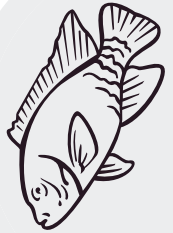




NEEZA
TURI IBYO TURYA

Feed your dreams



This activity book belongs to:

(Write your name here)

Everybody has a dream...

Mercy wants to be a doctor,
David wants to be a teacher,
Nancy wants to be a farmer.

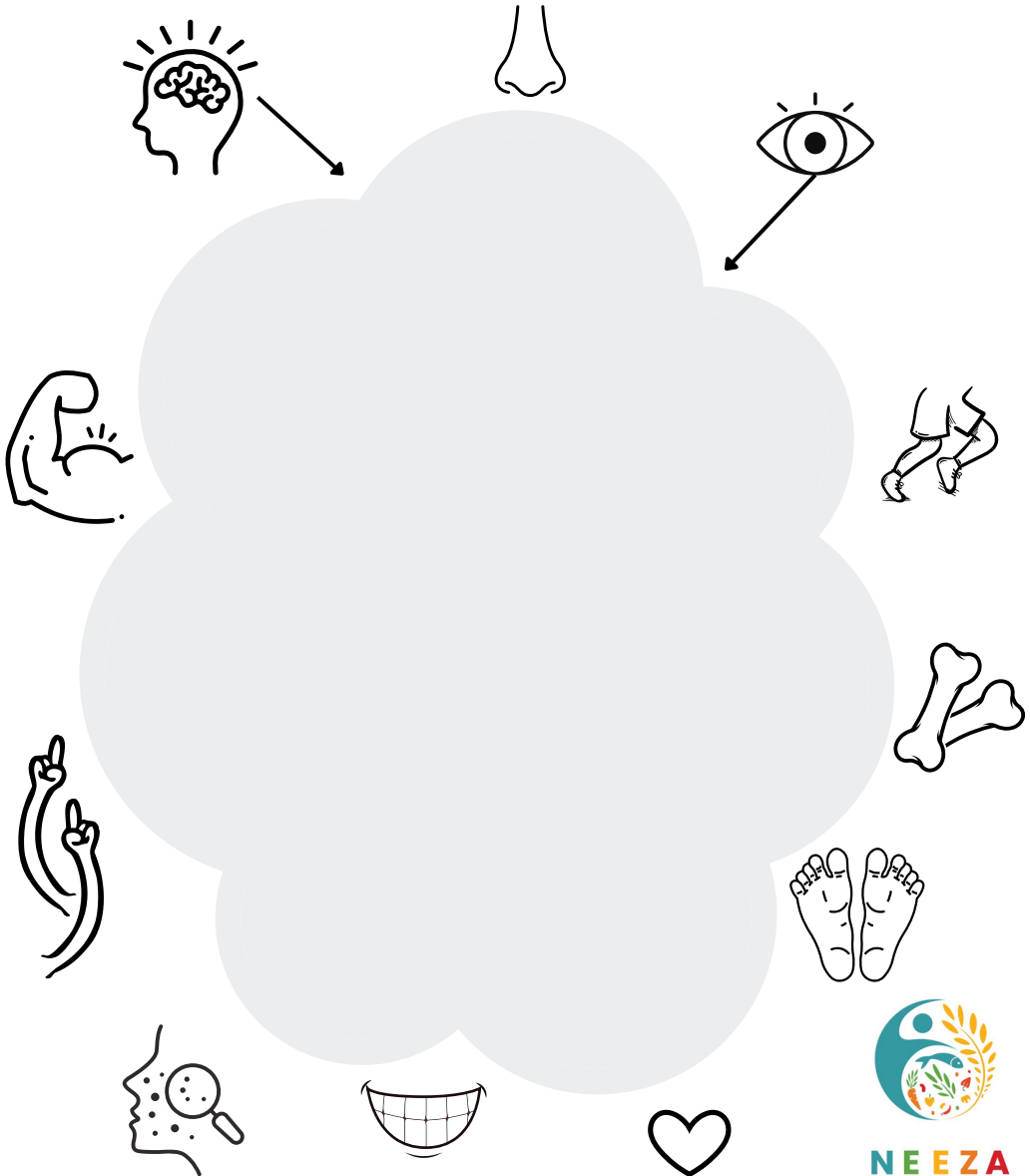
I want to be a.....

