



# My Diary



Sall Family Foundation

**CI4N**   
Collective Impact for Nutrition



Defending Dignity.  
Fighting Poverty.



**We will Create, Our Own Future**

<b>Name of School:</b>	<input type="text"/>	<b>Name:</b>	<input type="text"/>
<b>Blood Group:</b>	<input type="text"/>	<b>Class:</b>	<input type="text"/>
<b>Section:</b>	<input type="text"/>	<b>Roll No.:</b>	<input type="text"/>

## Important Contact Number

1. Head Master :
2. Class Teacher :
3. UP Chairman :
4. Upazila Chairman :
5. Upazila Vice Chairman :
6. Upazila Nirbahi Officer :
7. Upazila Health and Family Planning Officer :
8. Upazila Education Officer :
9. Upazila Women and Children Affairs Officer :
10. Officer In-charge (Police) :
11. CHCP (Community Clinic) :

# About Me

.....

.....

.....

.....

.....

# My Future Plan

.....

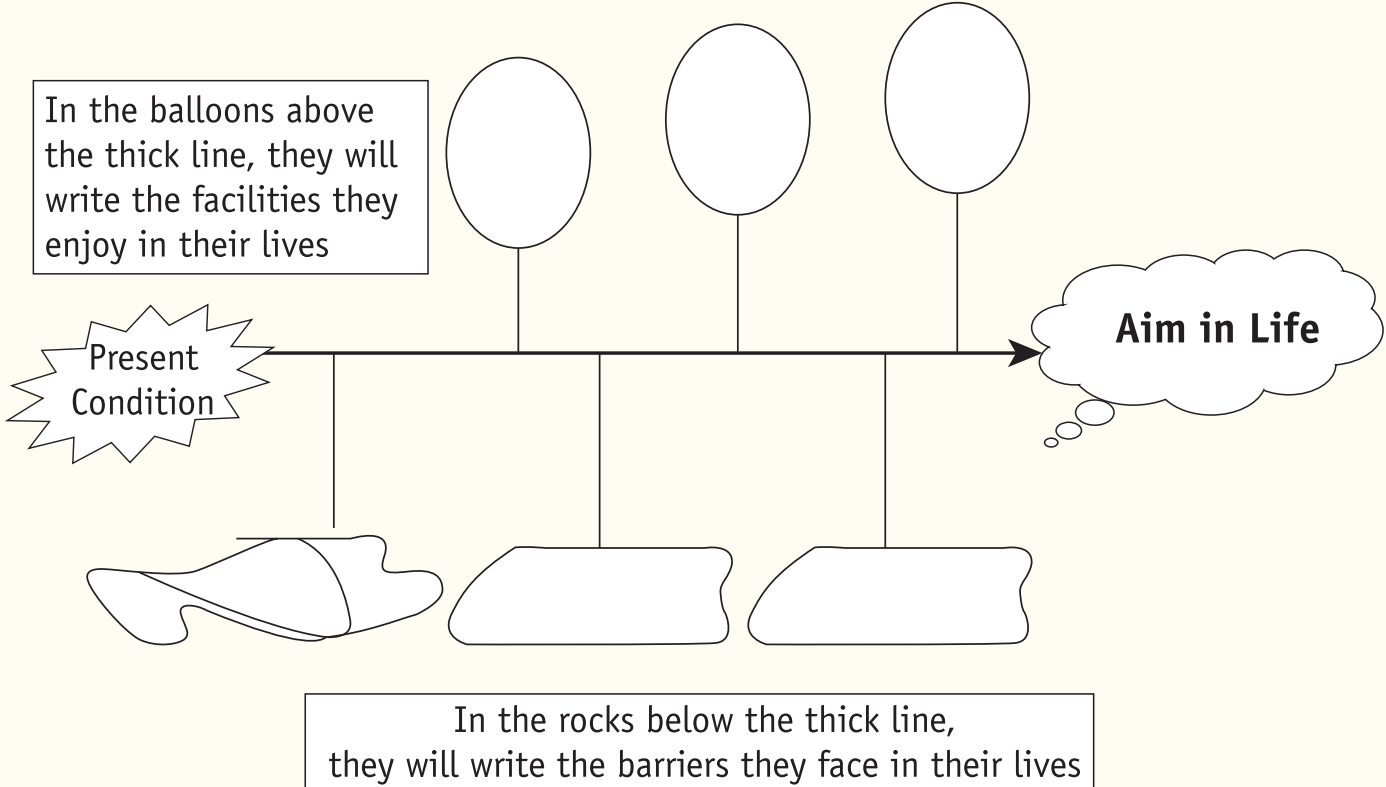
.....

