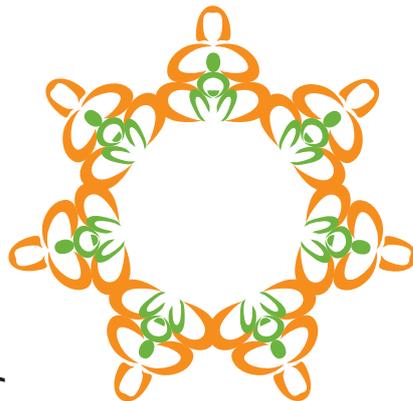




Sustainable Health

VOLUNTEERS  
JOB AIDS



# Training of Volunteers for Positive Deviance/Hearth

THIRD EDITION



World Vision International

# Energy Giving Foods (GO)



# Body Building Foods (GROW)



# Protective Foods (GLOW)



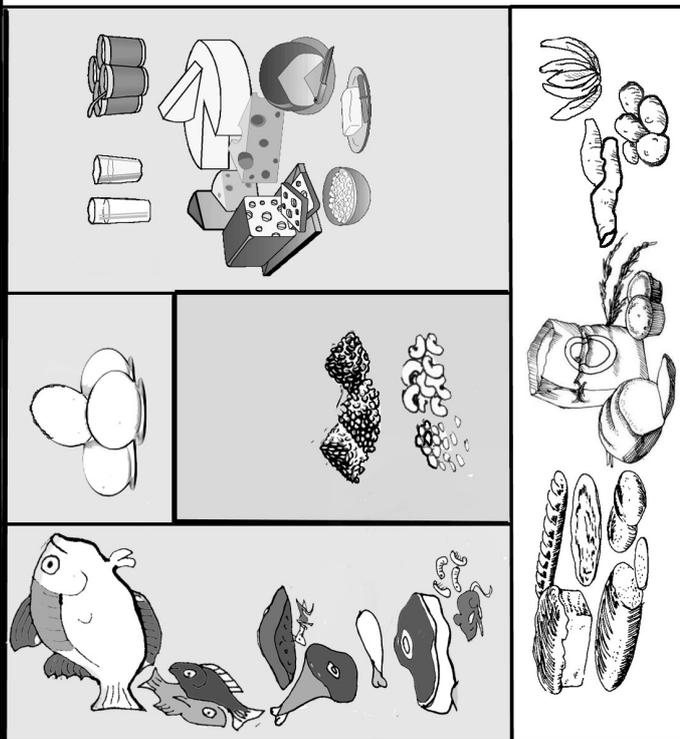
# Protective (GLOW)