(write down who you want to be in the bubble)



Now let's go back to Mercy's dream of becoming a doctor.

Can you draw a doctor in the bubble below?



Now that you drew Mercy as a doctor, can you think of what Mercy might need to be a good doctor?

We have an example for you here: To be a good doctor, Mercy needs **strong eye sight**, so she is able to examine her patients well. She also needs to have a very **clever brain**, to help her think of ways to make her patients to get better.

What else might Mercy need?
Draw a line from the symbols to the doctor.

You can also draw your own symbols as you think of the strengths Mercy needs to have.



And now, let's come back to your own dream. Can you draw who you want to become in the bubble?



Well done! And now, can you think of what you need to be a good

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Do you need good eye sight?

Do you need strong muscles?

Do you need to be very clever?

Do you need to run fast?

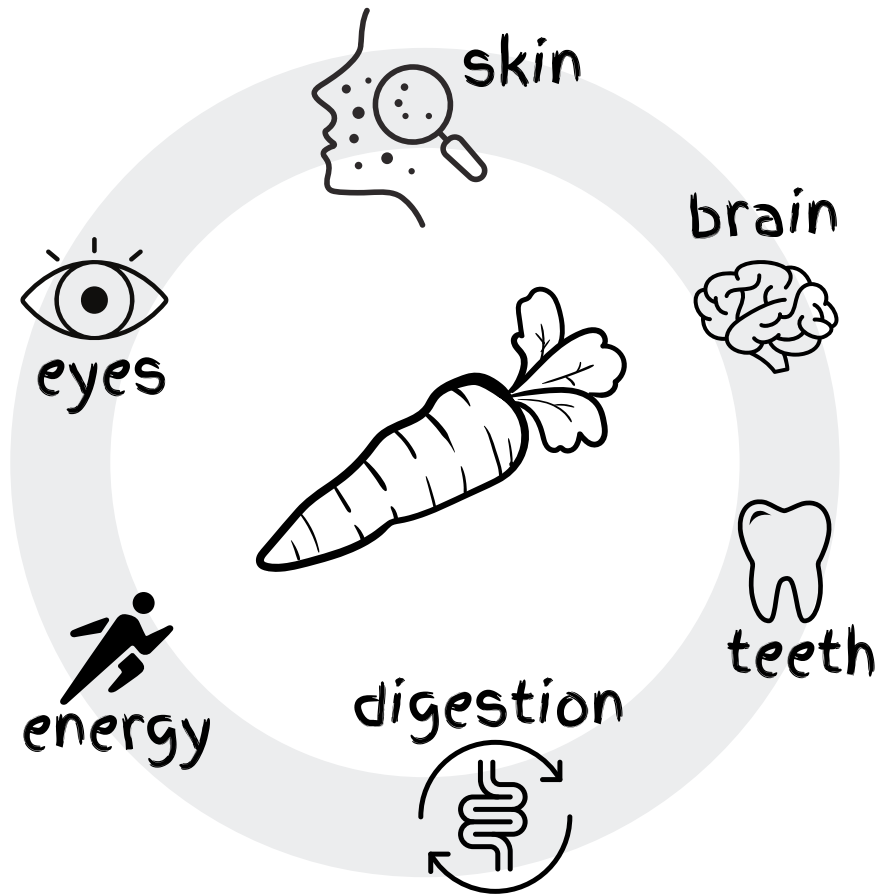


As we grow, and our dreams grow with us, we need a lot of power to strive for our dreams. The food we eat gives us that power. What we eat, determines how well we grow, how strong our bodies become, how clever our brains develop, how happy we are, how well we can study and how healthy we are...

