

LEKENI IMYEBE



UKWAMBA KWA
MUBILI.



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

Contributors

Zambian Government



NFNC

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GIZ

Food and Nutrition Security, Enhanced Resilience Project (FANSER) and Fish for Food Security (F4F) Project:
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Sources

GIZ, NFNC, Care Groups.

Arts and Designs

Agricomm, Anthony Zaza

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Food and Nutrition Security, Enhanced Resilience Project (FANSER) Zambia
and Fish for Food Security in Zambia (F4F)

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On behalf of the Federal Ministry for Economic Cooperation and Development (BMZ) Germany

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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 gives an overview of the importance of understanding the functions of the three main nutrients in the human body.

Julia Kirya

Signature:



Project Coordinator FANSER Zambia

Samanta Mapfumo

Signature:



Project Coordinator F4F Zambia



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CHIMWEMWE
(BA MAMA)



LIMBANI
(BA TATA)



CHISENGA
(BA MAYO)



MAPALO
(INDUME)



DALISANI
(INKASHI)



CHISOMO
(INDUME)



MALUBA
(INKASHI)

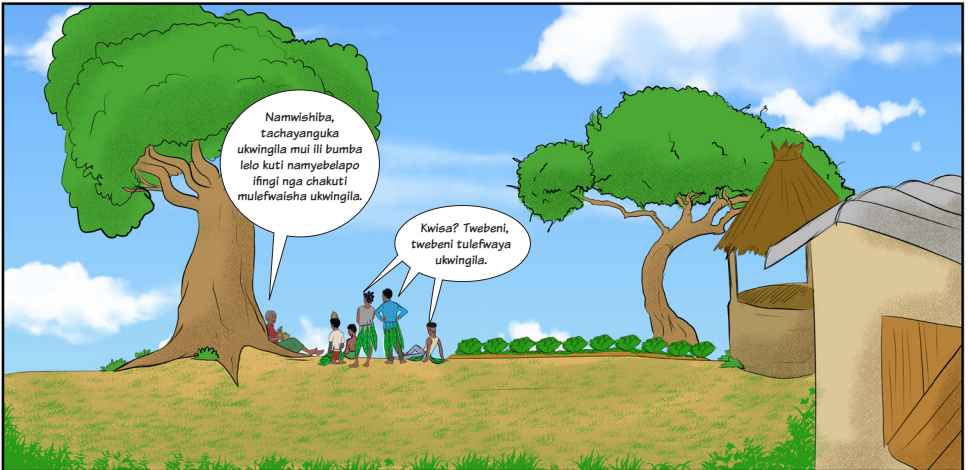


MULILO
(INDUME)



ALINAFE
(INKASHI)



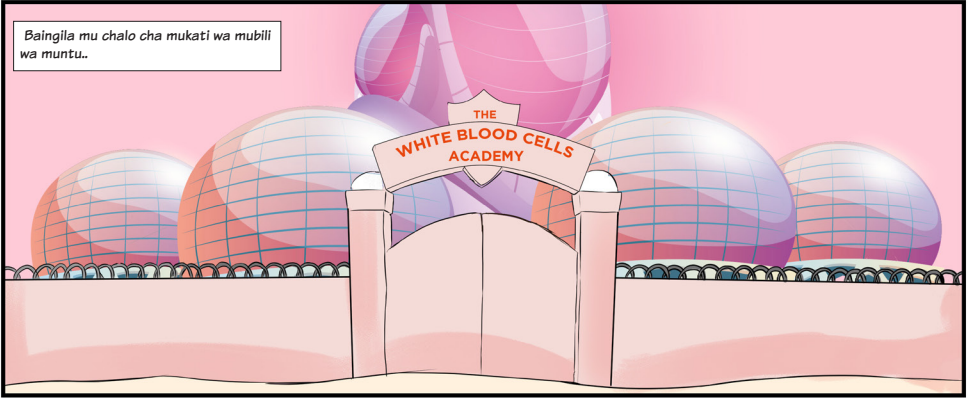




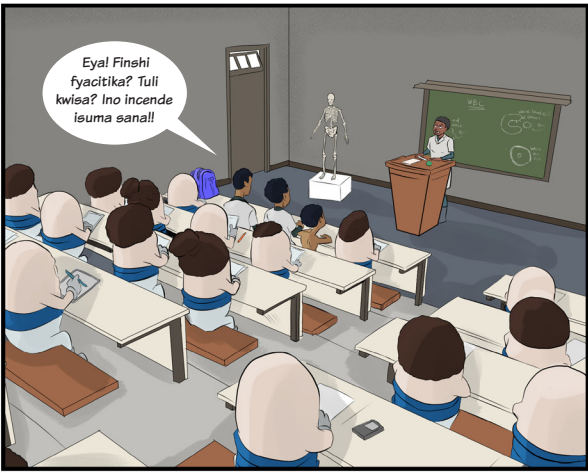
Mama, twebeni! nibani?



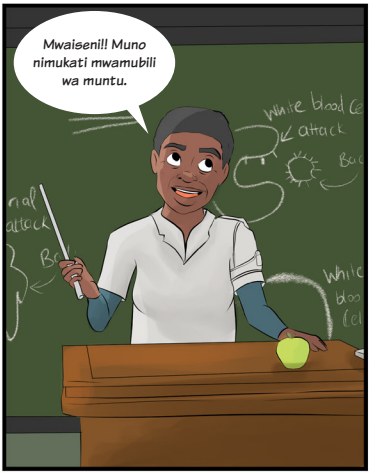
Aba bashilikale, bashilikale babuta aba mumulopa (ama white blood cells) elo baba mukati shya mibili yesu. Leken i myebe pali bena... nangula lekeni imitwalemo.



Baingila mu chalo cha mukati wa mubili wa muntu..

