

**LET ME
TELL YOU**



**INTRODUCTION
TO THE BODY**



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

Contributors

Zambian Government



NFNC

Idah Chama Mulenga, Belinda Tshula, Gladys Kabaghe

GIZ

Food and Nutrition Security, Enhanced Resilience Project (FANSER) and Fish for Food Security (F4F) Project:
Dennis Lohmann, Samanta Mapfumo, Julia Kirya, Given Liswaniso and Eunice Namwizye

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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1st Floor Evexia Office Building

Plot No. 1014 Church Road, Fairview

Private Bag RW 37X Lusaka, Zambia

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
(Grandma)



LIMBANI
(Dad)



CHISENGA
(Mom)



MAPALO
(Brother)



DALISANI
(Sister)



CHISOMO
(Brother)



MALUBA
(Sister)

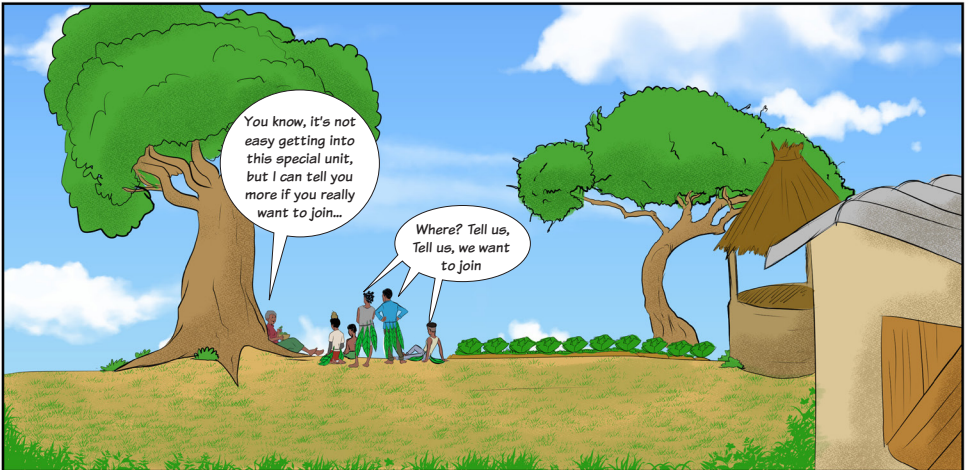


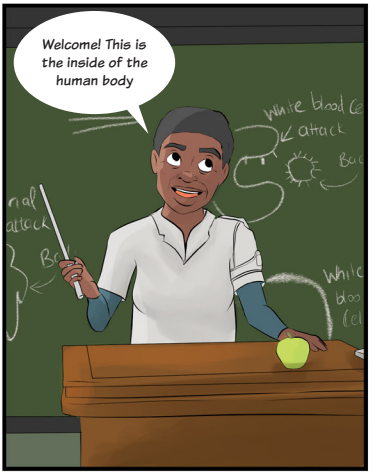
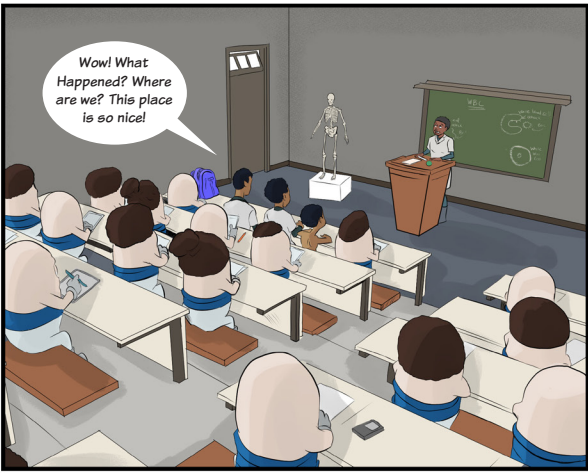
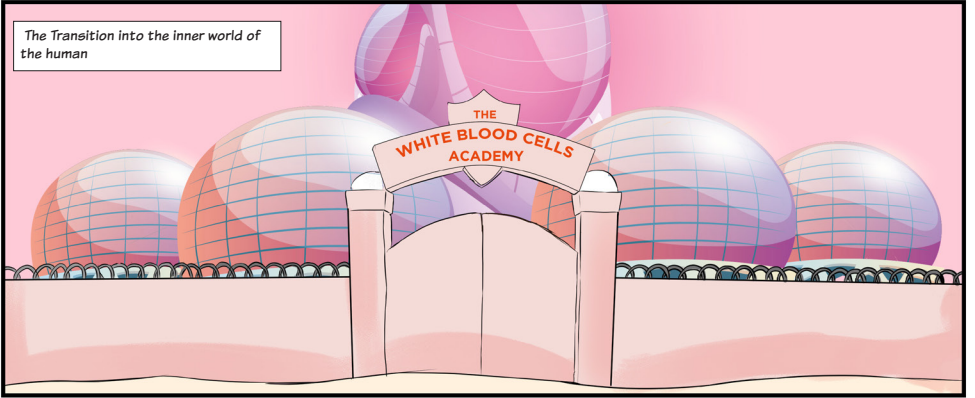
MULILO
(Brother)

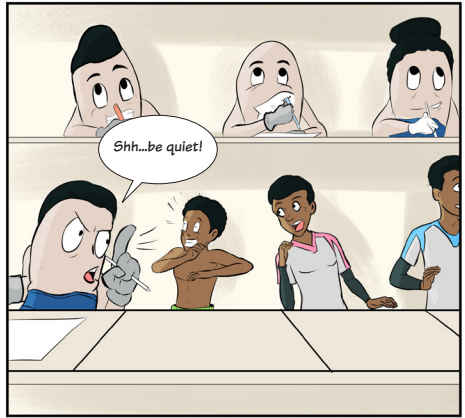
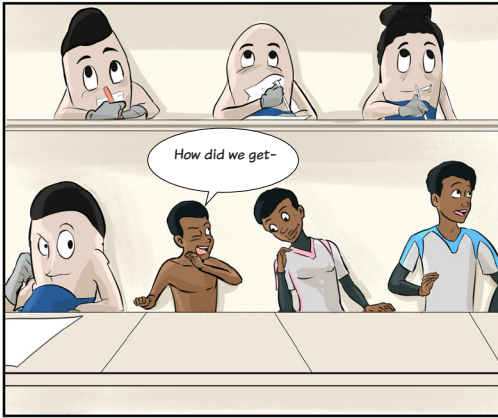