Foods like vegetables, fruits, eggs or fish are like our super powers, and with their help, we grow strong, smart, and healthy as we strive for our dreams.

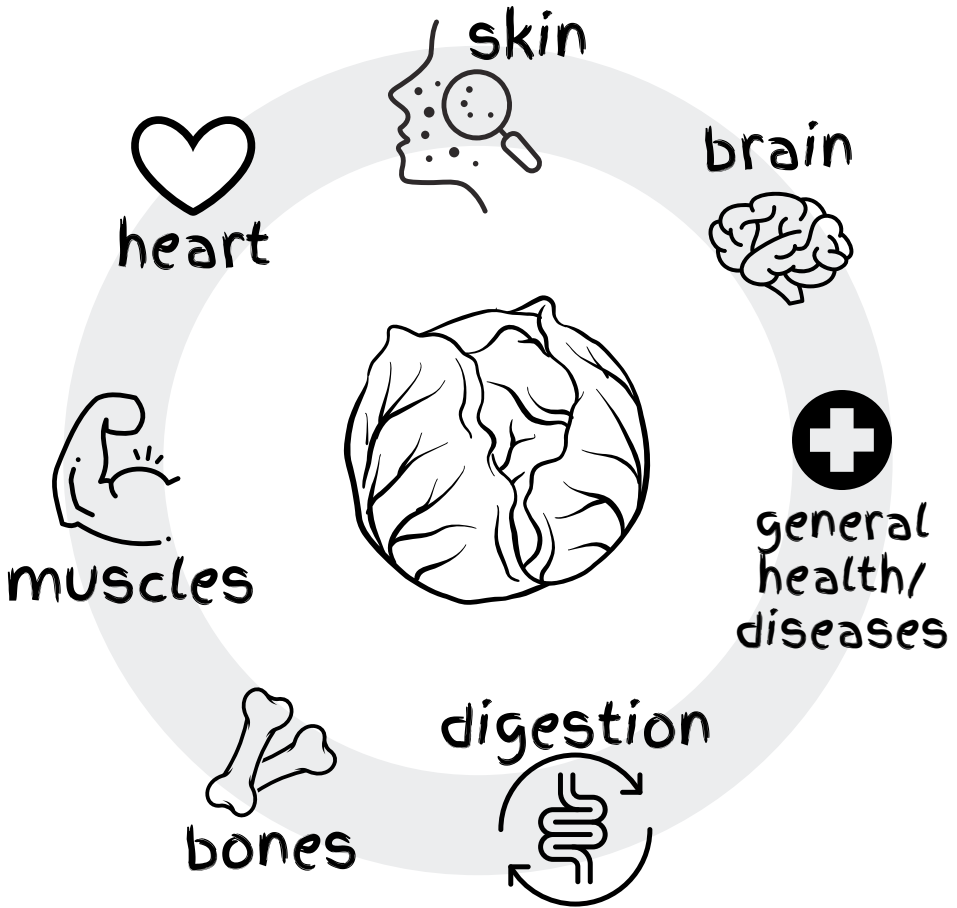
Let's take a look at some of our local food and see which kinds of super powers these foods can give us.