Vit. A rich fruit & vegetables  
Other fruit & vegetables



# Body Building (GROW)

Eggs  
Dairy  
Legumes, nuts  
Meat, fish, poultry



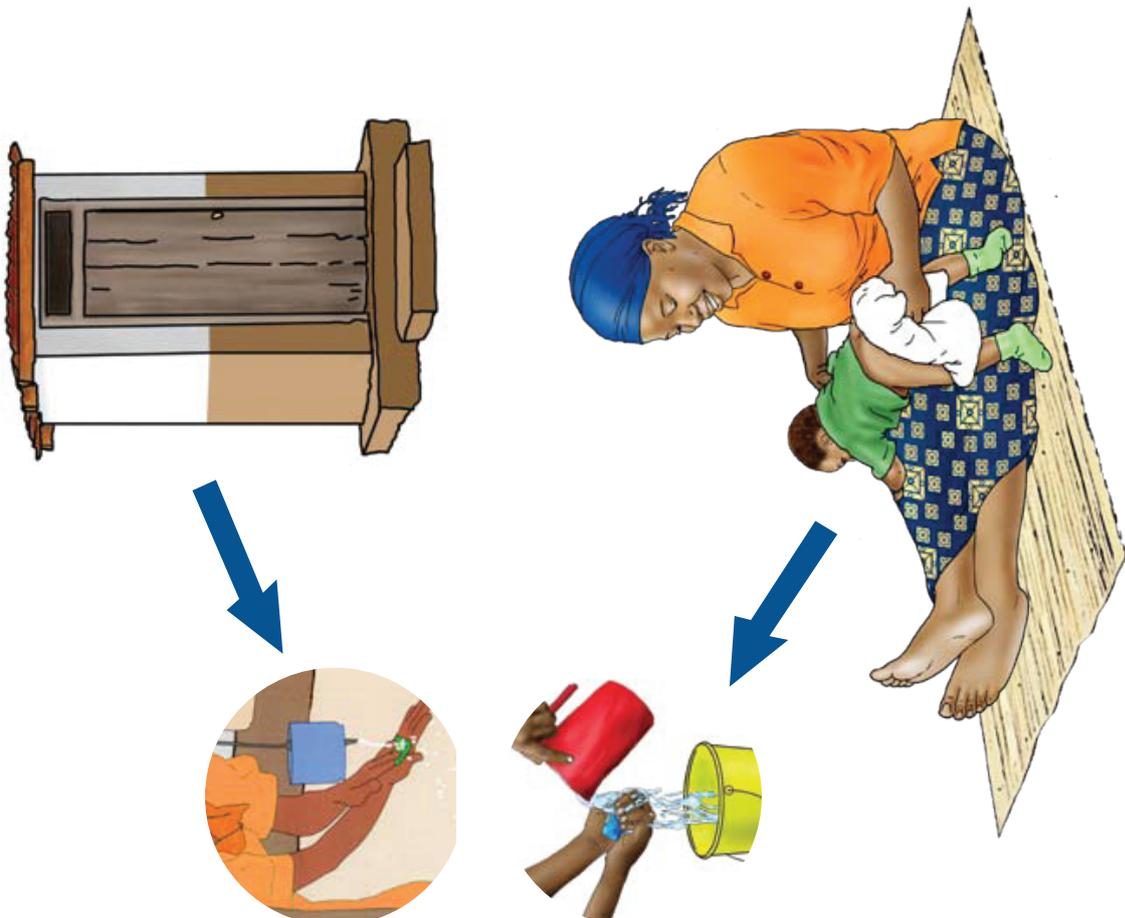
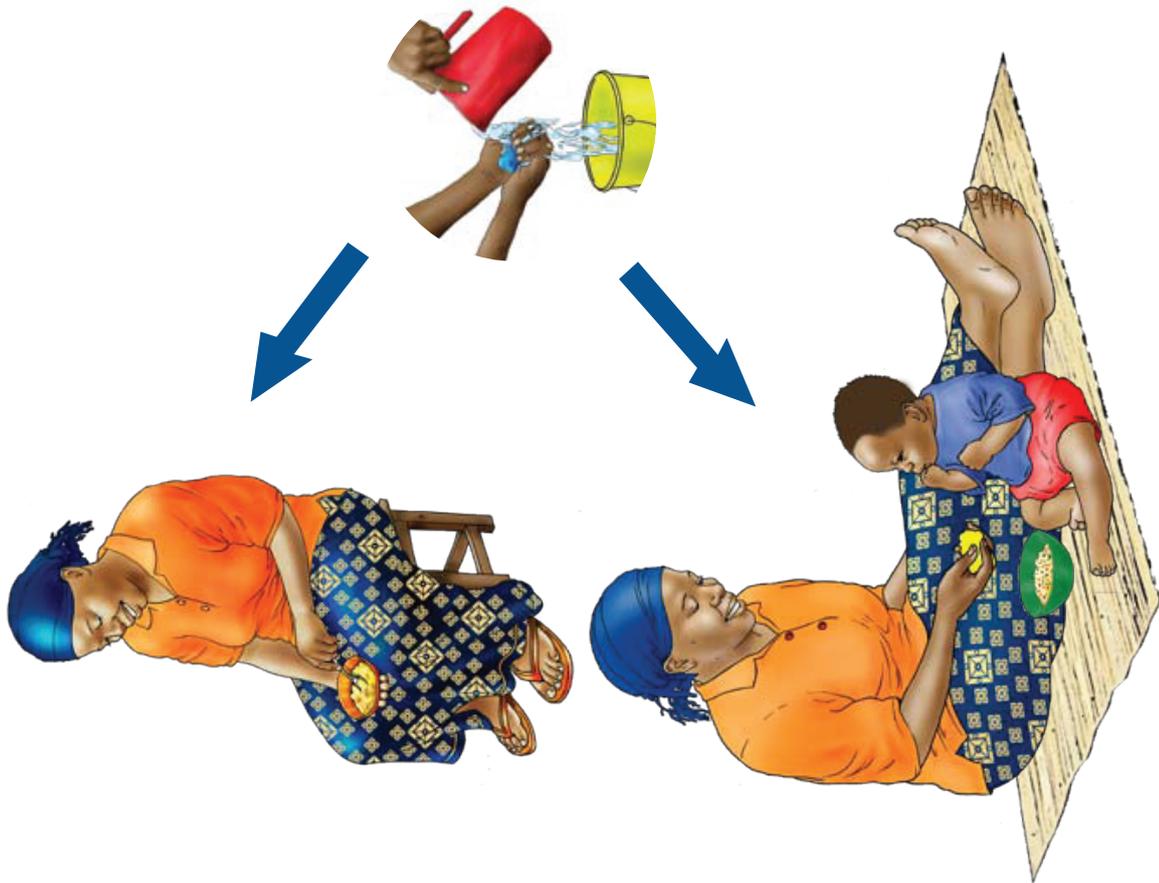
# Energy Giving (GO)

