

NUTRITION ORIENTED INTERVENTION

- ❖ The use of soya bean in meal preparation
- ❖ The need to include protein in meals for school children
- ❖ The nutrition value of soya bean
- ❖ The effect of lack of protein
- ❖ Nutrition situation in Ghana
- ❖ Food and food groups
- ❖ Four (4) Star diet
- ❖ How to cook a healthy diet
- ❖ How to conserve nutrients during food preparation
- ❖ Health certification
- ❖ Nutrition package for school children

