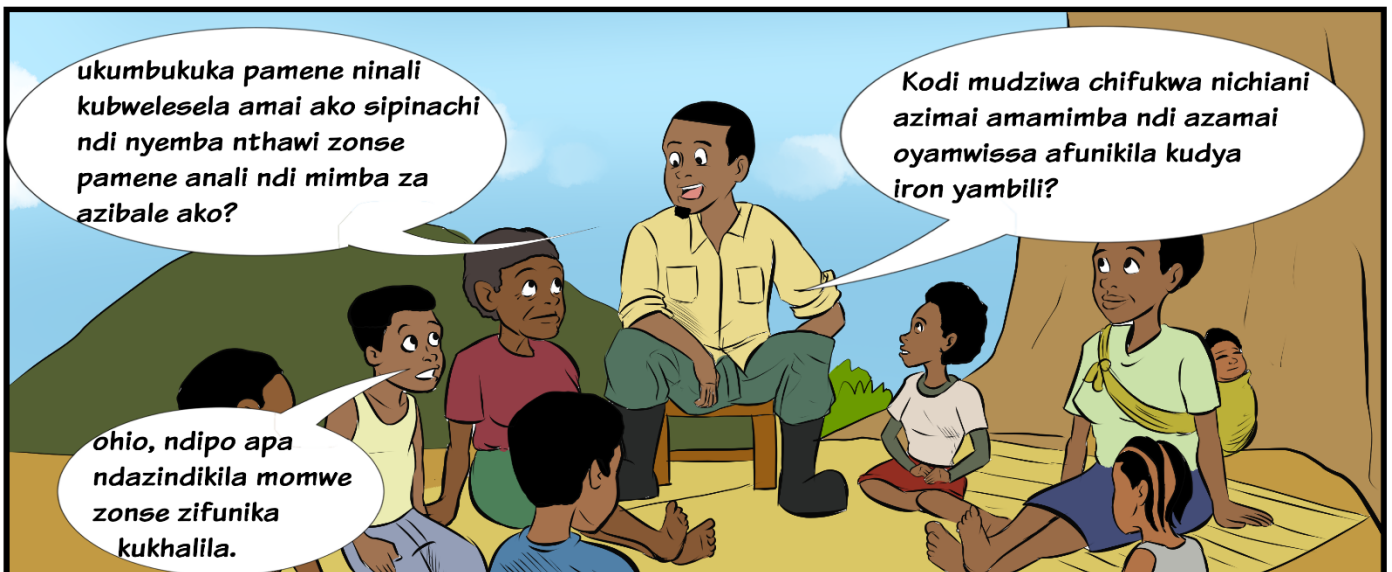
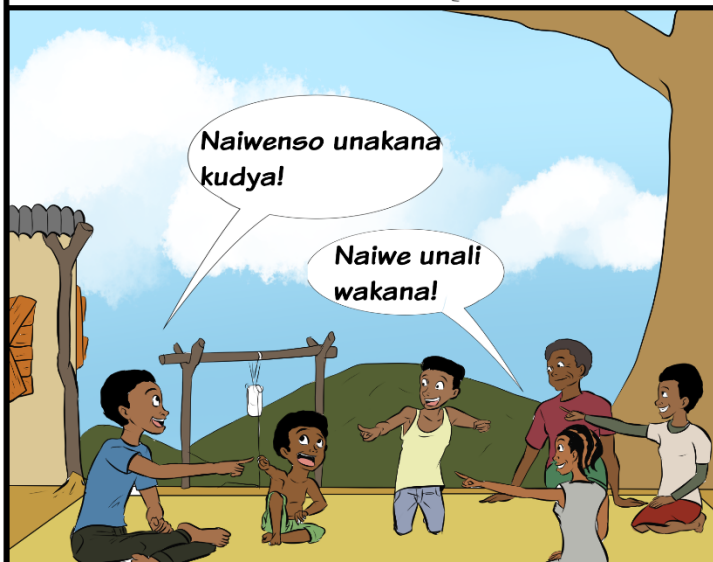
Dalisani, Mapalo tabwelani, tiyeni tithandizile kudyesa tuma red blood cells.

