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SCOUTING AND NUTRITION



Part 1:

Understanding Nutrition



SCOUTING AND NUTRITION

CONTENTS

There are 3 booklets in this series on nutrition, each one forming a part of a whole.

- PART 1. : UNDERSTANDING NUTRITION
PART 2. : NUTRITION SURVEY AND DIAGNOSIS
PART 3. : NUTRITION EDUCATION AND ACTION

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PURPOSE OF THE BOOKLETS

People themselves in any community, with a little training and support, can understand the need for good nutrition and can take action to attain it.

The Scouts - boys, girls and young adults, are part of the people. These are things that they can do themselves, they can influence their families and, through them, their community. We as Scoutleaders, in partnership with health authorities, can help them.

THESE BOOKLETS PROVIDE SCOUT LEADERS WITH :

- an understanding of nutrition and of the problem of malnutrition,
 - descriptions of techniques for improving nutrition,
 - ideas for action by Scouts.
- . they can help them and their Scouts both to increase their initiative in approaching nutrition problems, and to help their families and the community to plan, organize and implement nutrition projects,
 - . they can provide a basis for courses in nutrition for Scouts and leaders.
 - . they can provide a tool for a literacy programme based on nutrition.

SCOUTING AND NUTRITION

INTRODUCTION

Food is a basic element for life. Nutrition is the process of utilizing the food we eat to build our bodies and minds and to keep healthy. Good nutrition means both that we have enough food to eat, and that there is an adequate balance in our diet. When the quantity of food is inadequate, we find starvation. When the diet is badly balanced, we find malnutrition. (In this booklet the word "malnutrition" means both not enough food and unbalanced diet.)

Quantity is as, or more, important than balance for someone struggling to survive. Malnutrition may leave a permanent mark on a person's health; it lowers resistance to disease and saps the body's energy; it is the constant companion of dire poverty. It can lead to permanent mental retardation and stunted physical growth.

It is the children who suffer most; 40% of the children in the world suffer from some form of malnutrition; 3 in every 10 children die before they are 5 years old from causes related to malnutrition; 250,000 children go blind each year because of not enough Vitamin A. These are facts.

Why is this so ? It is generally the result of many interrelated factors both inside and outside the family and community. There may be a shortage of land; agricultural methods may be out of date; floods or droughts may have destroyed the crop; income may be too low, or prices too high...

Another cause of malnutrition is the lack of understanding by the people themselves. Much malnutrition can be cured or prevented through actions taken by the community itself with a little training and support. Scouts can do these things too, for they are also members of that community. They can introduce ideas, initiate action, develop awareness. They can work with the people and with the health and agriculture officers towards a better life for all.

This booklet will give you some ideas. We hope it will motivate you and your Scouts to take action and to be an "Agent for Development".

Scouts should :

- practise good nutrition themselves,
- help their own families improve their nutrition,
- initiate community education action.

PART 1. UNDERSTANDING NUTRITION

A. FOODS AND FEEDING THE FAMILY

An adequate diet must contain different kinds of food. There are three main groups. They are :

- Energy foods (carbohydrates, fats/oils)
- Body-building foods (proteins)
- Protective foods (minerals and vitamins)

Everybody eats a staple food; generally this is an energy food. To improve the diet, it is important not only to increase the staple food, but also to add foods from the other two groups.

But for small babies the mother's milk is by far the best food because it is energy-giving, body-building and protective all at the same time.

1. FEEDING THE BABY

A mother's milk is a complete food in itself. It contains all the nutrients (components) necessary for the baby's development during the first few months of his life. This means that it contains food to provide energy, to build the body and to protect against disease.

If breast-feeding is impossible and bottle-feeding must be used, the mothers should be shown how to do this properly. For a bottle is not just a plastic breast. The problem is especially difficult where a mother already has several small children and just does not have enough milk for all of them. Other means of providing nutrition become essential. For example, some mothers may use cows' milk; some may use powdered milk. But bottle-feeding with powdered milk has its problems.

SAFE BOTTLE-FEEDING :

- needs much fuel and water
- is expensive
- takes time

BUT BOTTLE-FEEDING CAN BE DANGEROUS and can lead to starvation because:

- a) the milk powder is expensive and the mothers tend to dilute it too much with water,
- b) the bottle may not be cleaned properly and will then give the children infection,
- c) impure water may be used and this will also give the children infection.

A MOTHER'S MILK IS THE BEST FOOD FOR SMALL BABIES

BOTTLE-FEEDING WILL KILL THIS CHILD !!

fuel is scarce
water is scarce
money is scarce
milk is scarce

dirt is plentiful
flies are plentiful



IN CONDITIONS LIKE THIS SAFE BOTTLE-FEEDING IS IMPOSSIBLE

Bottle feeds must be well-prepared in correct proportions, and all utensils kept very clean. All equipment, including bottle and teat, should be boiled and kept under the boiled water between feeds. Keep flies and insects well away from feeding bottles.

If the mother cannot breastfeed, advise her to use a cup and spoon to feed her baby, but this is only possible for older babies. If you have to teach about bottle-feeding, show mothers how to do it properly. Seek advice first.

2. ENERGY FOODS, BODY-BUILDING FOODS, PROTECTIVE FOODS, NON-FOODS, WATER.

If children do not get enough of the right foods, they will become mal-nourished. The families must learn:

- the best foods for growing
- the best animals for rearing
- the best foods for buying
- the best way of preparing food.

All foods are made of a mixture of nutrients, each of which is important for health. A 'balanced' meal is a meal which contains enough of the different kinds of foods (energy food, body-building food and protective food).

THE MAIN DAILY MEAL SHOULD BE A BALANCED MEAL

(a) ENERGY FOODS (CARBOHYDRATES) - FOR WORKING, FOR PLAYING

There are two kinds of energy foods - carbohydrates and fats or oils. These are the main energy foods (in order of nutritious value):

- | | | |
|---|---|---------------|
| 1. Cooking oil, palm oil, vegetable oil | : | |
| 2. Lard, cooking fat, fat from animals | : | oils and fats |
| 3. Butter, margarine | : | |
| 4. Sugar | : | |
| 5. Wheat flour (bread and biscuits) | : | |
| 6. Maize, rice, millet | : | Carbohydrates |
| 7. Cassava flour | : | |
| 8. Honey | : | |
| 9. Cassava, sweet potatoes, bananas, yams,
plantains, potatoes, beans, lentils, etc. | : | |

Many people call their important carbohydrate food the "staple". Good staple foods (wheat, maize, rice, millet) contain about 8% protein. They are better than staples like banana and cassava (1% protein).

