

LEKENI IMYEBE



IRON

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 productive resources.
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 to the human body.

Julia Kirya

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Project Coordinator FANSER Zambia

Samanta Mapfumo

Signature:



Project Coordinator F4F Zambia



Implemented by





CHIMWEMWE
(BA MAMA)



LIMBANI
(BA TATA)



CHISENGA
(BA MAYO)



MAPALO
(INDUME)



DALISANI
(INKASHI)



CHISOMO
(INDUME)



MALUBA
(INKASHI)



MULILO
(INDUME)



ALINAFE
(INKASHI)



1, 2, 3, 4, 5....



Nitemwa ishi inyanje ishipya isha machungwa machungwa Limbani alebyala pantu shalikwata sana ba vitamin A elyo shalinunkila.

Eee. shainunkila elo tulanonkamo ba vitamin A abo umuntu onse akabila.

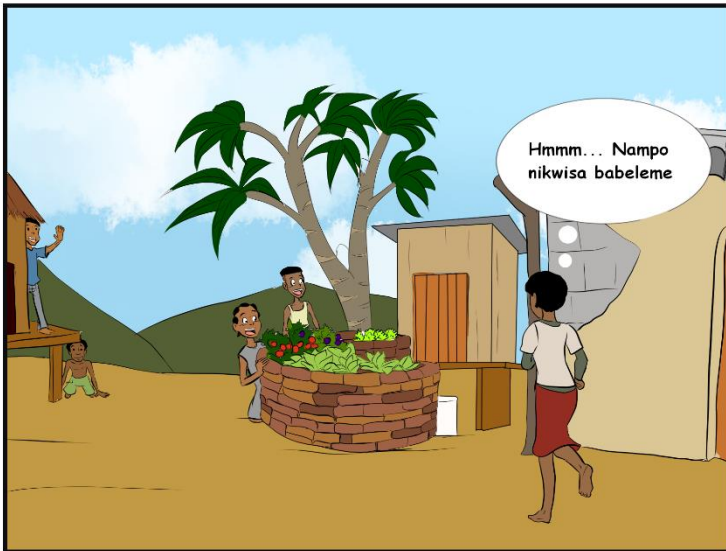
Dalisani cinshi ushilelila umusalu? shino nshiku taufwaya musalu

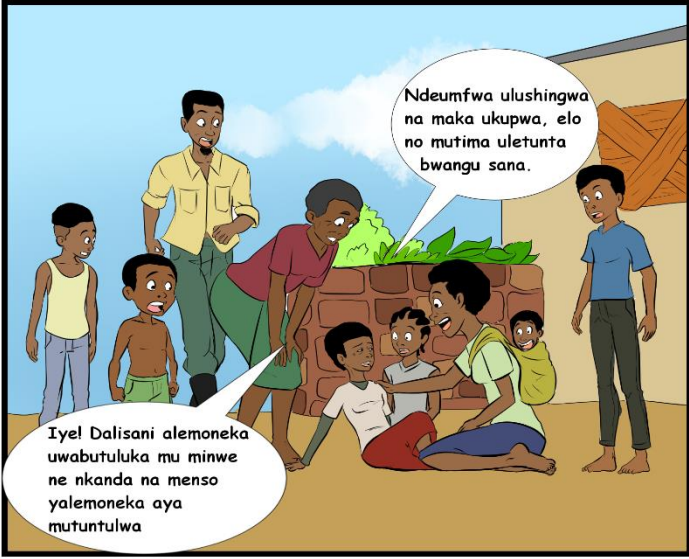


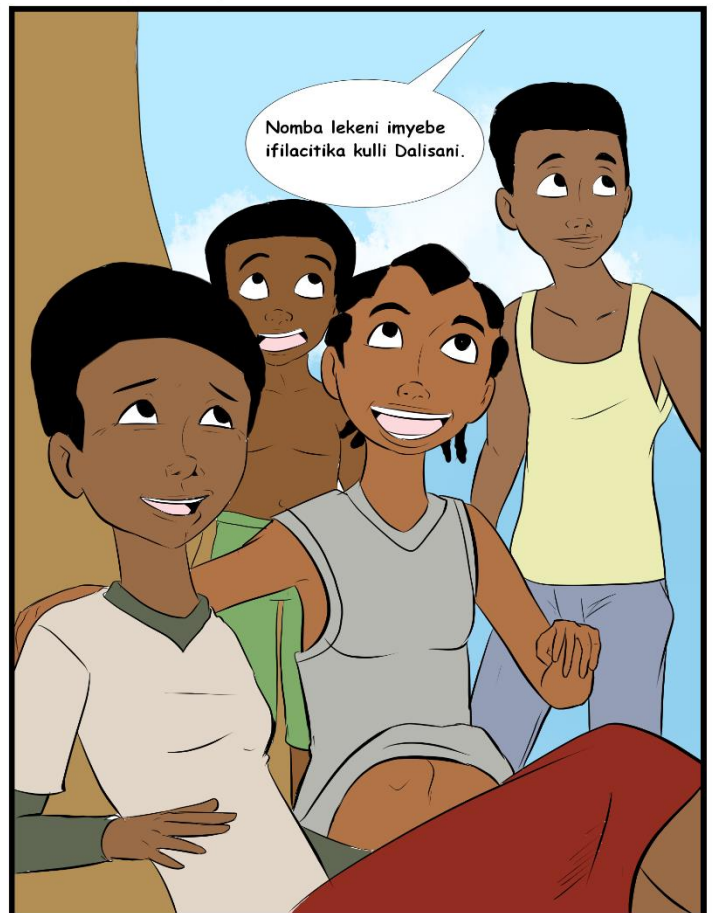
Mama, nindeka uku utemwa. Tulya umusalu chilabushiku pantu mulanda ati walikwata ba iron abo baba abakankala ku bumi bwesu.

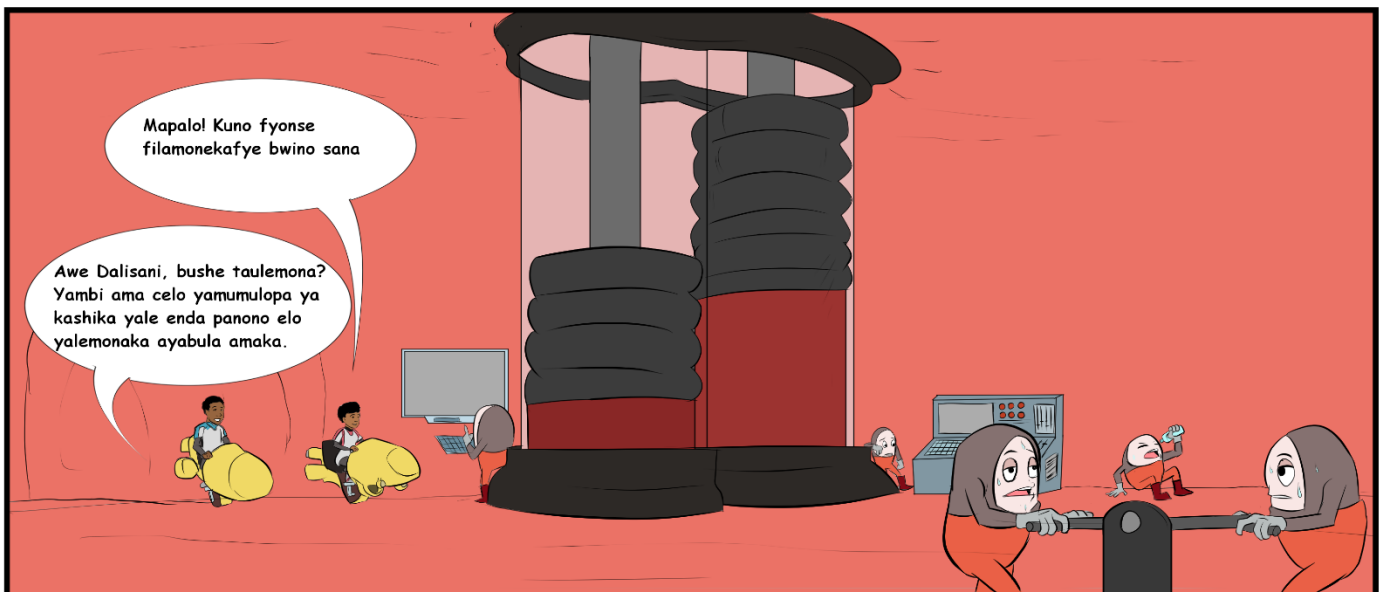
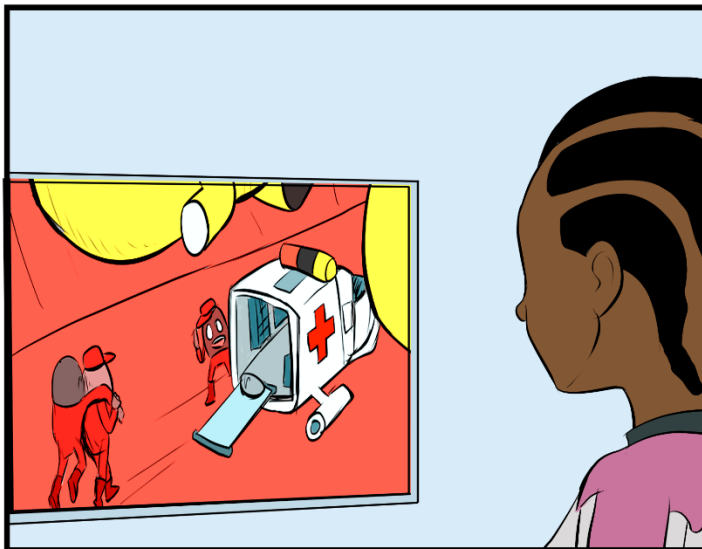


