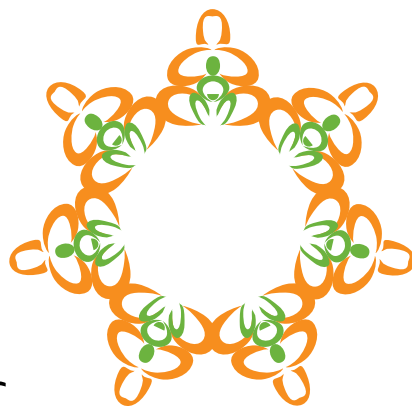




Sustainable Health

VOLUNTEERS
JOB AIDS



Training of Volunteers for Positive Deviance/Hearth

SECOND EDITION



Nutrition Centre of Expertise

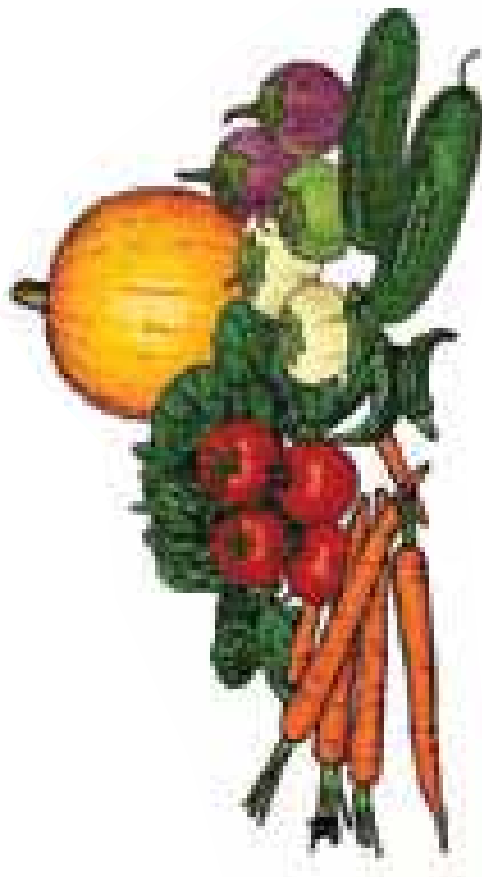
Energy Giving Foods (GO)



Body Building Foods (GROW)



Protective Foods (GLOW)



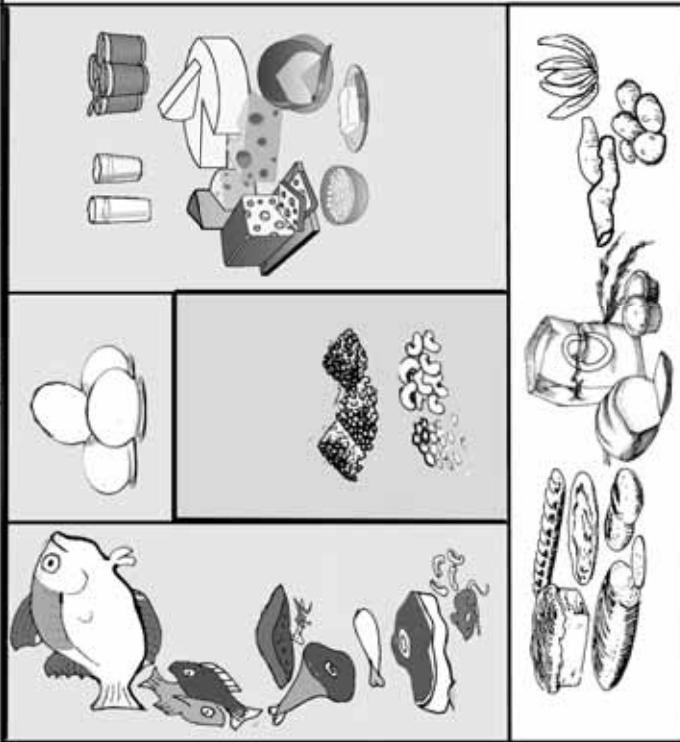
Protective (GLOW)