BETTER STAPLE FOODS USUALLY MEANS BETTER NUTRITION

One problem, in many areas, is that cassava, which is easy to grow, is being grown more and more, while millet, which is a better food but more difficult to grow, is being grown less and less. Therefore mal-nutrition is likely to occur more frequently in cassava districts. Cassava, however, does have certain advantages:

- you can eat its leaves,
- it is easy to store,
- it can stay in the ground for two years,
- it will survive with less rain.

Hence cassava is a good food when conditions are dry or harsh.

If cassava is the only staple in a district the people should be encouraged to grow and eat a more nutritious energy food as well.

(b) BODY-BUILDING FOOD (PROTEINS) - FOR GROWING, FOR HEALING

Some foods contain more protein than others. Some body-building food helps the body grow and heal itself more than others.

The following foods contain the most protein (quantity given in percentages of weight).

<u>PLANTS</u>	Soya beans	:	34%
	Ground nuts	:	23%
	Dry beans, lentils and peas	:	20%
	Maize (corn)	:	
	the millets (good staples)	:	8-10%
	Dark green leaves	:	3- 7%
<u>ANIMALS</u>	Cow's milk	:	3.5%
	Meat	:	18%
	Dried fish	:	63%
	Fresh fish	:	18%
	Eggs	:	12%

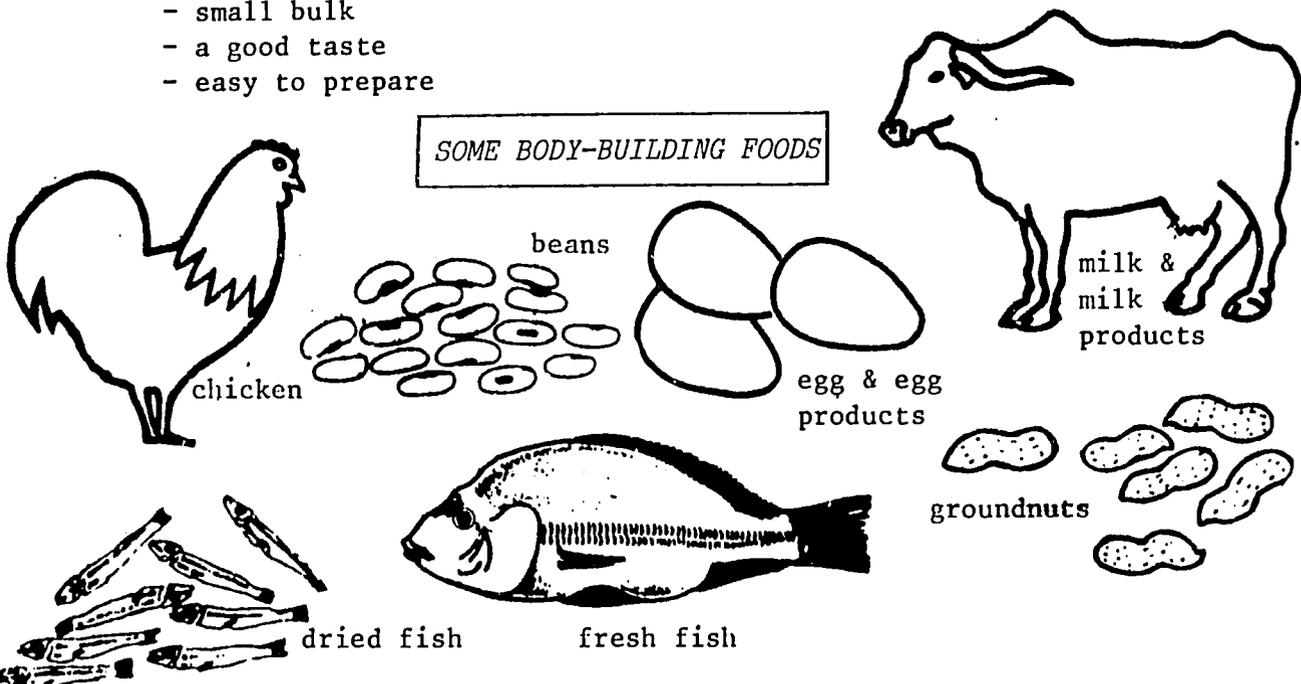
Protein also exists in small quantities in many of the energy foods, like rice, which are the staple food in many areas.

IT IS OFTEN FAIRLY EASY TO ADD EGGS TO A DIET, AND THEY ARE VERY GOOD FOR GROWTH

WHY BODY-BUILDING FOOD IS GOOD FOR CHILDREN :

- important for growth
- small bulk
- a good taste
- easy to prepare

SOME BODY-BUILDING FOODS



The following foods help a body grow more than others :

1. Egg	5. Sweet potato/potato	9. Millet
2. Fish	6. Liver	10. Maize
3. Meat	7. Rice	11. Wheat
4. Cow's milk	8. Soya bean	12. Groundnut, Bean, Pea, Lentils, etc.

It is important to mix body-building foods, such as plant and animal protein. It makes them more effective. The local clinic may be able to advise you.

(c) PROTECTIVE FOODS (VITAMINS & MINERALS) - FOR PROTECTION AGAINST DISEASE

Vitamins are generally known by letters, and come mostly from plants. Minerals come from food and water.

These are protective foods. Without them we would get certain diseases.

Most of them are found in body-building and energy foods.

