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**Development of a dietary package for pregnant
mothers involved in a collaborative maternal
nutrition education project in the Gambia**

by

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Introduction

In 1985, INCS began a collaborative maternal nutrition education project with Save the Children Federation and the Medical Health Department in The Gambia. The purposes of the project were to improve maternal nutrition during pregnancy among low-income Gambian mothers (thus improving overall pregnancy outcomes), reduce the incidence of low birth weight babies, and produce a change in attitudes regarding the importance of dietary supplementation to pregnancy outcome. This was to be accomplished through development and promotion of inexpensive, locally based food supplements for pregnant women, the familiarization of TBAs and VHVs in growth and weight monitoring techniques, the implementation of a supportive communications strategy to promote behavioral change in nutrition-related practices, and introduction of appropriate technologies intended to reduce the amount of time and labor spent by women in their work. The pilot project is being carried out in the SCF's High Impact Program, a ten-village area in the Upper Baldi Administrative District.

This report documents the results of the second technical assistance mission carried out by INCS. Florence Dahniya worked with SCF staff and village mothers to identify and develop inexpensive meals and recipes that were made from locally available foods. These recipes were intended to be mainly used as food supplements for women in their last trimester of pregnancy (particularly those pregnant during the rainy season). Ms. Dahniya used a participatory workshop format in which she involved village women in the actual identification and improvement of supplementary meals as well as in demonstration classes aimed at showing other women how to prepare the foods. These workshops and cooking demonstrations also served as a jumping-off point for on-the-spot nutrition education classes dealing with the nutritional value of the supplements, and the reasons for their promotion. This participatory methodology was used in an effort to conform to the overall philosophy guiding SCF development programs--that of helping villagers help themselves and of drawing upon their own knowledge, experience, and capabilities. It has produced a supplementary diet that is both acceptable to and appropriate for the pregnant women involved.

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INCS

Acknowledgements

I wish to express sincere thanks and appreciation to the following: Mrs. P. B. Caffrey, Field Office Director, SCF, who was very helpful in making my stay in the Gambia very pleasant; M. L. Dibba, Assistant to the Field Director, who briefed me on the activities of SCF/USA in the Gambia; Ms. N. Jammeh, Administrative Assistant, who helped me to procure needed materials and who also made arrangement for my return trip; Ms. H. Jallow, secretary, Kerewan office, who typed my Nutrition Education lesson. Faa-Brama, Joseph George, and Bintou Jaiteh were also of tremendous help during the demonstrations given at Kachan and Yalal. Special thanks go to Mr. Yaya Sanyang, Ag. Programme Manager, North Bank Division, and Bintou Jaiteh for all the assistance they rendered during my stay in the North Bank area, without which my task would have been impossible.

Thanks also go to Michel and Margaret for their kind gestures and for providing some teaching aids which I found very useful during the lessons. My special thanks also go to all other staff members in the Banjul and Keresan offices, as well as the Agriculture extension instructors in the area where I worked. I am grateful to the International Nutrition Communication Service for giving me the opportunity to perform this task. Finally, I also wish to say a special thanks to the women with whom I worked, the Algalos (Chiefs) and the general village communities.

Executive Summary

The International Nutrition Communication Service (INCS) requested my assistance to the Save the Children Federation's High Impact Program in the Upper Baldi Administrative Area of the Gambia. The assignment was to develop a dietary package for mothers in the last three months of pregnancy. The package was to include recipes and methods of food preparation.

After meetings with the SCF office and field staff, village chiefs, and women who were to benefit from the work, cooking demonstrations were held at Yalal and Kerean. The recipes thus developed were modified and adjusted to suit local conditions. Nutrition Education lessons were also given at that time to the demonstration participants.

Emphasis was on foods for pregnant women, but references were made to other vulnerable groups, as well as the nutritional needs of the entire family. The nutritional needs of pregnant teenagers were also highlighted.

The recipes, nutrient value of foods, demonstration lessons, and some visual aids are presented as Appendices to this report.

Introduction

Background

Save the Children Federation (SCF) is a private, international development assistance agency that works with children and their families in forty-two countries. Its staff works closely with rural villagers and indigenous institutions to promote sustainable long-term development.

SCF programs involve villagers in their own development process by assisting them to develop relevant skills and strengthen links to locally available resources and institutions. The SCF staff works closely with village-based organizations to design development plans for the village that are comprised of simple self-help projects addressing the specific needs of the villagers. These programs attempt to be cost-effective and managed by the villagers

themselves. In this manner, SCF encourages the people to depend on themselves, where possible.

Save the Children became involved in the Gambia in 1978. The present program has two components, the overall North Bank Division program and the Upper Baddibu High Impact Area (UBHIP) program. The objectives of the North Bank Division program are to provide on-the-job training to Community Development Assistants and Village Development Committees and provide seed money for small community-based self-help projects throughout the North Bank Division.

The UBHIP program objectives are based on the results of a comprehensive baseline survey and needs assessment conducted within the area. Emphasis is placed on food production, development of appropriate technologies related to food production, mother/child health and nutrition activities, and establishment of local credit systems to support community-based income-generating activities.

Problem

The UBHIP Nutrition Education program is an ongoing project that was planned to benefit 1500 women and 3000 children. The diet throughout the UNHIP area is not as well balanced as it could be, and this situation indirectly affects the health of the women and children. The major food items consumed in the area are cereals, mainly rice and millet. The consumption of foods high in vitamins, minerals, and proteins, on the other hand, is inadequate.

Nature of the Consultant's Task

Many different foodstuffs are available locally in the Gambia, which, if consumed in the proper proportions, could greatly enhance the health of children and mothers. My task was to develop, with the assistance of the Health Co-ordinator and Community Development Assistants (CDAs), a dietary package for mothers who were in their last three months of pregnancy, during the rainy season in the impacted North Bank area. This dietary package would include recipes as well as instructions for preparing the meals.

Second, I was to test these recipes and recommend ways in which they could be prepared by mothers (or mothers' groups) at the home level, using the ingredients available in the area.

Technical Assistance Activities

Preparatory Activities

A day after my arrival at Banjul, I received a briefing in Banjul from the SCF Director and Assistant Director. The next day, the Director, Assistant to the Director, the Health and Nutrition Co-ordinator, and I travelled to Kerewan, where the field office is located. A general planning meeting was held a day later in which the CDAs were present.

I then held preliminary meetings with the Algalos (Chiefs), Traditional Birth Attendants (TBAs), and a few women representatives from the involved villages. At this meeting, the purpose of our visit was disclosed, and through very cordial discussions we planned a suitable time to meet when most women would be available.

At this meeting, an introductory statement was made by the CDA which was followed by a Nutrition Education lesson. After the lesson, I was satisfied that the women had a fairly good idea about nutrition as well as their own individual needs. Their response to questions, interaction with each other, and individual involvement in the discussions were very good.

A food demonstration was planned. This time we wanted to deviate from the norm, that is, to let the women decide on what they wanted to cook. They chose the dishes and ingredients.

The main reason for this method is that it is not an easy task to change traditional food habits. The consultant was interested in familiarizing herself with the food habits and food preparation methods of the women. It was also an attempt to promote the women's involvement in the whole process of helping themselves.

The women were divided into groups; each group decided on a dish and ingredients were listed. The list was later used for shopping purposes. The consultant and the CDAs examined the list to determine whether the ingredients were necessary for the dishes chosen. Alterations and substitutions were made where necessary.

This exercise was implemented in two villages chosen in the high impact area, Kachan and Yalal. Both villages were large, and ethnically they are Madinka and Fullah, respectively.

The Actual Cooking Exercise

After the shopping was done, some of the food items which required advance preparation were distributed to group leaders. This was done in order to ensure that there was no delay during the actual cooking exercise.