.....

.....

.....

# My Aim in Life



Source: Vocational Based Training Manual, Save the Children, Hassab and NASP

# Daily Routine

Period	Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning								
Noon								
Afternoon								
Night								

## Age-specific daily meal plan for adolescent girls and boys

Age	Boy/Girl	Rice or Roti	Vegetables	Fruits	Milk and Milk Product	Egg & Fish/Meat
11 to 13	Boy	6/7 Roti or 3-3.5 Cup Rice	2.5-3 Cup	2 Cup	3 Cup	1 Egg & 3/4 Cup Fish/Meat
	Girl	6 Roti or 2.5-3 Cup Rice	2.5 Cup	2 Cup	3 Cup	1 Egg & 3/4 Cup Fish/Meat
14 to 15	Boy	8/9 Roti or 4-4.5 Cup Rice	3-3.5 Cup	2 Cup	3 Cup	1 Egg & 1 Cup Fish/Meat
	Girl	6 Roti or 3 Cup Rice	2.5 Cup	2 Cup	3 Cup	1 Egg & 3/4 Cup Fish/Meat
16 to 19	Boy	9/10 Roti or 4-5 Cup Rice	3.5 Cup	2-2.5 Cup	3.5 Cup	1 Egg & 1.5 Cup Fish/Meat
	Girl	6/7 Roti or 3-3.5 Cup Rice	3 Cup	2 Cup	3 Cup	1 Egg & 1 Cup Fish/Meat

1 Cup = 250ml or 1 Poa

Source: What teenagers need to know, what to do-Alive and Thrive

Food I ate and things did today

Month: July-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												



Food I ate and things did today

Month: July-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												
31.												

# Balanced Diet

Take 1/2 item(s) from each group at recommended quantity  
Eat Balanced Diet & be disease free



Oil



Rice



Jaggery



Butter



Bread



Potato

## Energy Producing Food (Carbohydrate and Fat)



Milk



Pulse



Big Fish



Small Fish



Egg



Collis



Meat

## Growth and Regenerating Food (Protein)



Red Amaranth



Indian spinach



Lychee



Carrots



Mango



Broad bean



Snake Gourd



Pumpkin



Bottle Gourd



Lemon

Jambura



Watermelon



Bitter Gourd



Pointed Gourd



Luffa acutangula



Ripe Papaya



Ripe Banana



Pineapple

## Disease Preventive Food (Vit.min and Minerals)

Food I ate and things did today

Month: August-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												

Food I ate and things did today

Month: August-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												
31.												

# List of Seasonal Vegetables and Fruits

## Baishakh Jaishtha (April-May-June)

 Vit. C/Iron	 Vit. C, A/Iron	 Vit. C/Zink	 Vit. A, C/Iron, Zink	 Vit. A, C/Iron, Zink	 Vit. C/Iron, Zink	 Vit. A, C/Iron, Zink	 Vit. C/Iron, Zink	 Vit. C/Iron, Zink	 Vit. C/Iron, Zink
 Vit. A, C/Iron, Zink	 Vit. A, C/Iron	 Vit. A, C, B/Iron, Zink	 Vit. A, C, B/Iron, Zink	 Vit. C/Iron, Zink	 Vit. A, C, B/Iron, Zink	 Vit. A, C, B/Iron, Zink	 Vit. C, B/Iron, Zink	 Vit. A, C/Zink	 Vit. A, C, B/Iron, Zink