Moneni, kantu kaonda elo nshilesumina ati kufi yakwata nobunonshi ubwingi. Eo, cinshi bushe tufwaikila naba iron? Ku sukulu balitulangishe icikope ca mubili wa muntu lelo nshamwenepo ba iron abli bonse.



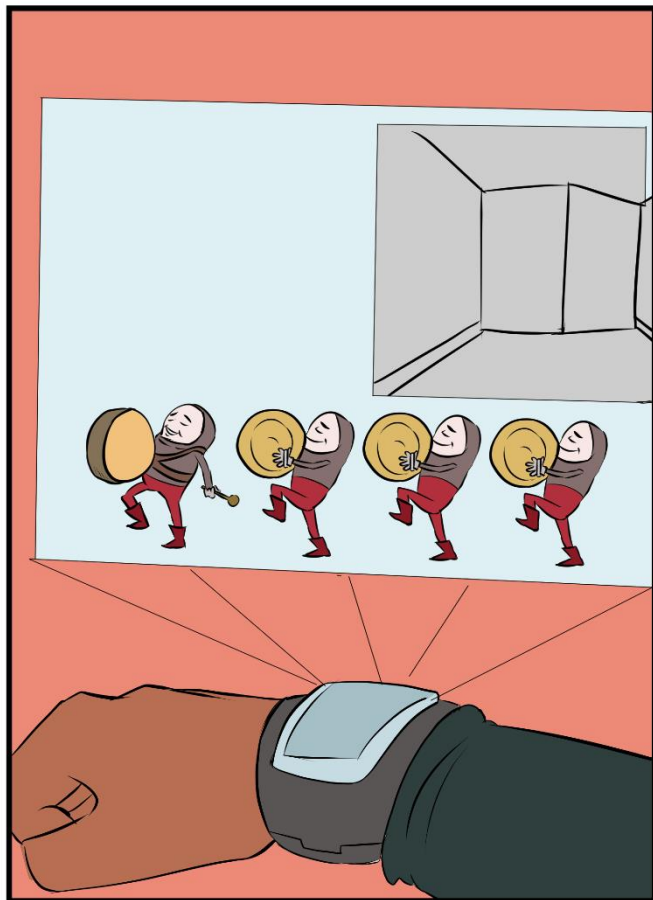








Leka nkulange eflyo ama celo ya kashika aya mu mulopa eflyo yafwile ukwenda.

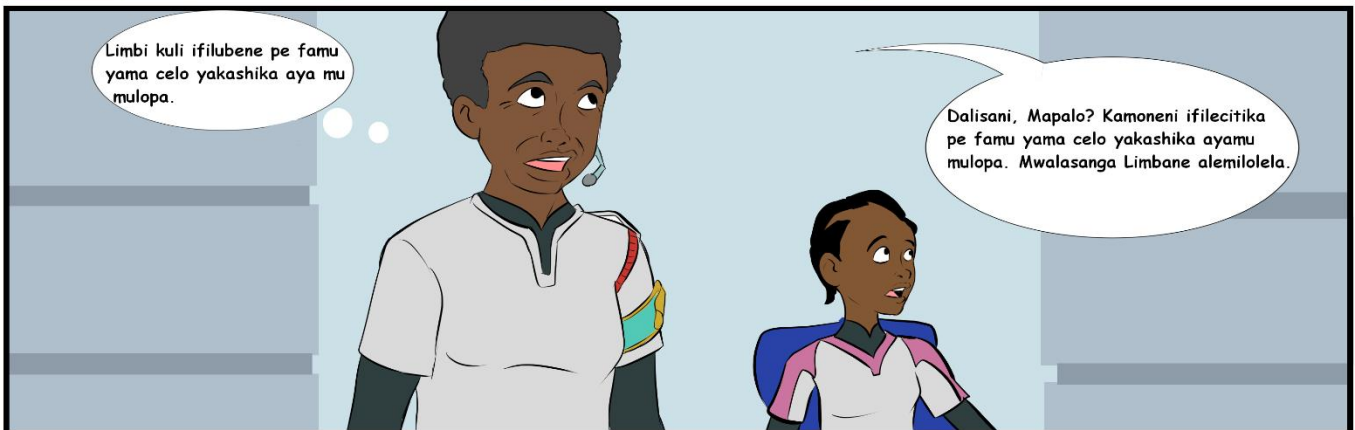
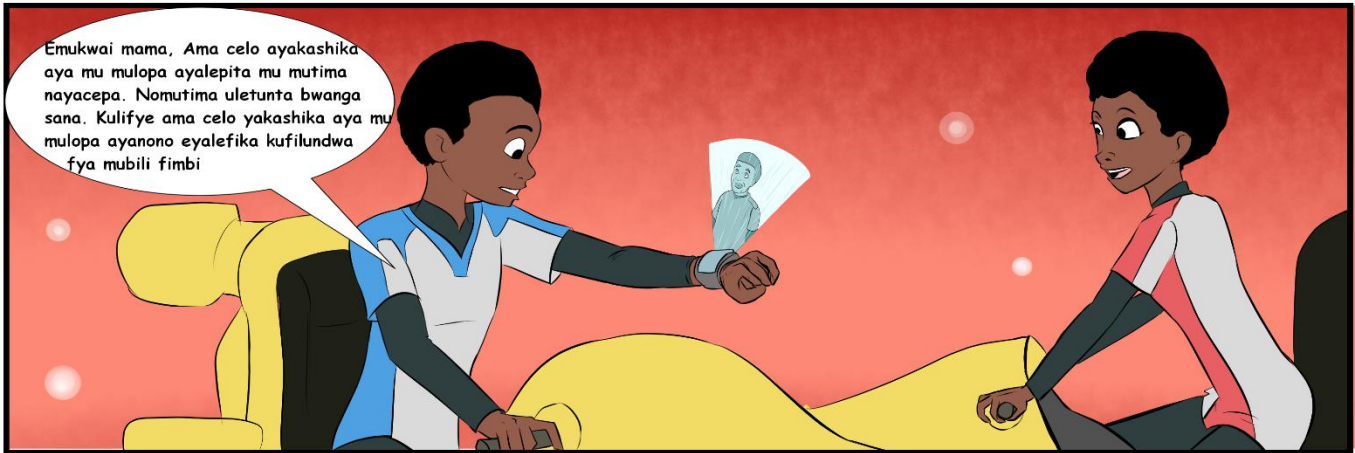


