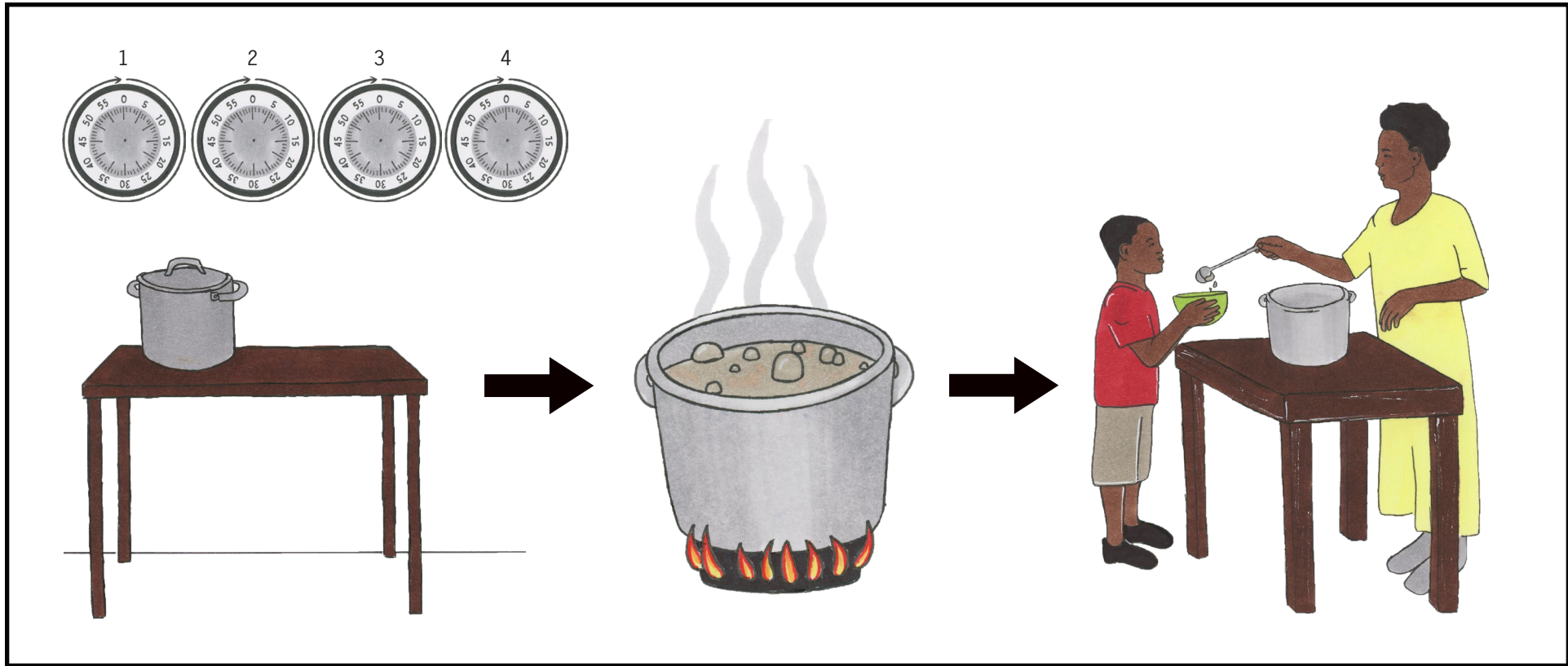
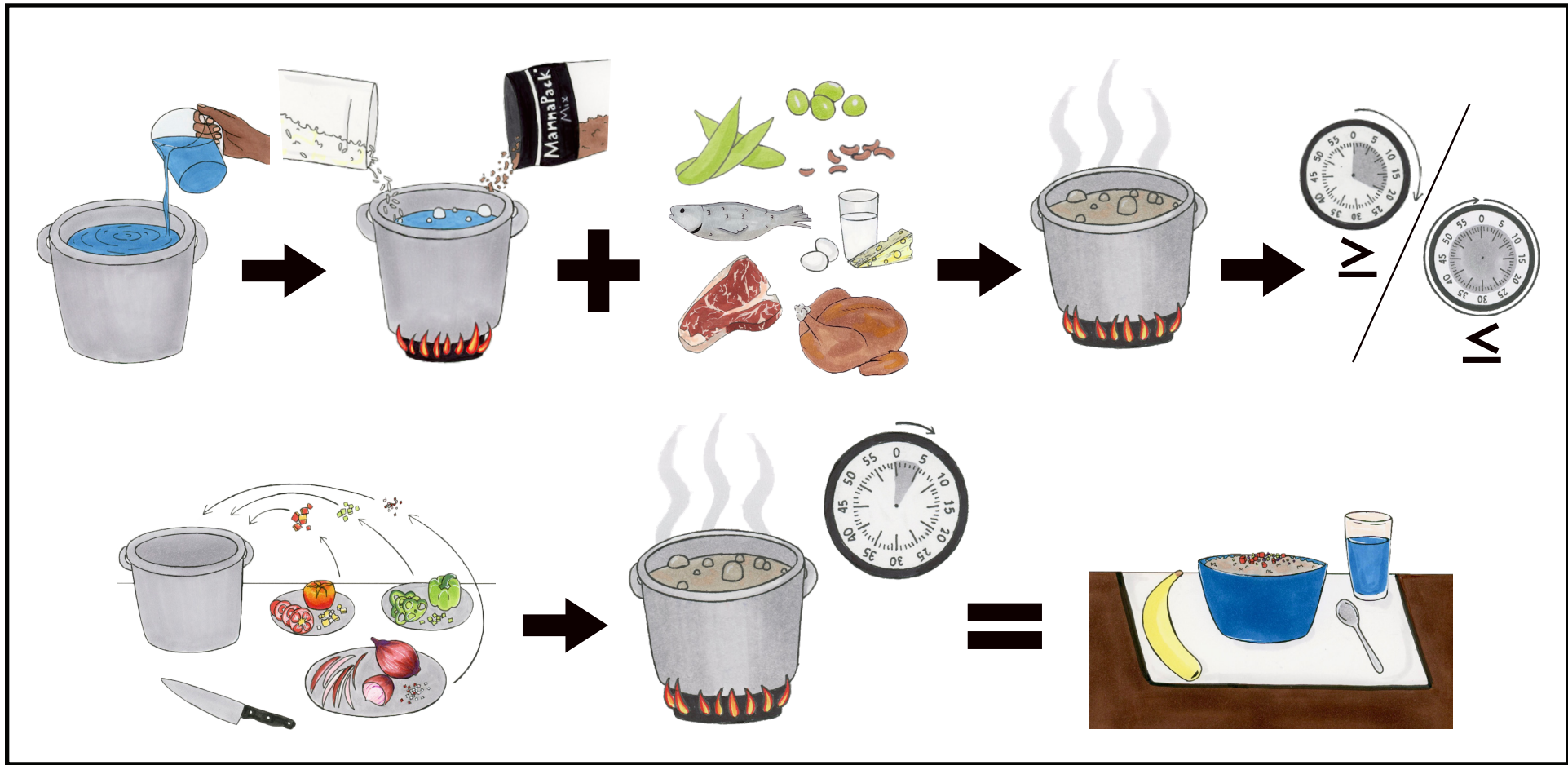
