

Topic 3: Health and Nutrition



Everyone on this planet needs good food and clean water to grow strong and keep healthy.

Fact: In Lesotho, 20% of people don't have access to clean water. Most people have to walk to a well or village pump to get water.

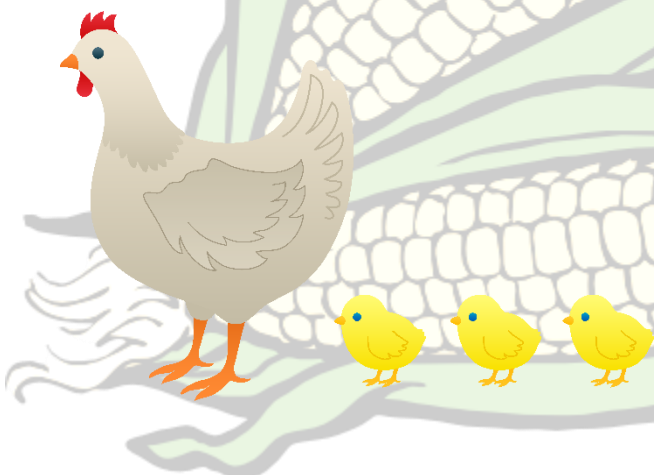
Limakatso Rantoa (right), Action Lesotho's Community & Humanitarian Manager, is distributing seeds to carers at Lepoqong Community Centre so that they can grow some vegetables.

HIV/Aids sickness affects many people. Medicines are available but do not work unless the patient has good food to eat.



**MAIZE** is the main food (or staple food) eaten in Lesotho. The grains are dried and ground into flour called 'mealie meal', which is usually made into 'papa' by mixing it with water. Then it is cooked until it thickens like porridge, and served on its own, or with some vegetables or meat, depending on what the family can afford to buy. Papa is starchy and filling, but there is no protein in it and poor people are undernourished.

Action Lesotho is helping families to grow more vegetables themselves and some families are learning to keep hens. With their own fresh vegetables and the eggs, the children and their carers will have a much more varied and nutritious diet.



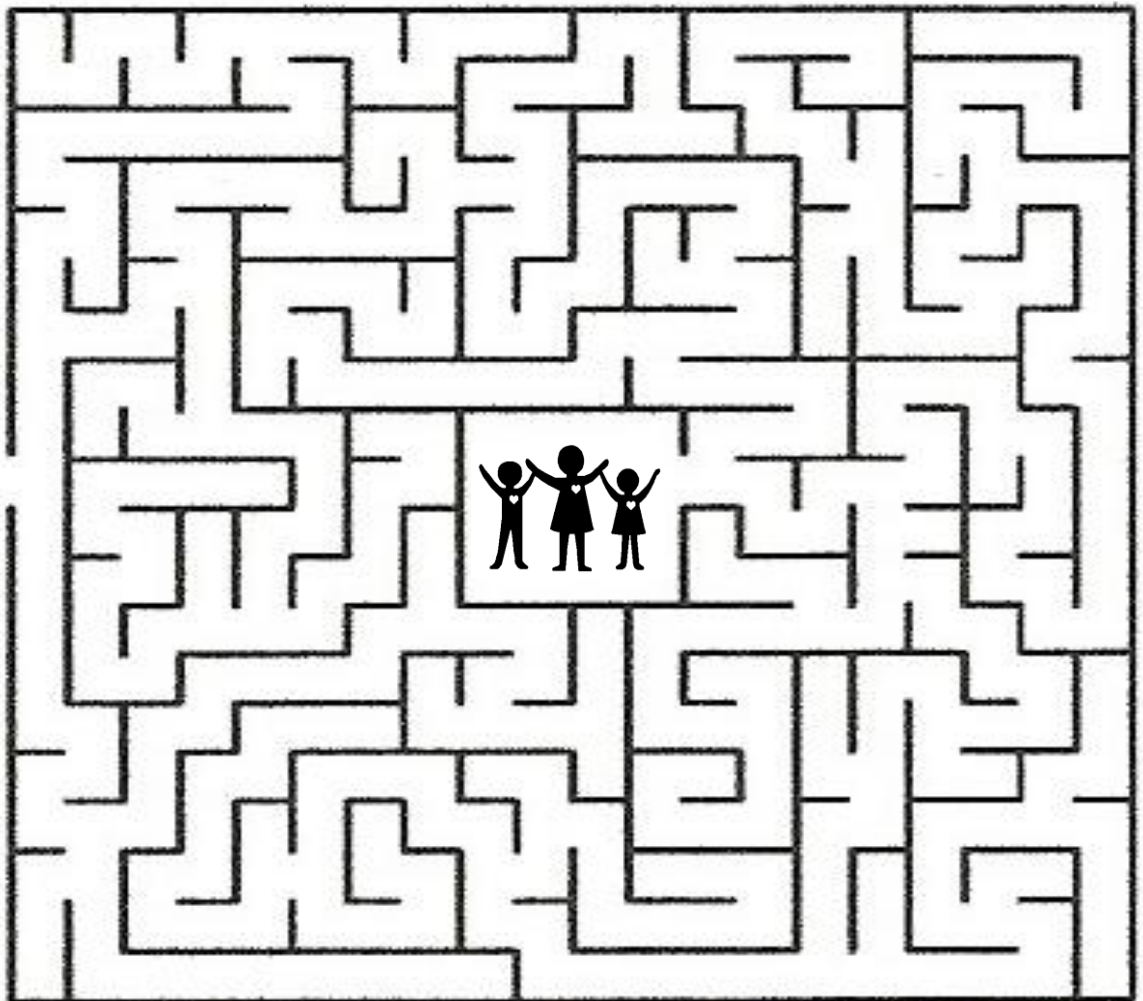


An **Action Lesotho** nurse visits the sick families and makes sure they are taking their medicine. She also checks on whether they have enough to eat so that the medicines will work.

Children receive meals at school in Lesotho but the poorest sometimes go hungry at weekends. **Action Lesotho** makes sure that 120 orphans in the villages of Ha Magele and Maputsoe receive hot meals at weekends & during school holidays.

## A C T I V I T Y

Bring baby chicks to a family



The eggs will provide much-needed protein to the children and their grandmother to make them healthy



A C T I V I T Y : P O P A  
P A N O F T A S T Y  
P O P C O R N

**Warning: Do this with an adult**

**YOU WILL NEED:** A large saucepan with a lid; a glass lid is good if you have one but metal is fine too.

Vegetable oil; Popcorn kernels; Seasoning – optional.

A bowl to serve the popcorn

**METHOD:**

Put the saucepan over a low heat and add oil to just cover the base of the pan.

Add about two handfuls of popping corn (dried maize kernels) & put the lid on.

Turn up the heat and listen. Very soon you will hear the corn popping, bouncing off the sides and lid of the saucepan. Shake the pan around, but **KEEP THE LID ON!**

When there is only an occasional popping sound, turn off the heat and take the pan off the stove.

Now you can carefully remove the lid – and smell the fresh popcorn – Mmmmmm!

Now add some extra flavour if you like. Try one of these or an idea of your own: a light sprinkle of salt or sugar or garam masala (spice mix), or a little grated cheese.

Shake the pan around to coat the popcorn and tip it into a bowl.

Now sit down and enjoy your tasty snack!

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**More about food:**

This link to the World Food Programme will get you thinking about where our food comes from: <http://documents.wfp.org/stellent/groups/public/documents/webcontent/wfp203679.pdf>

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