THE SCHOOL GOING CHILD
If a child is not well fed, he is sleepy and dull. He does not learn as well as he would have if he were well fed. He does not pass exams that he should pass and so he may not get a good job. Because he is not clever, even if he gets a job he is not so good at doing it as he might have been.

You can see that knowledge about food is very important. This book contains very useful information about food that can be grown or bought, cooked and eaten in Uganda. It has been written in simple, clear language so that it is easy to understand. Read it carefully and make sure that your relatives and friends read it too.

The knowledge that you will get will help to keep your child and your whole family healthy and happy.
I am a qualified nurse from West Germany. I have lived and worked in the Ivory Coast and in Papua New Guinea before coming to Zambia. I have been in Zambia for about two years now.

I saw in the Soya beans a great potential to stop malnutrition, because Soya bean is the cheapest source of vegetable protein and the people can afford to buy and grow it.

In the beginning of 1988 I started, with the help of Sister Rosalinda of Dagama Home, a Soya bean utilisation campaign. We began in the compounds of Luanshya, but now it is spread over the whole district. The most obvious results are that malnourished children have improved tremendously after a short period of time using Soya bean in their diet. These positive results as well as the innumerable requests for a cookery book motivated me to write this book. So the campaign against hunger and malnutrition can be fought using the Soya bean in other districts.

4. THE PRE-SCHOOL CHILD
A child has many things to learn in the first 5 years of life - such as learning to walk, talk and play. If he lacks good food at this time, he becomes sleepy and dull and does not run about and talk like a well-fed child of his age. He is also less interested in what is going on around him. Because the child is dull and sleepy, his family is less likely to be interested in him. Underfed and underweight children are thus deprived of a vital source of learning. When such children go to school, they find that other children who have been well fed in the years before they came to school are better in class than they are.
child may result in a serious, even fatal, illness in a badly fed child. Many poorly fed children die of measles, malaria, pneumonia and gastro-enteritis (diarrhoea and vomiting).

2. There is a lot of activity going on inside the body of a growing child.
   - his muscles, bones and nerves are being formed
   - his blood is being made
   - his senses are being developed

   For all this to happen, he must get the right amount of GOOD food every day. Otherwise he will become stunted.

3. A child's brain grows faster before he is born (when he is still in his mother's womb) and during the first 3 years of his life. If he is not well fed at this time, his brain will not develop as well as it might have and so his ability to learn and think well will not be as it should be.
WHY SOYA BEANS?

Many people today throughout the world including Uganda are facing a major problem of just how to control malnutrition. Malnutrition poses a great danger to human life, especially for growing children who need a lot of protein and fat in their daily diet. This is as a result of the high cost of living, as many families cannot afford animal protein. One way of resolving this problem is through the use of Soya beans which is the cheapest and most balanced source of vegetable protein. It improves the health, growth and development of your family, especially children, just a short time after including it regularly in the diet.

100 grammes of the above food has the following amount of protein (in gramme)

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein (in gramme)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td>40 gr.</td>
</tr>
<tr>
<td>Eggs</td>
<td>25 gr.</td>
</tr>
<tr>
<td>Soya Beans</td>
<td>20 gr.</td>
</tr>
<tr>
<td>Ground Nuts</td>
<td>12 gr.</td>
</tr>
<tr>
<td>Sugar Beans</td>
<td>27 gr.</td>
</tr>
</tbody>
</table>

Ohh!! I am the winner
I have the highest PROTEIN

IF YOUR CHILD IS NOT GAINING WEIGHT - GO TO A CLINIC OR HOSPITAL AND SEE A HEALTH WORKER TODAY.

WHAT WILL HAPPEN TO A CHILD IF HE OR SHE IS NOT WELL FED?

1. If a child does not get enough of the right kind of food to eat and drink, he becomes thin and weak. His body does not have the strength to fight off harmful germs which affect him more often and more severely. What might have been a mild, brief illness in a well-fed...
WHEN CAN YOU SAY THAT A CHILD IS HEALTHY?
A healthy Ugandan child:
- has a strong body, bright eyes, curly shiny hair, a clean smooth skin.
- has plenty of energy, an alert interested mind and plays happily.
- sleeps well.
- has a good appetite, cries for food when he is hungry, eats and drinks well.

BUT THE MOST IMPORTANT SIGN OF GOOD HEALTH IN A CHILD IS GROWTH!
A healthy child must gain some weight every month. The growth chart in his under 5 card must look like this -

If his growth chart looks like either of the 2 shown below - something is wrong

IF A CHILD IS NOT GAINING WEIGHT, WHAT COULD BE THE PROBLEM?
1. the child may be ill. he must be checked up properly and treated if necessary.
2. the child may not be getting enough of the right kinds of food that his growing body needs. if he continues - he could get very ill and could even die. Everyone needs good food to stay healthy; but it is especially important to feed babies and young children well.