## Ashar Shrabon (June- July-August)

 Vit. C/Iron	 Vit. C, A/Iron	 Vit. C/Zink	 Vit. A, C/Iron, Zink	 Vit. A, C/Iron, Zink	 Vit. A, C/Iron, Zink	 Vit. A, C/Iron, Zink	 Vit. C/Iron	 Vit. C/Iron, Zink	 Vit. C/Iron, Zink
 Vit. A, C, B/Iron, Zink	 Vit. C, B/Iron, Zink	 Vit. A, C/Iron, Zink	 Vit. A, C/Iron, Zink	 Vit. A, C/Iron	 Vit. C/Iron	 Vit. A, C/Iron	 Vit. A, C, B/Iron, Zink	 Vit. A, C, B/Iron, Zink	 Vit. A, C, B/Iron, Zink

## Vadra Ashwin (August- September- October)

 Vit. C/Iron	 Vit. C, A/Iron	 Vit. A, C, B/Iron, Zink	 Vit. A, C/Iron, Zink	 Vit. A, C/Iron, Zink	 Vit. A, C/Iron, Zink	 Vit. C/Iron	 Vit. C/Iron	 Vit. A, C/Iron, Zink	 Vit. C/Iron, Zink
 Vit. A, C, B/Iron, Zink	 Vit. C	 Vit. A, C/Iron, Zink	 Vit. A, C/Iron, Zink	 Vit. A, C/Iron	 Vit. C/Iron	 Vit. A, C/Iron	 Vit. A, C, B/Iron, Zink	 Vit. C, B/Iron	 Vit. B, C/Iron

# List of Seasonal Vegetables and Fruits

## Kartik Agrahayan (October- November- December)

 Carrot Vit. C/Iron	 Cowpea Vit. A/ Iron, Zink	 Broad bean Vit. C/Iron	 Turnip Vit. C/Iron	 Red Amaranth Vit. A, C/Iron, Zink	 Cabbage Vit. C/Potassium, Iron, Zink	 Cauliflower Vit. C/Iron	 Radish Vit. C/Iron, Zink	 Spinach Vit. A, C/ Iron, Zink	 Tomato Vit. A, C/ Zink
 Lemon Vit. A, C, B/Iron, Zink	 Indian gooseberry Vit. C/Iron	 Wood Apple Vit. C/Iron, Zink	 Tamarind Vit. C/ Iron, Zink	 Olive Vit. A/ Iron, Zink	 Elephant Apple Vit. C	 Ripe Papaya Vit. A, C/Iron	 Ripe Banana Vit. A, C, B/Iron, Zink	 Shatkora Vit. A, C/ Calcium, Potassium	 Orange Vit. A, C/ Calcium, Potassium

## Poush Magh (December- January- February)

 Broad bean Vit. C/Iron	 Carrot Vit. C/Iron	 Turnip Vit. C/Iron	 Cowpea Vit. A/ Iron, Zink	 Cabbage Vit. C/Potassium, Iron, Zink	 Red Amaranth Vit. A, C/Iron, Zink	 Indian spinach Vit. A, C/Iron, Zink	 Tomato Vit. A, C/ Zink	 Cauliflower Vit. C/Iron	 Bottle Gourd Vit. C/Iron, Zink
 Lemon Vit. A, C, B/Iron, Zink	 Coconut Vit. A/ Iron, Zink	 Wood Apple Vit. C/Iron, Zink	 Tamarind Vit. C/ Iron, Zink	 Olive Vit. A/ Iron, Zink	 Ripe Papaya Vit. A, C/Iron	 Ripe Banana Vit. A, C, B/Iron, Zink	 Shatkora Vit. A, C/ Calcium, Potassium	 Orange Vit. A, C/ Calcium, Potassium	 Carambola Vit. A, C/ Iron, Zink

## Falgun Chaitra (February- March- April)

 Spinach Vit. A, C/ Iron, Zink	 Red Amaranth Vit. A, C/ Iron, Zink	 Spinach Vit. A, C/ Iron, Zink	 Carrot Vit. C/Iron	 Broad bean Vit. C/Iron	 Cowpea Vit. A/ Iron, Zink	 Cabbage Vit. C/Potassium, Iron, Zink	 Cauliflower Vit. C/Iron	 Bottle Gourd Vit. C/Iron, Zink	 Tomato Vit. A, C/ Zink
 Lemon Vit. A, C, B/Iron, Zink	 Coconut Vit. A/ Iron, Zink	 Jujube Vit. A, C, B/Iron, Zink	 Tamarind Vit. C/ Iron, Zink	 Orange Vit. A, C/ Calcium, Potassium	 Ripe Papaya Vit. A, C/Iron	 Ripe Banana Vit. A, C, B/Iron, Zink	 Watermelon Vit. A, C/Iron, Zink	 Wood Apple Vit. C/Iron, Zink	 Pineapple Vit. C, B/Iron, Zink