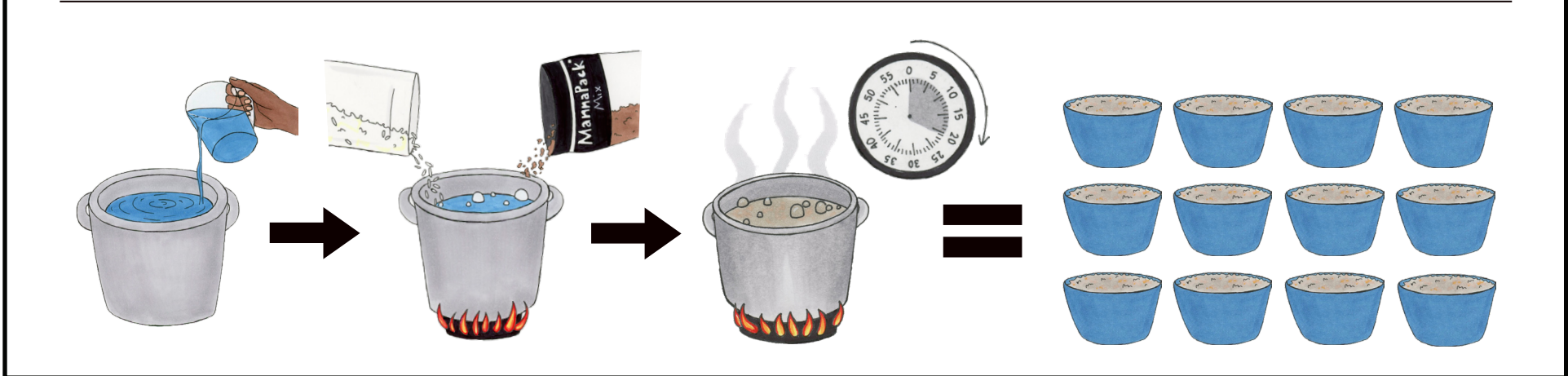