VITAMINS	FOUND IN	GIVE PROTECTION AGAINST
Vitamin A	Fruits and vegetables (e.g. mangoes and carrots) Dark green leaves Fish livers	Eye disease (Xerophthalmia)
Vitamin B (e.g. Niacin)	Groundnuts Dark green leaves, liver, tomatoes	Diarrhoea Skin disorders (pellagra)
Folic Acid	Oranges, lemons, green vegetables	Weak blood (anaemia)
Vitamin C	Oranges, lemons, green vegetables	Bleeding of the gums (Scurvy)
Vitamin D	Eggs, milk, butter fish liver, (sunlight also has the same effect)	Soft bones (rickets)

EVERY DAY SOME PROTECTIVE FOOD SHOULD BE EATEN

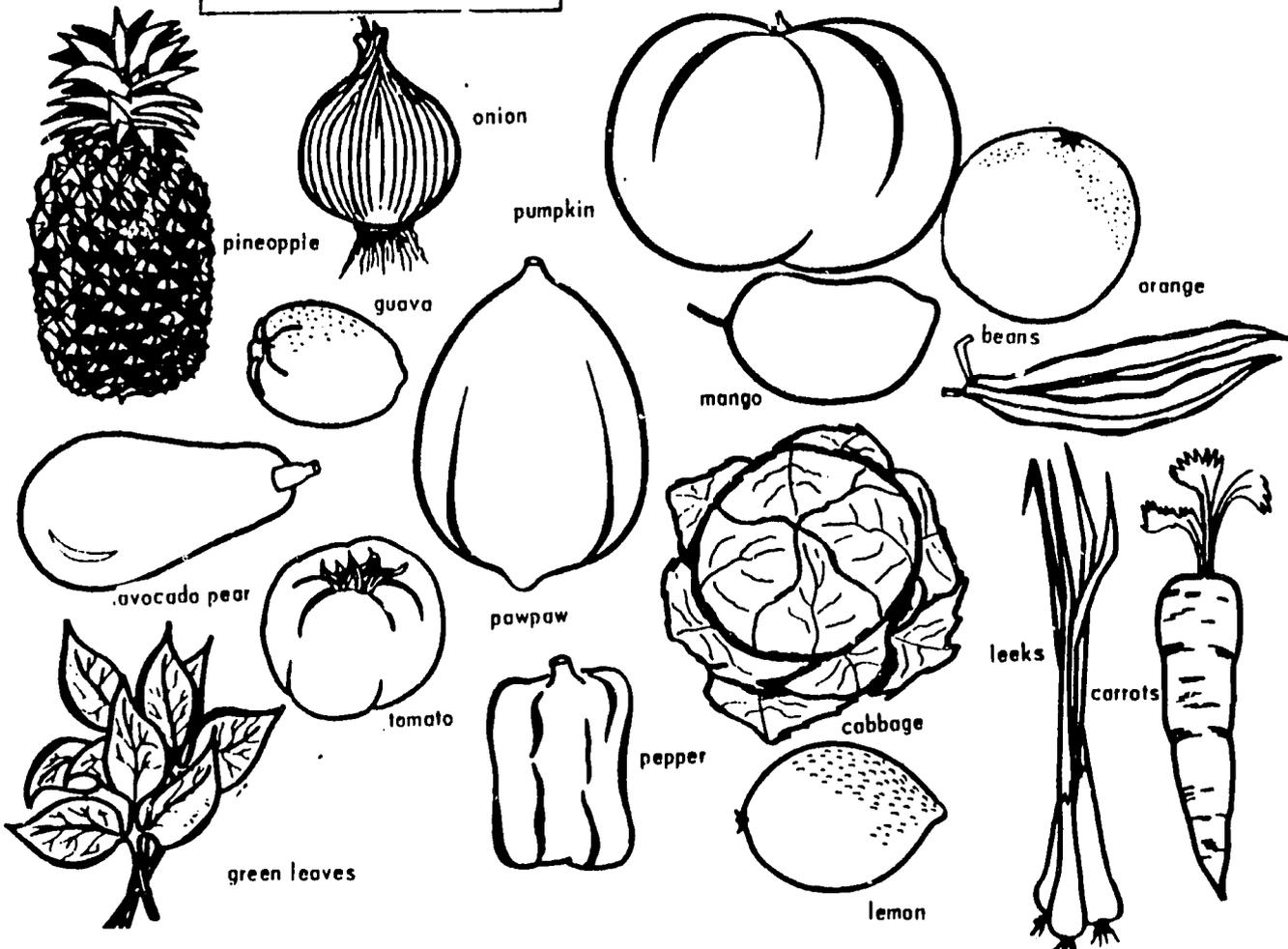
MINERALS	FOUND IN	PROTECTION AGAINST
Salt/soda	:	: Cramps
Iron	: Meat, dark green leafy : vegetables and legumes	: Weak blood (anaemia)
Iodine	: Seafoods, iodized salt	: Swollen gland in neck (goitre)
Calcium	: Milk, millet, dried fish : etc..	: Weak bones

If you try to preserve food by drying it by using the heat of the sun, remember not to put the food in direct sunlight, otherwise the food will lose its Vitamin A and some other nutrients.

The well-known protective foods include :