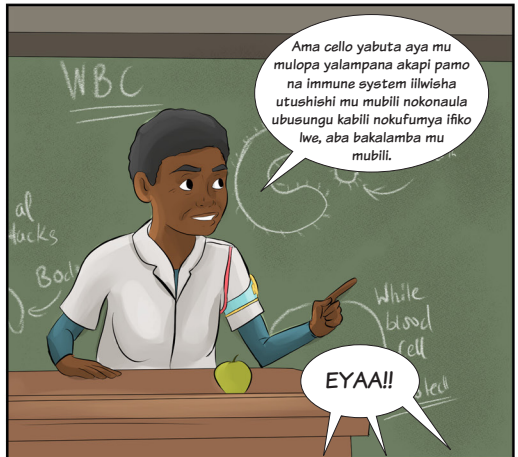
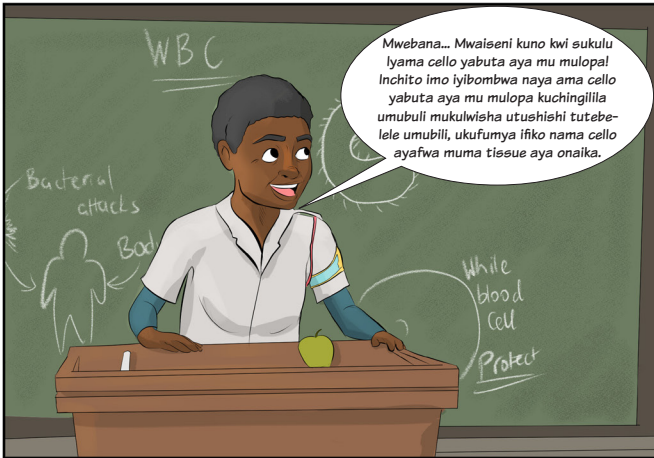
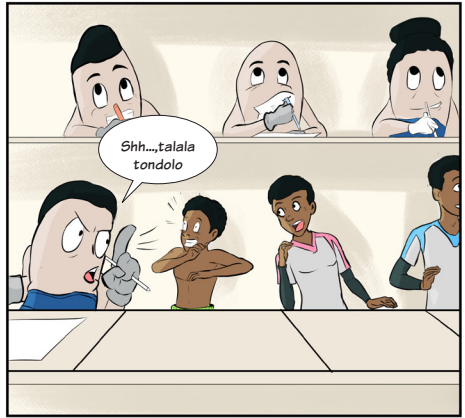
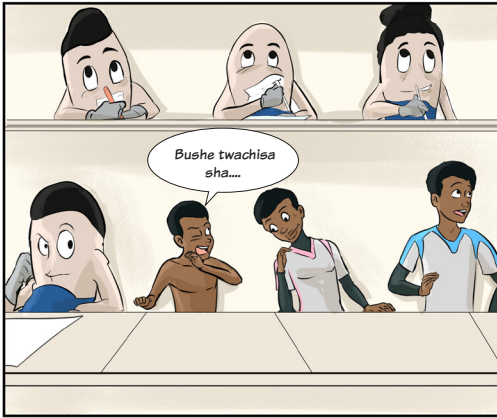


Eya! Finshi fycitika? Tuli kwisa? Ino incende isuma sanali!



Mwaiseni!! Muno nimukati mwamubili wa muntu.

White blood cell
Attack
Bacteria
White blood cell





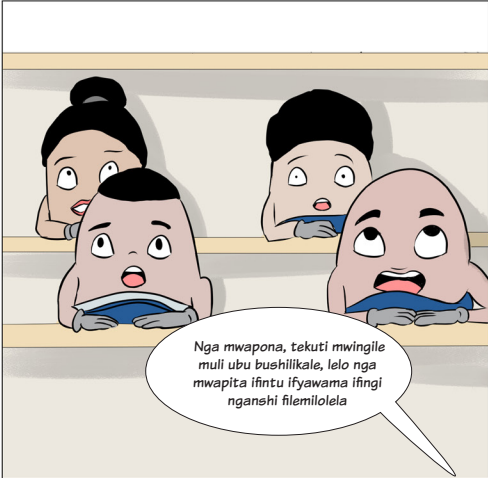
Nomba kuli abo abalefwaya ukwingila ubushilikale mufwile mwalemba amashindano yama cello ya buta aya mumulaya mailo



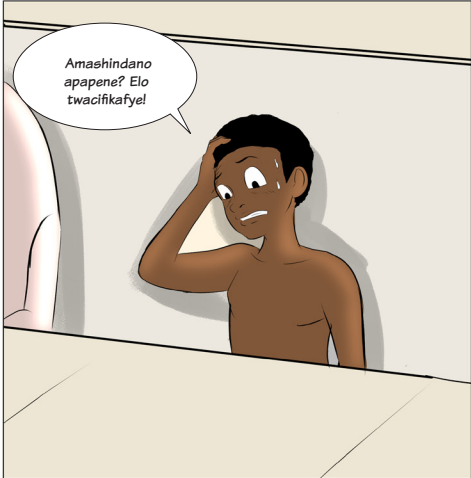
Iye AWE!!



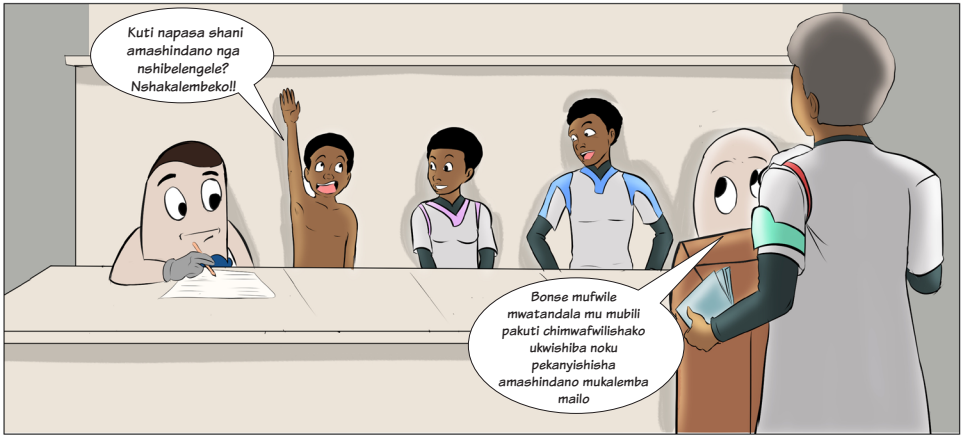
Elyo mwisakamana, ngacakuti mwalishiba efyi umubili ubomba nefyo tu 'kafwilisha' tunono twafilishako umubili mukubomba kuti mwapitafye bwino bwino muma shindano ayo.

