

Hi there,

Please make sure you read the final assignment before starting with this booklet as the knowledge is required for understanding it.

Malnutrition is an issue in many countries. However, in this program we will focus on the Philippines only. In this country, inhabitants are not aware of healthy diets or are not capable of living according to these ideals. Therefore, you as a health worker, will educate them to improve their lifestyles. Filipinos have an old culture and many related traditions. Their motto in life is: Bahala Na, come what may. This makes this project different from others. You have to teach them on nutrition, but at the same time it is very important to appreciate them. In order to achieve this, follow the rules:

1. Be kind → Treat others as your equals
→ Treat the sick as people
2. Share knowledge → Learn people to prevent sickness
→ Learn people to recognize and manage their illnesses
3. Respect people's traditions → Everyone is different
4. Know your own limits → Apply only your own knowledge
→ Use your judgment
5. Practice what you teach → Set an example, instead of bossing around
6. Work is fun → Enjoy what you are doing

This booklet guides health workers to educate children in an appropriate way. This audience is not yet influenced by others than their family and therefore they are the easiest and most effective target. On the other hand, education of children requires specific skills and techniques. They tend to lose interest quickly. To prevent this, this program exists of different learning methods:

1. Short, theoretical lessons to inform children
2. Music, pictures and videos to support the theories
3. Theatrical plays
4. Creative assignments the children have to carry out

The first and foremost important aspect is that a child has to be able to remember what has been taught to him or her. It is crucial that our program offers different forms of education on all topics regarding nutrition. Children need to be able to visualize and experience problems before they will remember it. Music is an effective means to spread information. Children learn a simple song, containing a message and when they return home, they will sing it for their parents, brothers and sisters. Pictures and video clips are

other ways to educate them. They are more impressive than words and will therefore be remembered. Theatrical demonstrations or plays are another visualization of theoretical information. Assignments will stimulate creativity and interests of the child. It can be concluded that a variety of styles of education are important to pass on information to smaller children.

We hope you enjoy your time with the Filipinos. Good luck!