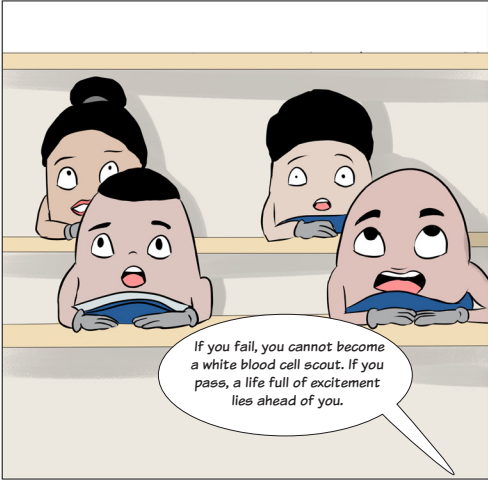
ALINAFE
(Sister)

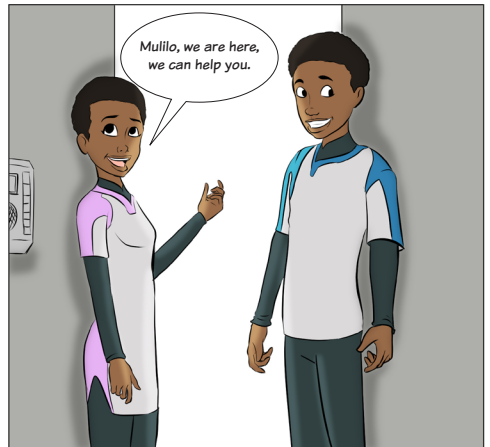
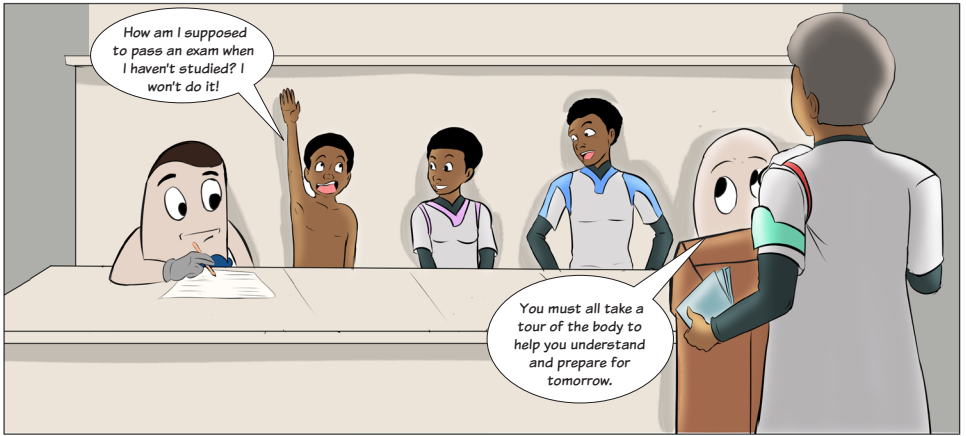


