

Improving girls' nutrition for healthier generations!

The 3 key actions for religious and community leaders



1

Discuss with parents of adolescent girls to ensure family support for adolescent girls to consume breakfast before leaving home for school.



2

Encourage parents of adolescent girls to provide their daughters with nuts, beans or fruits for the girls to consume during school recess and boost their energy, enabling them to be active learners.



3

Counsel parents to enable their adolescent children to consume beans, egg and milk at least once a day to meet their nutritional needs, enabling them to grow healthy and strong.