

Prisca says,  
'Now my sister  
and I are  
healthy and  
well-fed!'



Uganda, where  
Matia lives, has  
over 1.9 million Aids  
orphans - this is 10%  
of the population.



Matia says, 'I have much more energy, thanks to the milk and vegetables and I don't get ill very often any more.'



Agnes from Nkokonjeru School says, 'We now have the energy to run around - so we enjoy learning at school. We can eat breakfast at home and lunch at school!'



There are over  
750,000 orphans  
living in the tiny  
African country  
of Rwanda.



Malnourished:  
When the body  
doesn't get enough of  
the right things  
(vitamins, minerals &  
other nutrients).



Over-Nourished:  
When eating too much  
food for a long time,  
which can lead to  
obesity, Type 2 diabetes  
and heart disease.



# Balanced Diet:

A diet that has enough of all the nutrients a body needs to stay healthy and active.