Food I ate and things did today

Month: September-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												

Food I ate and things did today

Month: September-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												



**In the last three months, I have adhered to or done everything in my own development**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Food I ate and things did today

Month: October-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												

Food I ate and things did today

Month: October-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												
31.												

# Correct technique of washing hands with soap and water

Step 1: First wet your hands thoroughly with clean water, apply soap and lather your hands by rubbing them together with the soap..

Step 2: Scrub your hands for at least 20 seconds.

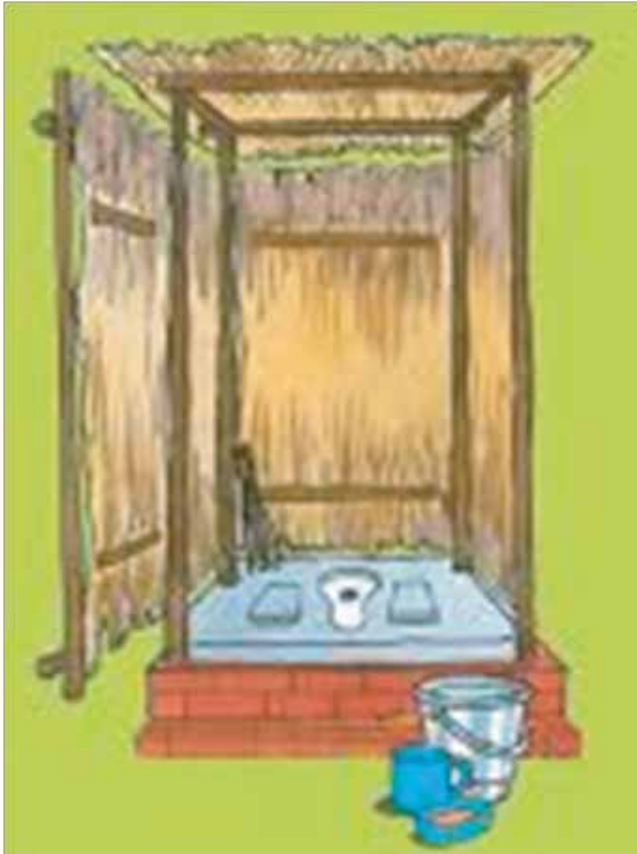
Step 3: Rub your whole hands properly (Arm, fingers, places between fingers and nails).



Step 4: Now wash your hand with running water.

Step 5: Wipe and dry your hand using clean cloth or towel.

## Picture and Information: Hygienic use of toilet



### Important Information:

- Wear sandals when using the toilet.
- Toilet should be cleaned regularly.
- The gate and fences around the toilet should not be broken down. Repair those if needed.
- Always keep the door of the toilet close, so that no animal can enter and make it dirty.
- Use plenty of water after using toilet, so that there is no dirt/ stool on the pan. If there is stool, then flies will sit on it. It will be difficult for other to use the toilet.
- Properly wash both hands with soap and clean water after using toilet.

Source: SHOUHARDO Project

Food I ate and things did today

Month: November-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												

Food I ate and things did today

Month: November-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												

## Picture and Information: Healthy Practices



Wash hands before meal



Cover drinking water



Cover food



Cut nail regularly



Have a bath regularly



Brush teeth regularly

Source: SHOUHARDO Project



# Picture and Information: Menstrual hygiene



Use clean cloths/rags or if possible, sanitary napkins during menstruation.



Washing the cloths/rags used during menstrual with unclean/dirty water increase the risk of infection.



To avoid infection, wash used cloths/rags with clean water, soap and if needed antiseptic.



Drying cloth/rags used during menstruation in shadow or damp place increase the risk of fungal or other infection.



