



Patience

This smart young lady has been a pupil at Lizpal School since Baby Class, her father is a regular helper at the school and has acted as a translator for parents during health and nutrition lessons.



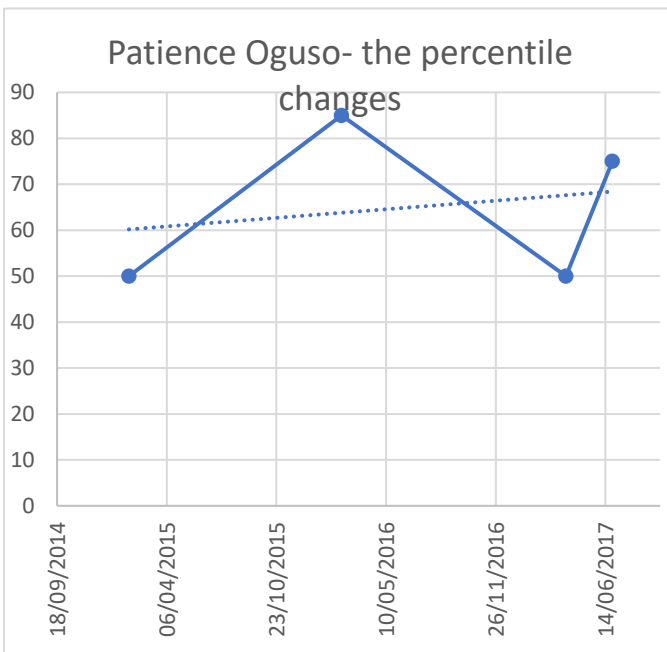
Porridge and Rice
Feeding for Education

In January 2015 she was 4 and half years old, she weighed **16 kg**, and was meeting the expected weight for her age according to the WHO standards. Patience measured **103 cm** at the time and sat on the **50th percentile with a BMI of 15.1 kg/m²**

She continues to have a healthy weight of **22kg** and a height of **115cm**, and a BMI of 16.6 she sits on the **75th centile** with the average child in the developed world and therefore has the chance to excel with her peers.

Nutrition is the focus for the feeding program, it is designed to take a balance of nutrition. Eating almost exclusively corn or rice, can cause **malnutrition**. This may either be from a lack of **education** about proper

nutrition, or from only having access to a single food source. It is not just the quantity of food, but specific nutritional deficiencies such as **Vitamin A, iron, Vitamin C and Iodine** are important parts of a **balanced** diet, the lack of these can increase risk of death in malnourished children.



Porridge and Rice works to promote a healthy diet at school and home by regularly holding 'Saturday Sessions' for the parents and guardians to attend nutrition and health lessons.