Each group was responsible for providing their own cooking utensils and for carrying out their cooking demonstration. The consultant went around to each group and made corrections where necessary, especially when the women were employing an improper method of cooking. (Certain practices were not right and would contribute towards the destruction of food nutrients.)

Step-by-step procedures were examined and corrections and comments made whenever necessary. At the end of the cooking session, the food was dished out for display and discussion.

One member of each group explained to the others how each dish was prepared. Notes on the method of preparation, as well as the comments made, were written down by the CDAs who were fluent in the native language.

A brief nutrition education revision lesson followed the cooking session. Visual aids were used, and the foods prepared were examined and sampled. At the end of this session, the women were asked what other ingredients were available that could be used during the various sessions. Through this, we were able to learn their usual pattern of eating.

In consultation with the groups, I was then able to make further adjustments to the diet whenever necessary. This approach was adopted in order to provide an opportunity for the villagers to help themselves and work on a meaningful diet that will not be strange and unacceptable to them.

Conclusions and Recommendations

My discussions with the Health Co-ordinator concerning the general Nutrition Education program should put the Co-ordinator in a better position to continue the work after my departure. However, the Co-ordinator appeared to be very busy planning for the health aspects of the program. The Health Co-ordinator should become more involved in the Nutrition Education program.

I was satisfied that the women had a fairly good idea about nutrition and their individual needs. They were also interested in the program, as evidenced by the full participation of the women's leaders in the development of recipes and the actual cooking demonstrations.

The Nutrition Education program should continue and be strengthened by the continuation of the nutrition education lessons started.

The Community Development Assistants should be given on-the-job training, and those who show good potential could be sent to established institutions for an intensive training period ranging from about 2 to 4 weeks. Longer courses could also be arranged that will deal with related subject areas, such as health education, social science, and extension methods, in order to enhance their field performance.

There should be a well-defined program for monitoring and evaluating the nutrition and health programs in the High Impact areas.

Nutrition Education should go hand in hand with Health Education Teaching to create more impact. Interviews showed that women in the villages were interested in topics that were related to their own well-being as well as that of the whole family.

Workshops should be first organized to assist Community Development workers in integrating Nutrition Education materials and information to Health Education activities. A second workshop will be aimed at educating women's leaders in the use of materials developed for effective teaching.

Another step will be to have further demonstrations in order to disseminate food preparation methods as well as to introduce the adjusted recipes for pretesting and further adjustments if there is need.

Volunteers, women's leaders, or Nutrition/Health aides could be organized and given some training, either with the CDAs or separately in order to carry out demonstrations and general monitoring of Nutrition and Health activities.

Nutritional follow-up could be carried out after identification of some nutrition problems. For example, if they find out that certain children or mothers are malnourished, staff could follow up with them through frequent home visits, giving demonstrations in their home surroundings and advising them on the right types of food they should eat. They could also recommend other health practices they should follow to improve their nutritional status.

The consultant should undertake another demonstration in order to test adjusted recipes for acceptability. This is necessary because of time constraints in carrying out the above exercise.

It is also hoped that nutritional snacks be developed especially for children and mothers, to contribute towards their total nutritional daily intake and perhaps that of the entire family.

Food tables have been used to assess the nutritional value of foods. In the future, however, it will be necessary for some food analysis to be carried out in order to provide a more accurate assessment of food values.

APPENDIX I

LIST OF CONTACTS

1. P.B. Caffrey Field office Director, SCF, Banjul.
2. A. Ceesay, USAID/Mission contact, Banjul.
3. L. Dibba L. Assistant to Field office Director SCF
Banjul
4. Faa Brama - Community Development Assistant Kachan.
5. J. Yenge, Home Economics Teacher at the Secondary
Technical School, Kerewan.
6. Njie F. Senior Teacher & Head Home Economics Depart-
ment , St. Joseph's Secondary School Banjul.
7. Bintou Jaiteh, Community Development Assistant, Yalal.
8. Haddy Jallow, Secretary, Kerewan.
9. N. Jammeh Administrative officer SCF, Banjul.
10. Y.M. Sanyang Ag. Programme Director North Bank Division
Kerewan.
11. Margarette. Health and Nutrition programme, Coordinator,
SCF North Bank Division Derewan.
12. Headmaster, Secondary Technical School Kerewan.
13. Headmaster, Primary School Kerewan.
14. Community Health Nurses in the North Bank Area.
15. Traditional Birth Attendants at Kerewan, Yalal.
16. Algalos (Chiefs) of Yalal and Kerewan.

APPENDIX 2. Participants according to groups in cooking demonstrations at Yalla.

Group 1:

1. Jully Jallow
2. Kumba Bah (Sira)
3. Nai Sowe
4. Fatou Jawo
5. Jainaba Sidibeh
6. Fatou Gindo
7. Edi Fatou Bah
8. Amie Njie
9. Teddy Jallow
10. Jabou Kah

Dish: Benachin with meat

Group 2

1. Jabon Jallow
2. Chagi Bah
3. Kaddy Keita
4. Isatou Jallow
5. Mama Buya Bah
6. Penda Jawo
7. Mai Bah (Binta)
8. Awa Jallow
9. Sallah Jallow
10. Kumba Bah (Fally)

Dish: Groundnut oil stew with meat

Group 3

1. Juma Bah
2. Amie Bah
3. Maimuna Jallow
4. Ramata Jallow
5. Kaddijatou Jallow
6. Dallanda Jallow
7. Ramata Bah
8. Penda Bawura
9. Penda Binta
10. Jabou Jawo

Dish: Ngeleng with fish soup

Group 4:

1. Fatou Ghagi Jallow
2. Ndey Bah
3. Manding Konteh
4. Nyatty Sowe
5. Mai Bah (Nuya)
6. Jankey Bah
7. Gibbeh Bah
8. Salla Bah
9. Isatou Bah
10. Oumie Keita

Dish: Palm oil stew with fish

Group 5

1. Jainaba Jallow
2. Isatou Jully Bah
3. Yassin Bah
4. Ndickeh Jallow
5. Awa Dadeh Bah
6. Buya Bah
7. Mai Konteh
8. Nyakasi Camara
9. Juma Jallow (Aline)
10. Sira Jallow (Kumba)

Dish: Super Kanja

Group 6

1. Awa Bah
2. Gibbeh Bah
3. Gabudeh Jawo
4. Adam Jawo
5. Kumba Jallow
6. Jariatou Sowe
7. Awa Bah
8. Penda Sowe
9. Salla Dadou Jallow
10. Mama Gibbeh Bah

Dish: Laghe with milk and sugar

Group 7

1. Adam Bah
2. Kumba Tarawalley
3. Ndickeh Bah
4. Mama Minteh
5. Isata Jallow
6. Jankey Darboe
7. Natou Danpha
8. Aja Keita
9. Oumie Bah
10. Beleng Bah

Dish: Njangkatango with
groundnut

Group 8

1. Isata Penda Bah
2. Fatunding Bah
3. Fatou Darboe
4. Awa Sata Jallow
5. Nafie Sira Bah
6. Harri Jallow
7. Eddi Bah
8. Fatou Sowe
9. Penda Gibbah
10. Nyatty Bira Sowe

Dish: Chira wirh greens

Group 9

1. Kumba Mariama Bah
2. Fatou Jabou Bah
3. Jainaba Bah
4. Haddy Jallow
5. Awa Jallow
6. Sally Penda Jallow
7. Isatou Sowe
8. Yamba Juma Bah
9. Dado Jallow
10. Buya Jallow
11. Awa Bah
12. Bintou Gindo
13. Ramatulaye Ceesay
14. Sira Ndickeh Bah
15. Mariama Konteh

Dish: Meat soup with bread

APPENDIX 3. Participants according to groups in cooking demonstrations at Kachan.