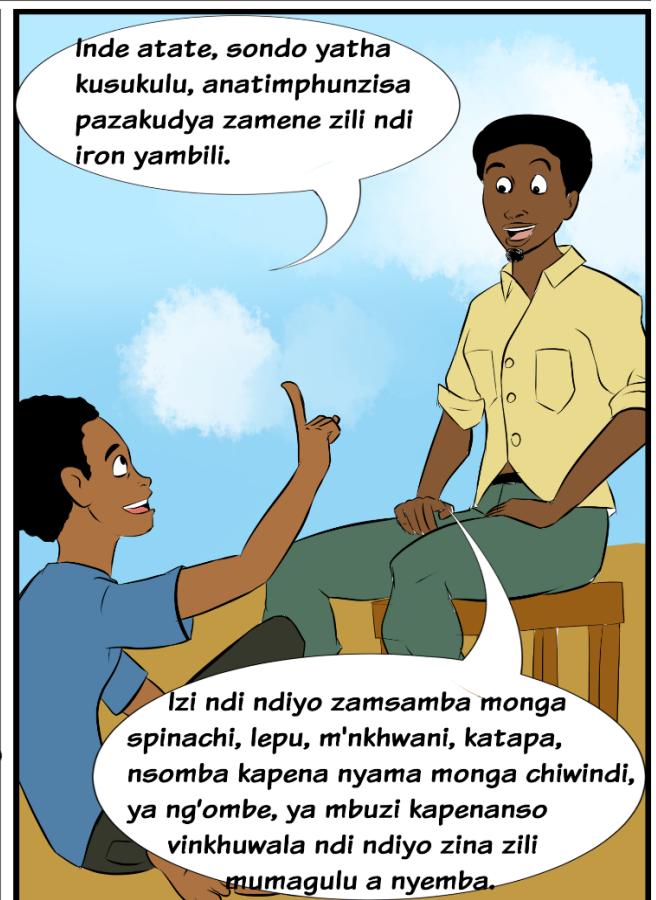


Pompo yayamba kuwoneka ndi thanzi.











kodi mudziwa kuti ndi chimtengo ichi chomwe chili kutipasa mthunzi, chili ndi zipaso zamene zili ndi iron yambili mkati?



Inde!... Kenaka ndizayamba kuyadya kuchokela lelo, lekani ndipite ndidobeko yamene yagwa pompo.



Kulinso kapenta, Vinkhuwala, vinoni, madzila, nyungu ndi m'nkhwani, masamba a molinga.

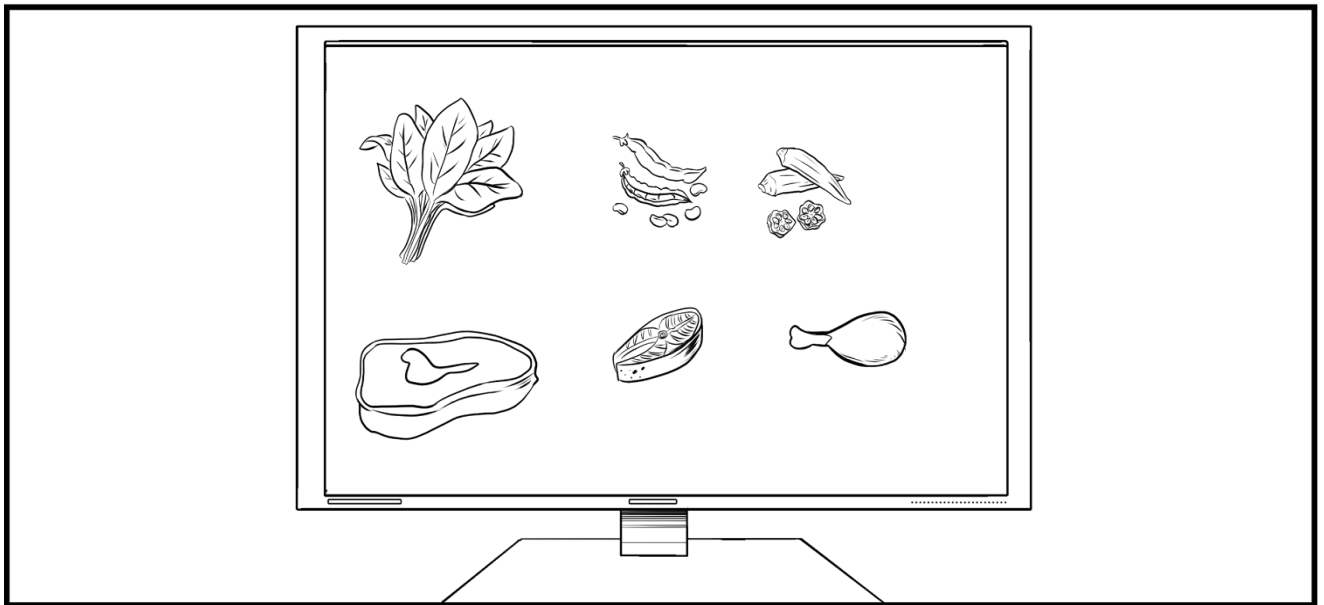


Ndipo Kamba kakuti ndinathandizila amai anu kudya zakudya za iron yambili pamene anali ndi mamimba yanu, monse munabadya athanzi...

Onani chabe mwamwene awonekela Alinafe, akula wamphavu ndipo wa thanzi.



# PENTANI UMU

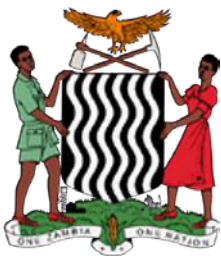




# PENTANI UMU



# Buku lopangidwa ndi a FANSER pamodzi ndi a F4F mu Zambia kuchokela kuli a GIZ.



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