Disposal of used cloth/rags/ sanitary napkin here and there pollutes the environment.



Dump used cloths/sanitary napkin in a specific place.

Source : Menstrual Hygiene, Water Aid

Food I ate and things did today

Month: December-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												

Food I ate and things did today

Month: December-2017

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												
31.												

**In the last three months, I have adhered to or done everything in my own development**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

## Picture and Information: Iron Tablet

### Where Iron Tablet can be found:

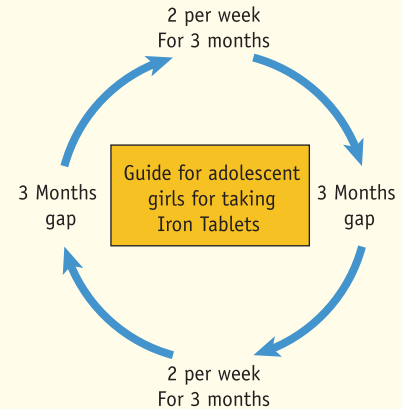
- ❖ Community Clinic, Family Planning Workers, NGO Workers, Union Health and Family Planning Centers and Pharmacies.

### Benefits of Taking Iron Tablets:

- ❖ Prevent anemia and increase stamina
- ❖ Reduce the risk of giving birth of low birth weight babies.
- ❖ Reduce the risk of maternal death due to severe anemia.

### Possible side effects of taking Iron Tablets and how to prevent these:

- ❖ Black stool: It is harmless.
- ❖ Constipation: Drink plenty of water and eat vegetables.
- ❖ Nausea: taking Iron Tablet in full stomach reduces this.



Adolescent girl taking Iron-Folic Acid Tablet

## Picture and Information: Worm Infestation

### Causes of worm infestation:

- Defecation at open spaces expose worm larva from human feces to environment and thus contaminate environment.
- If hands are not washed properly after defecation, worm larva stays in nails and can contaminate food, thus can re-enter into people from food.
- Worm from dirty and polluted environment can also infect human through food.
- Worm infestation can also happen by drinking and washing utensils with water from ponds, canals or ditches.
- Eating raw fruits and vegetables unwashed or washed with dirty water can also cause worm infestation.
- Worm larva can enter into human body by using latrine on barefoot.

### Effects of worm infestation:

- It can cause indigestion, Diarrhea, Vomiting and loose motion.
- One of the causes of malnutrition among children.
- Reduce immunity among children.
- It can cause anemia among pregnant women, lactating mothers, adolescent girls and children.
- It can cause Vitamin A deficiency.
- It can hamper physical and mental development of children.
- It can hamper cognitive development in children.
- It can cause complex diseases like Appendicitis.
- The rate of worm infestation is high among the larger community of poor and illiterate people; which results low productivity and increases medical expense.

**1 Alben-DS Tablet should be taken daily for 6 months.**



Adolescent girl taking anti-worm tablets in front of a health worker.

Food I ate and things did today

Month: January-2018

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												

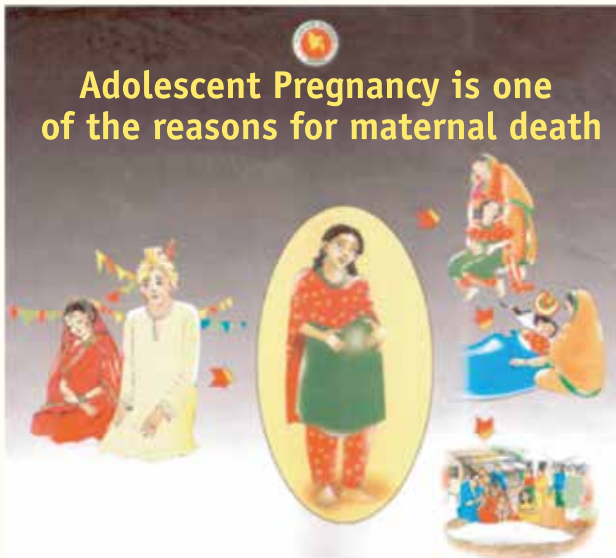
Food I ate and things did today

Month: January-2018

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												
31.												



