

# MMA

# Participant Workbook

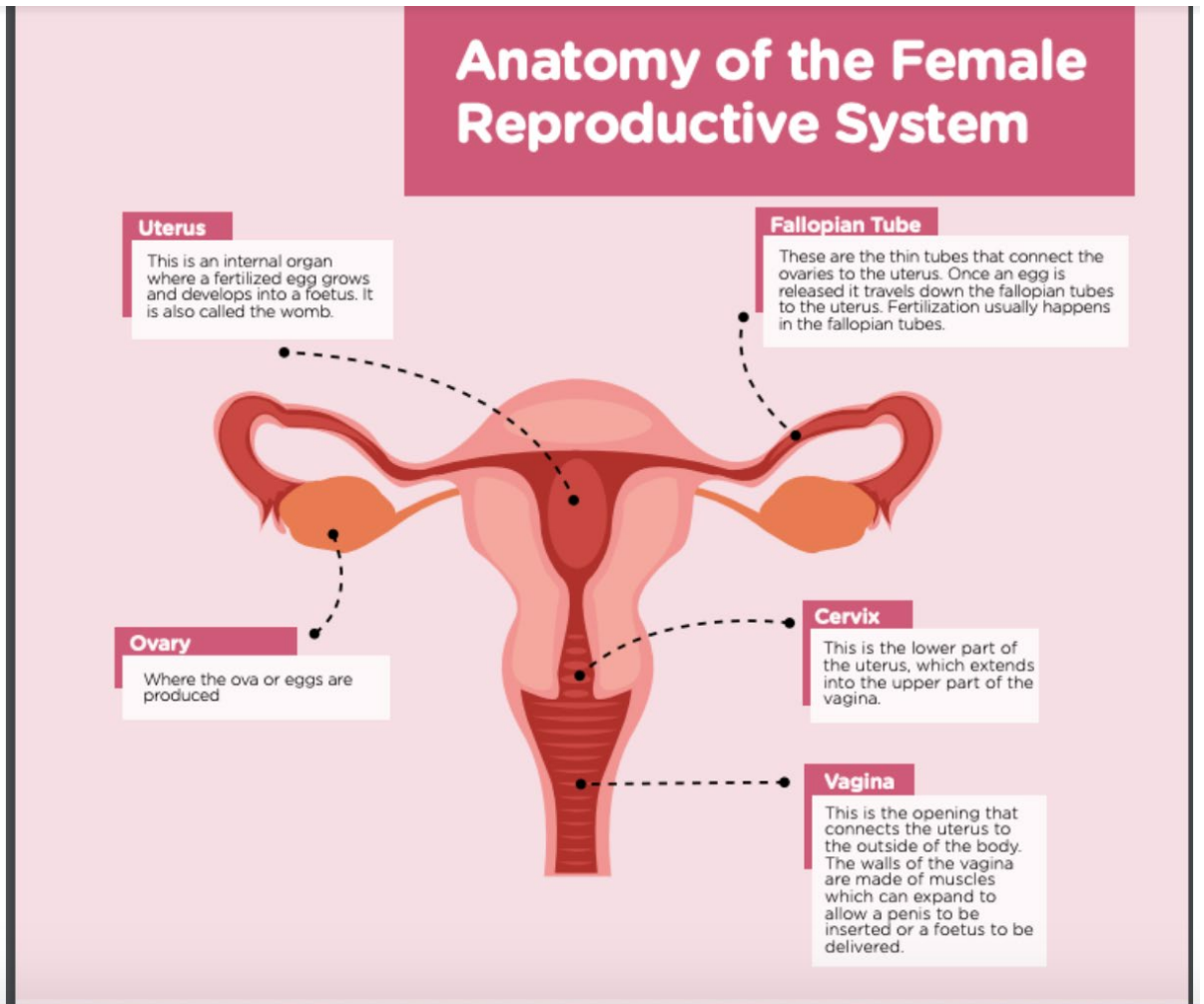


**This workbook belongs to:**

# Nutrition

Food Group	Food Examples
Starchy foods (cereals, roots and tubers)	<p><b>Cereals:</b> Maize, rice, sorghum, wheat, oats, millet, ugali, Akamu, Kunu Gyada, porridge, bread, pasta, Talliya and breakfast cereals.</p> <p><b>Roots and tubers:</b> Irish potato, white sweet potato, cassava, yams, cocoyam, green banana, plantain</p>
Fruits and vegetables (vitamin A rich, dark green leafy, other vegetables, vitamin A fruits, other fruits)	<p><b>Vitamin A rich:</b> Carrots, pumpkin and butternut; orange- fleshed sweet potato, red sweet bell pepper</p> <p><b>Dark green leafy:</b> Spinach, kales (<i>sukuma wiki</i>), cow peas leaves (<i>kunde</i>), bean leaves, black African nightshade (<i>managu</i>), sweet potato leaves (<i>matembele</i>), non- poisonous cassava leaves (<i>kisamvu</i>), , pumpkin leaves ( <i>Ugwu</i>),</p> <p><b>Other vegetables:</b> Green pepper, onions, cauliflower, cabbages, cucumbers, eggplant, courgettes, French beans, okra, leeks, broccoli, celery</p> <p><b>Vitamin A rich fruits:</b> Mango, Paw paw</p> <p><b>Other fruits:</b> Guava, avocado, pineapples, green plums, green grapes, apples, gooseberries (<i>nathi</i>), oranges*, lemons, limes, tamarind (<i>tsamiya</i>), loquats, zambarao (<i>jamna</i>), ripe bananas, custard apples, peaches, thorn melon, melons, pomegranates (<i>kungu manga</i>), wild fruit</p>
Legumes and pulses, nuts and seeds	<p><b>Legumes and pulses:</b> Bambara nuts (<i>njugu mawe/ bande</i>), beans, peas cowpeas, pigeon peas (<i>mbaazi</i>), soya beans, dolicos beans (<i>njahi</i>), green grams, lentils</p> <p><b>Nuts and seeds:</b> Pumpkin, amaranth, sunflower, sesame (<i>simsim</i>), groundnuts, macadamia, cashew nuts</p>
Meat, fish and animal protein (organ meat, flesh meat, eggs, fish and seafood)	<p><b>Organ meat:</b> Liver, kidney, heart, other organ meats or blood-based food,</p> <p><b>Flesh meat:</b> goat meat, game meat, , beef, mutton, rabbit, donkey, chicken, guinea fowl, turkey, geese,, quail, wild birds, doves, edible insects</p> <p><b>Eggs</b></p> <p><b>Fish and seafood:</b> tilapia, Nile perch, among others</p>
Milk and milk products	Milk from goats, camels, cows and sheep, fermented milk, <i>mursik</i> , <i>amarurano</i> , yogurt, cheese and other products
Oils and Fats	Vegetable oil, Cooking oil/fats, Ghee, cod liver oils/fish oils, butter, margarine, palm oil
Sugar and Sweets	Table sugar, sugar cane, honey, sugar-based cold drinks, other flavored drinks and concentrates; sugary foods like candies, cakes, chocolate etc. fruit juice