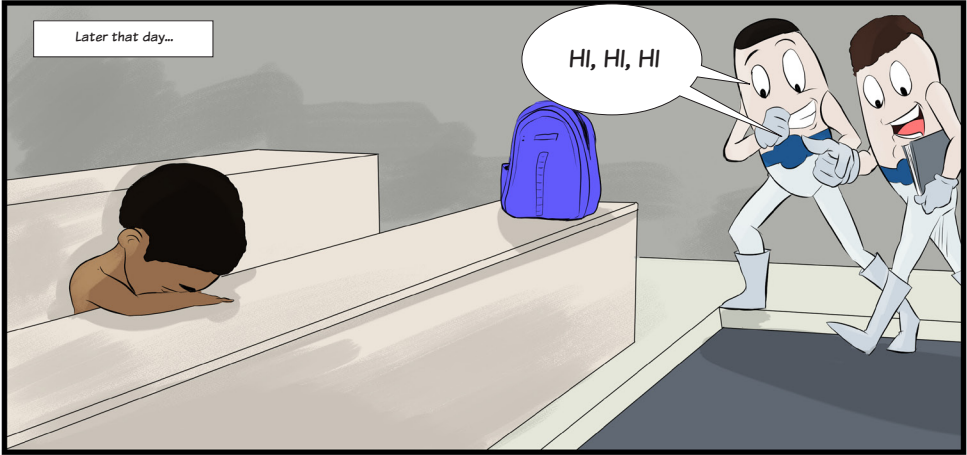


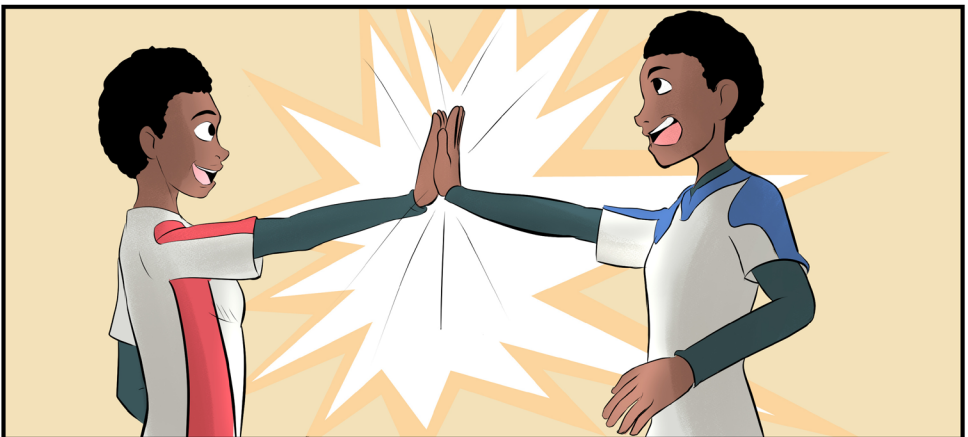
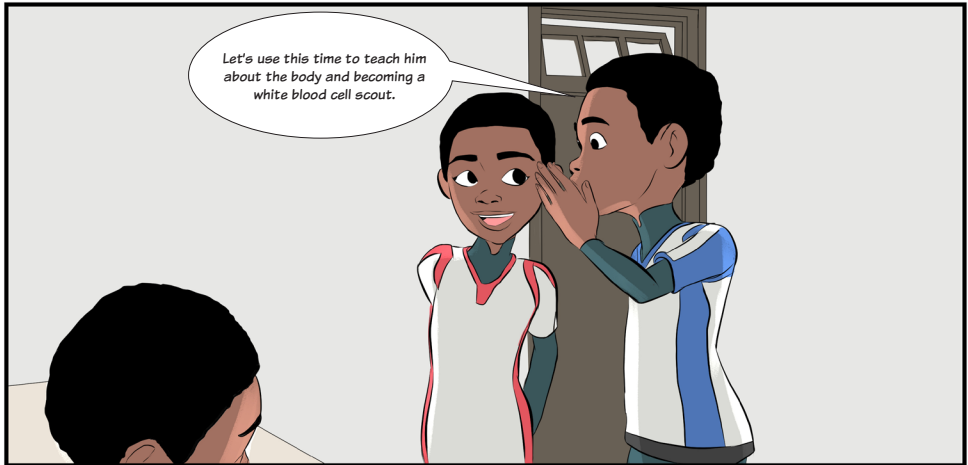
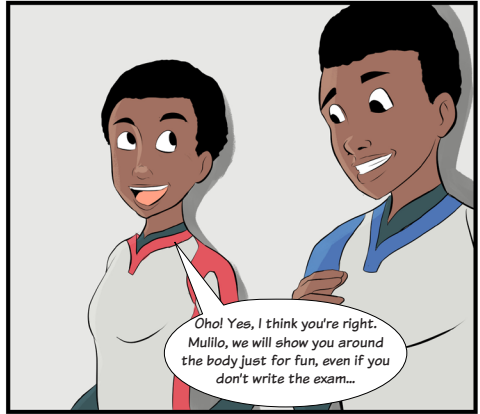


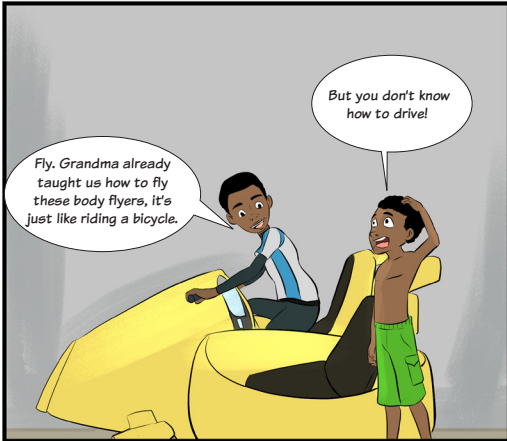


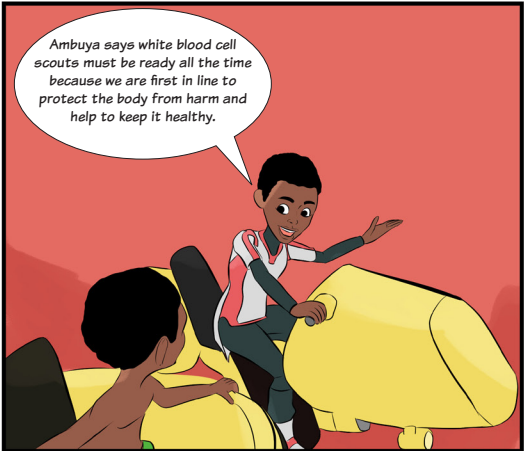
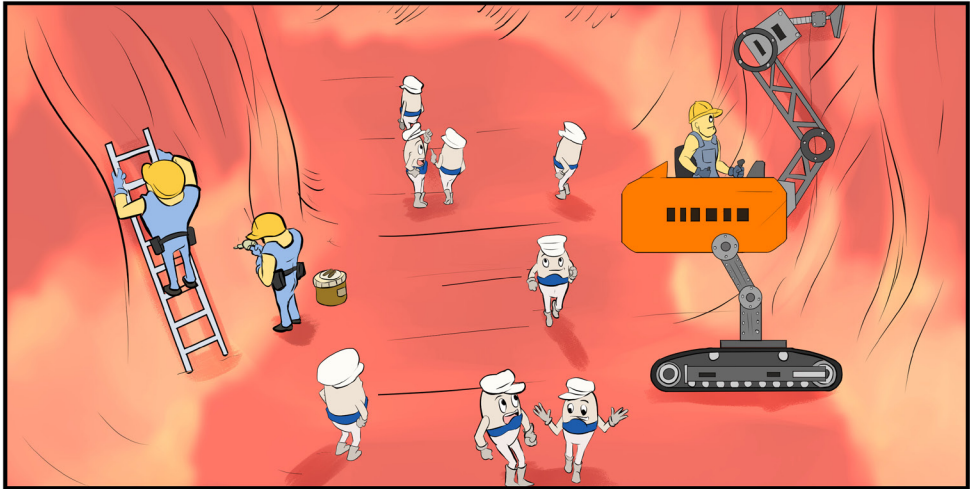
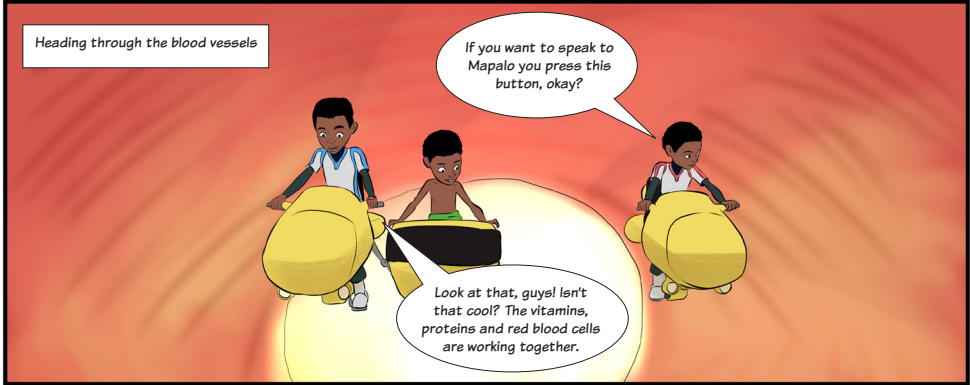