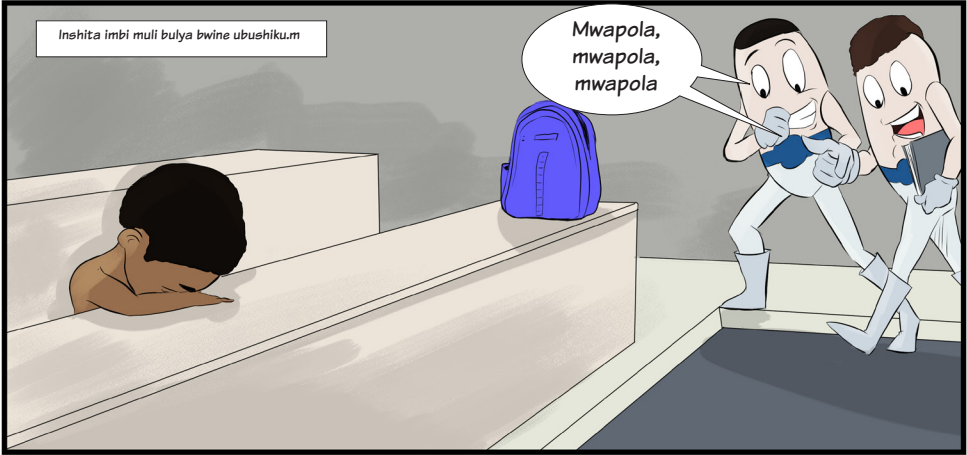


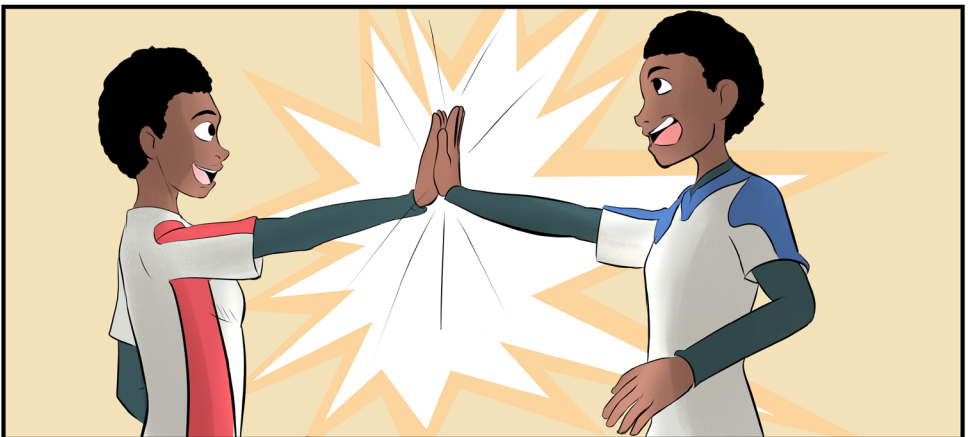
Nga mwapona, tekuti mwingile muli ubu bushilikale, lelo nga mwapita ifntu ifyawama ifngi nganshi filemlolala

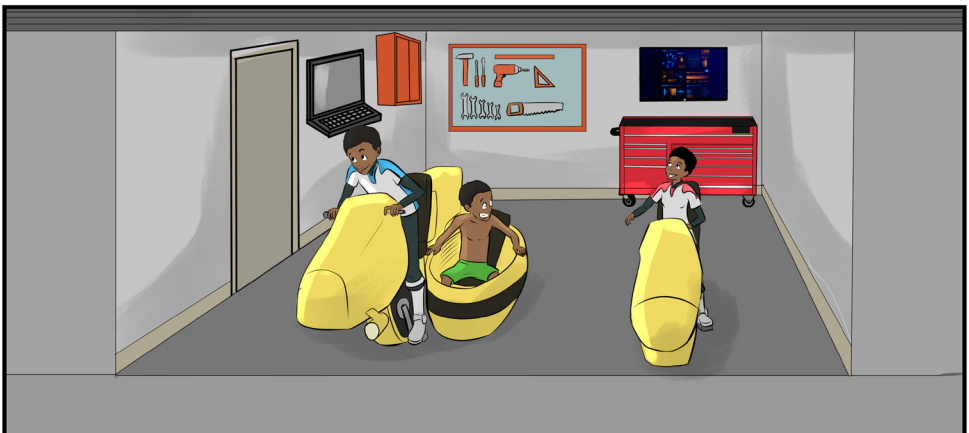
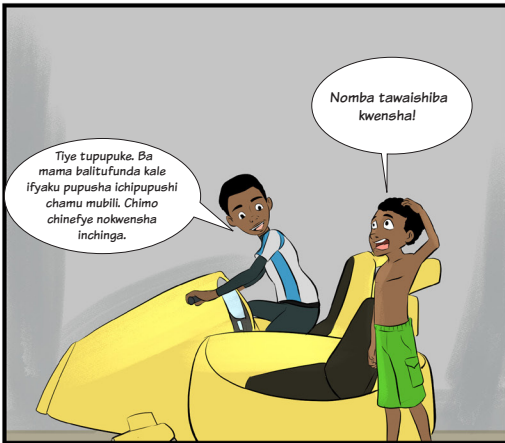
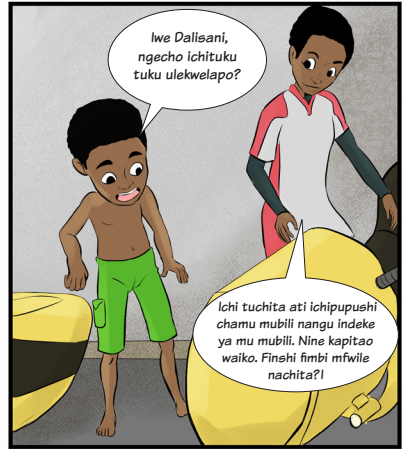


Amashindano apapene? Elo twacifikafaye!





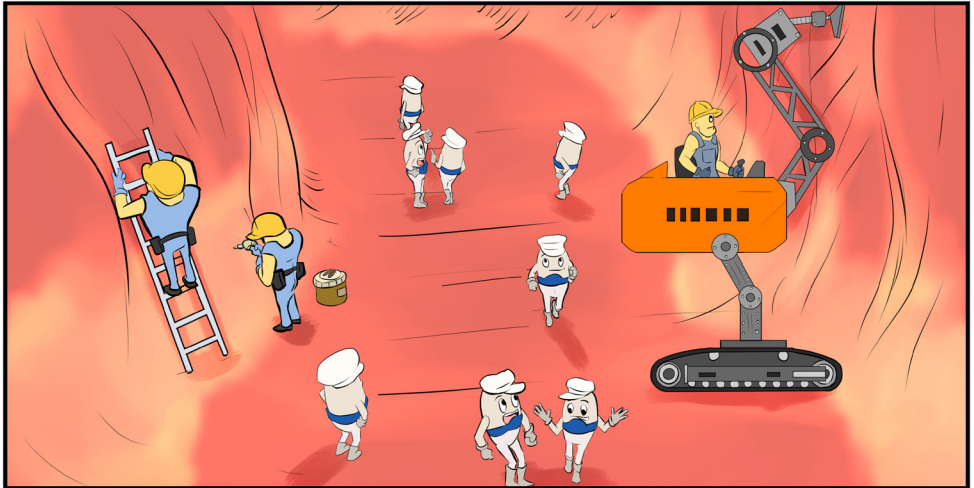




Ukulola mumishipa sha mulopa

Ngolefwaya ukulanda na Mapalo, uletinika ili ibatani, waumfwa?