Group 1

1. Nyaranding Cham - Gp. Leader
2. Binta Fatty
3. Matti Fatajo
4. Binta Jaiteh
5. Mariama Kabba
6. Awa Camara
7. Binta Yarbo
8. Mama Waliy
9. Faliva Camara
10. Mariama Generi
11. Kaddy Kaayi
12. Kilim Jabba
13. Mariama Susso
14. Sisending Dauso
15. Kalla Kaayi

Dish: Suuper Kanja

Group 3

1. Satou Kaayi - Gp. Leader
2. Saribanding Dauso
3. Naato Dauso
4. Awa Kassama
5. Njie Sise
6. Metta Kabba
7. Mahawa Touray
8. Binta Camara
9. Yamundow Jabbi
10. Binta Banda
11. Kalla Jabbi
12. Binta Dauso Mama

Group 2

1. Binta Fatajo - Gp. Leader
2. Mariama Jabbi
3. Tunko Kabba
4. Jonkong Conteh
5. Tumbulu Sise
6. Njainding Fatajo
7. Binta Jallow
8. Kitim Kaayi
9. Njambu Jammeh
10. Kuru Dauso
11. Okimater Kassama
12. Filla Bogang
13. Fatti Jabbi
14. Nanding Jabbi
15. Binta Konteh
16. Naato Kaayi

Dish: Palm oil stew with meat

Group 4

1. Fullo Darboe - Gp. Leader
2. Mariama Kaayi
3. Tamata Kaayi
4. Majula Camara
5. Binta Dauso
6. Botto Tunkara
7. Nyara Sise
8. Bakoto Njie
9. Drammeh Kaayi
10. Binta Sise
11. Totala Kaayi
12. Fanta Jarneh

Group 9 Contd.

113. Naato Camara
114. Mama Wally Binta
115. Saatu Janneh

Dish: Kucha

Group 110 Contd.

113. Mama Kabba
114. Jonkunda Fatti
115. Nyaranding Jabbi

Dish: Nakulu-Kulo

Group 111

1. Saatu Camara - Gp. Leader
2. Mama Wally Jousaba
3. Sajo Touray
4. Binta Nyie
5. Isatou Hydara
6. Tomaring Kaayi
7. Binta Bayo
8. Wuday Susso
9. Sutering Kaayi
10. Kitimin Fatti
11. Matti Saatu
112. Naato Konteh
113. Kaddy Dibba
114. Bintou Jaiteh Jousaba
15. Kutu Jabba
116. Kaddy Kassama

Dish: Mentenbukolo

Group 112

1. Suntatung Chatti -Gp. Leader
2. Bintou Kassama Jul
3. Binta Jabe
4. Saatu Fatti
5. Naato Jailteh
6. Fatou Silah
7. Kaddy Jammeh
8. Mama Marong
9. Fahumata Sawaneh
10. Famatanding Barrow
111. Nyara Bogang
112. Saatou Kabba
113. Nkey Fatti
114. Saribanding Sawaneh
15. Binta Chatti
16. Jankey Kassama

Dish: Salato

Group 113

1. Jenneh Konteh - Gp. Leader
2. Mariama Janneh
3. Fofana Samo
4. Binta Kassama Jawaranding
5. Majira Konteh
6. Aminata Fatti
7. Kassama Jaiteh
8. Sawaranding Drammoh
9. Metta Sise
10. Kujeng Narong
11. Binta Saidy
12. Bakoto Dibba
13. Jawaranding Minteh
14. Sona Kaayi
15. Sheriffo Sise
16. Mariama Dauro

Dish: Fish Bennachin

Group 114

1. Kutu Jawneh - Gp. Leader
2. Fanta Njie Kabba
3. Mabintou Jabbi
4. Metta Kaayi
5. Chakunding Dibba
6. Keramo Kabba
7. Nyamokono Sise
8. Mabintou Janneh
9. Nkending Fatajo
10. Matti Kabba
11. Amie Jadama
12. Binta Sonko
13. Muye Hydera
14. Isatou Jobe
15. Saatu Dauso

Dish: Churo

Group 3 Contd.

13. Bintou Kabba
14. Nyima Drammeh
15. Siray Touray
16. Kaddy Chatti

Dish: Meat Bennachin

Group 4 Contd.

13. Metta Krubally
14. Taumatta Marong
15. Naato Kabba
16. Jankey Nyie

Dish: Plassas

Group 5

1. Sawonding Sise - Gp. Leader
2. Faatu Konteh
3. Sawonding Jabbie
4. Majula Sise
5. Faatu Barrow
6. Naato Dibba
7. Bori Kaayi
8. Dobali Marong
9. Sillah Kaayi
10. Adama Jaiteh
11. Kaddy Sise
12. Mama Jabbi
13. Butay Jabbi
14. Njutu Sawo
15. Mama Jawara

Dish: Tiakere Fasso

Group 6

1. Bintou Jawara - Gp. Leader
2. Conto Janneh
3. Yaya Conteh
4. Wandi Dauso
5. Lisanding Naaso
6. Famata Sawo
7. Binta Dibba
8. Julanding Dauso
9. Hawa Dauso
10. Nganya Fofana
11. Kaddy Camara
12. Matti Barrow
13. Kaddy Kinteh
14. Kanafa Sise
15. Kanafa Dibba
16. Sisending Sise

Dish: Njanke-Tango

Group 7

1. Binta Die - Gp. Leader
2. Jarra Dauso
3. Jula Dauso
4. Mariama Jaiteh
5. Naato Kassama
6. Matti Kaayi
7. Jankey Sise
8. Jankey Jabbi
9. Binta Jamba-Kaddy
10. Mambai Sise
11. Suntuking Jawara
12. Jarra Jabbi
13. Jankey Fatajo
14. Faye Kabba
15. Binta Nau Dauso
16. Mariama Saidy Fye

Group 8

1. Mama Fatajo
2. Isatou Saidy Fye
3. Dobali Camara
4. Ngansimba Faali
5. Mama Tunkara
6. Awa Sawaneh
7. Nyaranding Dauso
8. Nyima Kaayi
9. Awa Kaayi
10. Naato Dauso
11. Karanta Dauso
12. Kassama Dauso
13. Titim Kassama
14. Wally Njie
15. Sajo Touray
16. Naato Konteh

Dish: Groundnut oil stew
with fish

Dish: Meat durango

Group 9

1. Janke Faati - Gp. Leader
2. Binta Kassama
3. Kaddy Marong
4. Mariama Saidy Fye
5. Naato Njie
6. Binta Susso
7. Kujeng Tanjang
8. Mama Kaayi
9. Mamanding Konteh
10. Musu Kebba Jabbi
11. Bintou Kassama
12. Sisending Jabbi

Group 10

1. Koba Seckhan - Gp. Leader
2. Binta Kaneh
3. Ngansiroba Dauso
4. Nlana Dauso
5. Kumba Jammeh
6. Njome Dauso
7. Tamboha Jabbi
8. Tombong Fatti
9. Baluta Dauso
10. Nyaranding Barrow
11. Fatumata Sise
12. Tumbulu Jallow

APPENDIX 4B Composition of some foods used in demonstrations per 100 grams edible portion.