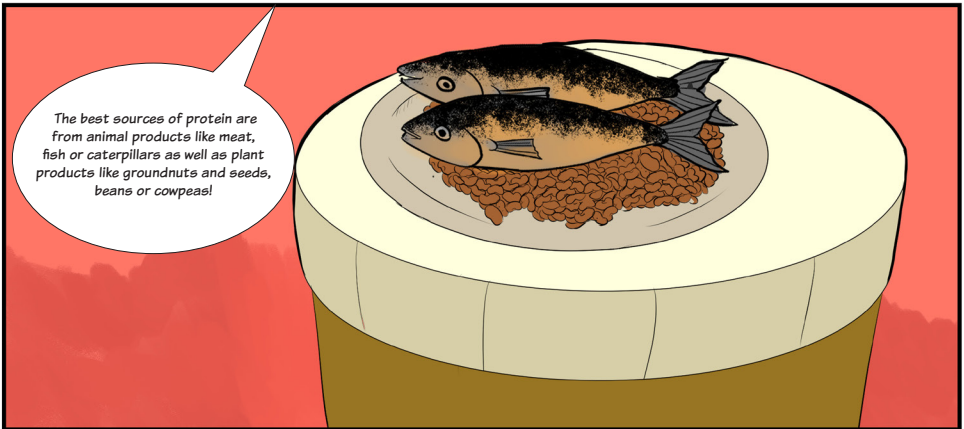


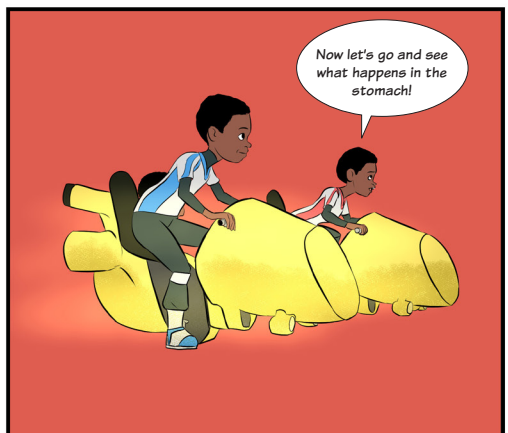
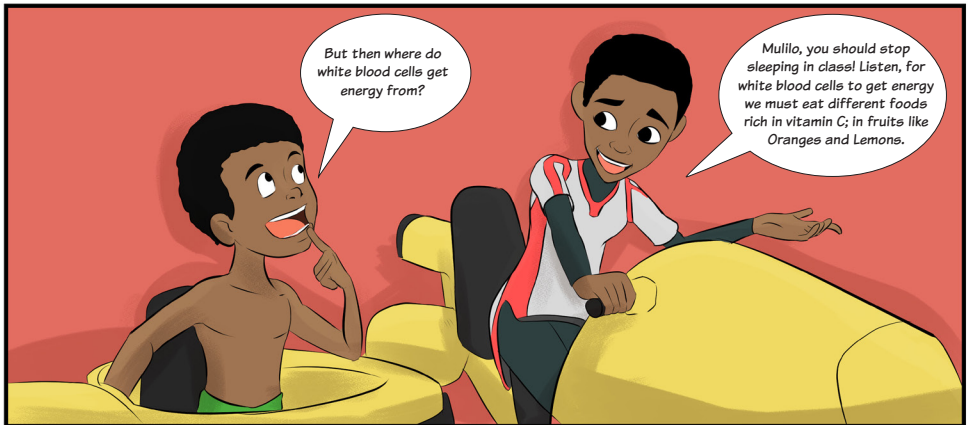
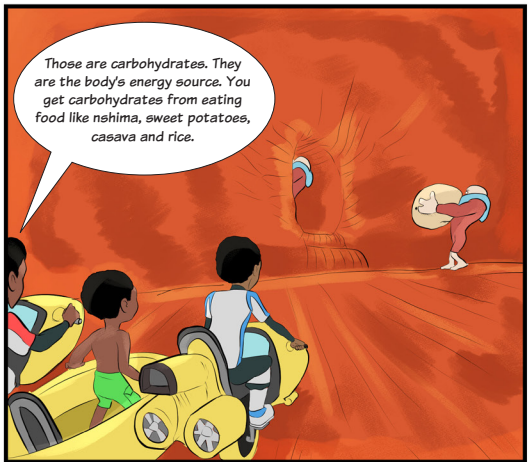
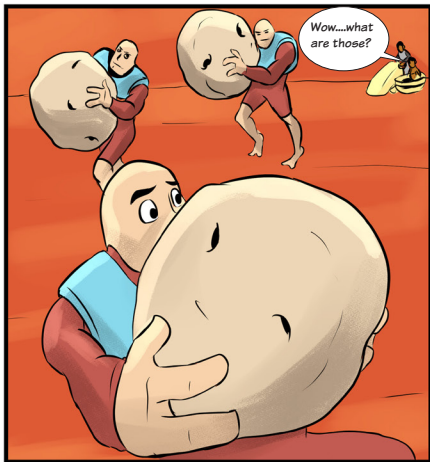