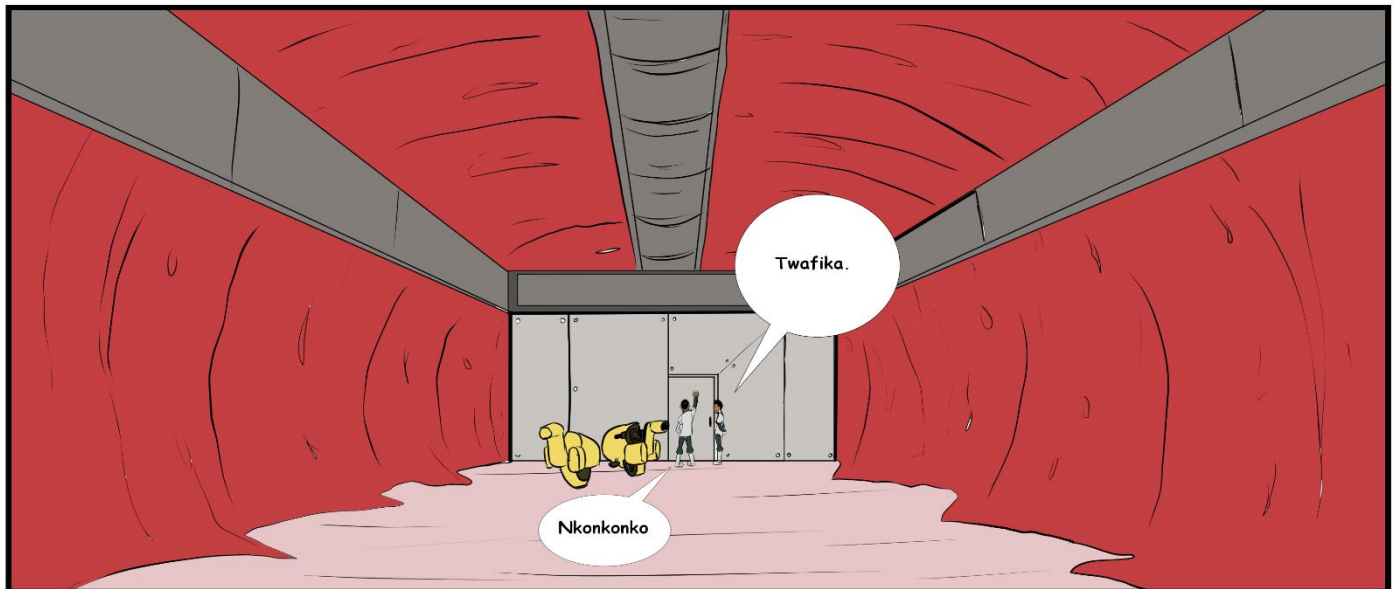
Wamona Dalisani? Pali ubwafya, tufwile twaeba ba mama na maluba

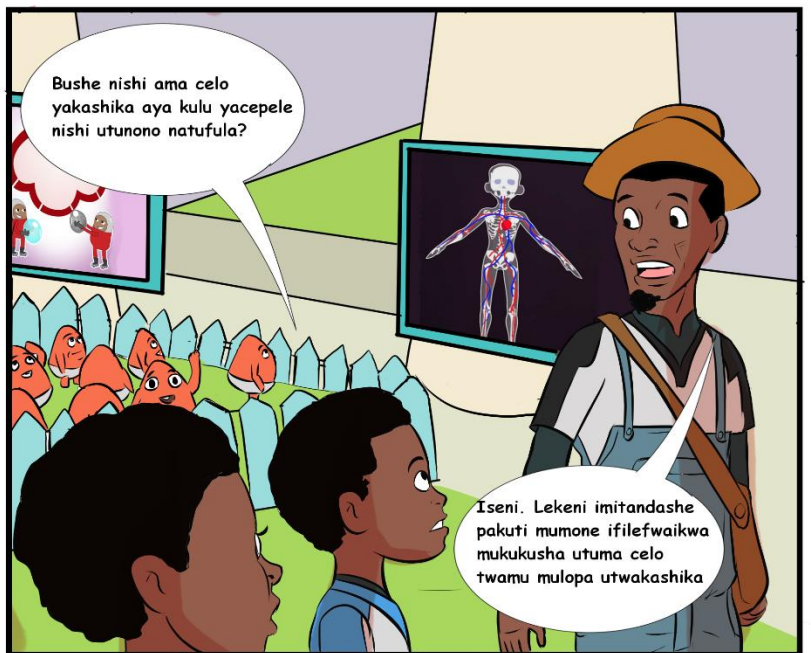
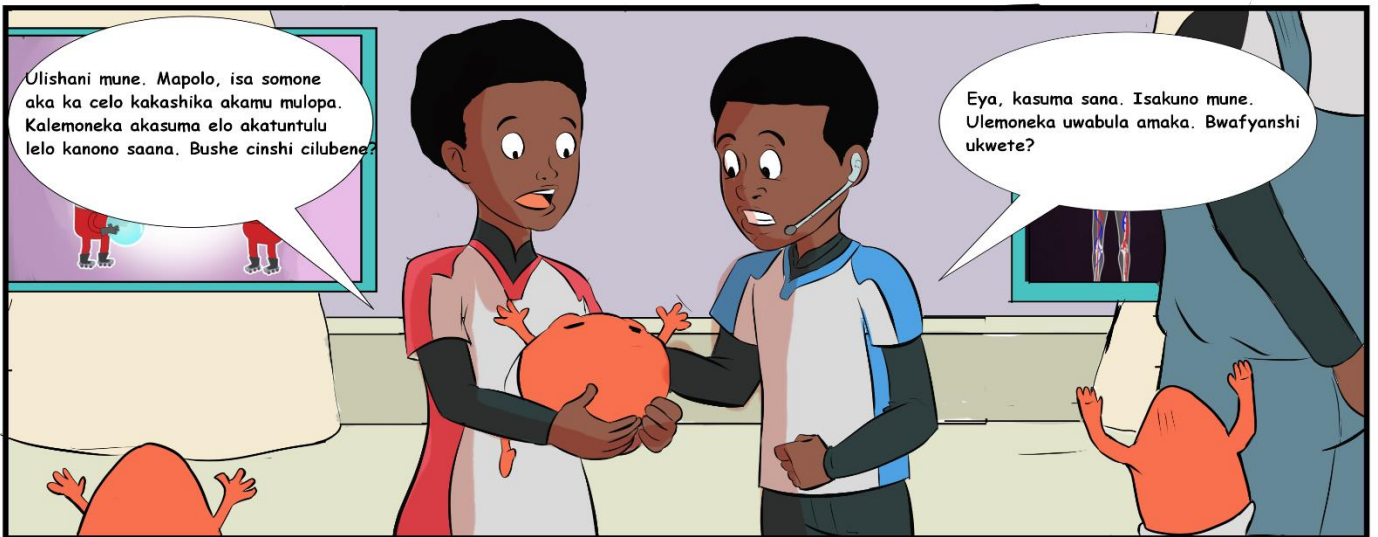
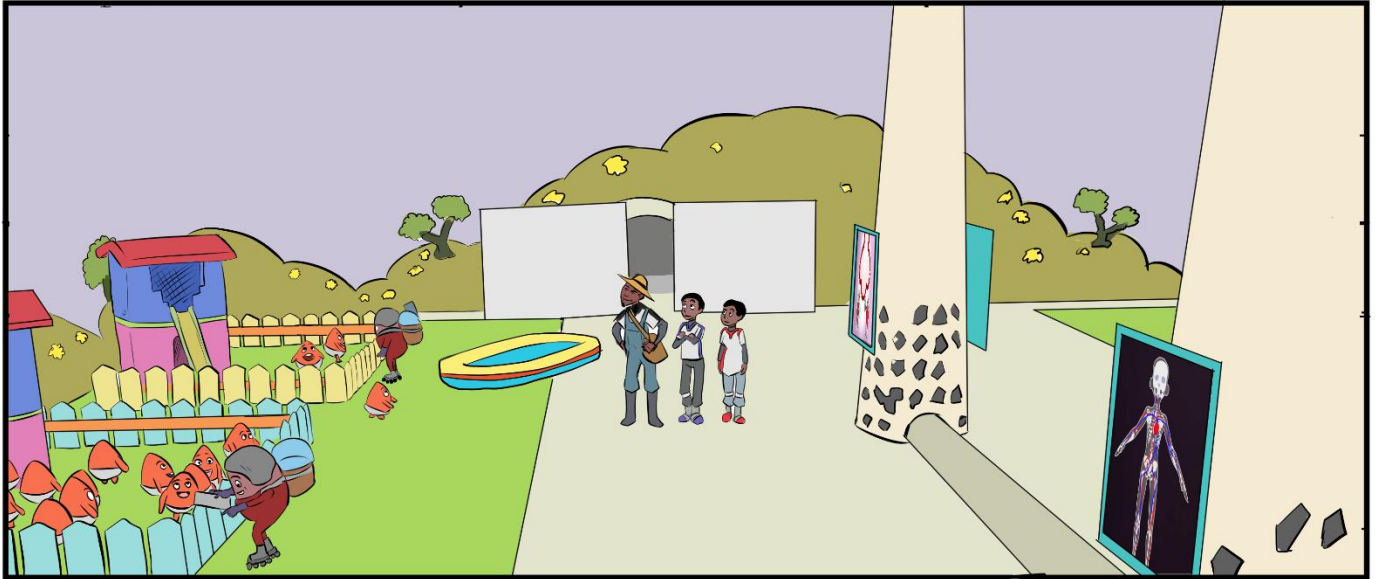