## Picture and Information: The reason for Adolescent Mother's death



### Contact for advice and service

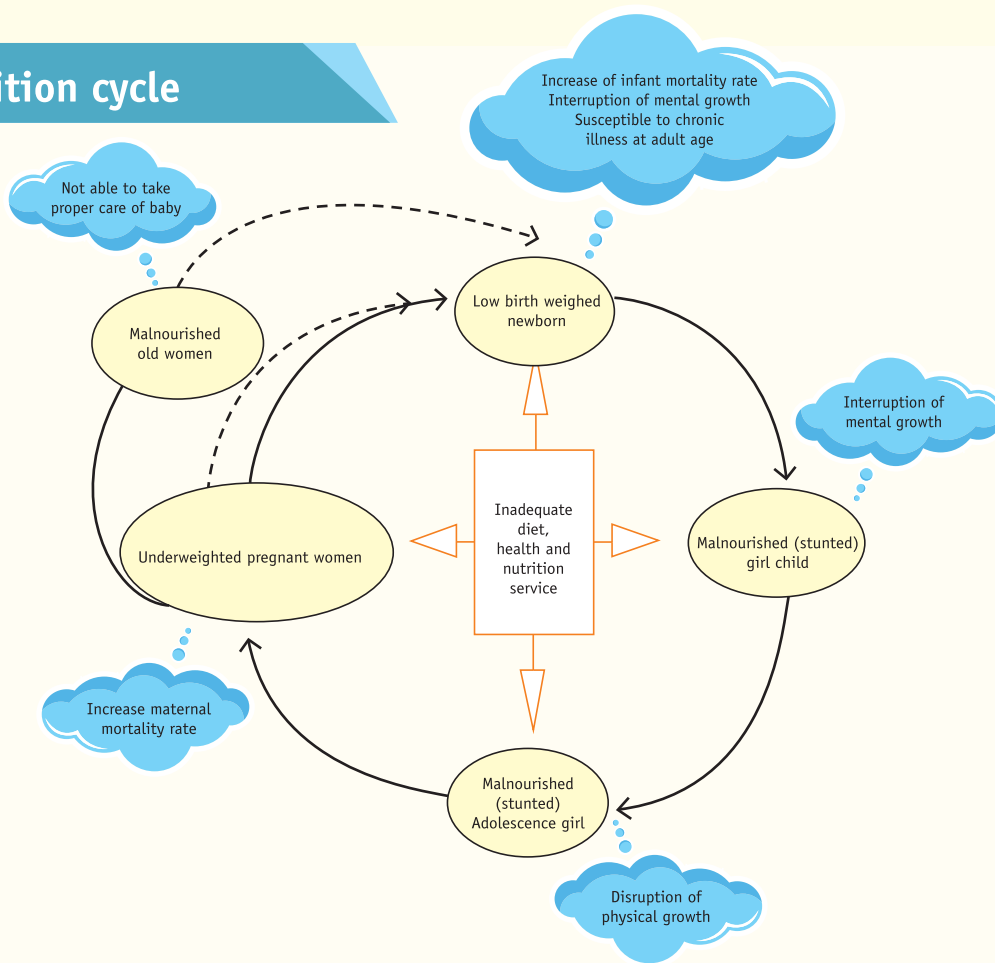
- Family Welfare Assistant (FWA)
- Satellite Clinic
- Community Clinic
- Union Health and Family Welfare Centre (UH&FWC)
- Upazila Health Complex
- Mother and Child Welfare Centre (MCWC)
- District and Medical College Hospitals
- Mohammadpur Fertility Services & Training Centre, Dhaka
- Azimpur Maternal and Child Health Training Institute, Dhaka
- BSMMU Model Clinic
- NGO Clinic
- Private Hospitals