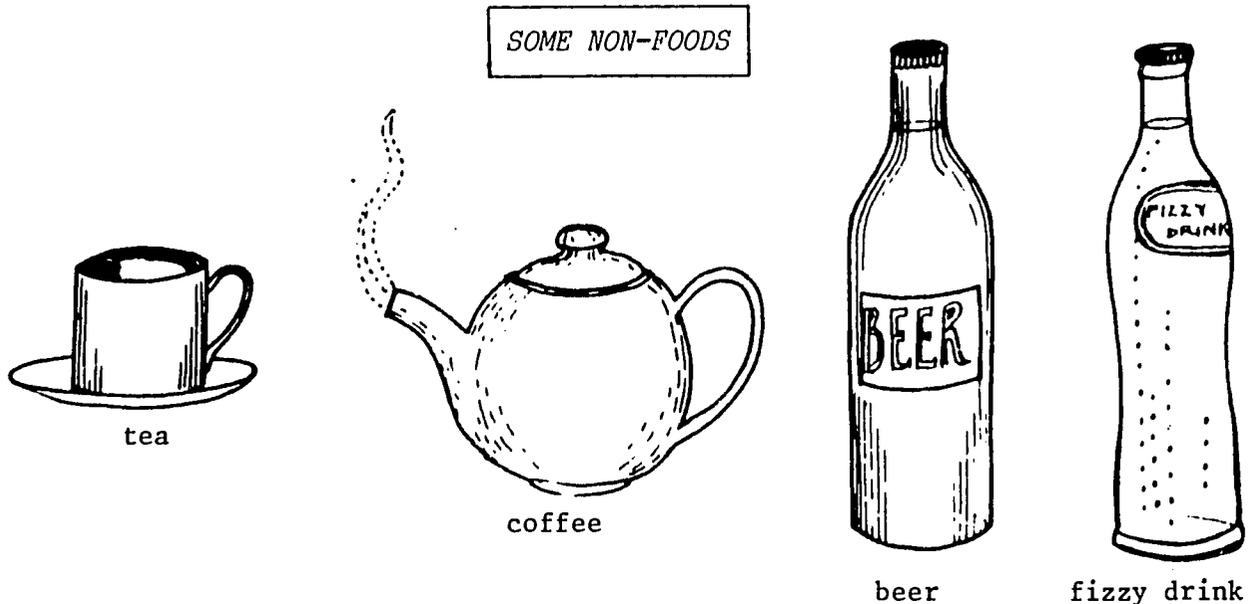
- cassava leaves
- pumpkin and pumpkin leaves
- sweet potato leaves
- many green leaves from the bush
- tomatoes
- peppers
- carrots
- mangoes
- pawpaws
- oranges
- guavas
- avocado pears
- pineapples, etc.

SOME PROTECTIVE FOODS



(d) NON-FOODS

Many families spend much precious money on such things as fizzy drinks, tea, etc. These foods contain little, or no, nutrients. We call them non-foods. It is not wrong to have them, but it must be remembered they do not contribute to nutrition. Money spent on alcohol may mean less money available to buy needed food.

(e) WATER

Water is a nutrient. People die if they do not have water. They become sick if they drink impure water, or eat vegetables washed in such water. Much of the sickness in the world is related to impure water.

In some areas, mothers spend up to 27% of their energy fetching water. Workers in some towns may spend 10-20% of their wages buying water.

Many germs are spread by water and cause such sicknesses as diarrhoea. Safe water means that it contains no germs that will cause disease. It is therefore vital to keep such things as faeces and urine out of drinking water.

Food and drinking water can be contaminated from faeces in three main ways:

- 1) Through the ground or in springs and wells. This happens if the latrine is too close to the water supply, the well is not covered, the spring is not protected, or there is no latrine.
- 2) On fingers. This may happen if you touch food after using the latrine without washing your hands first.
- 3) Through flies. This happens if they land on faeces and then fly on to food and eating utensils.

IF YOU ARE NOT SURE THAT WATER IS FREE FROM GERMS, BOIL IT

This is especially important for very young children. But it may be expensive. Breastfeeding and good nourishment give greater resistance to all infections and so make it less likely for a child to get diarrhoea. Piped town water is made safe because it is brought from a clean source or has chlorine added to it by the town authorities.

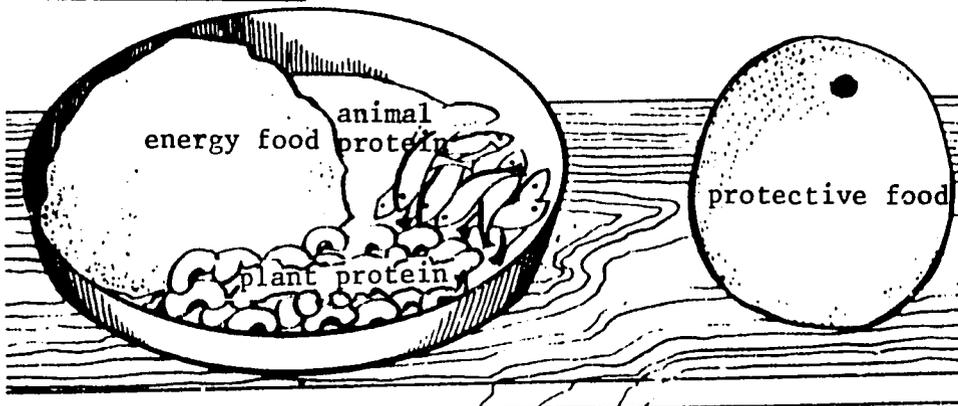
3. A BALANCED MEAL

MALNOURISHED CHILDREN MAY NOT FEEL HUNGRY

It is hunger that tells us to eat more food. But it does not tell us what kind of food we should eat. We need to eat all three kinds of food that have just been explained :

energy food, body-building food and protective food - if possible at every meal.

This makes a balanced meal



Some people do not eat meat. But the minerals and the protein found in meat are also found in vegetable foods, e.g. beans, groundnuts, millet, lentils etc., so that a meal without meat may still have a high nutritious content.

A GOOD MEAL CONTAINS A MIXTURE OF FOODS

Some balanced meals

1. Maize, beans, orange
2. Cassava, groundnuts, beans, tomatoes
3. Maize, groundnuts, pawpaw
4. Rice, beans, peas, fish, mango

5. Millet, beans, egg, pineapple
6. Cassava, meat, beans, tomato
7. Millet, fish, banana
8. Maize, porridge, milk, dark green leaves (very important)
9. Rice, meat, orange
10. Lentils, eggs, carrots, etc...

*MILK IS IMPORTANT BECAUSE IT CONTAINS
ALL THREE KINDS OF NUTRIENTS*

- Skim milk should be added to a child's porridge after he is four months old, whenever possible. But most mothers will not be able to get milk for their children after they finish breastfeeding. They will have to use mixtures of plant proteins with a little animal protein if possible.
- Goats milk can also be used.
- Sugar gives energy, but too much can cause holes in the teeth; it may be expensive. The same energy can be found in other foods such as fats and honey (but this may also be expensive).
- Groundnuts and cassava may contain poisons. To avoid ill-effects, groundnuts must be kept dry, and cassava must be peeled and soaked.