	Calories	Protein	Fat	Carbohydrate	Calcium	Phosphorus	Iron	Sodium	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		g	g	g	mg	mg	mg	mg	IU	mg	mg	mg	mg
Boabab leaves (dry pounded)	282	12.3	3.1	63.2	2,241	275	24.0	-	9,740	.82	.82	4.4	-
Black eyed beans (cooked)	143	6.2	5.7	18.1	23	124	1.8	-	-	-	-	-	-
Palm oil	587	6.6	55.3	24.9	78	-	-	-	-	-	-	-	-
Milk (sour)	122	16.3	3.5	5.7	112	180	1.4	-	25	.03	.27	.4	-
Cassava leaves	-	8.2	-	-	142	352	3.0	-	-	-	-	-	248
Milk	137	7.0	7.9	9.7	252	905	.7	118	320	.04	.34	.2	1
Locust beans(dried)	426	32.3	19.5	37.1	291	384	33.2	-	-	.30	.20	3.0	0
Vinegar	293	25.8	1.8	53.1	237	230	-	-	-	0	.09	3.6	-
Garlic (raw)	131	5.2	.7	30.2	33	195	1.7	-	-	-	-	-	11
Oil (saled & cooking)	584	0	100	0	0	0	0	0	0	0	0	0	0
Sugar(gramulated)	385	0	0	99.5	0	0	0	.1	1	0	0	0	0

Appendix 5. RECIPE FOR FISH STEW WITH OIL

Ingredients

Oil
Fish
Maggi cube
Spaghetti
Black pepper
Pounded pepper
Garlic
Fresh tomatoes
Tomato paste
Dry fish
Onions

Method

- Put oil in pot and clarify
- Wash fish, cut into pieces, salt and fry
- Boil spaghetti
- Remove seeds from fresh tomatoes
- Pound onion and pepper
- Add the rest of the ingredients to the fry fish and cover
- Cook until done
- Wash pot and put some water to boil
- Wash rice and put in pot
- Allow to boil and pour off some of the water
- Leave to steam.
- Serve with rice.

Appendix 7, RECIPE FOR GROUNDNUT OIL STEW WITH MEAT

Ingredients

Rice
Vinegar
Meat
Irish potato
Maggi cube
Black pepper
Spaghetti (boil)
Onions
Tomato paste
Garlic
Fresh tomato
Large pepper
Bay leaves.

Method

- Wash pots
- Put over fire, dry and add oil
- Wash and cut meat in even pieces, season with vinegar
- Peel irish potato and cut in cubes
- Fry meat and irish potato till brown
- Add boiled spaghetti
- Grind pepper, black pepper, onion, fresh tomatoes and add to the pot
- Add maggi cube, bay leaves and cook at a simmering T^o.
- Put some water in the other pot and boil
- Wash rice, put in pot and allow to boil pour off the water and steam.

Appendix 8. Composition of Foods Used in Groundnut Oil Stew with Meat per 100 grams edible Portion

Food	Energy (calories)	Protein	Fat	Carbohydrate	Calcium	Phosphorus	Iron	Sodium	Vitamin A	Thiamin	Riboflavin	Niacin	Ascorbic Acid
	g	g	g	mg	mg	mg	mg	mg	IU	mg	mg	mg	mg
Rice (Cooked)	109	2.0	.1	24.2	10	28	.9	374	0	.11	-	1.0	0
Meat	143	19.0	4.7	5.0	8	350	10	-	-	-	-	5.2	71
Irish Potato (raw)	114	1.7	.4	26.3	32	47	.7	10	8,800	.10	.06	.6	21
Garlic (raw)	131	5.2	.1	30.2	33	195	1.7	-	-	-	-	-	1
Spaghetti	148	5.0	5.	30.1	11	65	.5	1	0	.02	.02	.4	0
Onions	39	1.5	.1	8.7	27	26	.5	10	40	.03	.04	.2	10
Tomato paste/	82	3.4	.4	18.6	27	70	3.5	38	3,300	.20	.12	3.1	49
Vinegar	297	25.8	1.8	53.1	237	230	-	-	-	-	.09	2.6	-
Fresh tomatoes	22	1.1	.2	4.7	13	27	.5	3	900	.06	.04	.7	23
Pepper (hot)	42	1.1	1.5	60.9	5	18	1.2	-	330	.04	.05	2.0	40
Groundnut oil	385	0	0	99.5	0	-	0	.1	1	0	0	0	0

APPENDIX 9

RECIPE FOR MEAT DARANGO OR GROUNDNUT SOUP

Ingredients

Groundnut paste
Tomato
Onion
Meat
Big pepper
Snail
Locust beans.

Method

- Wash and cut meat into small pieces and salt, and season with vinegar.
- Put in pot, add a little water and steam.
- Pound onion, pepper, snail and locust beans and add to the meat.
- Add the groundnut paste and tomatoes to the meat and bring to the boil.

Appendix 10 Composition of Foods Used in Meat Darango or Groundnut Soup 100 grams Edible Portion

Food	Energy (Calories)	Protein	Fat	Carbohydrate	Calcium	Phosphorus	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic Acid	Sodium
	g	g	g	g	mg	mg	mg	IU	mg	mg	mg	mg	mg
Peanut butter/ Groundnut paste	581	27.8	49.4	17.2	63	107	2.0	-	.13	.13	15.7	0	670
Tomato paste	82	3.4	.4	18.6	27	70	3.5	3,300	.20	.12	3.1	49	38
Onions (raw)	38	1.5	.1	8.7	27	36	.5	40	.03	.04	.2	10	10
Big pepper (Hot)	42	1.1	1.5	60.9	5	18	1.2	330	.04	.05	2.0	40	-
Snail (raw)	90	16.1	1.4	2.0	-	-	3.5	-	-	-	-	-	-
Locust beans (dried)	426	32.6	19.5	37.1	291	33.2	-	-	.30	.20	3.0	6	-
Meat	143	19.0	4.7	5.0	8	360	10	-	-	-	522	11	-

APPENDIX 111

RECIPE FOR SUPER KANJA

Ingredients

Okra
Locust
Onions
Dry fish
Palm oil
Big pepper
Fresh fish
Maggi cubes
Snail

Method

- Remove scales from fish and steam whole. Remove from pot.
- Pound dry locust beans and onions
- Slice okra and pound.
- Put pounded ingredients into pot with a little water and allow to boil.
- Add dry fish snail, bitter tomatoes, salt, maggi cubes, and pounded (powder) okra.
- Add fresh (steamed) fish and cook till all the ingredients are done, dish.
- Put little water in pot and allow to boil.
- Wash rice and put into pot.
- Allow to boil and pour off some of the water.
- Add salt, cover and leave to steam until done.
- Dish.

Appendix 12. Composition of Foods Used In Super Kanja per 100 grams Edible Portion.

Food	Energy (Calories)	Protein	Fat	Carbohydrate	Calcium	Phosphorus	Iron	Sodium	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	g	g	g	g	mg	mg	mg	mg	IU	mg	mg	mg	mg
Okra (cooked)	29	2.0	1.3	6.0	92	41	.5	2	490	.13	.08	.9	20
Onions (raw)	38	1.5	.1	8.7	27	36	.5	10	40	.03	.04	.2	10
Dry fish	269	47.3	7.4	0	1,018	749	4.9	-	-	.07	.33	6.2	0
Palm oil	587	6.6	55.3	24.9	78	-	-	-	-	-	-	-	-
Big pepper (hot)	42	1.1	1.5	60.9	5	18	1.2	-	330	.04	.05	2.0	40
Fresh fish	269	47.3	7.4	0	1,018	749	4.9	-	-	.07	.33	6.2	0
Snail (raw)	90	16.1	1.4	2.0	-	-	3.5	-	-	-	-	-	-
Locust beans (dried)	426	32.3	19.5	27.1	291	384	33.2	-	-	.30	.20	3.0	6

APPENDIX 13

RECIPE FOR NAKULUKULU

Ingredients

Fresh fish
Dry fish
Fresh tomatoes
Tomato paste
Onions
Small pepper
Maggi cube
Baobab leaves (pounded)
Peanut butter
Dry baobab leaves (pounded)
Rice

Method

- Wash pots
- Put water into one and boil.
- Wash the rice and put it into the pot.
- Allow it to boil, pour off some of the water and steam.
- Put water into the other pot and add fresh fish let it boil till soft.
- Remove the fish.
- Grind onion, dry fish and pepper and add to the water in the pot.
- Add peanut butter, tomato paste and the ground ingredients and maggi.
- Boil the content, add the baobab leaves (dry/pounded) and stir well.
- Leave it to cook.