Mama! Maluba, bushe muleng'umfwa?

Mapalo, bwafyanshi buliko? Namumonako ifilubene?







Ulefwaikwa ba iron abengi mukupanga ama celo yamu mulopa ayakashika, aya pangwa muma famu yamukati yama fupa nga aya. Kuti wamona kwati ifamu ili kuti lyakwana ukupanga ba iron aba fwaikwa mu mubili umo, lelo kufwaikwa imyanda yama famu nge iyi.

Nomba lekeni imilondolwele eflyo umulopa wenda mu mubili yesu.

Ishi mishipa sha mulopa nama celo yakashika aya mu mulopa aya lepita nomwela usuma wa oxygen

KEY

- Red blood cell icon: Carbonated Blood
- Circle with 'CO₂' icon: Carbon Dioxide
- Circle with 'O₂' icon: Oxygen

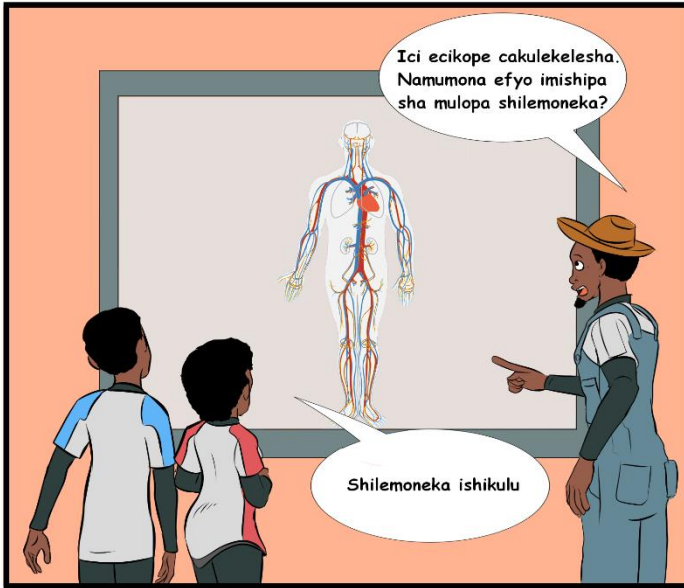
Ama celo yakashika aya mu mulopa yasenda umwela usuma wa oxygen ukutwala ku filundwa fya bubili fyonse kumo nakutukondo naku nembe nembe ya minwe. Elyo nga bapwisha, batwala umwela ubi uwapala carbon dioxide kuli ba pwapwa pakweba ati baufumya mu mubili.

KEY

- Red blood cell icon: Oxygenated Blood
- Red blood cell icon with 'CO₂' inside: Carbonated Blood
- Circle with 'CO₂' icon: Carbon Dioxide
- Circle with 'O₂' icon: Oxygen

Muchikope cikonkolepo yalacinja mumushipa ishinonoko ishibwekeshamo umulopa ku mutima, iseni mumone icikope cikonkolepo.

Uyu mutima. Ubomba nga pampu iyikalamba kabili yafwilisha ama celo yakashika aya mu mulopa mu kwenda pakuti yafika eko yaleya nokubwela nayasenda carbon dioxide umwela uyo umubili ushilefwaya.

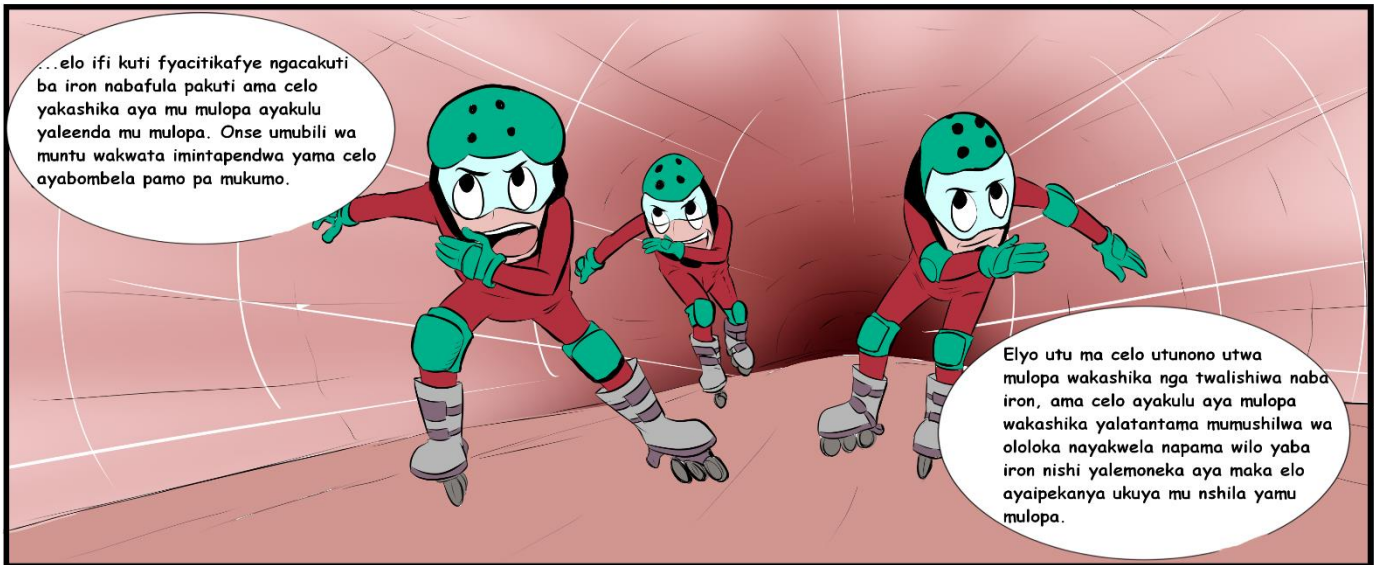


Ici ecikope cakulekeshya. Namumona eflyo imishipa sha mulopa shilemoneka?

Shilemoneka ishikulu



Eee. Ilemoneka ninshila yapamfiwa sana umupita umulopa nga fyonse filebombafye bwino. Ici nicho ba celo ba kashika aba kwata umwela usuma uwa oxygen ba bomfya ishila imoyine. Eicho bafwile baleyendasha.

