

RECOMMENDATIONS

~~* Policy~~

* Provision of folic acids to adolescent girls

* Food served is less nutritious.

* Extension of school feeding to JHS level

~~* Food~~ Therefore, we recommend that the policy on school feeding should be improved.

EFFECT OF MALNUTRITION

- * Stunted growth
- * Poor Academic work
- * Underweight
- * Obesity
- 30% of our population do not have nutritious food.

SOLUTIONS TO MALNUTRITION

- * Educating People on Nutrition
- * Proper hygiene
- * Educating teenagers to avoid teenage pregnancy.
- * Dynamic Occupation
- * Responsible Parenting

CAUSES OF MALNUTRITION

- * Lack Of Knowledge on nutrition
- * Poor hygiene
- * Irresponsible Parenting
- * ~~Teenage~~ Teenage Pregnancy
- * Depending Solely on one Occupation like farming

Understanding Of Good Nurishment

- * It is our Parent responsibility to feed us.
- * Children become over weight because they do not eat the right food.
- * We have to eat varieties of food.
- * Milk Contains Protein
- * We need to stop eating unhealthy food.
- * Parent should be encouraged to give their wards breakfast.
- * Government should reduce taxes on imported foods.