Vit. A rich fruit & vegetables
Other fruit & vegetables



Body Building (GROW)

Eggs
Dairy
Legumes, nuts
Meat, fish, poultry



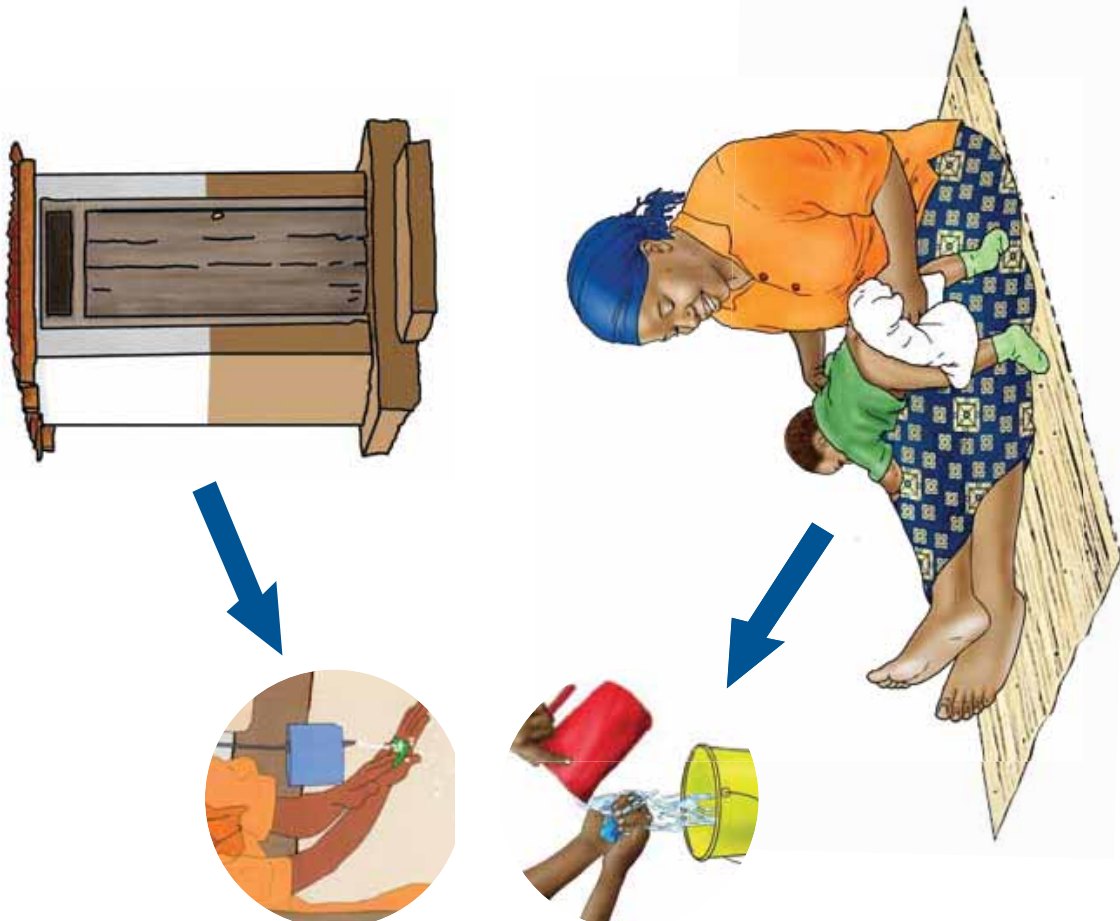
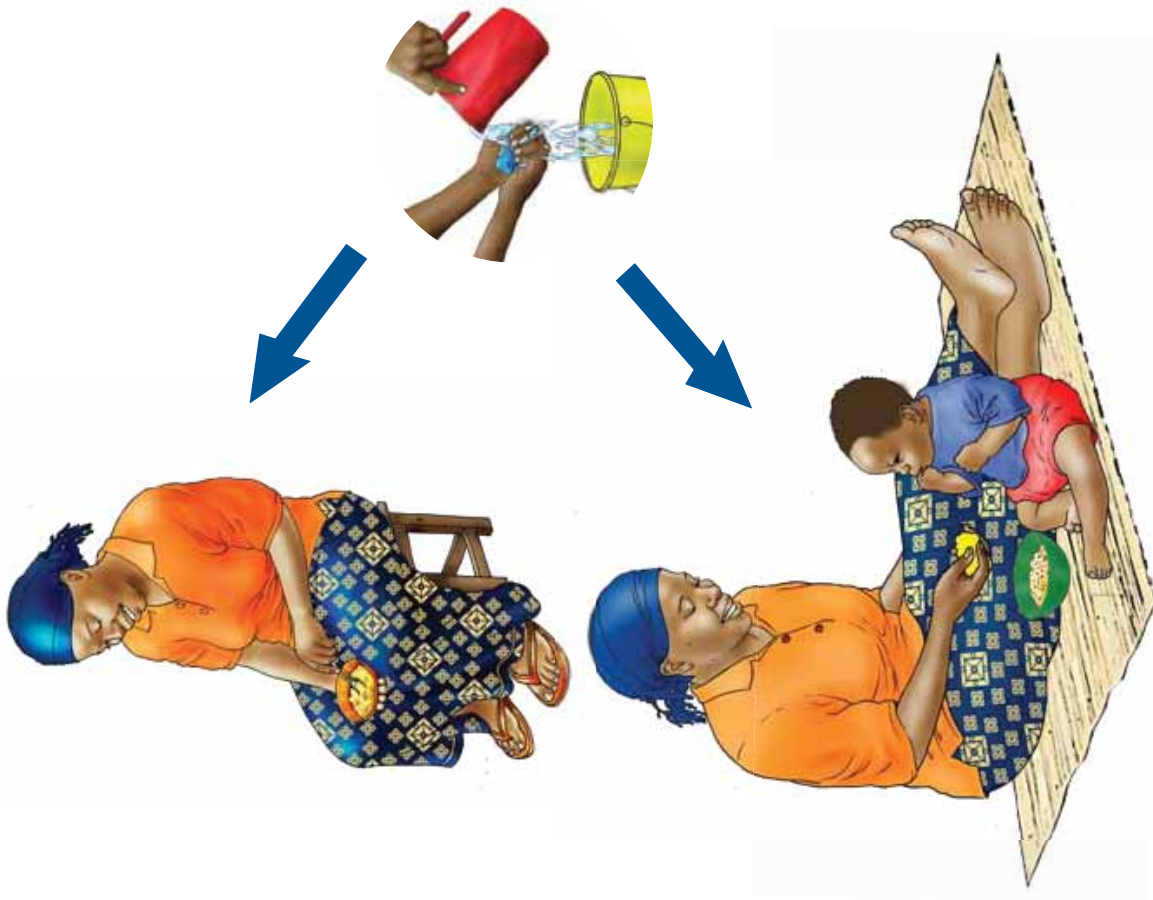
Energy Giving (GO)