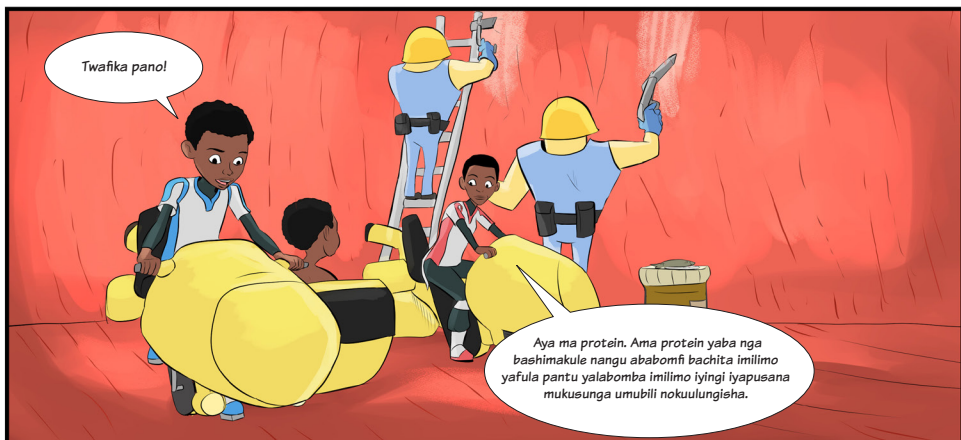
Moneni bane, bushe tefsuma ifi? Ama vitamin, ama protein nama cello yakashika aya mumulopa yalebombela pamo.

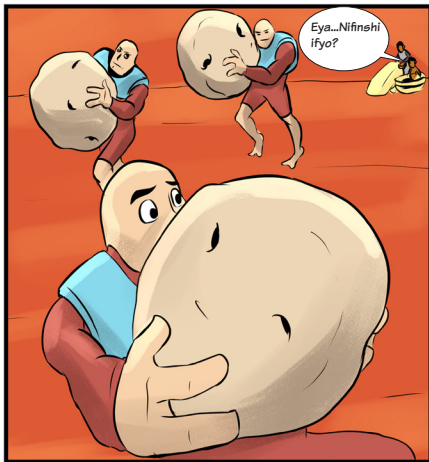


EYA!!

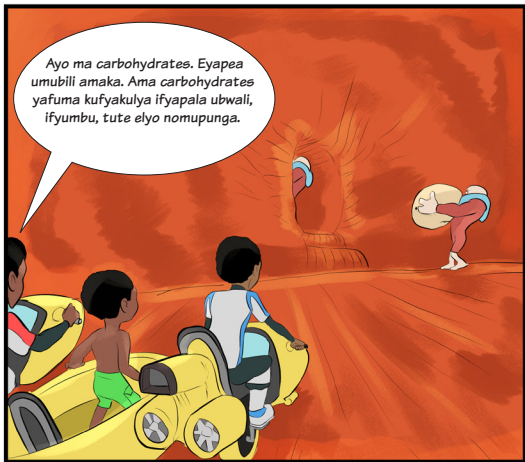
Fisuma ifi sana. Nomba natshiba echo mwa-chisansamu kila

Ba mama balanda ati abashilikale bama cello yabuta ayamu mulopa bafwile ukuba abalpekanya inshita yonse pantu ebaba ku ntashi yaku chingilila umubili ku busanso noku usunga uumi.





Eya...Nifnshi ifyo?

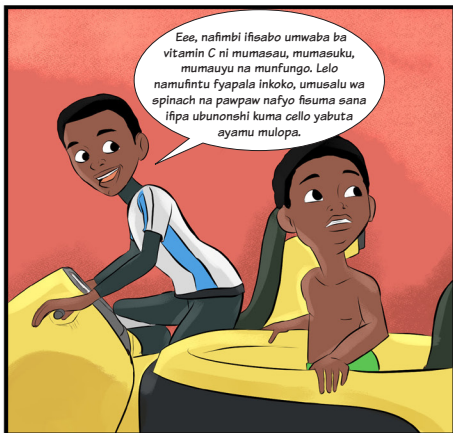


Ayo ma carbohydrates. Eyapea umubili amaka. Ama carbohydrates yafuma kufyakulya ifyapala ubwali, ifyumbu, tute elyo nomupunga.

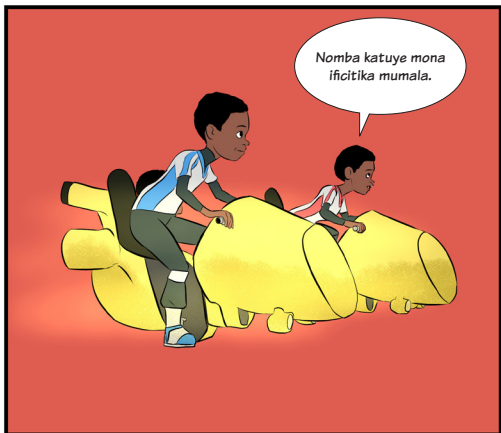


Nomba bushe ama celo yabuta ayamu mulopa yafunya kwisa amaka?

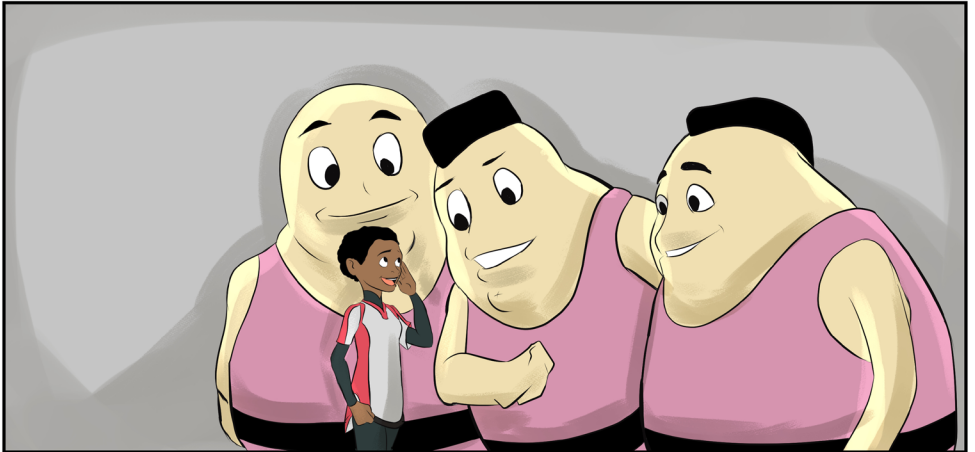
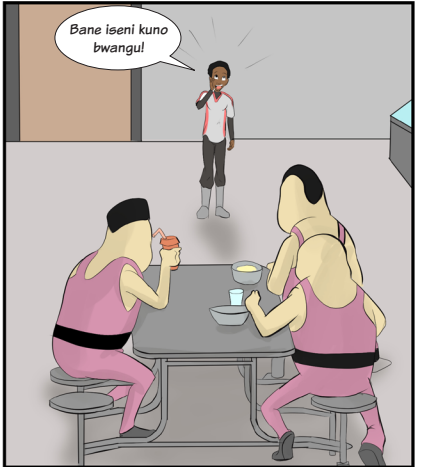
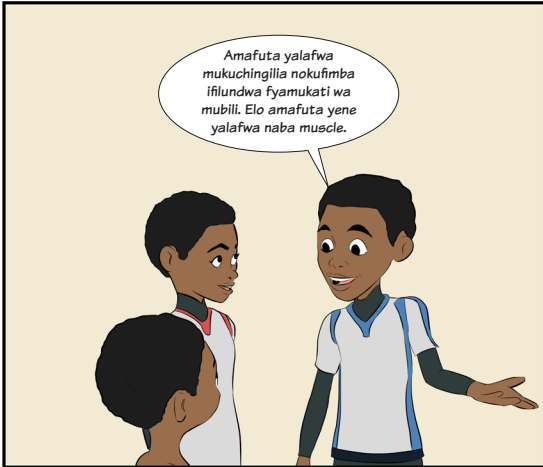
Mulilo ufwise waleka ukulala iliya tulesambilla. Umfwa, ama celo yabuta ayamu mulopa yafunya amaka kufyakulya ifya nonka muli ba vitamin C abo ababa mufisabo amachungwa ne ndimu.