Appendix 14. Composition of Foods used in Nakulukulu per 100 grams Edible Portion

Food	Energy (Calories)	Protein	Fat	Carbohydrate	Calcium	Phosphorus	Iron	Sodium	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	g	g	g	g	mg	mg	mg	mg	IU	mg	mg	mg	mg
Fish	269	47.3	7.4	0	1,018	749	4.9	-	-	.07	.33	6.2	0
Tomatoes (fresh)	22	1.1	.2	4.7	13	27	.5	3	900	.06	.04	.7	23
Tomato paste	82	3.4	.4	18.6	27	70	3.5	38	3,300	.20	.12	3.1	39
Onions	38	1.5	.1	8.7	27	36	.5	10	40	.03	.04	.2	10
Pepper	42	1.1	1.5	60.9	5	18	1.2	-	330	.04	.05	2.0	40
Boabab leaves(dry)	282	12.3	3.1	632	2,241	275	24.0	-	9,710	.13	.82	44	trace
Peanut butter	581	27.8	49.4	17.2	63	407	2.0	670	-	.13	.13	15.7	0
Rice (cooked)	109	2.0	.1	24.2	10	28	.9	374	0	.11	-	1.0	0

APPENDIX 15

RECIPE FOR WJANKATANGO

Ingredients

Rice
Locust beans
Dry fish
Bitter tomatoes
Big pepper
Groundnut
Beans
Pounded pepper
Dry fish
Onions
Maggi cubes

Method

- Pound raw groundnut and sieve, mix with dried and smoked fish.
- Add locust bean to the mixture and pound.
- Boil some water and add bitter tomato and bean.
- Remove from pot.
- Wash rice and add to the pot.
- Add salt.
- Pour off some of the water and steam.
- Put beans and bitter tomatoes.
- Add the ground ingredients to the rice, cover and allow to steam, then mix.
- Cover pot and cook with low heat until done.

Appendix 16. Composition of Foods Used in Wjankatango per 100 grams Edible Portion.

Food	Energy (Calories)	Protein	Fat	Carbohydrate	Calcium	Phosphorus	Iron	Sodium	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			g	g	g	mg	mg	mg	IU	mg	mg	mg	mg
Rice (cooked)	109	2.0	.1	24.2	103	28	.9	374	0	.11	-	1.0	0
Locust beans (dried)	426	32.3	19.5	37.1	291	384	33.2	-	-	.30	.20	3.0	6
Dry fish	269	47.3	7.4	0	1,018	749	4.9	-	-	.07	.33	6.2	0
Bitter tomato	29	1.2	.1	5.7	103	-	-	-	-	-	-	-	176
Big pepper	42	1.1	1.5	60.9	5	18	1.2	-	330	.04	.05	2.0	40
Groundnut paste	581	27.8	49.4	17.2	63	407	2.0	670	-	.13	.13	15.7	0
Beans (broad)	338	21.7	1.5	60.9	120	323	8.2	-	10	.27	.16	2.4	1
Onion	38	1.5	.1	8.7	27	36	.5	10	40	.03	.04	.2	10

APPENDIX 117

RECIPE FOR MEAT BENNACHIN

Ingredients

Meat
Rice
Onions
Tomato
Irish potato
Spaghetti
Maggi cube
Garlic
Pumpkin
Okra
Egg plant
Black pepper
Snail
Bean/spaghetti

Method

1. Wash and cut meat into small even pieces and season.
2. Wash and pound pepper, onions, black pepper, garlic and fresh tomatoes.
3. Clarify oil and fry meat until brown.
4. Add the pounded ingredients bay leaves, tomato paste to the brown meat and fry.
5. Add more water and add bitter tomatoes, pumpkin, maggi cubes, egg plant and salt.
6. Cook until all the vegetables are cooked and the meat tender.
- Remove all the vegetables from the stew.
7. Wash clean rice and steam. Add steamed rice to the stew and mix thoroughly. Leave to boil until the water is dried.
8. Reduce heat and mix occasionally.
9. Allow rice to simmer until cooked.

APPENDIX 18 Composition of foods used in meat bennachin per 100 grams edible portion

Food	Calories	Protein	Fat	Carbo- hydrate	Calcium	Phosphorus	Iron	Sodium	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		g	g	mg	mg	mg	μg	mg	IU	mg	mg	mg	mg
Meat (cooked)	172	22.6	8.0	0	16	-	2.8	-	-	.06	.20	-	-
Rice (cooked)	109	2.0	.1	24.2	10	28	.9	374	0	.11	-	1.0	0
Onions	89.7	11.5	.1	8.7	27	36	.5	10	157	.40	.03	.04	.2
Tomato paste	82	3.4	.4	18.6	27	70	3.5	38	3,300	.20	.12	3.1	49
Irish potato	65	1.9	.1	14.5	6	42	.5	2	Trace	.09	.03	1.2	16
Spaghetti (cooked)	111	3.4	.4	23.0	.8	50	.9	1	61	-	.14	.08	1.1
Bean (blackeyed)	143	6.2	5.7	18.1	23	124	1.8	-	-	-	-	-	-
Snail (raw)	90	16.1	1.4	2.0	-	-	3.5	-	-	-	-	-	-
Pumpkin (raw)	26	11.0	.1	6.5	21	44	.8	1	1,600	.05	.11	.6	9
Okra (cooked)	29	2.0	.13	6.0	92	41	.5	2	490	.13	.18	.9	20
Egg-plant (raw)	19	1.0	.2	4.1	111	21	.6	11	10	.05	.04	.5	3
Garlic (raw)	131	5.2	.1	30.2	33	195	1.7	-	-	-	-	-	11

RECIPE FOR PLASASI - NDURU

Ingredients

- 2 cups groundnut
- 2 cups palm oil
- $\frac{1}{2}$ cup locust beans
- 2 pieces dry fish
- 3 smoked bonga fish
- 8 cups rice
- $\frac{1}{2}$ cup small pepper
- 3 pieces laye
- 2 onions
- $2\frac{1}{2}$ cups cassava leaves

Method

- Wash kitchen utensils.
- Wash shred and pound cassava leaves
- Put some water in cooking pot and put cassava leaves.
- Allow to boil, turn on to sieve and wash with cold water until all the green water is extracted.
- Put it into the pot again with little water and allow to boil.
- Pound the groundnut, locust beans, salt onion and fish.
- Add the pound ingredients to the cassava leaves in the pot.
- Add ground pepper laye pepper and palm oil and allow it to boil for 30 minutes.
- Cook rice and serve with sauce.