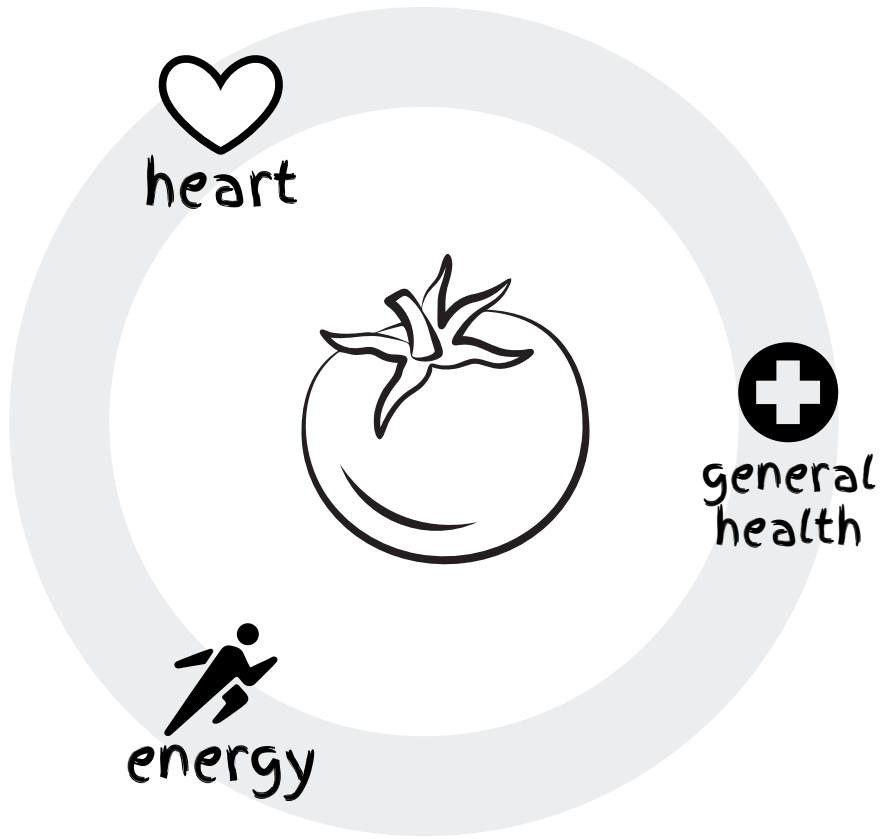
Carrots are crunchy and sweet. You can enjoy them in a lot of ways and even as a snack! Carrots are rich in Vitamin A, which helps our eyes see well, keeps our skin smooth, our teeth strong and healthy, and our memory work well. Carrots also help our tummies digest the food we eat and feel good as we play with our friends, study in school and go about our day. It is a great vegetable to eat often, so you can really benefit from its super powers.





Cabbage is nature's way to protect us from diseases, make us strong, help us be clever and help our tummies feel good. Cabbage is loaded with Vitamin C which helps us fight off diseases and keep us strong and feeling our best. Cabbage is also loaded with Vitamin K which is a super Vitamin to help our ones grow strong. When you eat cabbage, it helps you digest all your other food and makes your tummy feel good. Cabbage is delicious and a great vegetable to eat often, so you can really benefit from its super powers.





These red, delicious tomatoes are your best friend when it comes to growing healthy and strong. Tomatoes are loaded with Vitamin C which helps you fight off disease and stay healthy. A superpower, everyone wants! Tomatoes are also really good for keeping your heart healthy! Tomatoes are delicious raw, cooked and in sauces. Enjoy them with your family and friends and think of their super powers!