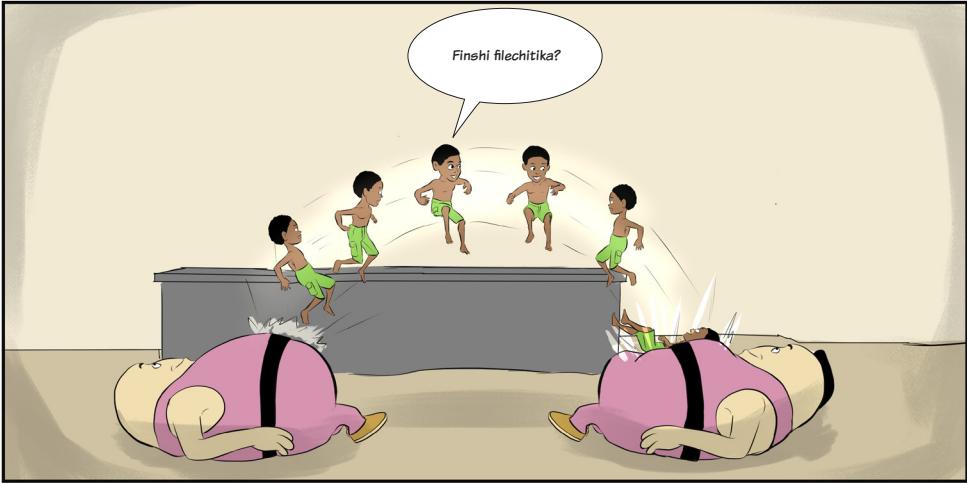


Ees, nafimbi ifisabo umwaba ba vitamin C ni mumasu, mumasuku, mumauyu na munfungo. Lelo namufintu fyapala inkoko, umusalu wa spinach na pawpaw nafyo fisuma sana ifpa ubunonshi kuma celo yabuta ayamu mulopa.



Nomba katuye mona ificitika mumala.





Finshi filechitika?



Wachilungama elo wachitila tekuti uchene nga naushingulukwa nefya kusaminapo fya naka.



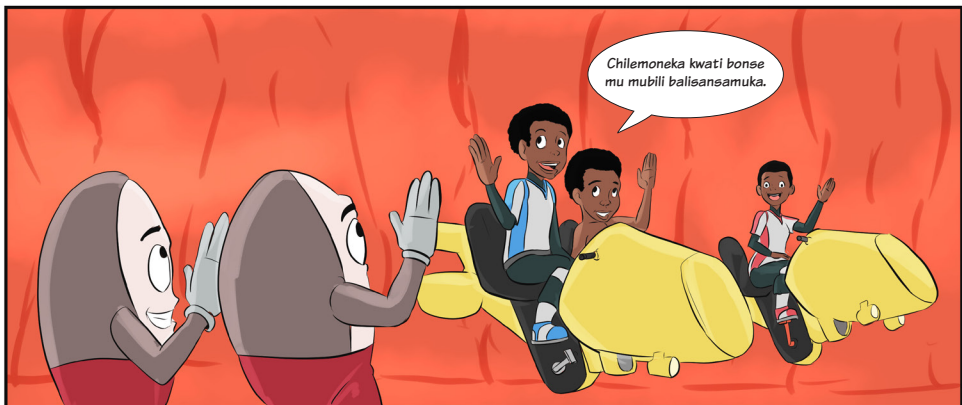
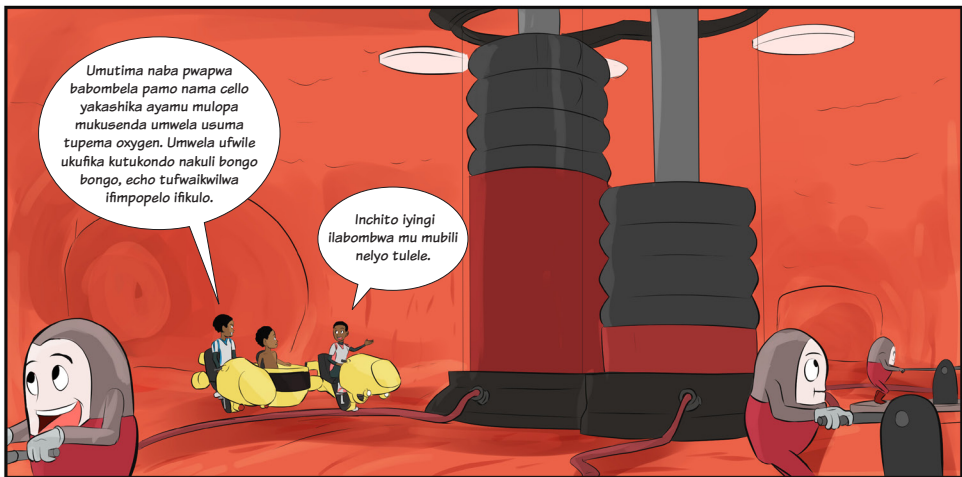
Ufwile waishiba ukutila ukulya amafuta aya nangu ifyakulya ifili fyonse ifingi sana tachawama kubumi elo tabuba bwino kaili kuti walwala. Chikankala ukulya ifyakulya muchipimwa ichalinga.