Grains, roots, tubers



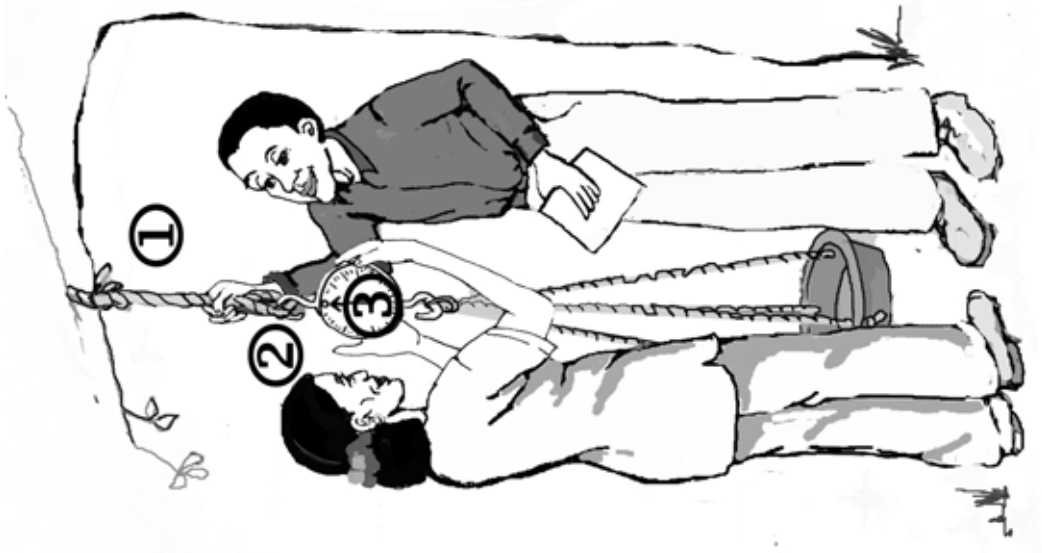
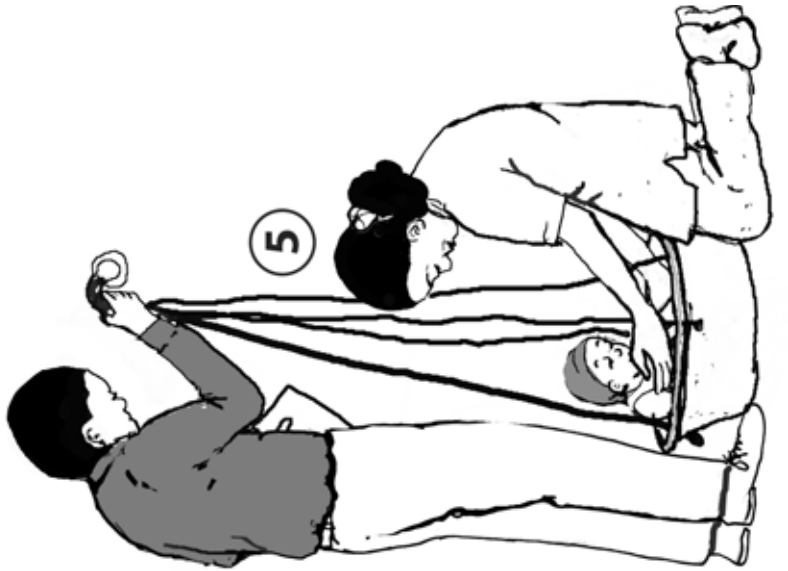
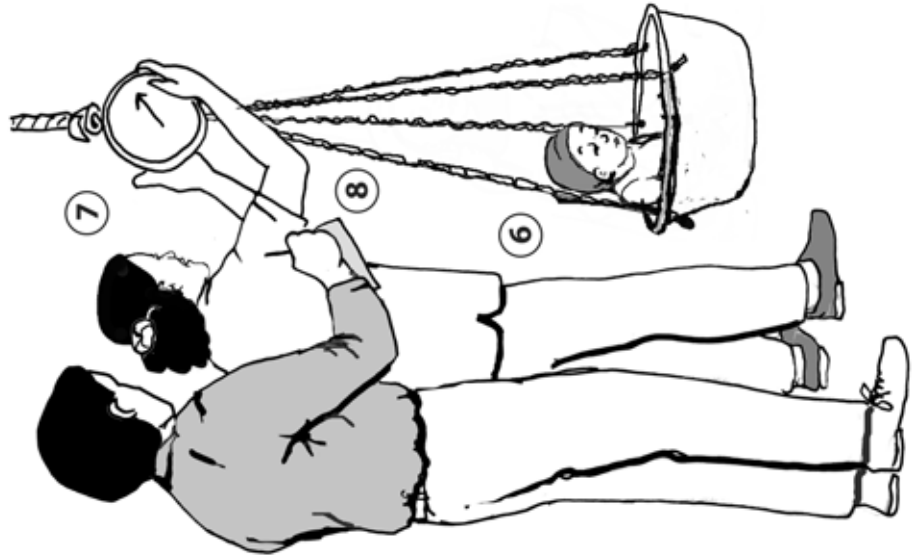
For TM Page 15