Grains, roots, tubers



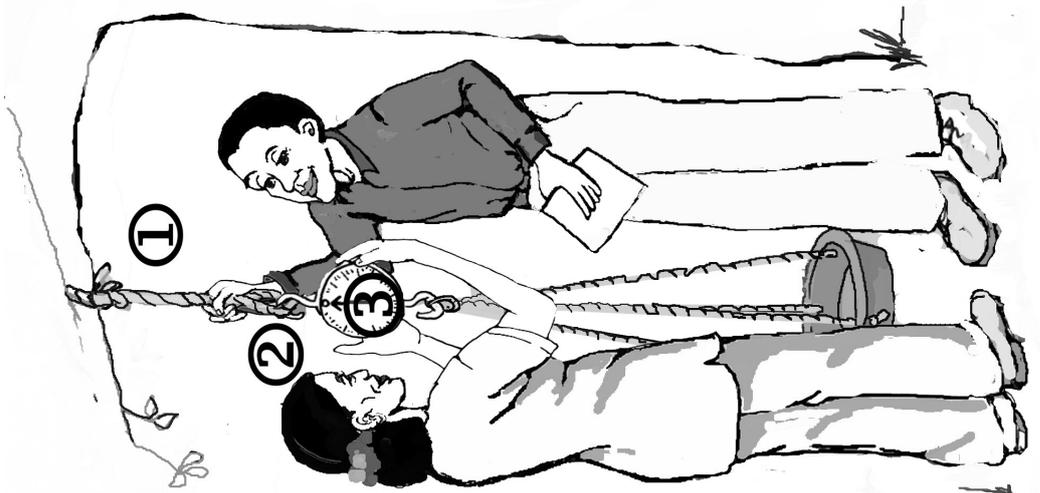
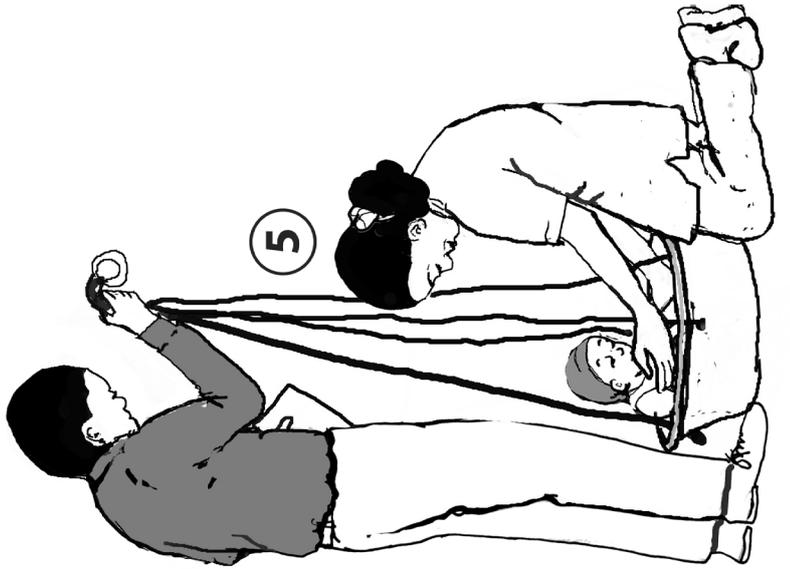
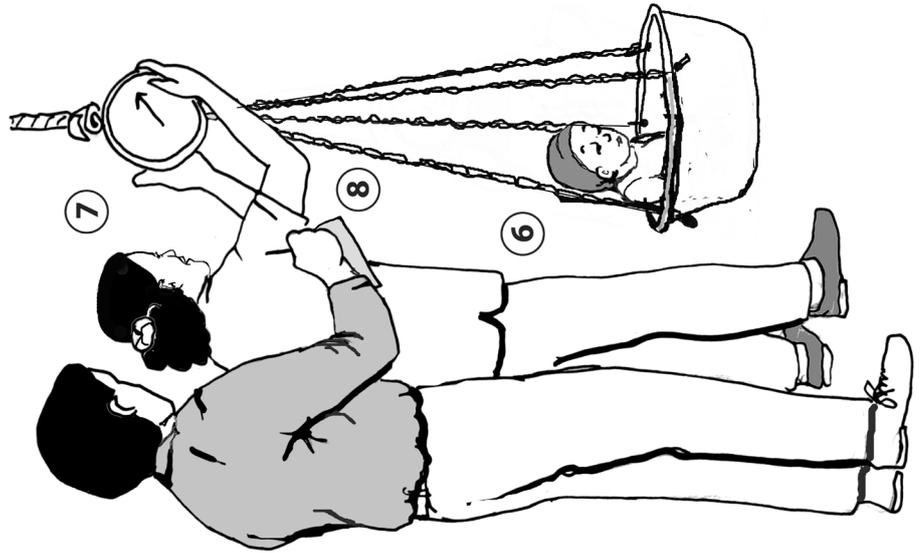
For TM Page 15