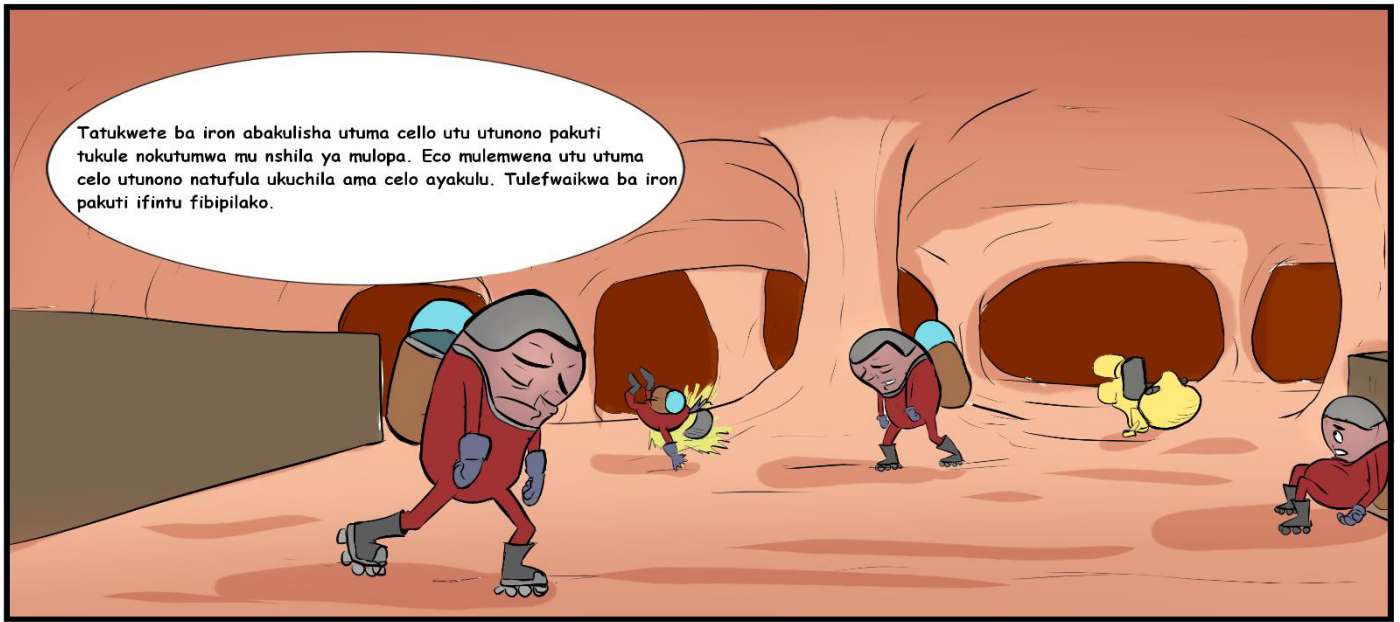


...elo ifi kuti fyacitikafye ngacakuti ba iron nabafula pakuti ama celo yakashika aya mu mulopa ayakulu yaleenda mu mulopa. Onse umubili wa muntu wakwata imintapendwa yama celo ayabombela pamo pa mukumo.

Elyo utu ma celo utunono utwa mulopa wakashika nga twalishiwa naba iron, ama celo ayakulu aya mulopa wakashika yalatantama mumushilwa wa ololoka nayakwela napama wilo yaba iron nishi yalemoneka aya maka elo ayaipekanya ukuya mu nshila yamu mulopa.



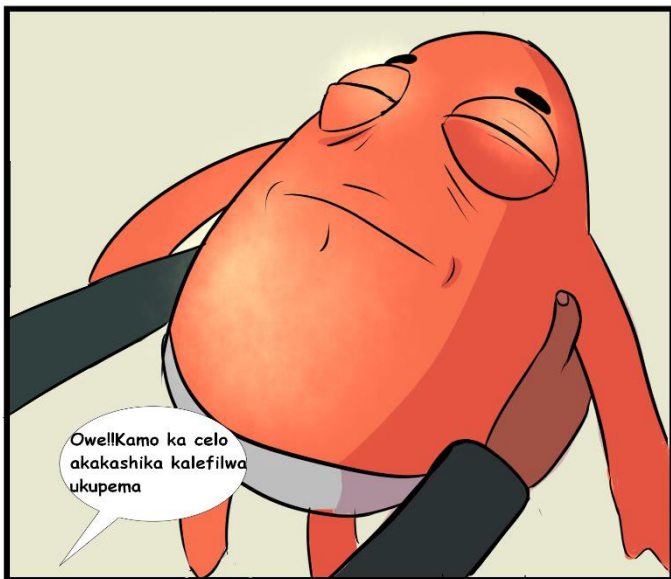
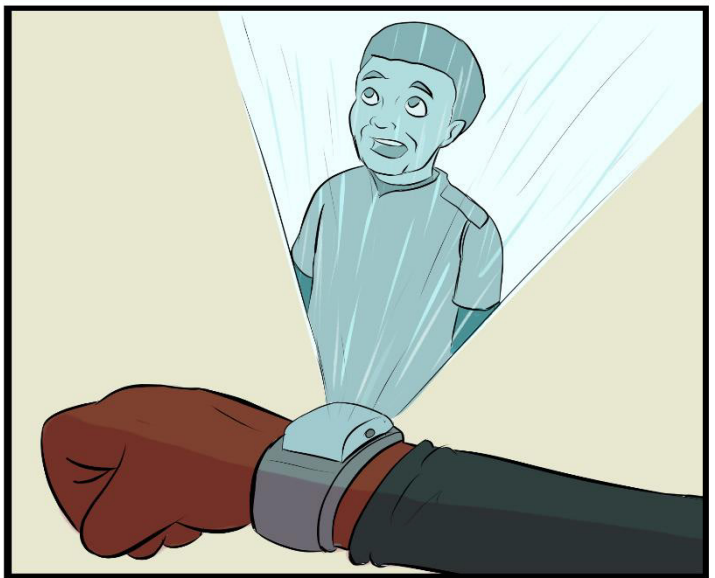
Nomba lekeni imilangishe uko ubwafya bulefuma.



Tatukwete ba iron abakulisha utuma cello utu utunono pakuti tukule nokutumwa mu nshila ya mulopa. Eco mulemwena utu utuma celo utunono natufula ukuchila ama celo ayakulu. Tulefwaikwa ba iron pakuti ifintu fibipilako.



Mama, Maluba? Ing'ungulu shakusungilamo ba iron tashikwete ifilifyonse. Tulefwaikwa ba iron pakuti utuma celo utunono tukule, ngatatukulile tatwaka tumwe mu mulopa.

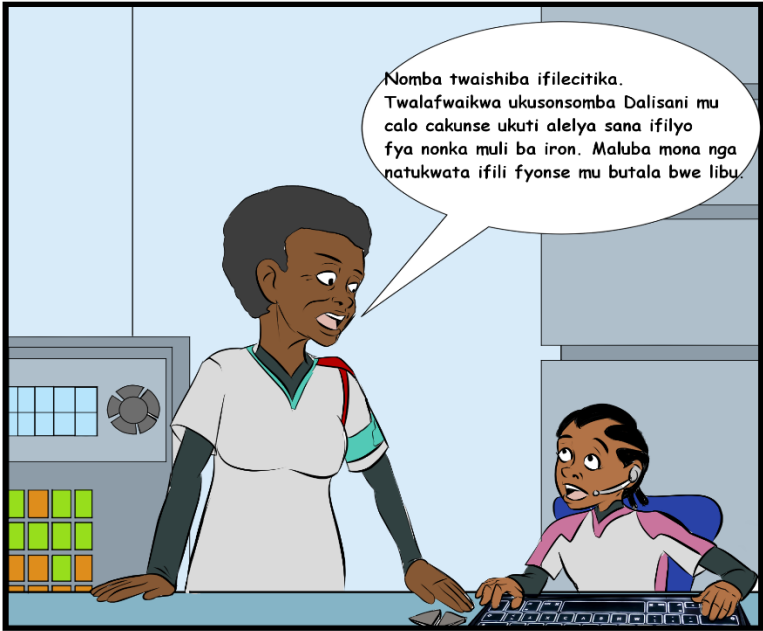


Owell!Kamo ka celo akakashika kalefilwa ukupema



Limbi nkalishopo imo iron iyili pafyakufwala kafwele.