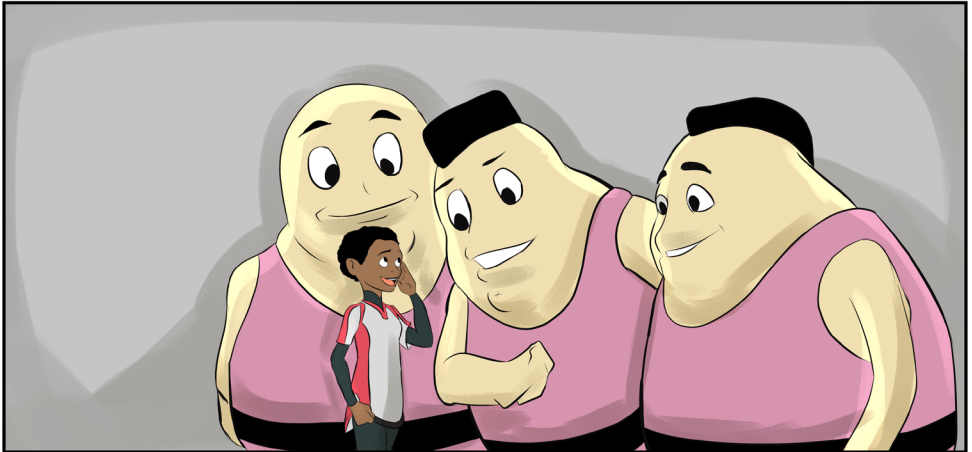
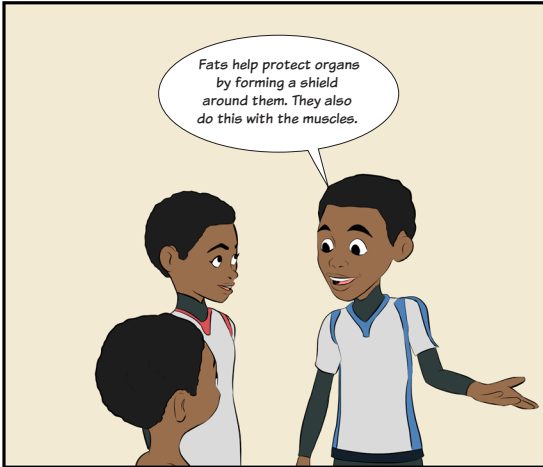
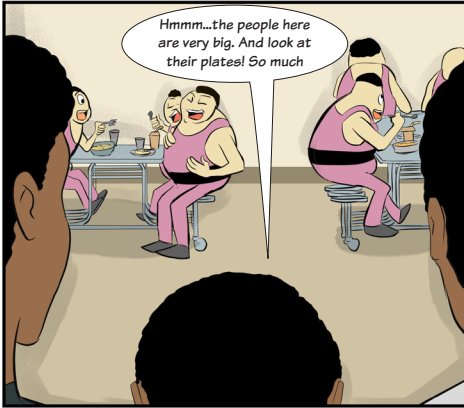


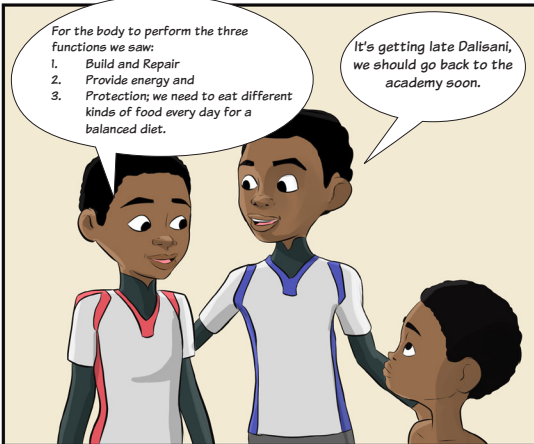
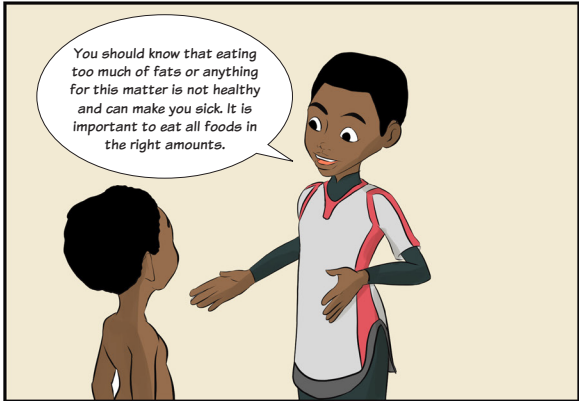
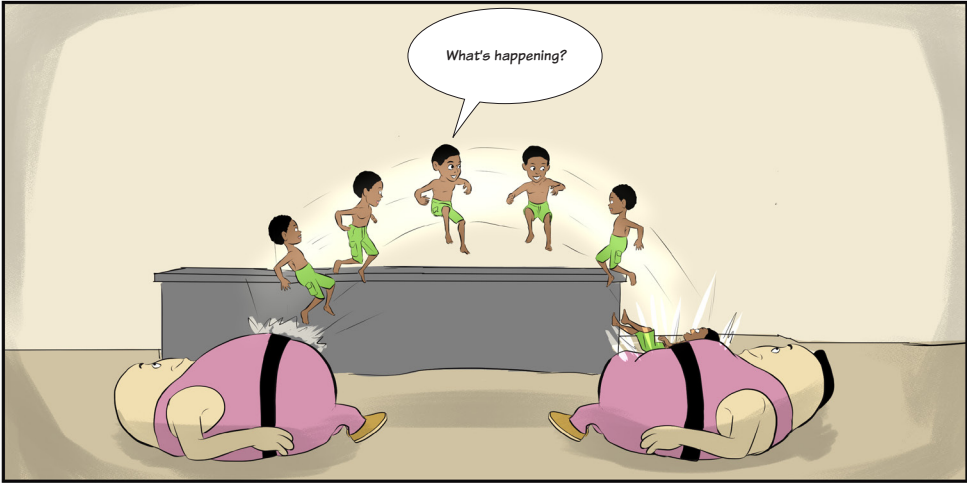