Pakuti umubili ubomba bwino munshila ahitatu iahi twamona ishilinga;
 1. Ukukula nokulungisha
 2. Ukupela amaka elyo
 3. Nokuchingilila...
 tufwele ukulalya ifyakulya ifyapusana pusana chilabusihiku ifyakupa ubunoshi ku mubili.

Inshita yapwa Dalisani, tiye tubwelele ku sukulu nomba.

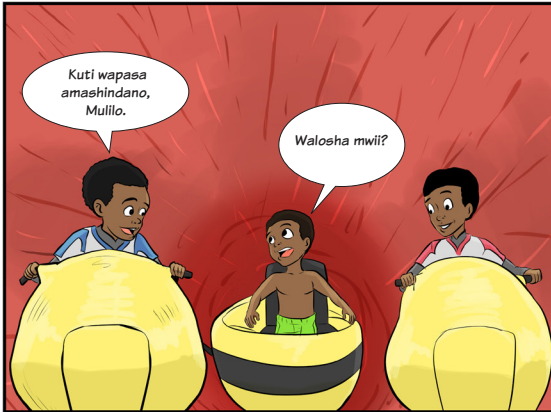






Mullo, chinshi chalubana?

Nafulwafye ukuti mailo uku nkabwelela ku ng'anda pantu shilembako ama shindano. Ndefwaya ukwikala.



Kuti wapasa amashindano, Mullilo.

Walosha mwii?

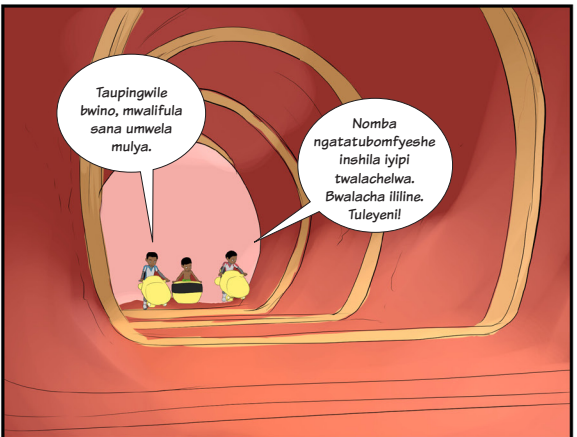


Fyonse efyo umwene fintu tukulangishe fikesa mumashindano munsafye ishinono. Tufwile twaendesha fye ukulala pakuti tukabukebwangu mailo tukaye lemba amashindano.

Ichishikafye

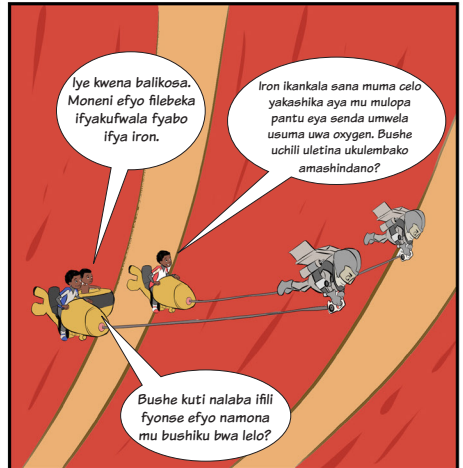
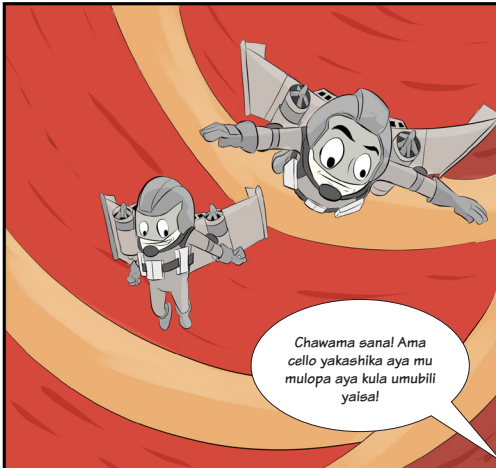
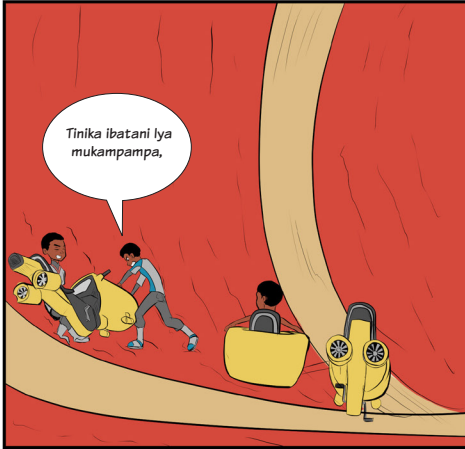
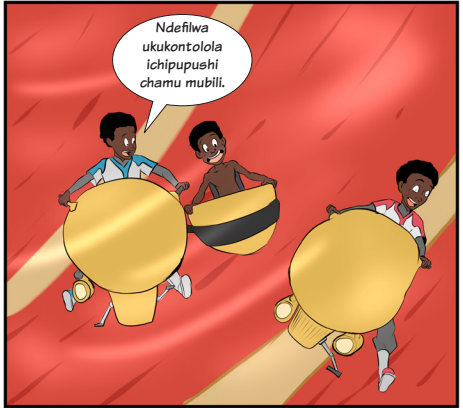
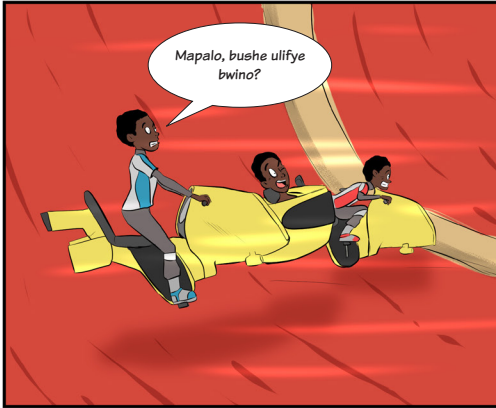