# Weighing and Measuring Children

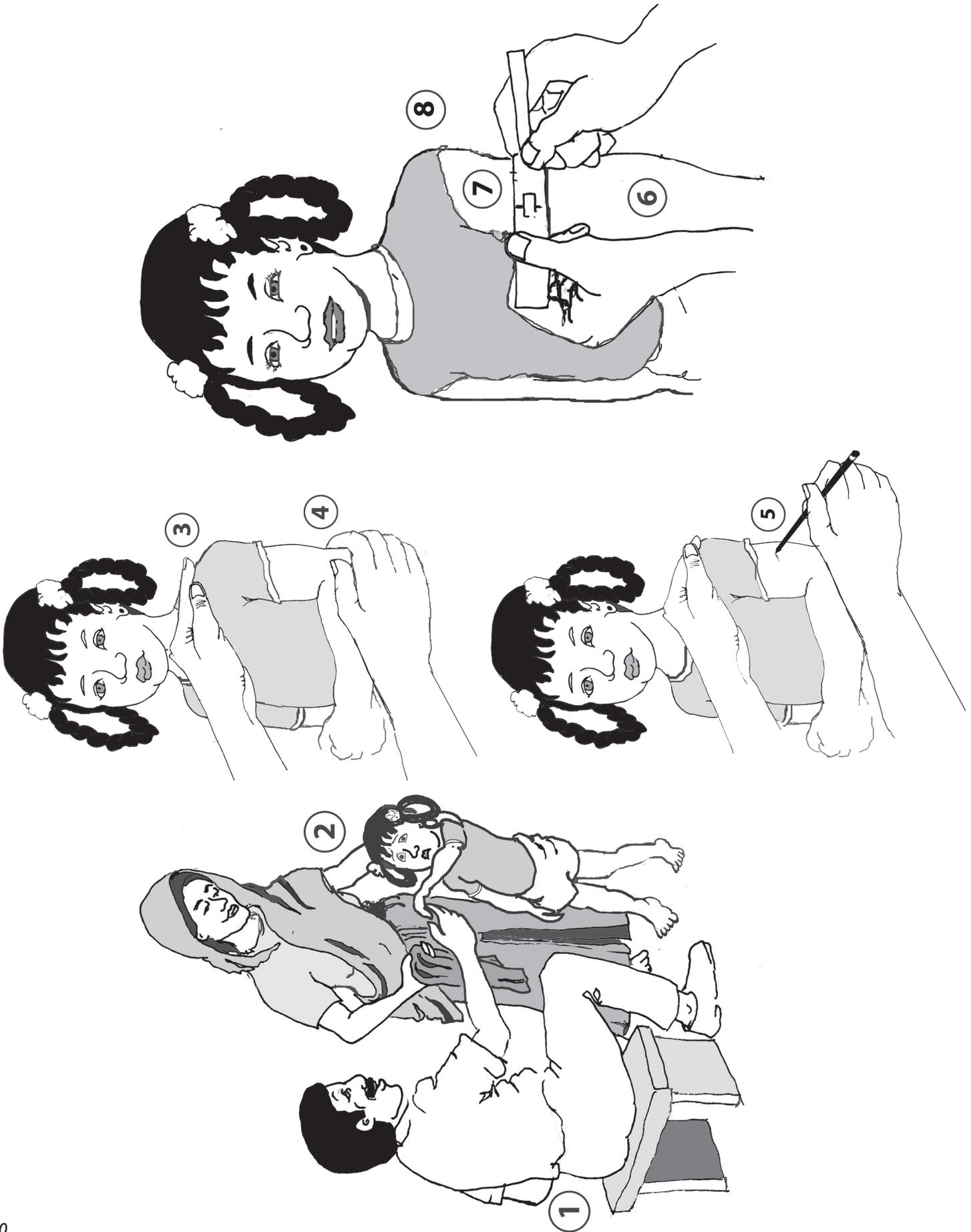
For TM Page 20-21





# Weighing and Measuring Children

For TM Page 25-26



**FOOD PATH FOR COOKED FOOD**