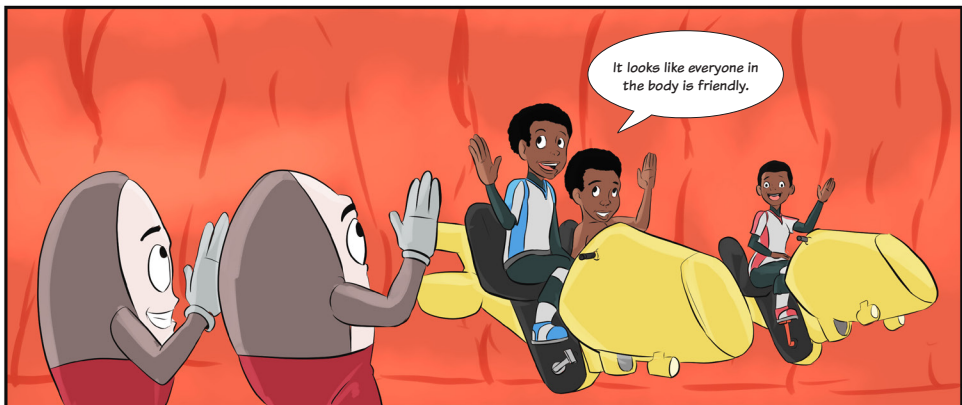
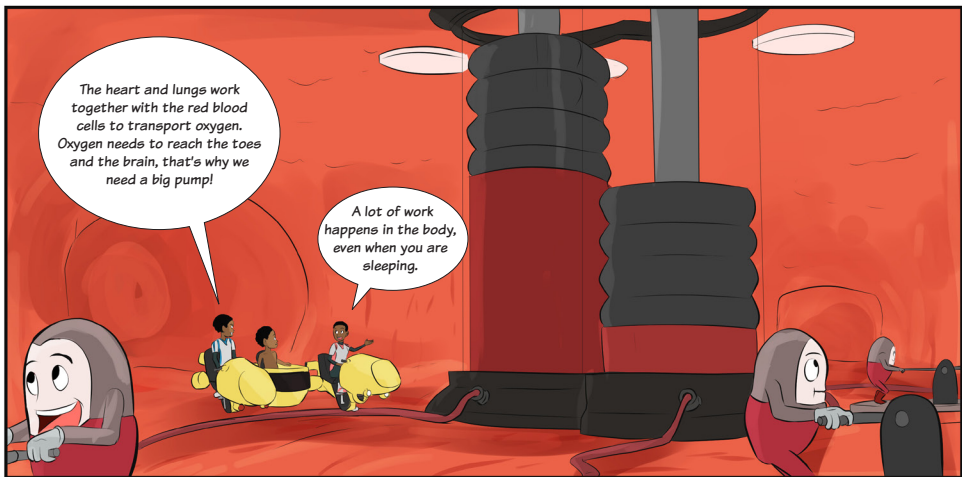


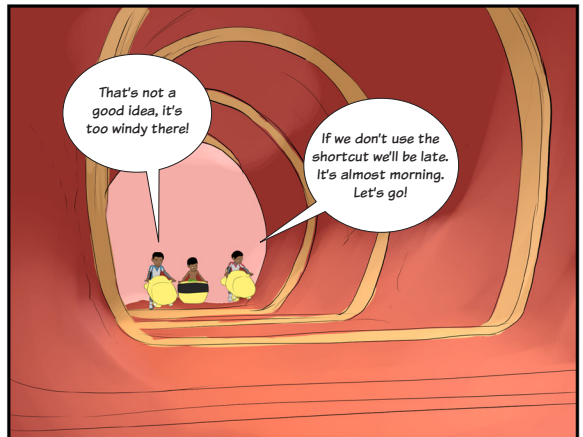
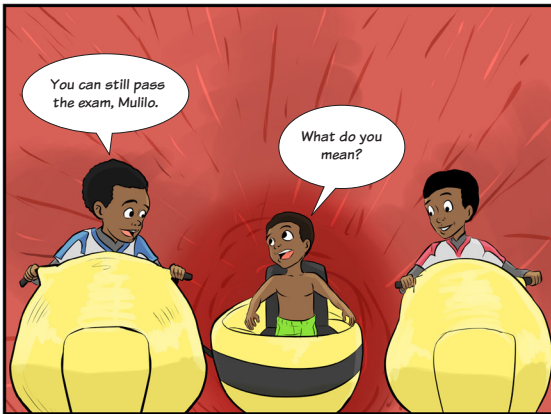


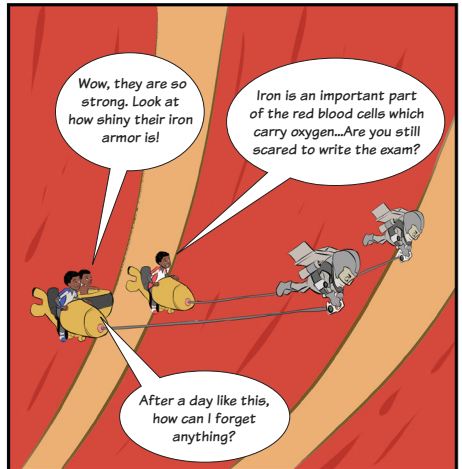
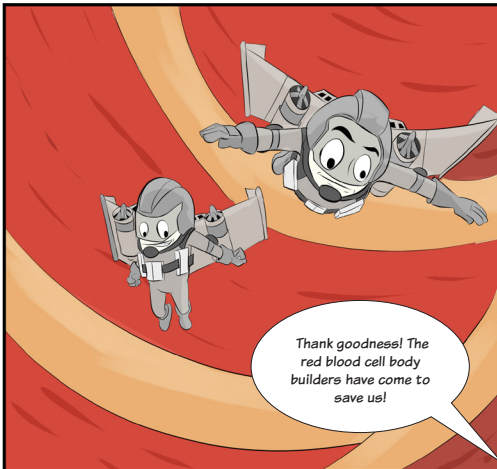
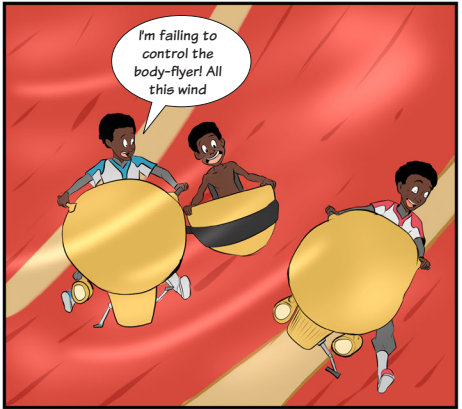


