

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.