**Refrain from marrying off your daughter at early age.  
Give her a healthy and beautiful life.**

### Key message for Adolescence Girl

1. Focus on Study
2. Marriage, not before age of 18 & Pregnancy, not before the age of 20

# Malnutrition cycle



Source: Basic Nutritional Training for Field Service Workers

Food I ate and things did today

Month: February-2018

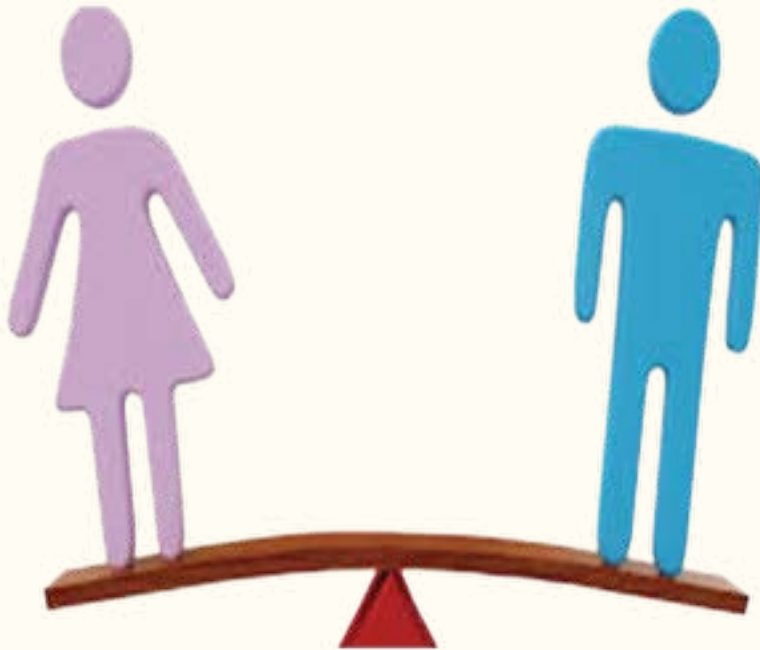
Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												

Food I ate and things did today

Month: February-2018

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												

## Picture and Information: Gender Equality



### **Important Information:**

- Equal participation of boys and girls in all sectors is important for national development.
- My (women) opinion is also important in education, marriage and getting pregnant.

## Picture and Information: Helping in Household Works



- Besides studying, I help my mother in household works.
- I take care of my younger siblings.
- I help my mother feeding my younger siblings.
- I advise my friends about personal hygiene and taking Iron Tablet.

Food I ate and things did today

Month: March-2018

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												

Food I ate and things did today

Month: March-2018

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												
31.												



**In the last three months, I have adhered to or done everything in my own development**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

## Different Service Providing Organizations and how to get service from them:

Service Provider	Services they provide	How to receive these services
Community Clinic UFWC (Union Family Welfare Centre)	<ul style="list-style-type: none"> <li>• Advices and services on primary and reproduction healthcare</li> <li>• Disburse Medicine.</li> <li>• Distribute Iron Tablet.</li> </ul>	<ul style="list-style-type: none"> <li>• Through communication</li> <li>• Through advice/suggestion</li> <li>• Through treatment / disbarment of medicine</li> </ul>
Thana	<ul style="list-style-type: none"> <li>• Provide social, property and economical security.</li> <li>• Protection of law and order</li> <li>• Ensuring justice and arbitration</li> </ul>	<ul style="list-style-type: none"> <li>• Through communication</li> <li>• By identifying the criminals and capturing them.</li> <li>• By submitting written complaint and filing case.</li> <li>• By filing a general diary for lost items, theft and threat.</li> </ul>
Directorate of Women Affairs	<ul style="list-style-type: none"> <li>• Women empowerment.</li> <li>• Healthcare/Women Education</li> <li>• Skill development training.</li> <li>• Ensuring women rights/providing legal aid service</li> <li>• Creating employment opportunity</li> </ul>	<ul style="list-style-type: none"> <li>• By contacting through appropriate organizations.</li> <li>• By training women/ educational programs.</li> <li>• By ensuring women rights.</li> <li>• By preventing child marriage, polygamy, divorce, dowry.</li> <li>• By submitting applications.</li> </ul>
Government Hospital	<ul style="list-style-type: none"> <li>• Healthcare for mothers and children.</li> <li>• Healthcare for pregnant women.</li> <li>• Family planning services and advices</li> <li>• Provide treatment.</li> </ul>	<ul style="list-style-type: none"> <li>• By contacting through appropriate organization.</li> <li>• By submitting applications.</li> <li>• By contacting with doctors and health workers.</li> <li>• By establishing good relations.</li> </ul>
Directorate of Social Services	<ul style="list-style-type: none"> <li>• Capacity Development training.</li> <li>• Registration of organizations.</li> <li>• Financial grants for social service and development activities</li> <li>• Financial grants for the development of disabled people.</li> <li>• Loan for income generation activities.</li> <li>• Provide elderly allowance.</li> </ul>	<ul style="list-style-type: none"> <li>• By contacting through appropriate organization.</li> <li>• By submitting applications.</li> <li>• By depositing fees</li> <li>• By establishing good relations.</li> <li>• By organizing meetings and discussions</li> </ul>