4. BEST BUYS

For the housewife in a town it is always difficult to decide which are the best foods to buy when she has little money to spend. The price and nature of food varies from place to place.

The following foods provide the best value for money in one particular place. The order may not be the same everywhere, but at least gives the idea.

BEST BODY-BUILDING FOOD BUYS (in order)

1. Maize, dried fish
2. Beans
3. Dried skim milk
4. Fresh milk
5. Groundnuts
6. Bread
7. Eggs
8. Meat, etc..



*HELP MOTHERS
BUY WISELY.*

BEST ENERGY-FOOD BUYS (in order)

- | | |
|---|---|
| 1. Maize (whole or refined),rice, wheat | 6. Groundnuts |
| 2. Beans | 7. Cassava flour |
| 3. Sugar | 8. Oil |
| 4. Margarine | 9. An "infant food" (most expensive, etc...) |
| 5. Bread | |

WORK OUT THE BEST BUYS OF BODY-BUILDING AND ENERGY FOODS IN YOUR DISTRICT

MONEY FOR FOOD IS THE MOST IMPORTANT PART OF A FAMILY BUDGET. BUDGET WISELY

WORK OUT THE MINIMUM FAMILY FOOD BUDGET FOR YOUR DISTRICT

DO NOT SELL FOOD THE FAMILY SHOULD BE EATING

5. RULES FOR FEEDING THE FAMILY

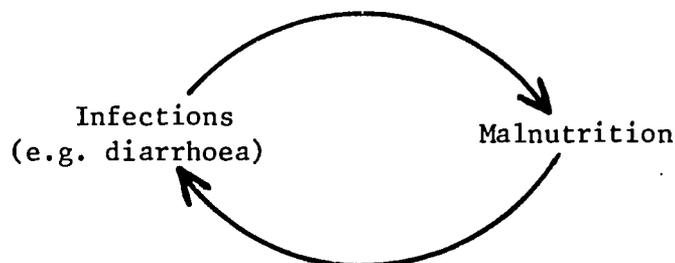
These are simple rules about feeding that every Scout should know and should be able to teach to others.

1. Breast milk is best.
2. The mother should start giving porridge to the baby when he is 4 months old. Increase it, add body-building food, and give it 3 times a day by the time he is 6 months old. The baby's food must be well washed.
3. When introducing new foods to the baby, the mother should feed them to him before he is allowed to have his breastmilk. Once he likes a new food she should give it to him after his breastmilk.
4. The mother should go on breastfeeding the child as long as possible - until he is 18 months or 2 years old - but with supplementary food. She should not stop breastfeeding when she goes to work. When she does stop breastfeeding, she should do it gradually.
5. The mother should feed a young child often (3 or 4 meals a day), on his own special plate with food that is well-mixed. She should make sure he gets his share of the family food. Children must not miss their meals.
6. A child must be eating the foods normally added to the staple well before he stops breastfeeding.
7. Pregnant mothers can breastfeed; their milk is not sour.

8. By increasing the interval between the births of her children, a mother will be able to feed them more nutritiously.
9. Maize porridge is better than plain cassava, but by itself is not enough, even with sugar and margarine. The mother should always add one or two large spoonfuls of body-building food to every plate of porridge (e.g. beans, fish, groundnuts, dark green leaves, dried skim milk, etc.). Mill beans, groundnuts and maize together make a good porridge for children.
10. A young child needs some protective food every day.
11. When travelling, the mother should take the child's food with her for the journey.
12. Infant foods in tins are an expensive way of feeding children.
13. Sick children need plenty of body-building food, especially those with chronic diarrhoea. They should also drink a lot. Diarrhoea causes a person, especially a child, to lose a lot of water from his body (dehydration). A mixture of salt, sugar and water is the best medicine against the dangerous dehydration that is caused by diarrhoea ($\frac{1}{2}$ teaspoon of salt and 2 teaspoons of sugar to each cup of water). This is important for rehydration.
14. School children need breakfast and lunch. A good breakfast is needed for good work. Children who do not come home for lunch should take it to eat at school. Lunch should include some protein.
15. Workers and mothers need to be productive. Productivity requires hard work. Hard work requires plenty of energy food.
16. It is very important for mothers, when pregnant or breastfeeding, to be well-nourished if the child is to be healthy; minerals and liquids are especially essential. Furthermore, good nutrition is important for adolescent girls for their future motherhood.
17. Malnutrition makes infections worse and infections make malnutrition worse.



*BREAST MILK IS THE BEST FOOD
FOR A YOUNG CHILD*



A VICIOUS CIRCLE

B. UNDERSTANDING MALNUTRITION

1. THE FOOD-PATH

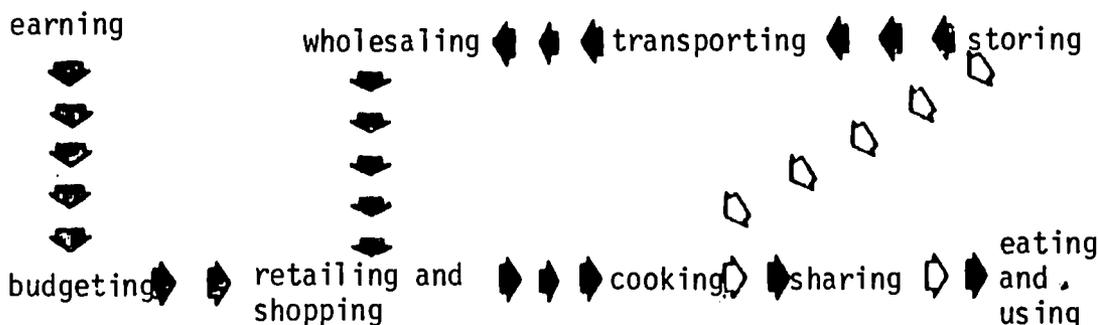
The food-path is the way the food goes from the field or from the animal to the person who eventually eats it. For instance, for a villager it goes from cleaning the ground and planting the seeds, through growing, harvesting, storing and processing, cooking, sharing, to eating.

For the townsman it may be longer; for instance, after storing and processing it may go through transporting, wholesaling, retailing and shopping to cooking, sharing and eating.