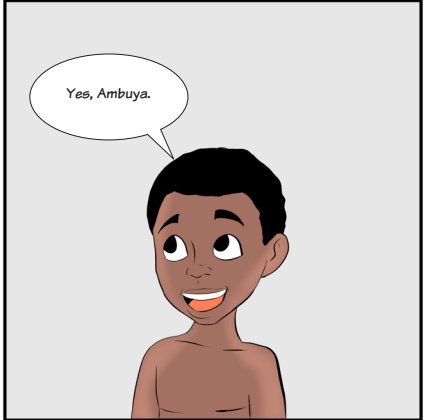
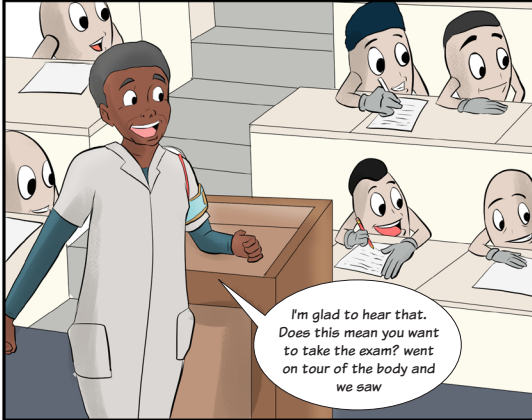
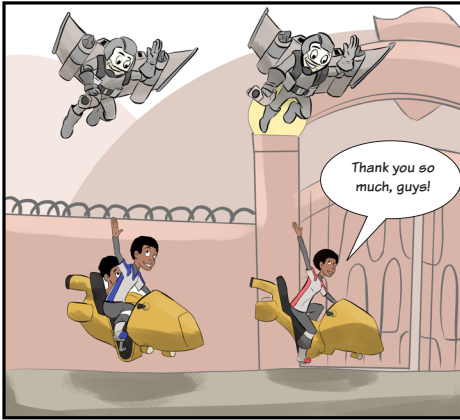