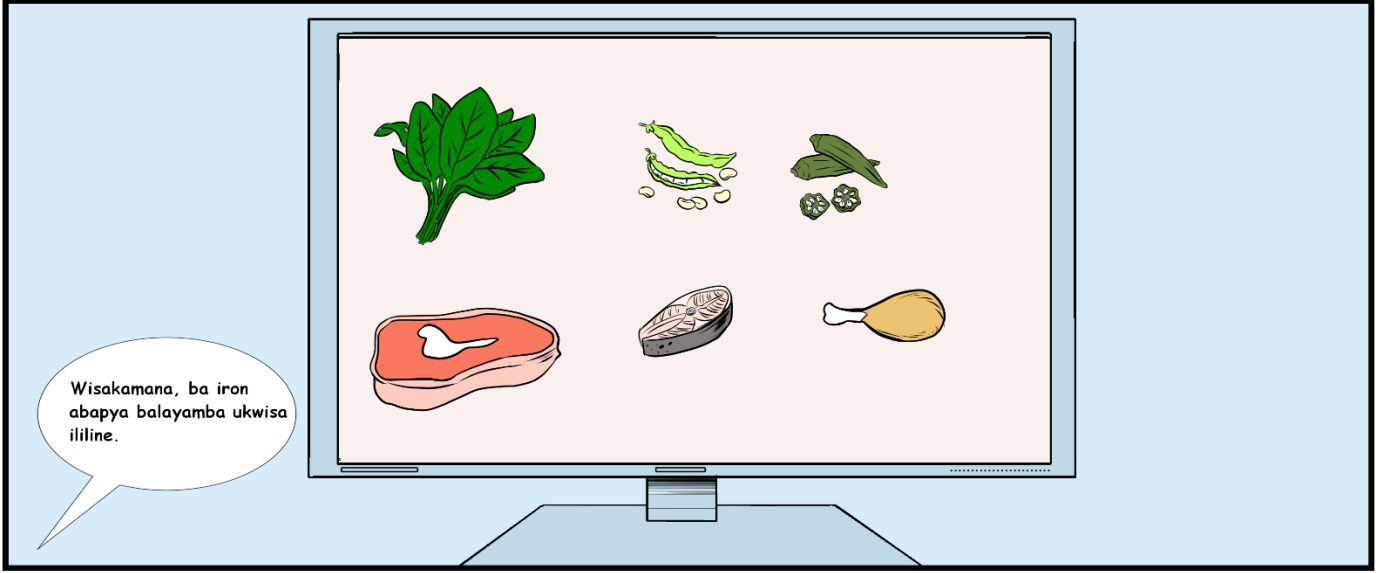
Iye wenkantu iwe buka, wimfwila.



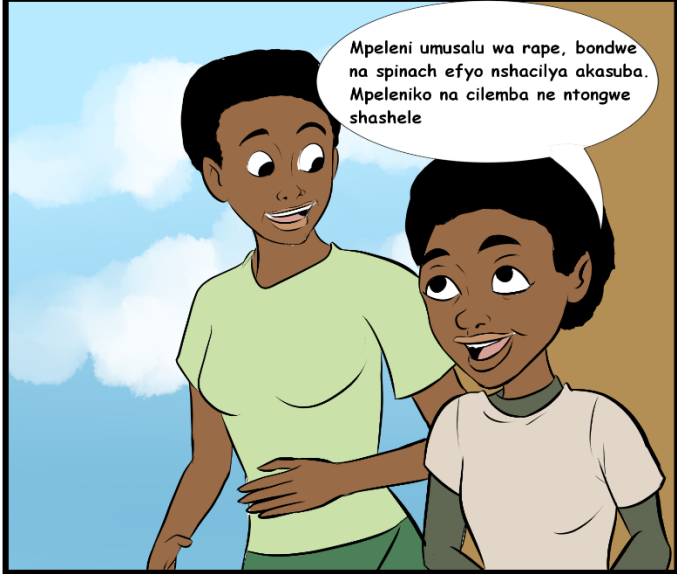
Nomba twaishiba ifilecitika. Twalafwaikwa ukusonsomba Dalisani mu calo cakunse ukuti alelya sana ifilyo fya nonka muli ba iron. Maluba mona nga natukwata ifili fyonse mu butala bwe libu.



Mama, tamuli ba iron abengi mwilibu. Bonse balibomfwehiwa.



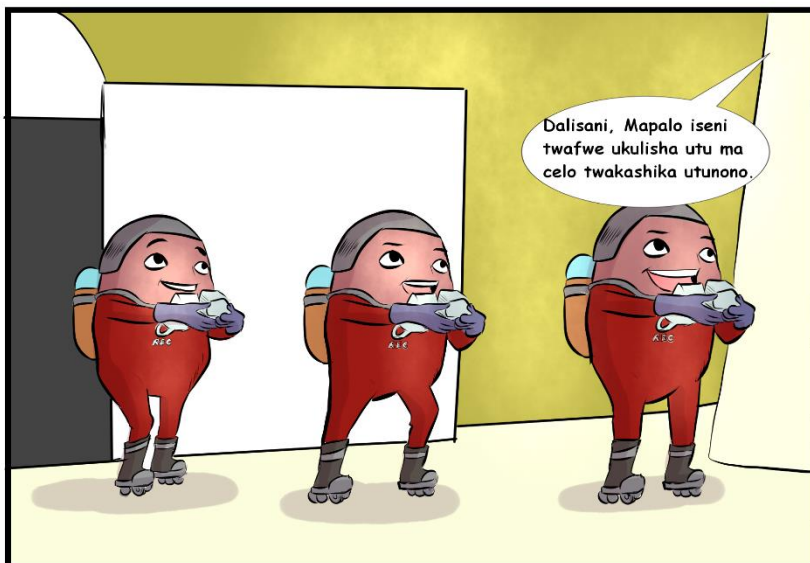
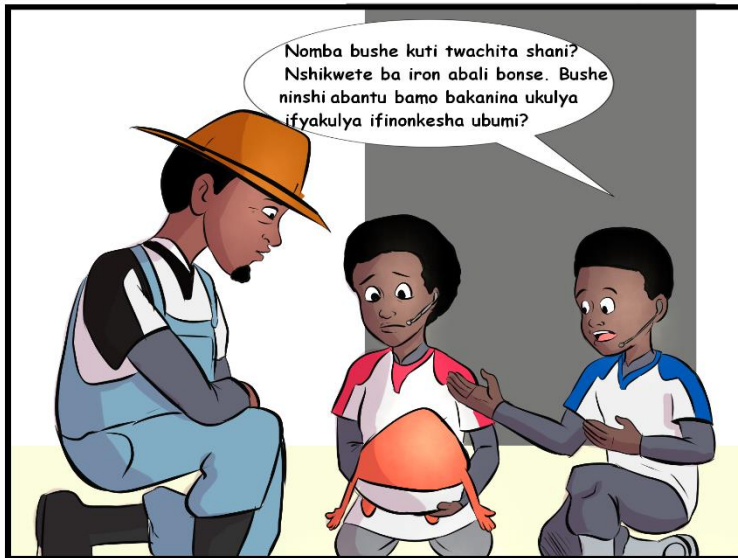
Wisakamana, ba iron abapya balayamba ukwisa ililine.