The townsman, and sometimes the villager, has also to earn money, make a budget, and buy the food.

clearing ◊ ◊ ◊ planting ◊ ◊ ◊ ◊ ◊ growing ◊ ◊ ◊ harvesting

THE FOOD-PATH



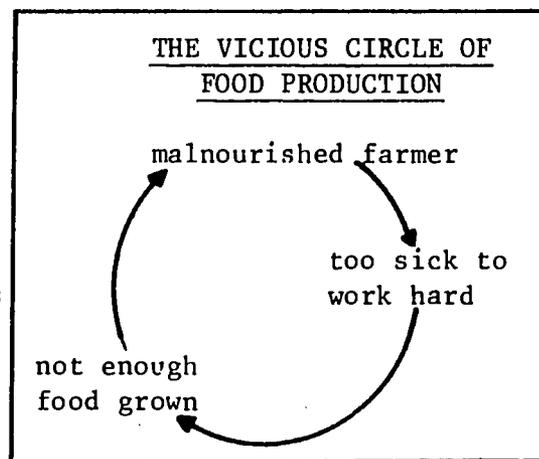
◊ village ◊ town ◊ money-path

2. CAUSES OF MALNUTRITION

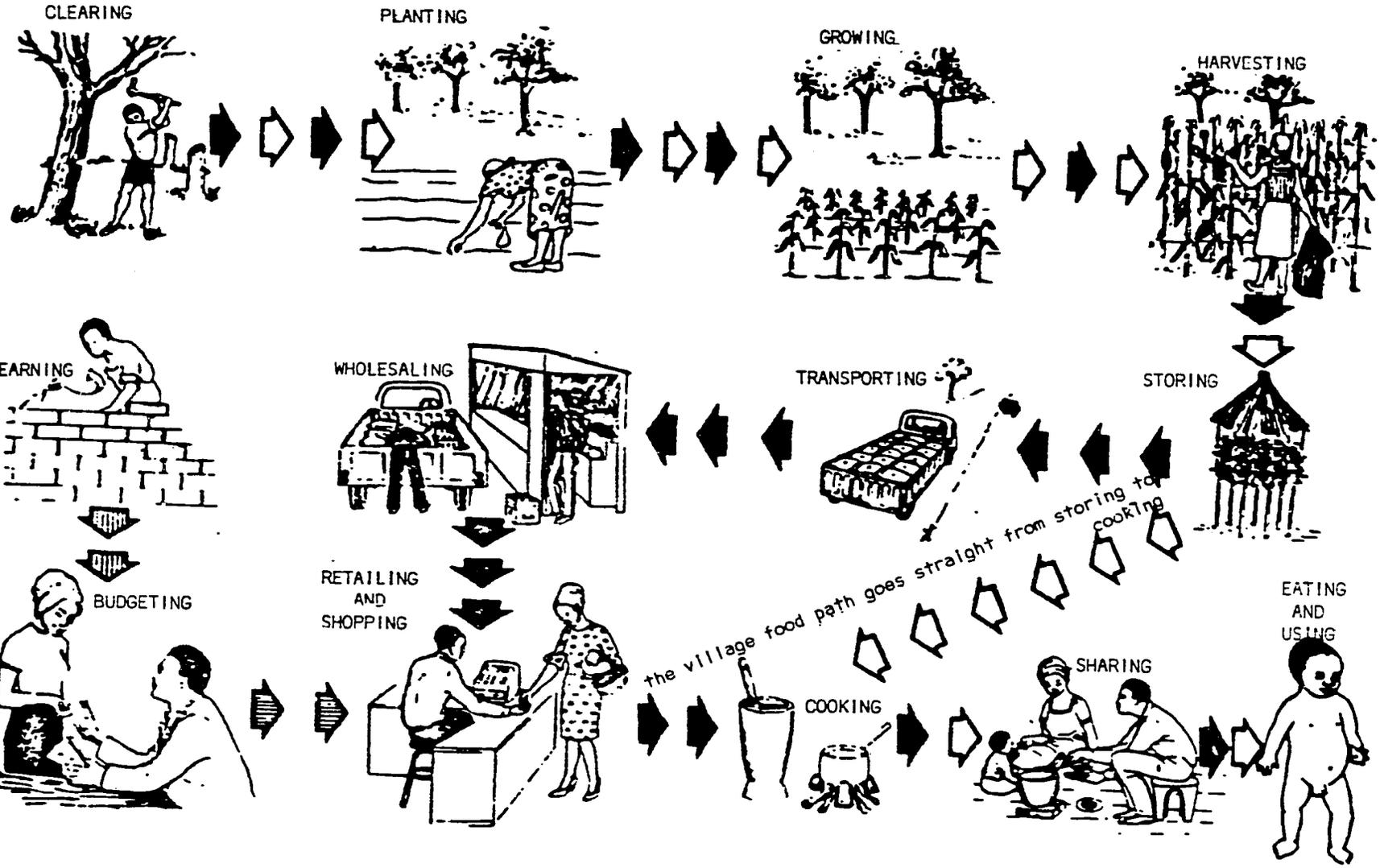
ANYTHING THAT BLOCKS A FOOD-PATH CAN CAUSE MALNUTRITION

Here are some examples of blocks on the food-path that can cause malnutrition:

1. People may be too sick to work hard, especially to clear the land.
2. There may be too many people and not enough land. People do not want to move, and existing agricultural methods cannot produce more food. Nor do parents want to reduce the number of children they have, even though there is not enough food to feed them.