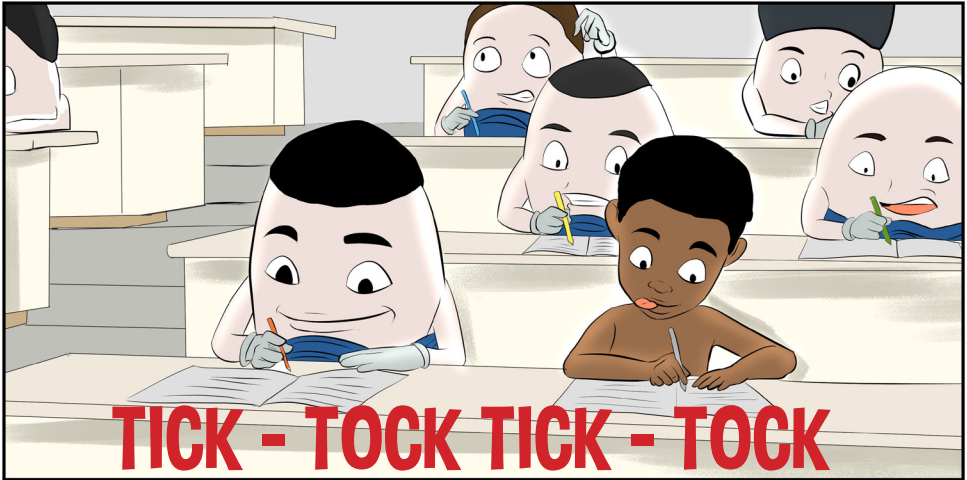






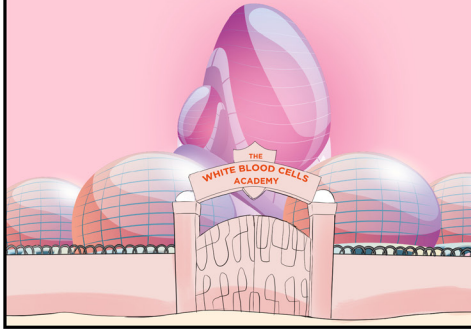




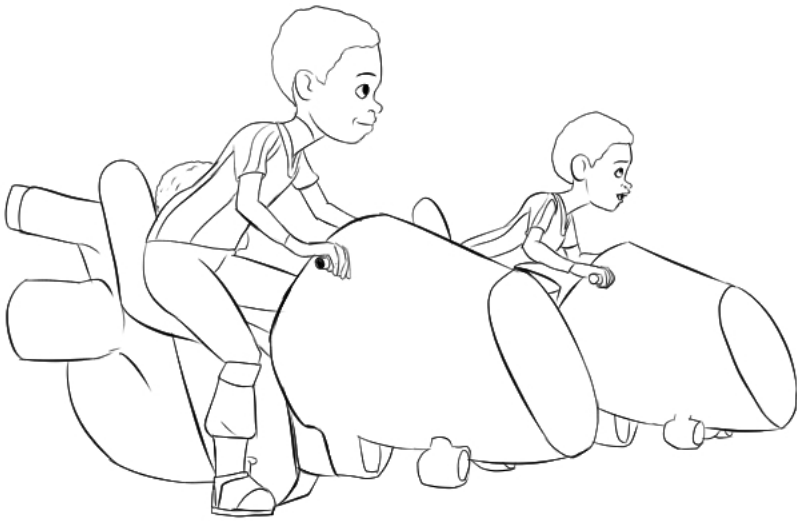




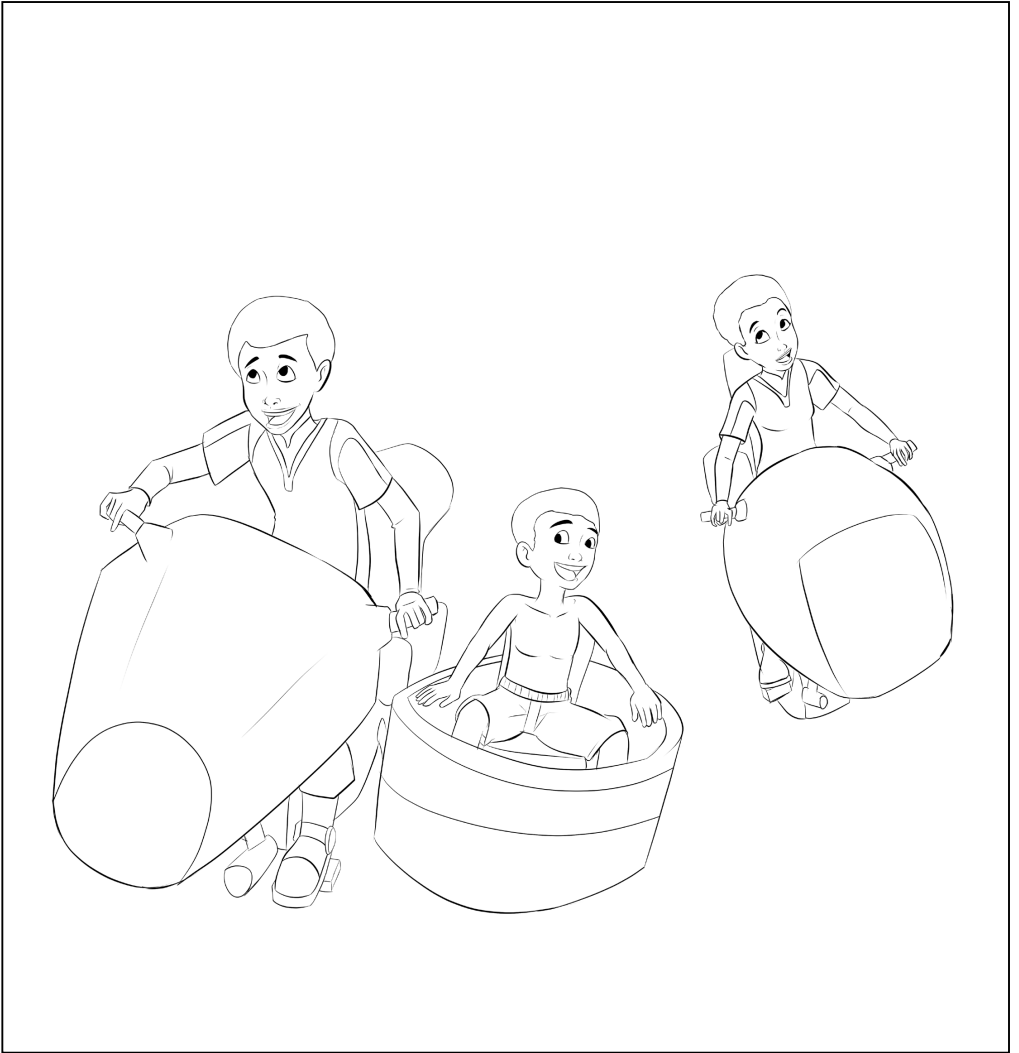
One of the functions of a white blood cell is to protect this body by fighting against microorganisms such as bacterial, viruses, molds and parasites invasion, remove dead cells and dirty from damaged tissues.



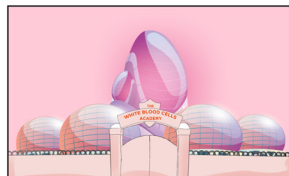
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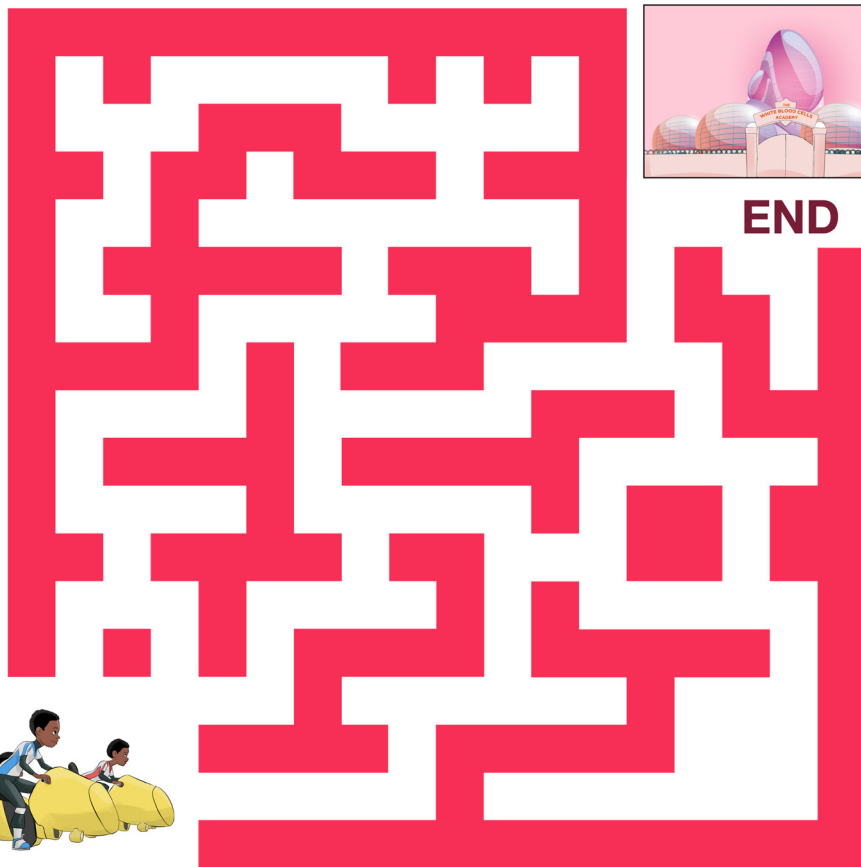
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PUZZLE MAZE

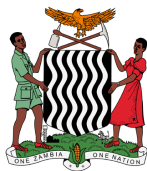


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START

A publication of the Food and Nutrition Security, Enhanced Resilience (FANSER) and Fish for Food Projects in Zambia



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