Weighing and Measuring Children

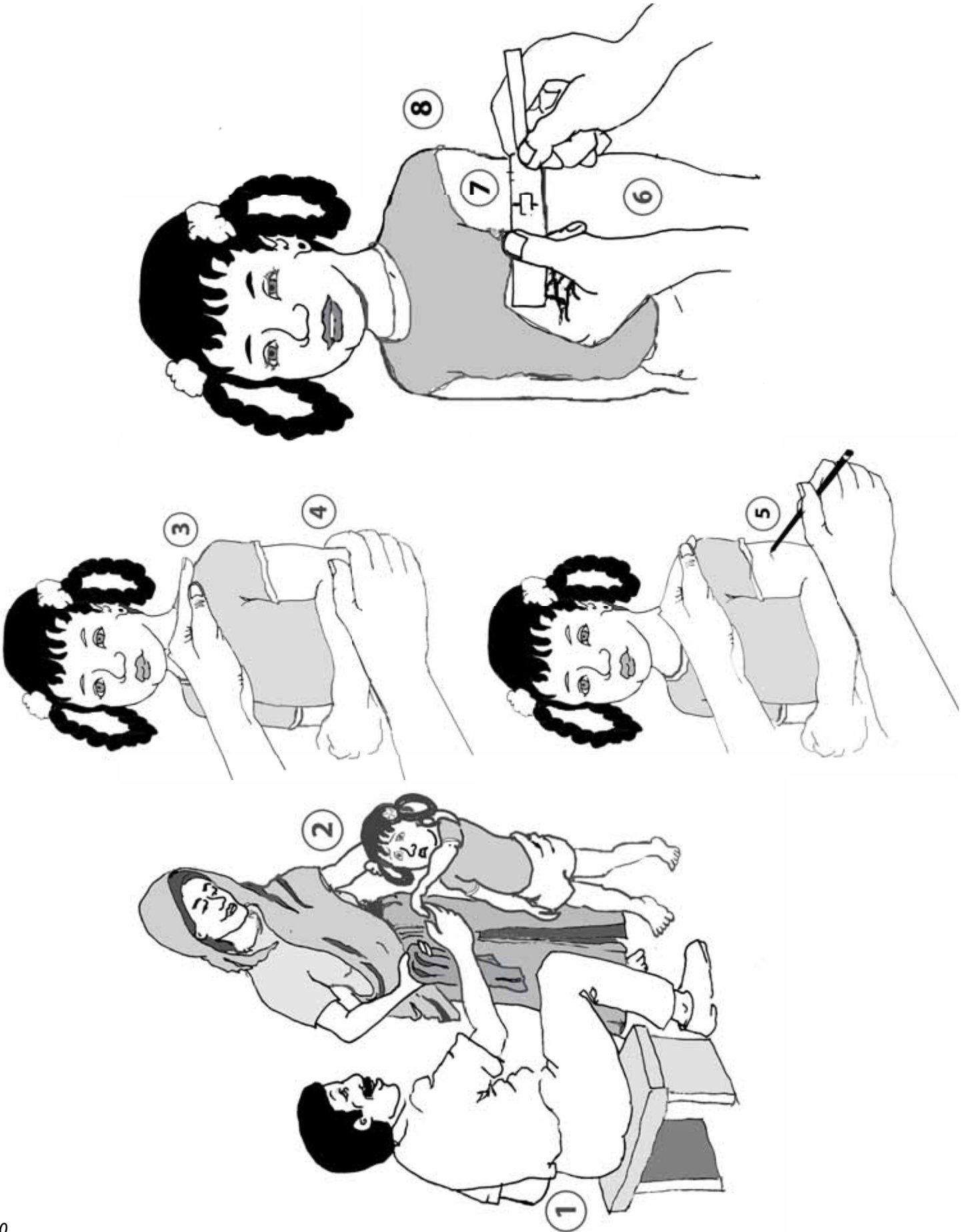
For TM Page 20-21





Weighing and Measuring Children

For TM Page 25-26



FOOD PATH FOR COOKED FOOD