APPENDIX 20 Composition of foods used in Plasasi-Nduru per 100 grams edible portion

Food	Calories	Protein	Fat	Carbohydrate	Calcium	Phosphorus	Iron	Sodium	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		g	g	g	mg	mg	mg	mg	IU	mg	mg	mg	mg
Peanut butter/ groundnut paste	581	27.8	49.4	17.2	63	407	2.0	670	-	.13	.13	15.7	0
Palm oil	587	6.6	55.3	24.9	78	-	-	-	-	-	-	-	-
Dry fish	269	47.3	7.4	0	1,016	749	4.9	-	-	.07	.35	6.2	0
Rice	109	2.0	.1	24.2	10	28	.9	374	0	.1	-	1.0	0
Pepper (hot)	42	1.1	1.5	60.9	5	18	1.2	-	330	.04	.05	2.0	40
Onions (raw)	38	1.5	.1	8.7	27	36	.5	10	40	.03	.04	.2	10
Cassava leaves	-	8.2	-	-	142	352	3.0	-	-	-	-	-	24.8
Locust beans(dried)	426	32.3	19.5	37.1	291	384	33.2	-	320	.04	.34	.2	11

APPENDIX 21

RECIP FOR MENTENG BUKOLO - FISH SOUP

Ingredients

Fresh fish
Dry fish
Fresh tomatoes
Tomato paste
Onions
Small pepper
Maggi cube
Peanut butter
Rice
Locust beans
Big pepper
Bitter tomatoes

Method

- Put some water in the pot.
- Flake fish and put in pot to boil.
- Remove the fish after boiling.
- Pound onion locust beans, pepper and add.
- Add big pepper, bitter tomatoes, dry fish kango (smoked fish), maggi, groundnut butter and bring to the boil.
- After boiling for sometime, put in tomatoes fish and salt.

APPENDIX 23

RECIPE FOR KUCHA JAMBO

Ingredients

Rice
Locust beans
Dry fish
Okra
Maggi cube
Kucha Jambo
Palm oil
Pounded pepper
Smoked fish

Method

- Put some water in pot and bring to boil
- Wash rice and add on to boiling water. Allow to boil and pour off some of the water and steam.
Pound pepper, locust bean and dry fish (salt fish)
- Wash okra and put in pot with some water to boil.
- Remove okra and pound in a mortar.
- Wash sorrel leaves and put in boiling water.
- Remove sorrel leaves and pound.
- Remove pot from fire and wash.
- Put a little water in the pot and let it boil.
- Add sorrel leaves, flaked fish, pounded ingredients maggi, palm oil and allow it to boil until cooked.
Add salt.

APPENDIX 24. Composition of foods used in Kucha Jamba per 100 grams edible portion

Food	Calories	Protein	Fat	Carbohydrate	Calcium	Phosphorus	Iron	Sodium	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	g	g	g	g	mg	mg	mg	mg	IU	mg	mg	mg	mg
Rice (cooked)	109	2.0	.1	24.2	10	28	.9	374	0	.11	-	1.0	0
Dry fish	269	47.3	7.4	0	1,018	749	4.9	-	-	.07	.33	6.2	0
Okra (cooked)	29	2.0	.13	6.0	92	41	.5	2	490	.13	.18	.9	20
Kucha Jamba (sorrel)	85	6.7	1.0	17.8	210	130	5.1	16	40,960	.29	.70	1.6	378
Palm oil	587	6.6	55.3	24.9	78	-	-	-	-	-	-	-	-
Pounded pepper (hot)	42	1.1	1.5	60.9	5	18	1.2	-	330	.04	.05	2.0	40
Locust beans(dried)	426	32.3	19.5	37.1	291	384	33.2	-	-	.30	.20	3.0	6

APPENDIX 25

RECIPE FOR CHURO

Ingredients

Rice

Sugar

Milk

Method

- Put water into pot and bring it to boil.
 - Wash rice thoroughly and put into pot to cook.
 - Stir the rice and add a little salt and allow it to cook very soft.
 - Dish add sugar and sour milk.
- Serve hot or cold.

APPENDIX 26 Composition of foods used in Churo per 100 grams edible portion

Food	Calories	Protein	Fat	Carbohydrate	Calcium	Phosphorus	Iron	Sodium	Vitamin A IU	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		g	g	g	mg	mg	mg	mg		mg	mg	mg	mg
Rice (polished)	109	2.0	.1	24.2	103	28	.9	374	0	.11	-	1.0	0
Granulated sugar	385	0	0	99.5	0	-	0	.1	1	0	0	0	0
Milk	137	7.0	7.9	3.7	252	905	.1	118	320	.04	.34	.2	1

APPENDIX 28 Composition of foods used in Tiakere Fasso per 100 grams edible portion

Food	Calories	Protein	Fat	Carbohydrate	Calcium	Phosphorus	Iron	Sodium	Vitamin A IU	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		g	g	g	mg	mg	mg	mg		mg	mg	mg	mg
Rice (cooked)	109	2.0	.1	24.2	10	28	.9	374	0	.11	-	1.0	0
Groundnut	581	27.8	49.4	17.2	63	407	2.0	670	-	.13	.13	15.7	0
Sour milk	122	16.3	3.5	5.7	112	180	1.4	-	25	.03	.27	.4	-
Sugar (granulated)	385	0	0	99.5	0	-	0	.1	1	0	0	0	0
Egg (cooked)	163	12.9	11.5	.9	54	205	2.3	122	1,180	.09	.28	.1	0

RECIPE FOR FISH BENNACHIN

Ingredients

Fish
Ruce
Onions
Tomato paste
Irish potato
Spaghetti
Maggi cube
Garlic
Pumpkin
Okra
Egg plant
Black pepper
Dry fish

Method

- Remove scales from fish, cut into pieces and salt. Peel irish potatoes and slice.
- Pound pepper and onions.
- Clarify oil and fry fish and irish potatoes.
- Add the pepper and onions tomato, egg plant.
- Remove the ingredients and add water and put okra and pumpkin to boil until cooked - removed from the pot
- Wash, steam rice and add to the stew boil until the water dries up.
- Boil spaghetti.
- Mix thoroughly and leave to steam.
- Reduce heat and mix occasionally until rice is cooked softly.

APPENDIX 31

RECIP FOR PALM OIL STEW

Ingredients

Fresh fish
Bitter tomato

Sweet potatoes
Onion
Tomato paste
Palm oil
Egg plant
Maggi cube
Small pepper
Rice
Large pepper

Method

- Remove scales from fish and cut into equal pieces.
- Peel potatoes and fish.
- Fry the potatoes and fish.
- Wash, cut the stalk of the egg plant.
- Pound pepper, and onion.
- Add egg plant, pepper and onion tomato paste to the fried fish and potatoes.
- Stir and add a little water.
- Bring to the boil. Dish
- Put water into pot and bring to boil.
- Wash rice and put into the pot.
- Bring it to boil, pour off some water and leave to steam.

APPENDIX 32 Composition of foods used in palm oil stew per 100 grams edible portion.

Food	Energy (Calories)	Protein	Fat	Carbohydrate	Calcium	Phosphorus	Iron	Sodium	Vitamin A IU	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		g	g	g	mg	mg	mg	mg		mg	mg	mg	mg
Fresh fish	269	47.3	7.4	0	1,018	749	4.9	-	-	.07	.33	6.2	0
Bitter tomato	29	1.2	.1	5.7	103	-	-	-	-	-	-	-	176
Sweet potatoes	114	7.7	.4	25.3	32	47	.7	10	8,800	.10	.06	.6	21
Onion	38	1.5	.1	8.7	27	36	.5	10	40	.03	.04	.2	10
Tomato paste	82	3.4	.4	18.6	27	70	3.5	38	3,300	0.20	.12	3.1	49
Palm oil	587	6.6	55.3	24.9	78	-	-	-	-	-	-	-	-
Egg-plant	19	1.0	.2	4.8	11	21	.6	1	10	0.5	.4	.5	3
Maggi cube													
Small pepper	42	11.1	1.5	60.9	5	18	1.2	-	320	.04	.05	2.0	40
Rice	109	2.0	.1	24.2	10	28	.9	374	0	.11	-	11.0	0

DEMONSTRATION LESSON 1 - FUNCTIONS OF FOOD

1st Function - TO SUPPLY BUILDING MATERIAL AND REPAIR
BODY TISSUES

During childhood - adolescence when the child is forming new cells, it needs materials to build his bones, develop muscles, and to enlarge the body organs.