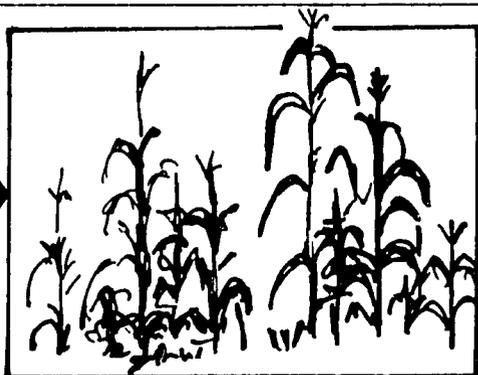
THE FOOD PATH IN PICTURES



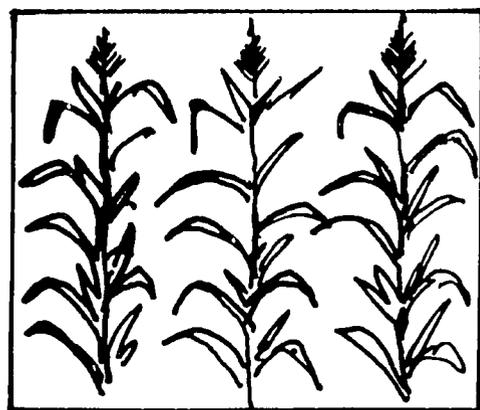
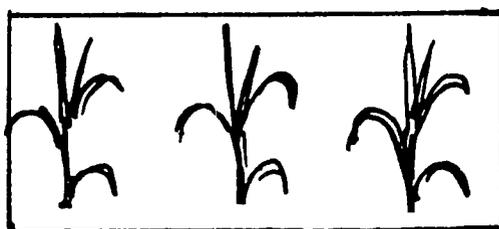
3. There are some customs that prevent good nutrition. For instance, in some places it is left for the women to do most of the work in the fields. Less land is therefore cleared and sometimes not enough food grown. In other places the people do not eat certain nutritious foods like eggs.
4. Sometimes a farmer does not understand the best agricultural techniques to use:
- he may leave the planting work till the rains come, when there may not be enough time;
 - he may use technology that is inappropriate (e.g. his tractor may break down and there are no spare parts available);
 - he may clear the land by burning, but after two or three good seasons the land will become so poor that it will take many years to restore;
 - he may depend too much on cash crops and find that he runs out of money for buying food during a bad season;
 - he may not plant the best variety of crops;
 - he may not use, or be able to afford, fertilizers, fungicides or pesticides which can improve his crops;
 - he may not know how to store his food properly, in which case he may lose a third of it to insects, rats and mould;
 - he may not have enough land, and has not explored alternatives like kitchengardens.

BETTER VARIETIES OF CROP AND ANIMAL, BETTER TECHNIQUES, MORE APPROPRIATE TECHNOLOGY, AND BETTER UNDERSTANDING CAN IMPROVE NUTRITION

Close planting results in a bad harvest.



Careful planting results in a rich harvest.



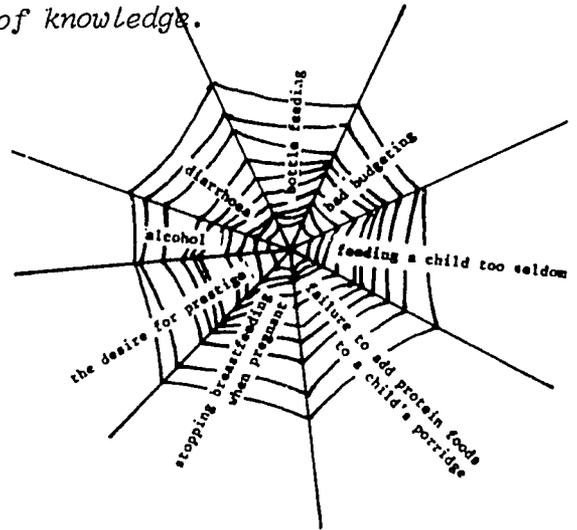
5. Another problem farmers face is erosion. Fields are sometimes planted or trees are removed so that the best soil gets washed away into the streams. Good crops cannot be grown.
6. In some areas there are not many young men left in the villages and less work can be done. They have left the land to go to the town where they can find jobs. Others are in school and do not learn how to work in the fields.

7. The transport is inadequate to carry the food from the villages to the towns.

Many of these blocks on the food-path are tied to one another as well as to lack of knowledge.

8. Sometimes the wholesalers and retailers (middlemen) make so much profit that food becomes too expensive for most women to buy.

9. In the towns there are too few jobs for people who want them. Unemployment means you cannot earn enough money to buy your food. Many people do not budget properly and spend too much of their money on less important things, like smart clothes. Sometimes the wages are too low. Sometimes they spend most of their wage as soon as they are paid; then there is not enough money for food later in the month. Those who come to town from the villages may not understand the importance of money in buying food as they are not used to it.



10. Sometimes a mother does not understand the best ways of feeding her family. She may buy more expensive but less nutritious food, like coffee; she may bottlefeed her baby when breastfeeding is still possible; she may not give her children enough of the right kind of food, especially if she works.

11. Alcohol also blocks the food-path. It uses up the precious money. Farmers may be drunk when they should be clearing the bush. Workers may lose their jobs because they get drunk.

12. Forests are becoming smaller, and so is the wood supply. Charcoal or paraffin costs money. Some families may cook only once a day to preserve the fuel supply. This is not enough for children.

13. Children may be born too close together (e.g. every year) and the mother finds it difficult to feed two children adequately at the same time. The interval between births should never be less than 18 months.

14. Many children have diseases, like diarrhoea, that prevent them from making the best use of the food they eat. With some diseases, they do not want to eat at all.

15. A broken home can lead to malnutrition for a child, because the mother may not have enough money to feed the child.



ALCOHOL BLOCKS THE FOOD-PATH

3. RESULTS OF MALNUTRITION

300 million children in the world today suffer from malnutrition. What are the consequences?