1. Soya beans are the most balanced source of vegetable protein
2. Soya beans have the following nutrients

3. Only 100g of Soya bean can satisfy most of the average daily protein requirements of one person.
4. Soya beans are the cheapest protein food to produce or buy.
5. Soya beans can be prepared in a number of ways such as:- Soya milk, Soya flour which can be added to porridge, nshima, bread, etc., Soya coffee, Soya relish, Soya vegetable relish, fried Soya snack and many other dishes.
6. Soya beans can be grown easily in Uganda by rural farmers
7. Soya beans can be stored for food purposes for 2-3 years under rural storage conditions without chemical dressing and without deterioration in its food value
8. Soya beans supplement the nutritional value of maize, sorghum, rice and wheat. A maize/Soya food gives you a very high value food.
BASIC SOYA BEAN PREPARATION
In all preparations of Soya beans you must always remember to do the following:-
1. Separate the dirt from the Soya bean (never wash or soak the uncooked Soya bean)
2. Drop the unwashed Soya beans (even the broken ones) into boiling water. Make sure that the water does not stop boiling. Once all beans are dropped in boiling water, boil for 1 hour. One cup of Soya beans to 4 cups of water. (boiling for hours will not soften Soya bean and it is not necessary).
3. Remove beans from the fire, throw away the water. Now wash them with cold, clean water.
N.B. The skin of Soya bean has some protein and vitamins. So you should not remove them. After all they will not bother you much since they also are pounded in the preparation.
4. This is the basic rule of Soya bean preparation:

7. Harvesting can start June/July and Nov/Dec. when the leaves get yellow and some start falling, then the pods get hard. The best time for harvesting is in the early morning hours or the late afternoon hours.

8. Cut the plant, leaving the roots in the soil. The roots improve the soil fertility very much.

ATTENTION
If harvest is delayed, all the Soya beans will start to shatter in one day and you will lose the whole crop.

Plant only as much as you can harvest in 7 days.

NOTE:- If you are growing your own Soya beans you can use the green Soya bean leaves as a relish just as you use any other type of green vegetables. The green Soya beans can also be used as you use green peas in cooking.

For further information about Soya bean growing, please contact the farming sector of M.S.R.D.P.
SOYA BEAN GROWING IN UGANDA

1. Soya bean can be easily grown in Uganda.
2. Buy only the recommended variety for your area.
3. Never use seeds which are more than 10 months old.
4. Planting is done at specific times of the year - so find out what is correct for your area.
5. Plant the seeds no deeper than 3 cm.
6. It is very important to keep your Soya bean field free from weeds especially when the Soya bean plants are very small.

ATTENTION:

NEVER GET SOYA BEANS IN CONTACT WITH COLD WATER BEFORE BOILING AS THIS WILL PRODUCE A VERY BAD SMELL AND TASTE WHICH YOU WILL NEVER GET RID OF.

IF YOU DO NOT MAKE THIS MISTAKE, YOU WILL ENJOY ALL THE SOYA BEAN DISHES VERY MUCH.

TO GET HIGHEST FOOD VALUE OF THE SOYA BEAN, YOU MUST COOK IT FOR ONE HOUR, THEREFORE DO NOT FRY SOYA BEANS.
INGREDIENTS
Soya beans

METHOD

1. Separate the dirt from the Soya beans
2. Drop the Soya beans in boiling water.
3. Let it boil for 1 hour. Make sure that the water does not stop boiling.
4. Throw away the dirty water and thoroughly wash the Soya beans in clean water.
5. Leave the Soya beans to dry in the sun.
6. Roast the dried Soya beans until dark brown (without any oil)
7. Pound the roasted Soya beans to a fine powder.
8. Sieve the powder and pound again until all the Soya beans are all crushed. This is very good coffee.
9. Place it in an airtight container and store in a cool place. Use the Soya coffee as you use any other type of coffee.
INGREDIENTS
Soya beans

METHOD
Start your Soya flour preparation early in the morning to get the best well-dried Soya flour.

1. Separate the dirt from the Soya beans
2. Drop the Soya beans in boiling water gradually so that the water does not stop boiling.
3. Let it boil for 60 minutes
4. Wash the Soya beans in clean water.
5. Dry the cooked Soya beans on a mat or sack in the sun.
6. Pound the dried Soya beans or bring it to a grinding mill.
7. Sieve to get the flour.
8. Put the flour in an air-tight container and use it as required.