During pregnancy and lactation, women also need extra building materials in their food to provide for the growth of the body. The body cells are continually broken down and new cells are reconstructed from the food we eat.

2nd Function - TO SUPPLY ENERGY

The burning up ^{of} food in our bodies supplies us with the energy we need to live and work. People doing heavy work use up a great deal of energy such as the farmer cultivating his field. The pregnant woman who works hard on the farm. Even when the individual is resting, the body needs energy because some of his organs go on workings. Without food, the body cannot do its work well. It is like having a motor or lamp without fuel.

This is why some of you cannot go to Farafenni as you would like to do for various reasons. So, give your body fuel. The food you eat will serve to supply energy for the body to do its work.

3rd Function -- ENSURE THE PROPER FUNCTIONING OF THE BODY

The most important point about a number of foods is that they supply certain substances which are necessary/essential for the proper functioning of the body. This point is difficult to describe simply, so I will use an analogy: Stone is very much stronger than mud; it will support heavier weights, it is much harder to break. Stone consist of mud to which other materials have been added even though the percentage of the mud in the stone is small, it contributes to give its special quality of strength. It is not easy to break a stone.

It is the same with our bodies, they need small quantities of certain substances which should be supplied by our food. These are essential for resistance to infection and the efficiency of many body functions.

APPENDIX 34

DEMONSTRATION LESSON 2

WHAT SHOULD WE REMEMBER ABOUT THE NUTRITIONAL
NEEDS ACCORDING TO AGE AND ACTIVITY

AGE

The needs of young children are high in proportion to their size.

A child 5 years old needs about half the requirement of an active adult.

This is not surprising when one remembers that the child needs calories for growth.

The needs for older children and adolescents are higher than those of adults engaged in similar activities, because they have needs for growth which adults no longer have.

ACTIVITY

Adults who perform heavy work, such as farmers, loaders, well diggers etc need more than those who sit and watch the crops laid out to dry and those who do office work.

A physically active person must obtain the energy required for the upkeep of his body, and secondly, the energy needed to do physical work.

APPENDIX 35

DEMONSTRATION LESSON 3

OBSERVATIONS WE NEED TO BEAR IN MIND FROM WHAT
WE HAVE BEEN STUDYING

1. The people who ought to be given good quantities of food are not the socially important people, but the children, the adolescents, expectant and lactating women and people doing hard physical work.
2. In some places, people are underfed. Due to this underfeeding the amount of physical work that they can do is reduced. Farmers who cannot do hard work cannot increase their food supply.
3. In some areas in West Africa and particularly in The Gambia the hungry season often comes at the time of heavy field work. Some communities who look ahead, keep some of their harvest in store for this period and so are able to use it when the task in the community or farm requires more energy and therefore requires more food. Some communities do not have such a foresight, at this vital time when they have very little food. The result is that they cannot work so hard and therefore they get a smaller harvest.

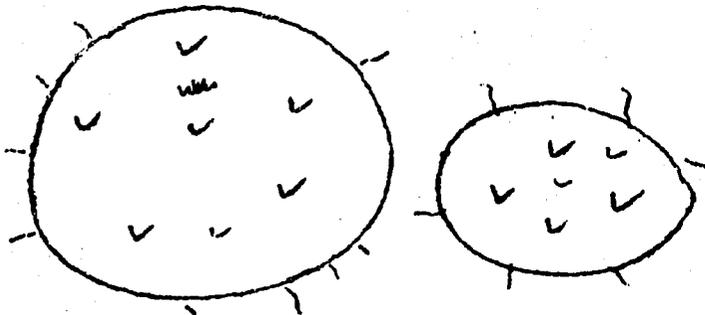
ENERGY GIVING FOODS



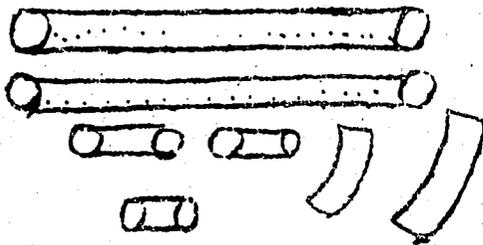
Rice



Palm oil



Irish Potato

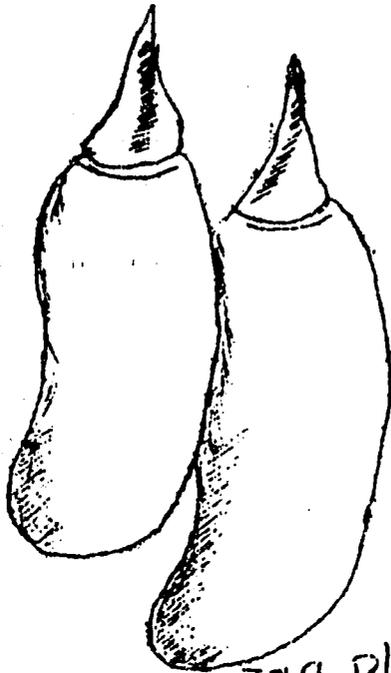


Spoghelli

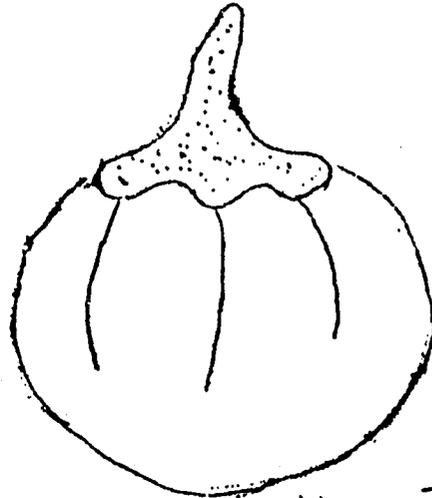


Sweet Potatoes

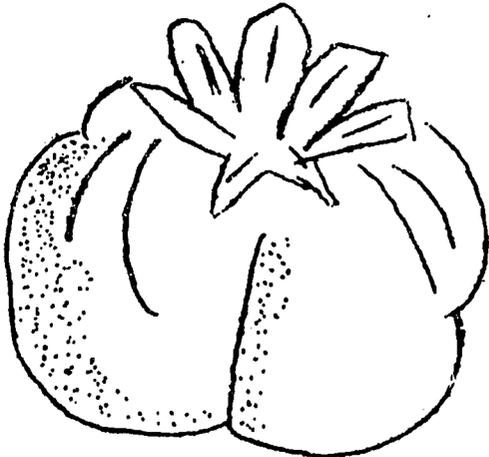
PROTECTIVE FOODS



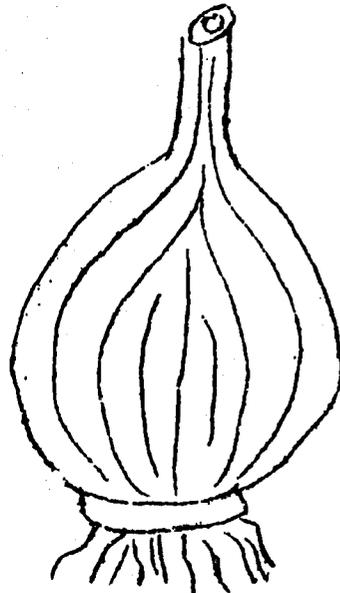
Egg Plant



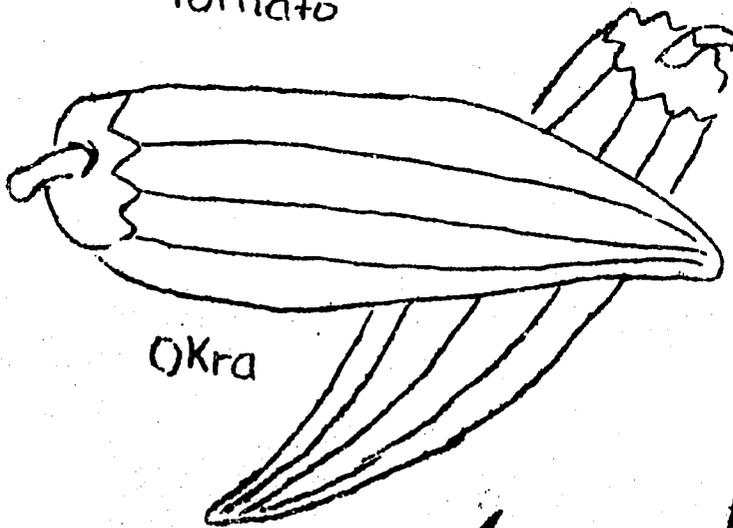
Bitter Tomato (Jakato)