A. MALNOURISHED CHILDREN GROW UP LESS INTELLIGENT THAN THEY SHOULD BE

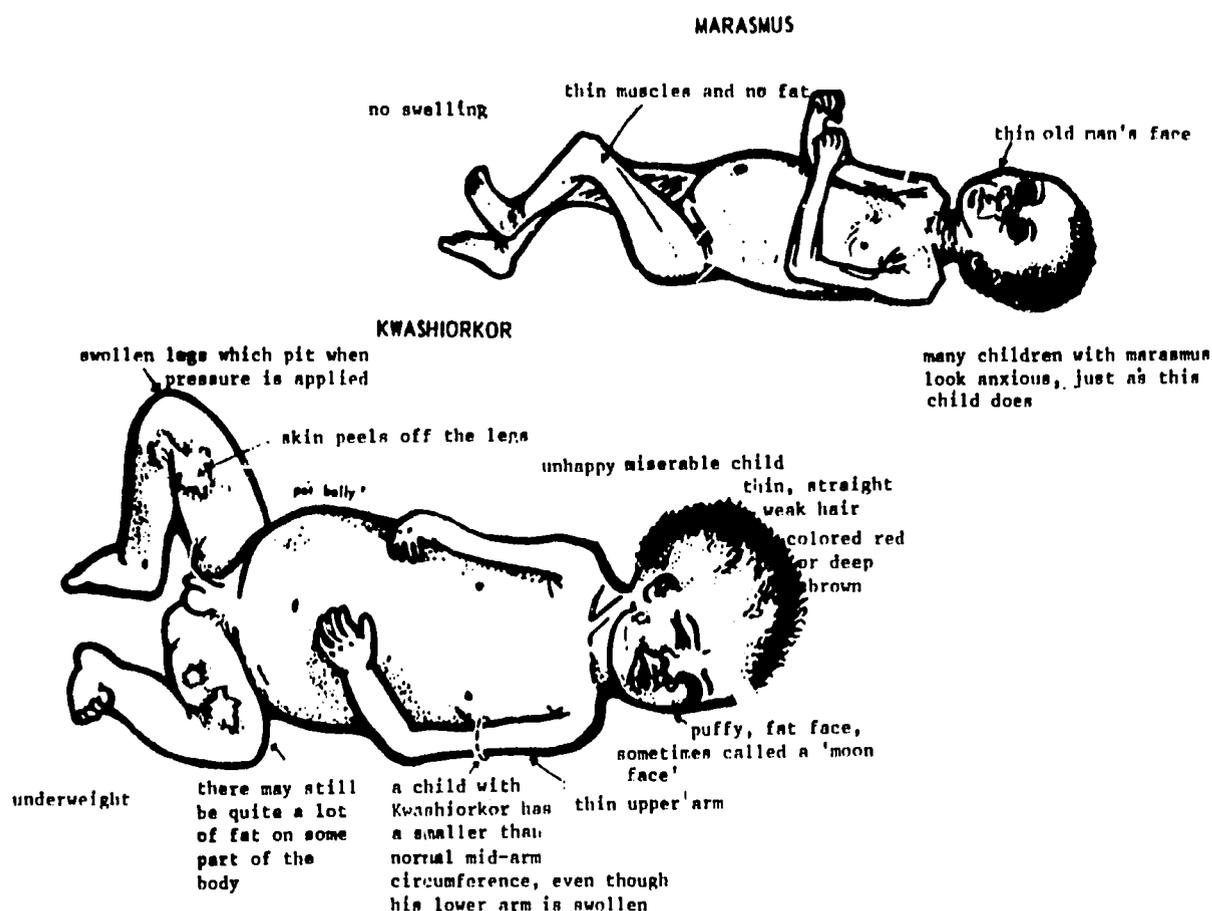
A child's brain needs protein to grow, but if he gets too little of it, especially before birth and in the first few months of life, he may be permanently harmed. He is also harmed if the mother gets malaria when pregnant;

- he does not learn to walk and talk and play as he should,
- he is sleepy and dull, and cannot work well in school,
- on the farm he cannot work so hard.

Thus, malnutrition slows development.

B. MALNOURISHED CHILDREN BECOME ILL AND DIE MORE EASILY

15 million children die each year from causes related to malnutrition. Two of the most important causes are the diseases called Kwashiorkor and Marasmus (see diagram below). Kwashiorkor is a deficiency disease due to a diet with not enough protein. Marasmus is a disease caused by bad feeding practices in which a child progressively wastes away. Malnourished children also catch other diseases, like measles and diarrhoea, very easily, because they have little resistance against them. In many cases these diseases also kill.



4. DAVID'S STORY

David was two years old. He weighed 8.3 kg. and had an arm-circumference of 12.5 cm (a well-nourished child of his age weighs 12.5 kg. and has an arm-circumference of about 16 cm). He was shorter and thinner than a well-nourished boy of his age. His head was big in proportion and his stomach was swollen. Some of his hair was reddish. His skin was pale. He looked sad, and did not play with the others much. He spent most of the day sitting.

He lived in town with his great-grandmother as his mother was looking after her sick mother in the village. She worried as he did not eat well and tried to feed him extra bits of bread between meals.

David's elder brother was well-nourished. His younger sister (3 months) was with her mother in the village. David's mother had stopped breast-feeding him when she was pregnant again. She had tried to bottle-feed him, but this had lasted only 3 days.

David's father had left his mother; the family were living with David's uncle, a vegetable seller. He was very often drunk. He gave the family the equivalent of \$3 each month for maize meal, but almost no other money.

They lived in a small two-roomed mud house in a shanty town. The family had 2 pots, a small table, 2 chairs, a broom, an empty fizzy drink bottle and almost nothing else. There was no fuel in the house and water had to be carried over a mile as the hot season was beginning.

David received bread and tea in the morning and porridge twice a day. Sometimes there were green leaves and fizzy drinks, but never meat, milk, eggs, fish, beans or groundnuts.

He had never been to the under-fives clinic, even though it was only 2 kilometers away, and a doctor had told his mother to take him there for treatment.

There are many blocks on David's food-path. The second year of life is one of the most dangerous for a child because he has finished breast-feeding, but is not big enough to eat like the older people in the family.

CONCLUSION

Many blocks on the food path are due to people doing wrong things in attempts to improve health, for instance, when a mother stops breast-feeding when she is pregnant again. They want the child to be healthy, but do not know the best things to do.

Other blocks are due to people doing new things that everyone else is doing, such as buying artificial drinks for the children.

Other blocks are related to the environment (e.g. drought) when people do not make adequate preparation.

*HEALTH EDUCATION CAN TEACH PEOPLE TO DO THE RIGHT
THING FOR THEIR OWN HEALTH AND THAT OF THEIR FAMILIES*

"THE COMMUNITY DEVELOPMENT SERIES"

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