Food I ate and things did today

Month: April-2018

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												

Food I ate and things did today

Month: April-2018

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												

Food I ate and things did today

Month: May-2018

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												

Food I ate and things did today

Month: May-2018

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												
31.												

Food I ate and things did today

Month: June-2018

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												

Food I ate and things did today

Month: June-2018

Date	Rice/Potato /Roti	Egg	Fish/Meat Liver	Lentils	Vegetables	Colored Leafy Vegetables	Milk/Milk Product	Fruit (Write Name)	Oil	Iron Tablet	Other (Write Name)	Hand wash before meal
16.												
17.												
18.												
19.												
20.												
21.												
22.												
23.												
24.												
25.												
26.												
27.												
28.												
29.												
30.												



**In the last three months, I have adhered to or done everything in my own development**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

School's name: ..... Student's name: .....

Class: ..... Section: ..... Roll no.: .....

Sl No.	Question	Answer
1	How many member are there in your family?	_____ person
2	Do you own the house where you live?	1. Yes      2. No
3	Do you have any pet? If you have any then please write down, whether write no.	Cow <input type="text"/> <input type="text"/>
		Goat <input type="text"/> <input type="text"/>
		Lamb <input type="text"/> <input type="text"/>
		Chicken <input type="text"/> <input type="text"/>
		Pig <input type="text"/> <input type="text"/>
		Duck <input type="text"/> <input type="text"/>
		Others (please specify) _____ <input type="text"/> <input type="text"/>
4	What is the materials of the floor of your living house?	1. Mud/Sand    3. Stone/ Tiles/ Tally    5. Tiles 2. Bamboo      4. Cement                      6. Others (please write) _____
5	What is the materials of the roof of your living house?	1. Khar/Chan      3. Stone/ Tiles/ Tally    5. Plastic and Khar/Chan 2. Metal/Tin      4. Only Plastic              6. Cement 7. Others (please write) _____
6	What is the materials of the wall of your living house?	1. Mud/ Sand/ Soil      4. Cement                      7. Tin 2. Bamboo              5. Tiles                              8. Others (please write) _____ 3. Stone/ Fired Brick    6. Mud Brick
7	Do you have useable mosquitoes to use at bed time?	1. Yes      2. No
8	Do you or your neighbor have those things in house?	1. Rdaio      4. Telephone      7. Table      10.DVD/VCD player 2. Television    5. Fridge              8. Chair      11.Others (please write) 3. Mobile Phone    6. Animal moving vehicle    9. Electric fan    _____
9	Do you know the monthly income of your family?	1. Yes      2. No
10	If yes, then how much?	_____ BDT
11	Do you know the monthly expenses of your family?	1. Yes      2. No
12	If yes, then how much?	_____ BDT

## Pictures and Information: Adolescent Activities





**We will Create, Our Own Future**

**Planning:** Nazneen Rahman, M Hafizul Islam and M Hasanuzzaman

**Acknowledgement:** District Education Office, Sunamgonj

For more information:

**Nazneen Rahman**, Team Leader-CI4N

CARE Bangladesh, RAOVA Complex (Level-7) , VIP Road, Mohakhali, Dhaka 1206, Bangladesh

Phone : +880-2-9889009 | Ext.-187, +88-01730-347079, Fax : +880-2-9889041

Email : nazneen.rahman@care.org, Website : www.carebangladesh.org, www.nutritionatthecenter.com

# My Diary

An advocacy program