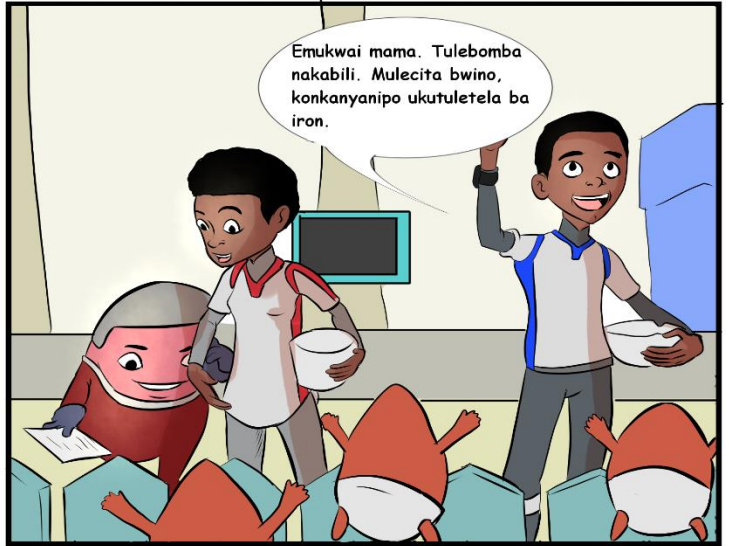
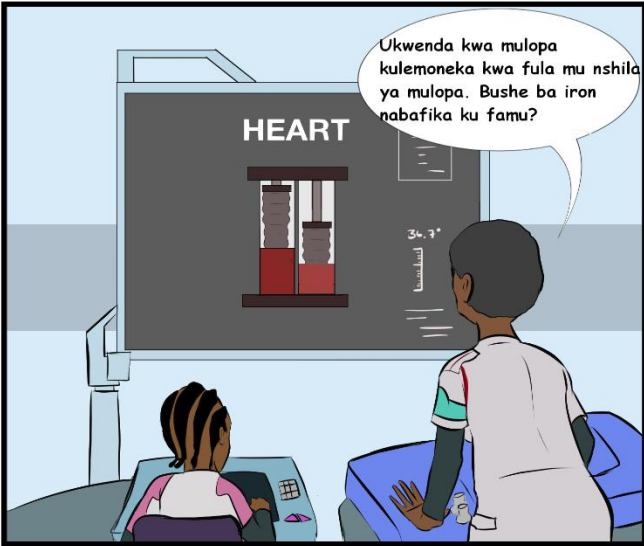


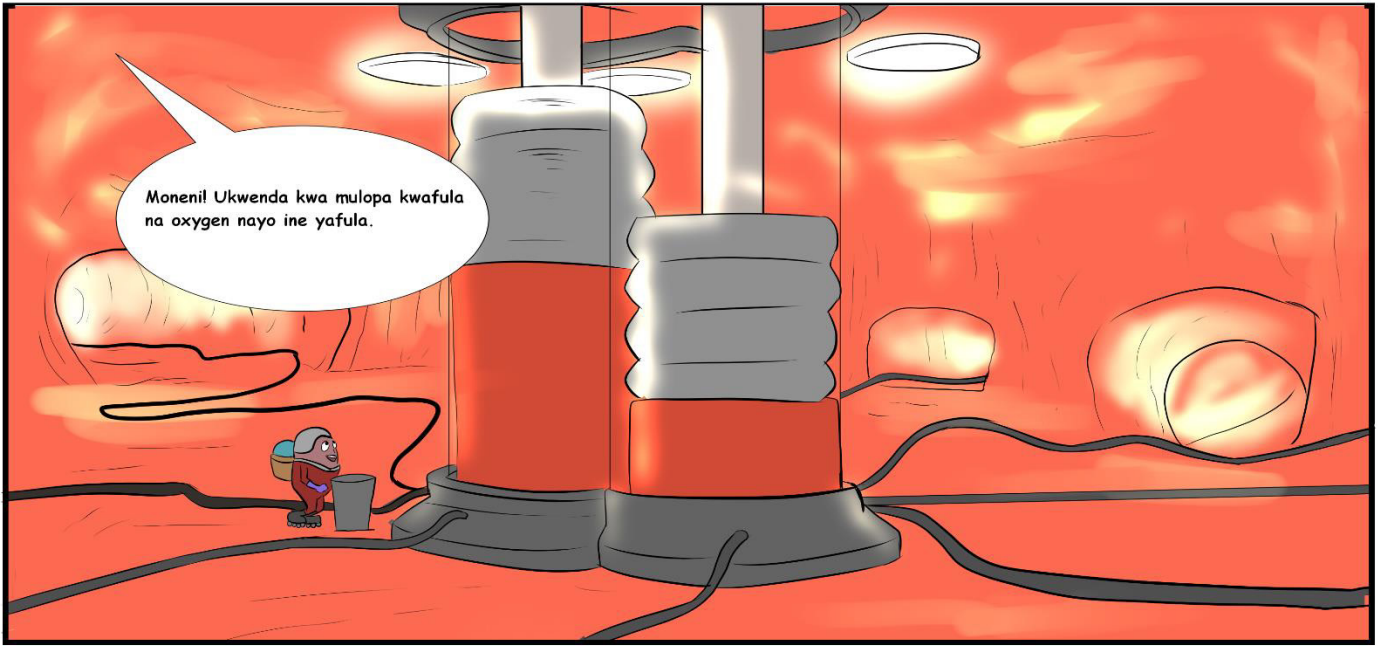
Mpeleni umusalu wa rape, bondwe na spinach eflyo nshacilya akasuba. Mpeleniko na cilemba ne ntongwe shashele



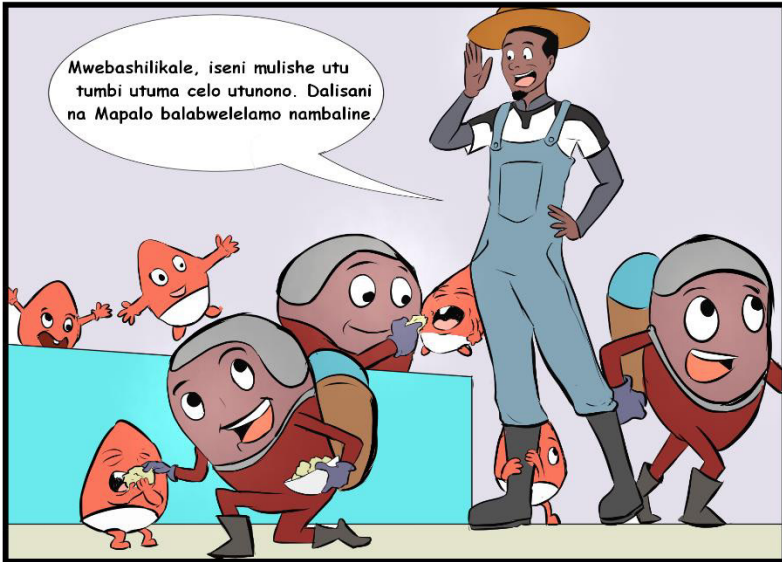
Nafiwama ifi....



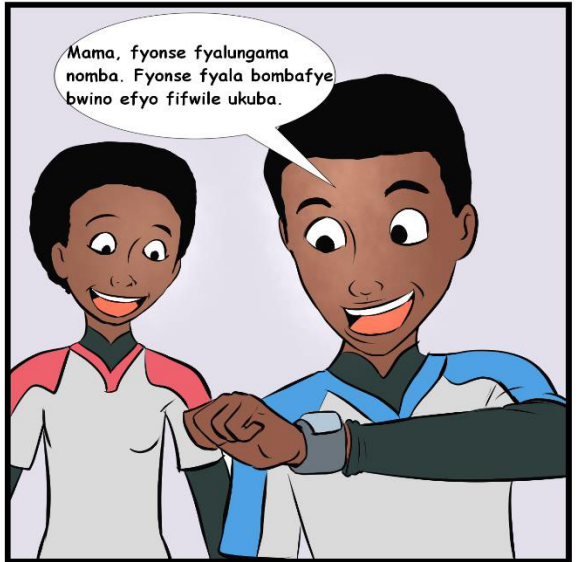




Moneni! Ukwenda kwa mulopa kwafula na oxygen nayo ine yafula.



Mwebashilikale, iseni mulishe utu tumbi utuma celo utunono. Dalisani na Mapalo balabwelelamo nambaline



Mama, fyonse fyalungama nomba. Fyonse fyala bombafye bwino eflyo fifwile ukuba.



Ama celo yakashika ayengi nomba yalepita mu mutima nayasenda no mwela uusuma uwa oxygen nishi yaleimba inyimbo. Eya eee!

Twakwanisha!



Chisuma bonse shalenipol!



Cimbi icilenga ba iron ukucepta mu mubili yabakashana mulandu wakuya ku mweshi. Panshita iyi abakashana na bana mayo bala lusa sana umulopa eicho umubili ulafwaikwa ukupangilapo yambi ama celo yakashika aya mu mulopa.

Mama, bushe cinshi abakashana abengi pa sukulu pa myesu abali mu nshiki yandi bailishanishisha ukumfwa ulunshingwa no kupwa kupwa amaka nga filya nacilaumfwa?