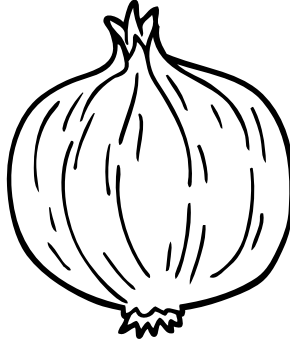




fighting
bacteria



heart



general
health/
diseases/
keeping the
doctor away

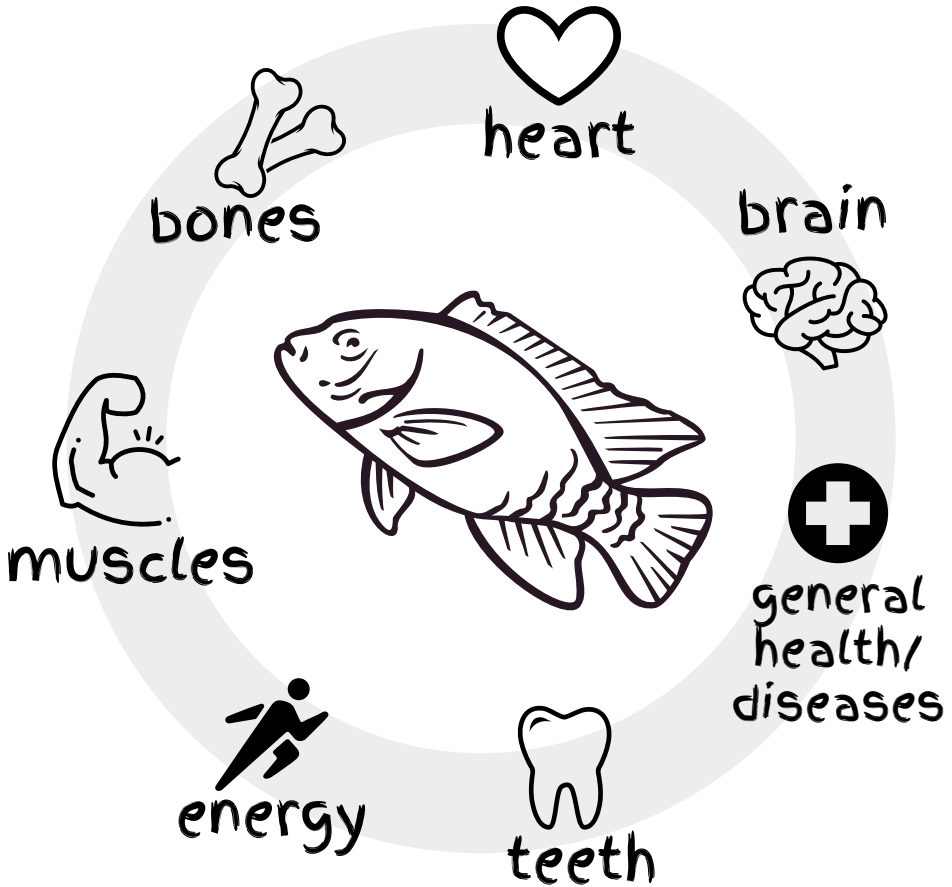


bones

Think of onions as 'nature's super heroes' - their powers can help us prevent and even fight diseases when we get sick. The hard outer skin and pungent juices of the onion push back bacteria and bugs. Like a super hero, onions are one of the most powerful vegetables on the planet. They may not be everybody's favorite vegetable then eaten raw, but when cooked, onions become sweet and delicious. They can be sneaked into any dish and sometimes you may not even know its there because you do not taste it but you sure benefit from its superpowers. Onions help you grow strong, by supporting your bones and heart and they help you stay healthy and ready to take on any challenge. Onions are also really good for our environment.