Remember - the hulls contain some protein and vitamins so you need not remove them after all the beans will be crushed in all preparations.
INGREDIENTS

1 cup Soya beans
Salt and sugar

METHOD

1. Separate the dirt from the beans.

2. Drop the Soya beans in boiling water.

3. Let it boil for 1 hour and make sure that the water does not stop boiling.

4. Throw away the dirty water and thoroughly wash the beans in clean water.

5. Pound the Soya beans until they are completely mashed.

6. Add 2 cups of water to the pounded mash and mix well.

7. Pour the Soya beans and liquid onto a clean fine cloth and squeeze out the liquid. Pound the mash again, add 2 cups of water. Stir well, squeeze out the liquid. Do this 2 times more.

8. Add a little bit of salt and sugar to taste. Flavour with mashed fruit - this makes a very nice drink for your children.

9. Please do not throw away the left-over Soya mash. This is very nutritious. You can add one egg, salt or sugar to it and make pancakes (p13) or dry and pound it for flour.
INGREDIENTS
1 cup cooked Soya flour
1 cup mealie-meal
4 tablespoons sugar and a bit of salt and a little oil for frying.

METHOD
Use cooked Soya flour (prepared as on page 9)

1. Mix all dry ingredients together

2. Add water to make a dough.

3. Mould the dough in small round balls and

4. Fry the balls in heated oil, until brown on both sides
INGREDIENTS
1 cup cooked Soya flour
Vegetables (any green vegetable)
salt
tomatoes
onions

METHOD
1. Wash and cut the vegetables

2. Put the vegetable to cook in a saucepan for at least 10 minutes. Add salt.

3. Add water to cooked Soya flour to make a paste.

4. Add the paste to the vegetables.

5. Let it cook for about 5 minutes. Serve with nshima.
SOYAVEGETABLES RELISH

INGREDIENTS
1 cup Soya beans
1 egg
3 tablespoons cassava flour or mealie-meal
2 tablespoons of sugar
Oil for frying
Salt to taste

METHOD
1. Separate the dirt from the Soya beans.
2. Drop the Soya beans in boiling water.
3. And let it boil for 1 hour. Make sure that the water does not stop boiling.
4. Throw away the water, and thoroughly wash the beans in clean water.
5. Pound the Soya beans until they are completely mashed.
6. Add 1 egg, sugar and a bit of salt to the mash and mix well.
7. Use cassava flour or mealie-meal for moulding so that they do not break.
8. Fry the cakes in heated oil until they are golden brown, on both sides.

OPTION instead of using sugar, you can use salt and onions. This makes a very fine salty Soya pancake.

Remember the hulls contain some proteins and vitamins, so you need not remove them - after all the beans will be crushed in all preparation.
SOYA PORRIDGE

INGREDIENTS
1 cup Soya beans
Salt to taste
Cooking oil

1. Separate the dirt from the Soya beans
2. Drop the Soya beans in boiling water. Make sure the water does not stop boiling.
3. Let it boil for 1 hour.
4. Throw away the dirty water and thoroughly wash the Soya beans in clean water (the hulls contain some proteins and vitamins so you need not remove them).
5. Fry the cooked Soya beans in oil until golden brown.
6. Drain out the fat.
7. Sprinkle with salt or sugar and serve.

My child will never be like that because I feed him with Soya porridge everyday.
SOYA SNACK

I do not waste money on buying Snacks from the shops in town. My wife makes Soya Bean Snacks for me every day.

ya, ya, you are very lucky.

WORK SHOP

INGREDIENTS
3 tablespoons cooked Soya flour
1 teacup mealie-meal
3-2 teacups of water
salt and sugar to taste.

METHOD

1. Use cooked Soya flour (prepared as on page 9)
2. Mix the mealie-meal and Soya flour, add water to make a paste.
3. Add the paste to the boiling water stirring all the time to prevent lumps forming and avoiding the porridge sticking on the bottom of the pot.
4. Let the porridge cook for 20 minutes.
5. Add salt and sugar to taste.
SOYAPORRIDGE WITH UNCOOKED SOYA FLOUR

METHOD (in case you get uncooked Soya flour)

INGREDIENTS
- 3 tablespoons uncooked Soya flour
- 1 tea-cup mealie-meal
- 2-3 cups water
- salt and sugar to taste

1. Drop the uncooked Soya flour into the boiling water. Stir (don't make a paste! Soya flour does not lump in boiling water, nor does it stick to the pot)

2. Let it boil for 10 minutes

3. Add water to the mealie-meal to make a paste.

4. Add the paste to the boiling Soya flour, stirring all the time to avoid sticking.

5. Let the porridge cook for 20 minutes. Add salt and sugar to taste