

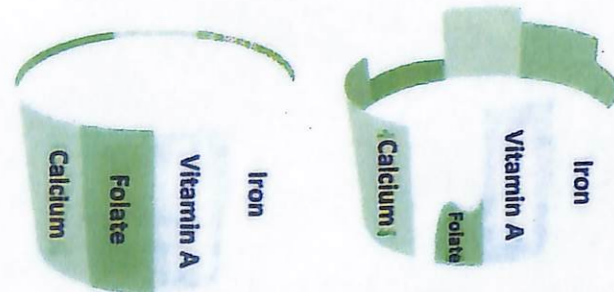
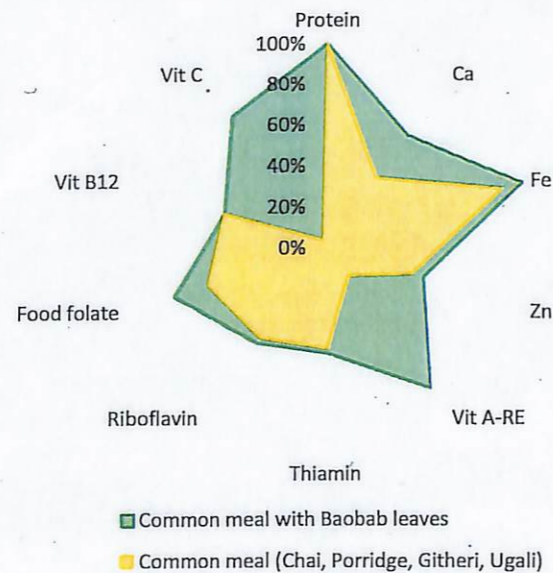
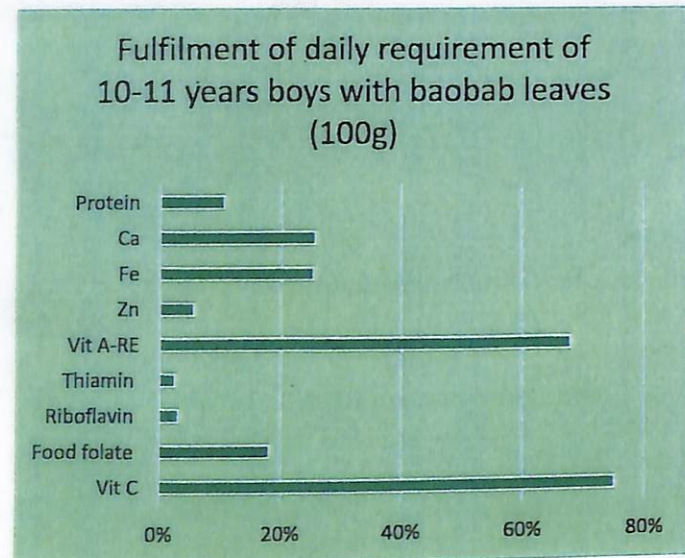
Baobab Lunch programme



Improve School Lunch with nutritious locally available foods



Why don't you try eating baobab leaves, which are recognized for its high nutritional content and used as food in West African countries and other regions in Kenya?



Boost children's interest and desire to the nutritious balanced food



We are engaged in a project to improve nutrition in the ASAL region of Kenya.



Nutrition as foundation of development of children

- Roles of nutrition in our body
 - Produce energy to keep the body warm and working well
 - Build muscles, bones and other parts of the body
 - Repair and heal injuries in the body
 - Help body resist and fight disease.



Various foods need to be combined and served together to enable the body obtain all the required nutrients which are important for normal body functioning.

- Impacts of nutrition on performance of children
 - * Vitamin A: Deficiency can cause impaired immune functions.
 - * Vitamin B12: Vitamin B12 deficiency can lead to a form of anaemia.
 - * Calcium: Deficiency of calcium can lead to rickets, osteopenia and osteoporosis.
 - * Iodine: Deficiency of iodine can cause conditions like intellectual disability.
 - * Iron: Adolescent girls are more at risk. Iron deficiency can cause tiredness, lack of concentration, impaired muscle function resulting in lower school performance.
 - * Zinc: A zinc deficiency can slow down your child's growth.



If any of the nutrient is insufficient, our bodies cannot function properly. Improved School Lunch with nutritious foods (vegetables, wild foods, animal protein, etc) and boost children's interest and desire to the nutritious balanced food by making intake of nutritious food their habit!!

Benefits of baobab leaves in nutrition improvement of children



- Nutritional benefit of Baobab leaves
 - Common meals taken by children in the area lack some important micro nutrients which is important for the development of children
 - Baobab leaves are underutilized nutritious food widely available in the area.
 - It is a good source of Vitamin A, Vitamin C, Iron, and Calcium, containing a fair amount of Folate and protein, many of which are insufficient in the common meal of children such as chai, porridge, githeri, ugali, etc.
 - Baobab leaves are commonly consumed in Western African countries and some area of Kenya e.g. in Kilifi. Kilifi people has been taking baobab leaves as vegetable for a long time.
 - Nutrition composition of Baobab leaves

100g edible portion	Energy (kcal)	Protein (g)	Ca (mg)	Fe (mg)	Zn (mg)	Vit A-RE (mcg)	Thiamin (mg)	Riboflavin (mg)	Food folate (mcg)	Vit B12 (mcg)	Vit C (mg)
Baobab, leaves, fresh, boiled* (without salt), drained	64	4	304	2.6	0.69	392	0.02	0.03	49	0	19

"There was a statistically significant association noted between nutritional status and scholastic performance. It infers that increase in the nutritional status of children in turn increases the academic achievement."

"Adolescence who **suffer from poor nutrition** revealed that they generally become lethargic and stop interacting thus **their learning potential is severely lowered**" (United Nations 2012).

"The FAO and WHO research demonstrate that even the slightest forms of food insecurity can **affect a young child's development and learning potential**" (Ignowski, 2012)

"**Underfeeding** in childhood was thought to **hinder mental development** solely by producing permanent, structural damage to the brain" (Miller & Korenman, 2004)