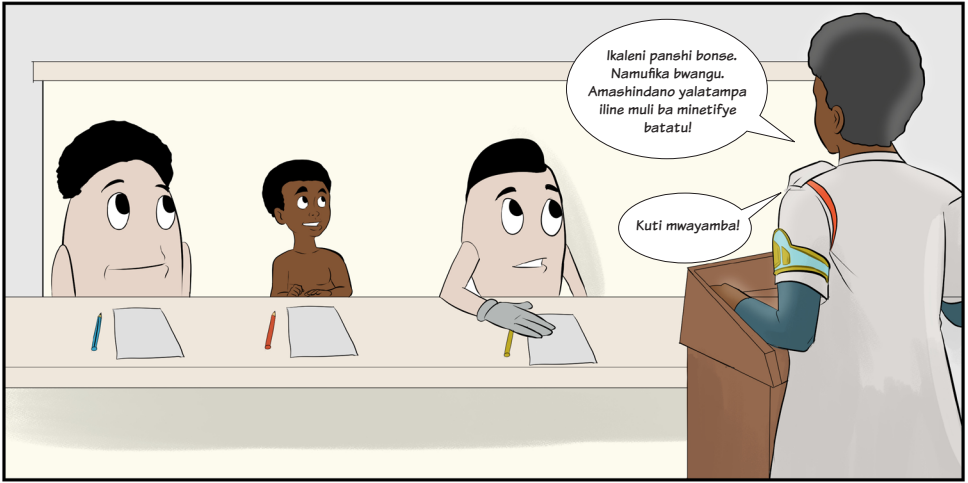
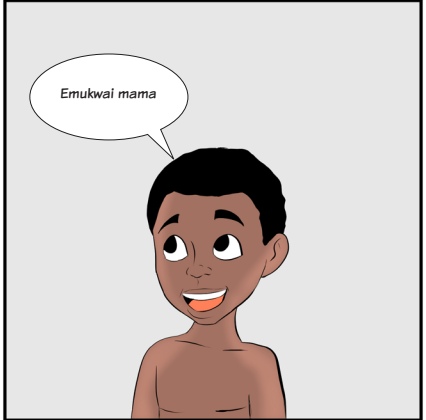
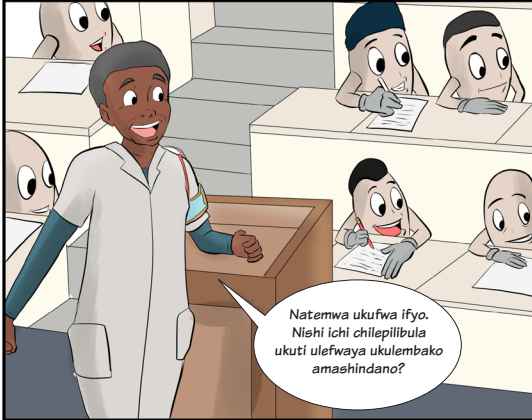
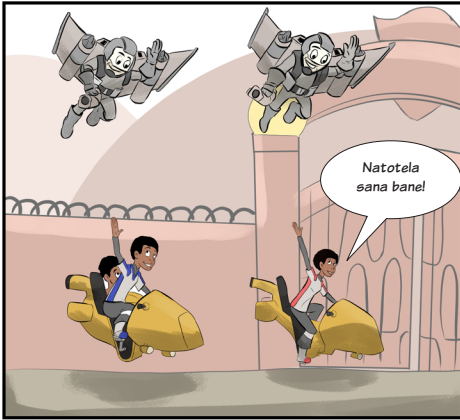
Eee, kuti wakwanisha Mullilo! Tiye ni tubomfye inshila iyi ukupita muli ba pwapwa, twala fika bwangu.

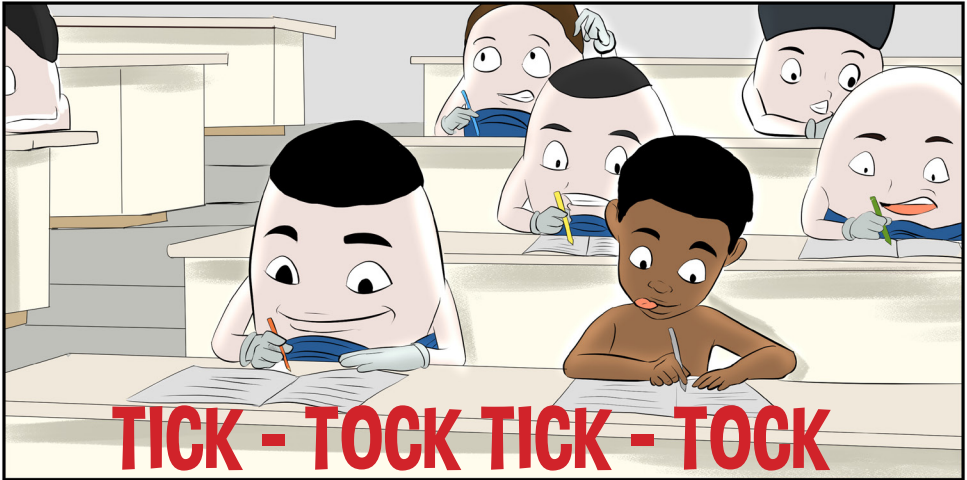


Taupingwile bwino, mwalifula sana umwela mulya.

Nomba ngatatubomfyeshe inshila iyipi twalachelwa. Bwalacha illine. Tuleyenii!







TICK - TOCK TICK - TOCK



TICK - TOCK TICK - TOCK



Lekeni ukulemba.

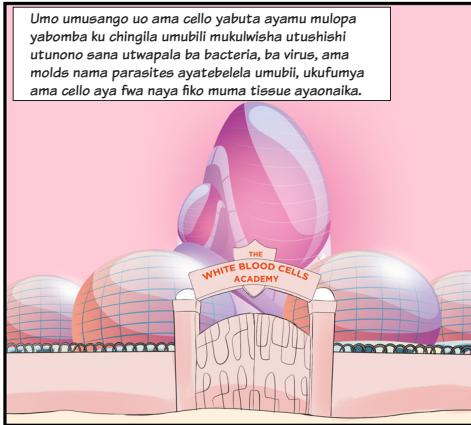
"Ndesubila nimpasa"



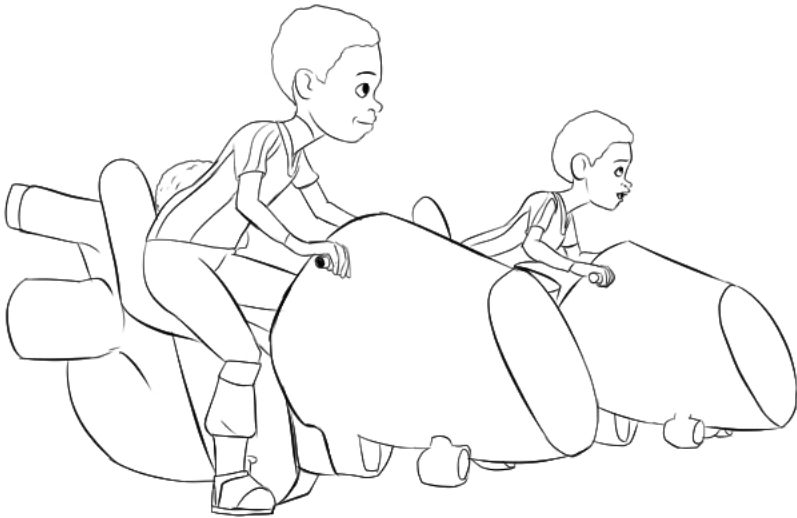
Ndi uwansana sana ukumyeba ati bonse namupita amashindano mwalembele. Ukufuma lelo mwakulaisa ku nchito umukumo pa mulungu.