Nutrition Education



MannaPack® Mix





Safely Preparing Grains with MannaPack® Mix

CONCEPTS:

All food should be prepared safely and hygienically. Preparation includes cooking grains and MannaPack® Mix for 20 minutes.

TRAINER GUIDE:

What do you see in the top row of pictures?

Answers may be:

- cleaning surface, pots, spoons, and bowls
- handwashing

What needs to be clean to prepare MannaPack® Mix?

Answers may be: all surfaces, pots, utensils, and hands.

Why is it important to have clean areas, pots and utensils, and hands before preparing food?

Answers may be: to make sure that food is safe and doesn't make us sick.

What do you see in the pictures in the second row?

Answers may be: how to prepare the meal with water, grain and MannaPack® Mix while cooking for 20 minutes.

Keeping and Adding Nutrition to Meals Made with MannaPack® Mix

CONCEPTS:

Grains should be cooked according to normal plans. For instance, rice should be cooked for 20 minutes. MannaPack® Mix, meats, fish, poultry, cooked beans, or other proteins should be added to cook with the grains. Add nutritious local foods, especially fruits and vegetables, to Manna-Pack® Mix during the last five minutes of cooking to preserve nutrients.

TRAINER GUIDE:

What do you see in the first row of pictures?

Answers may be:

- Preparing the food by adding grains, MannaPack® Mix and protein foods to water and cooking.
- Cooking between 20 minutes and one hour. The cooking time depends on the protein(s) added.

What do you see in the second row of pictures?

Answers may be: adding fresh chopped vegetables cooking for 5 minutes and serving with fruit for a balanced meal.

Why do you think the vegetables are added at the end of cooking the food?

Answers may be: for freshness, to keep the nutrition of the vegetables and for better flavor.

What kinds of food do you have at home that you could add to the food?

Answers may be: vegetables, meat, poultry, fish, eggs, milk, fruit, spices, or others.

Storage of Prepared Meals with MannaPack® Mix

CONCEPTS:

Store prepared food in a covered container in a dry place off of the ground for no more than four hours after cooking. Reheat the product to boiling to serve leftovers.

TRAINER GUIDE:

What do you see in these pictures?

Answers may be: food leftover stored in the covered pot above the ground.

How long do you think you should keep food leftover from the time it was cooked?

Answers may be:

- After cooking, food can be kept safely for up to four hours.
- If there is refrigeration, the food can be kept up to two days at temperatures below 4 degrees centigrade and reheated to boil for at least two minutes.

What should you do before eating any food leftover?

Answers may be: cook to boil again for at least two minutes to make sure it is safe.

What should you do if the food has been kept too long?

Answers may be: to keep us safe, we will need to throw it away.

How can you keep from throwing away food that you have prepared?

Answers may be: we can prepare enough to eat at one time so that we don't have food leftover.