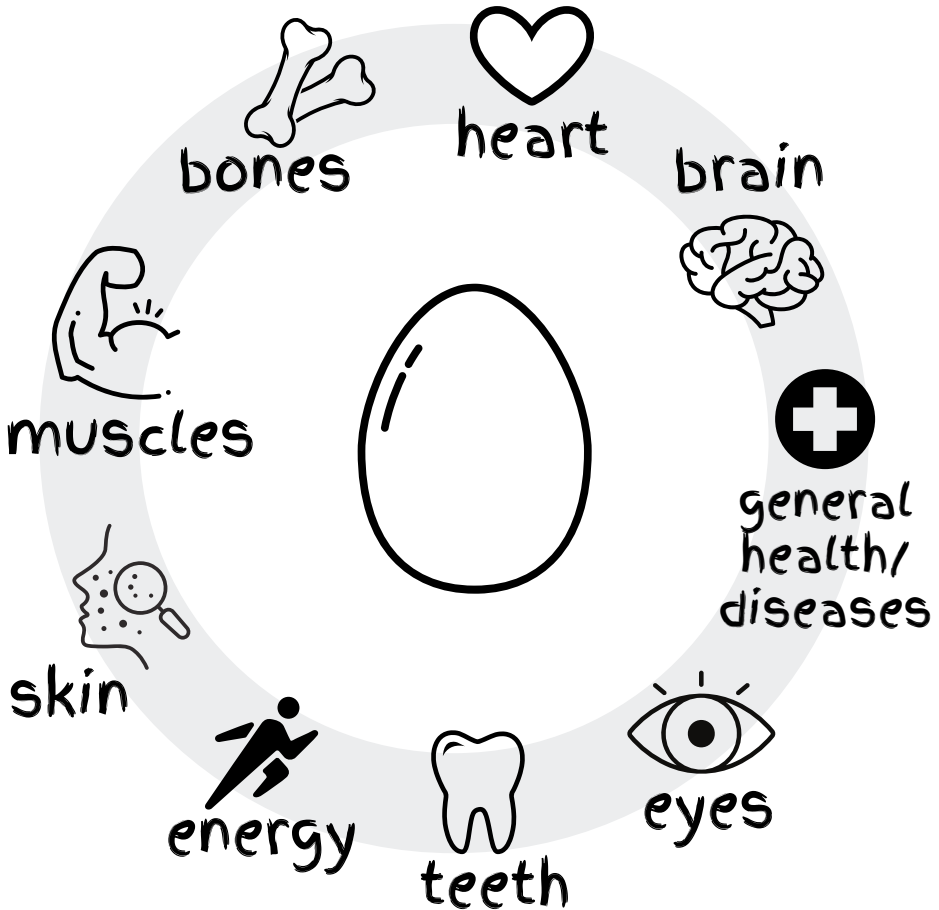


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NATURE'S ESSENTIALS FOR YOUR WELL-BEING

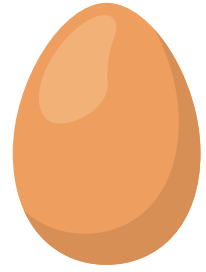
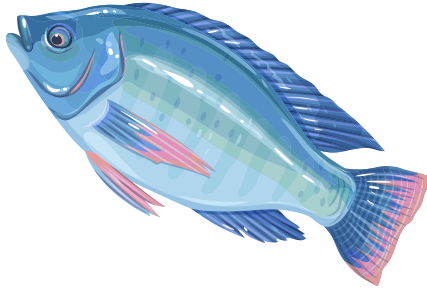
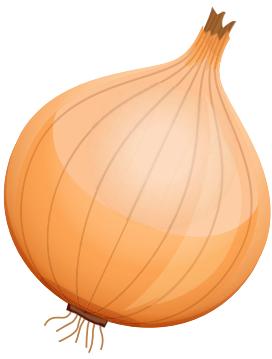


You can think of fish as food for your brain. Fish has super powers that give your growing brain everything it needs to grow clever, strong and healthy and to help you strive for those dreams! From vitamins, to healthy fats, fish has it all. Kids who eat fish can focus well in school and feel full of energy.



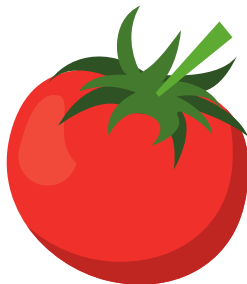


An egg may seem small but it is definitely one of the biggest superheroes amongst all foods. Just one egg contains almost everything you need to support your growing body and mind. When you eat eggs often, your body grows strong, your mind develops clever, your skin, bones and teeth grow healthy and your health is well. Eat the egg yolk and the egg white as all the important powers are in the whole egg!



Our local vegetables, fruit, eggs and fish are so delicious and full of super powers to help us grow strong, clever and healthy and strive for our dreams.

What we eat shapes how strong, clever, and healthy we are. All dreams need super powers to help us achieve them and our local food has a lot of those super powers. Let's eat well and strive for our dreams!





You did a
great job!

Let's eat well and strive
for our dreams!



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