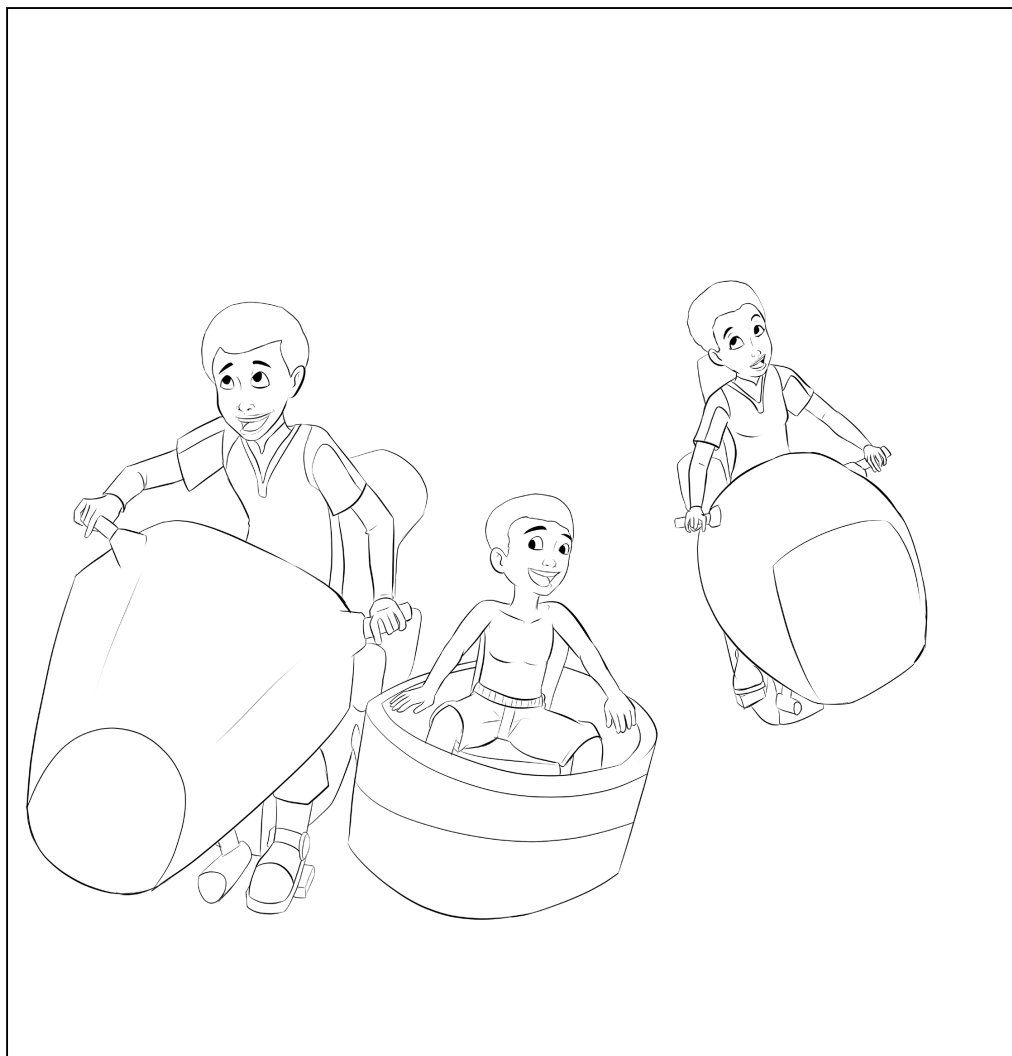
Ukusefya!!



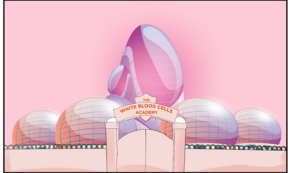
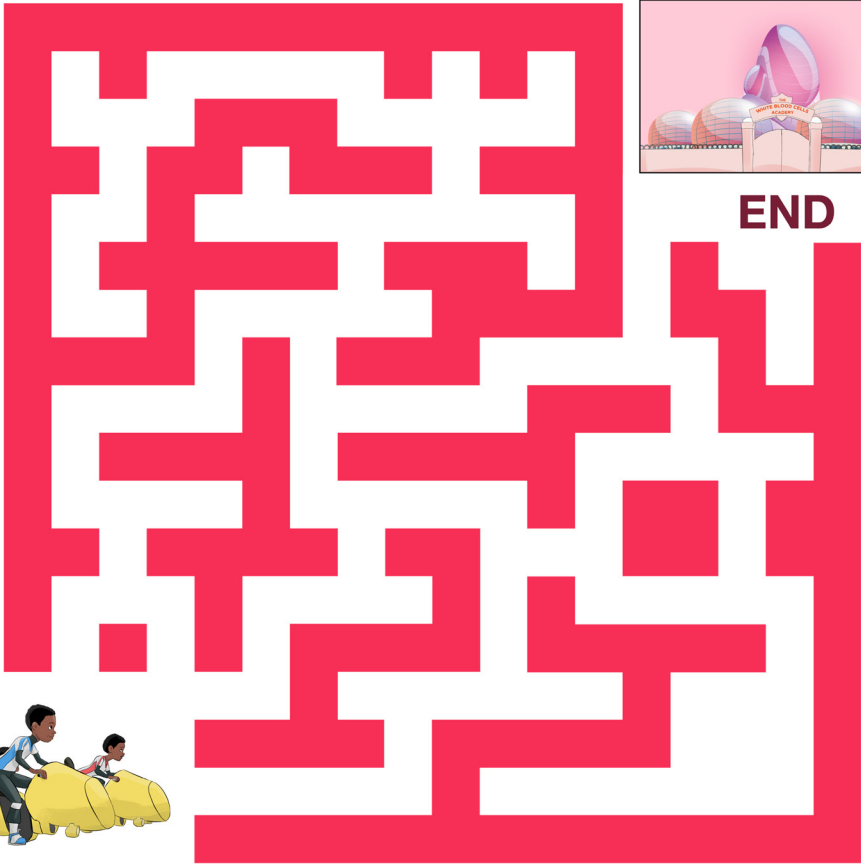
PENTA APA



PENTA APA



PUZZLE MAZE



END



START

Ukupekanishiwa nechipani chaba
Food and Nutrition Security,
Enhanced
Resilience (FANSER) Naba Fish for
Food Projects Mu Zambia.



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