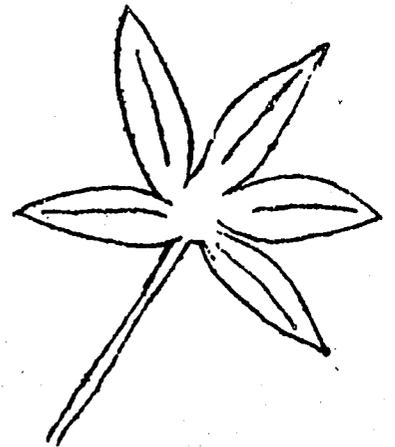
Tomato



Onion



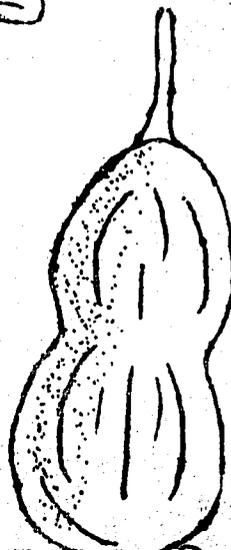
Okra



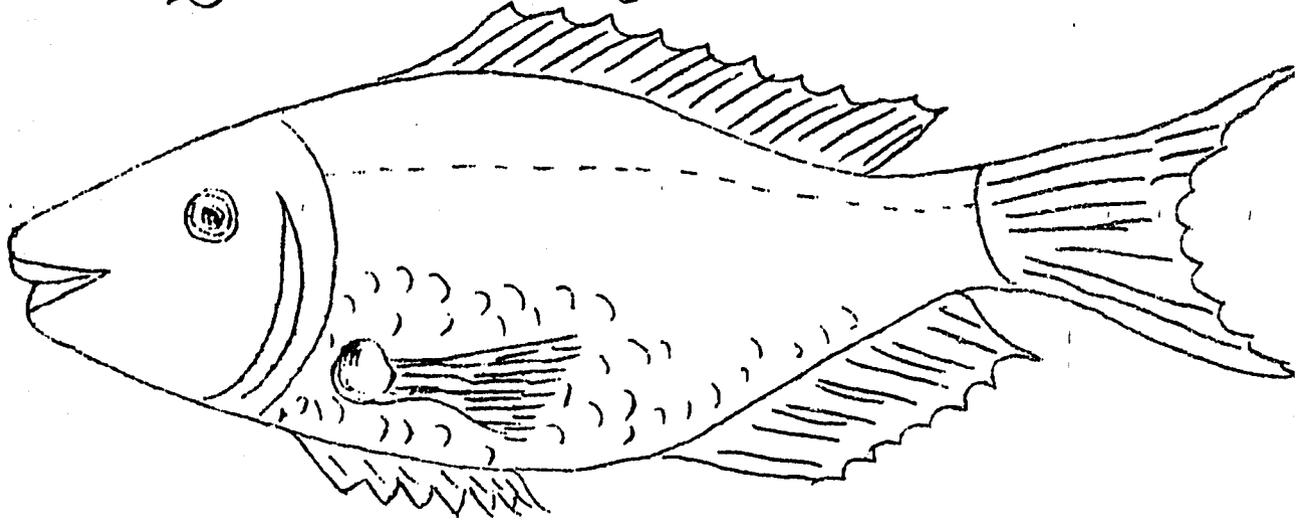
Cassava leaf



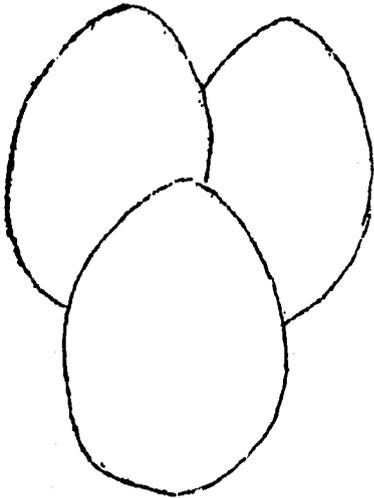
Pepper



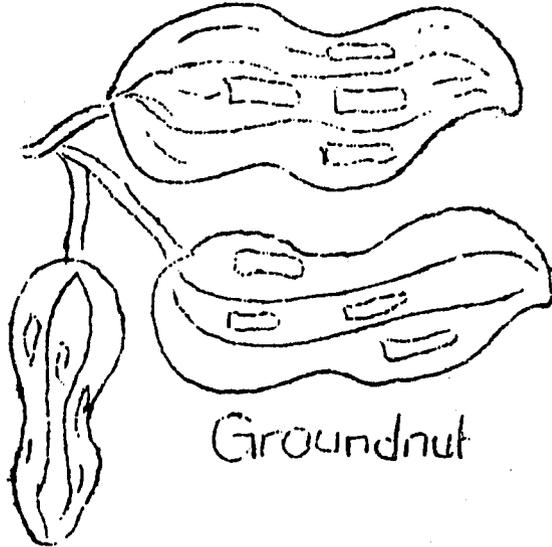
Body Building Foods



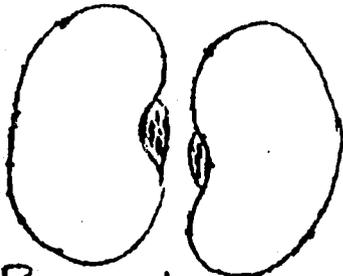
Fish



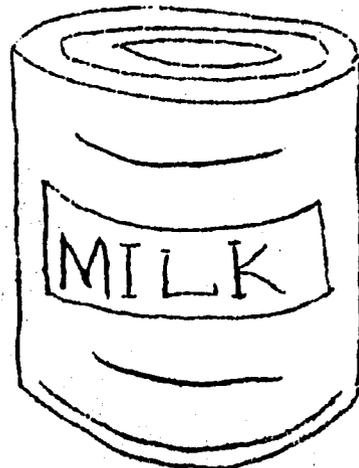
Eggs



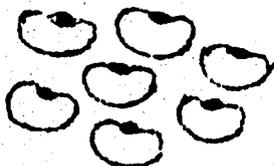
Groundnut



Broad Beans

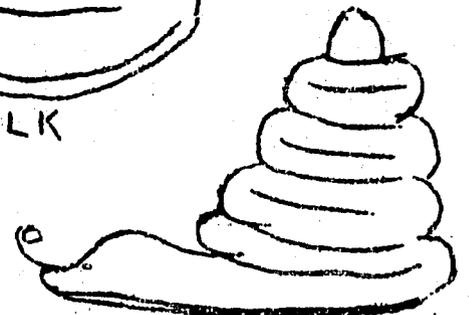


MILK



Black eyed beans

Meat



Spud