Nga taulelya ifyakulya fya nonka muli ba iron ifyapala cilemba yauma, intongwe, umusalu wa katapa katapa, inama, isabi notumuti twa ba iron, umubili tawakwata ifyakubomfya mukupangila ba iron ba mu mubili.

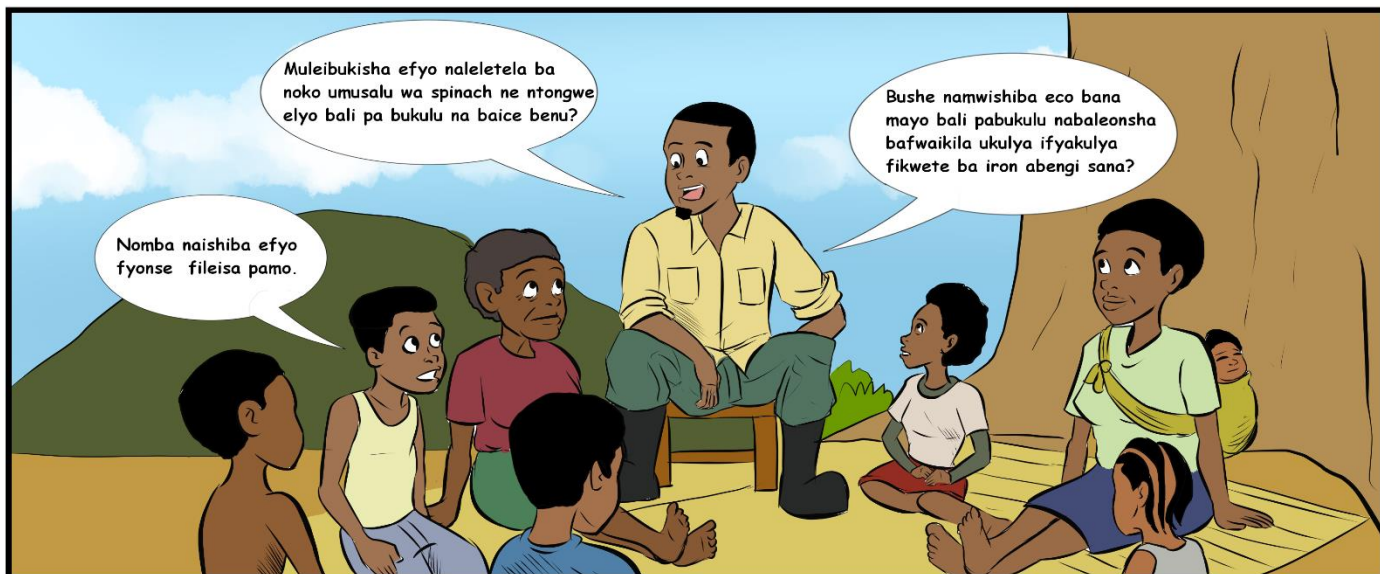


Eya mwal



Elo kabili umubili ngacakuti taulepanga ama celo yakashika ayengi ayamu mulopa, uyu mwela tulepema teti ube uwakutwalwa kufilundwa fyonse ifyamu mubili.

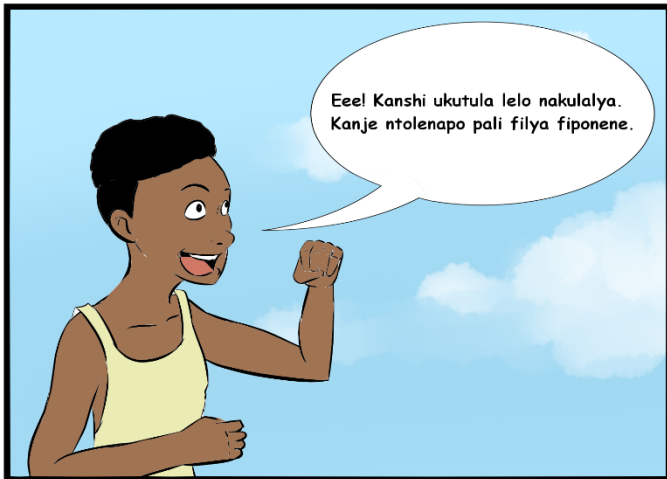
Kabili elyo imibili yabaice icili ilekula, ukukula kwama celo yakashika ayamu mulopa kulafwaikwa sana. Icicikankala kuli bonsefye abakashana naba lumendo abalepapo pa bakashana.







Bushe namwishiba ukuti necicine icimuti twikelamo calikwata ifisabo ifya nonka muli ba iron?



Eeel Kanshi ukutula lelo nakulalya. Kanje ntolenapo pali filya fiponene.



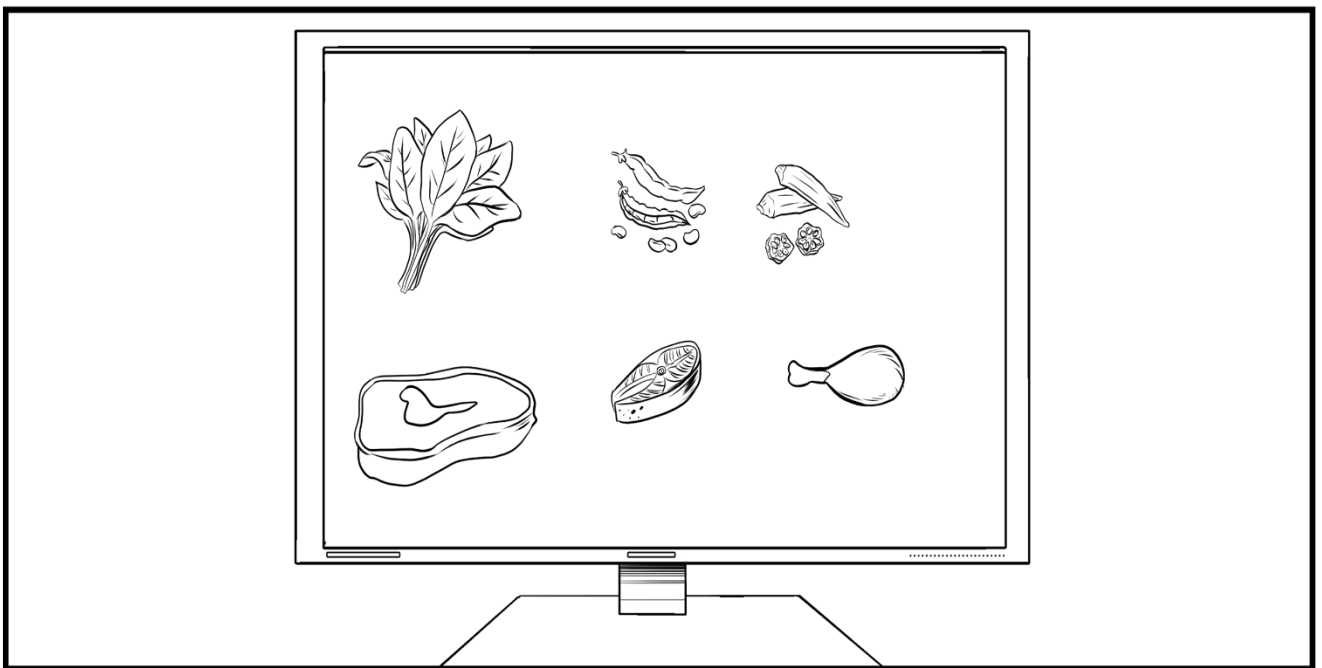
kjliko na kapenta, ifishimu, ifipaso, amani, inseke sha fipushi na chibwabwa, namabula ya moringa.



Eiyo kabili ico nalyafwile banoko mukulya ifyakulya fyanonka muli ba iron ilyo bali pabukulu naimwe bonse, bonsefye mwafyelwe abatuntulu. Monenifye Alinafe, alekula uwakosa kabili uwampomfu.



PENTENI APA



PENTENI APA



Ukusabakanya kwaba Food and Nutrition Security, Enhanced Resilience (FANSER) naba Fish for Food (F4F) Projects in Zambia.