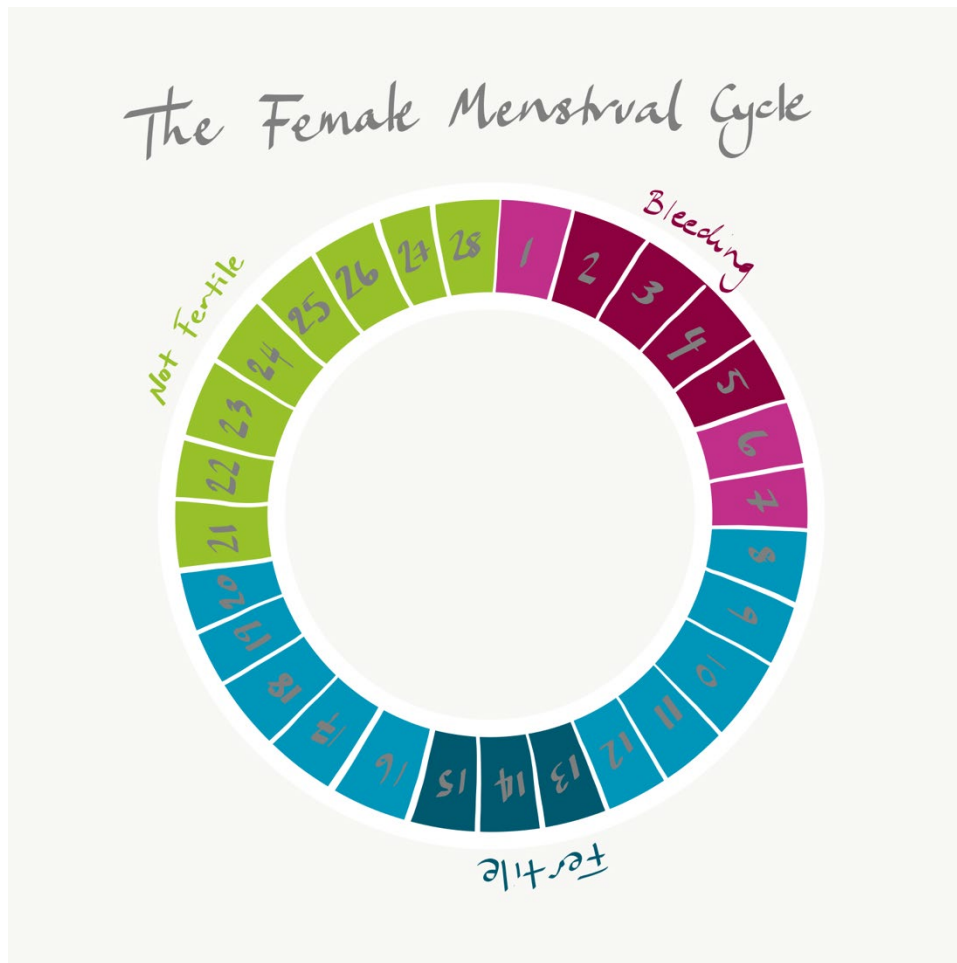
# Female Anatomy



(Source: Ministry of Health, DRMH; *Understanding Adolescence: A Guide for Adolescents* 2021 Edition. Nairobi, Kenya.)

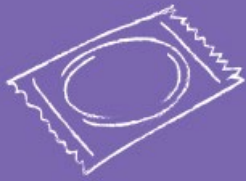
## Notes:

# Menstrual Cycle



Notes:

# Child Spacing



## Condoms

No matter what other method you choose, you should use a condom every time you have sex. The other methods do a great job protecting you against pregnancy, but you also need a condom to protect yourself against HIV and STIs.



## Pills

A pill that you take every single day at the same time. It is 92% effective in preventing pregnancy. You can stop taking the pill anytime if you'd like to get pregnant.



## Injectable

A shot or injection that a provider gives you every 1, 2, or 3 months. It is 97% effective in preventing unplanned pregnancy. You can stop using it anytime if you'd like to get pregnant.



## IUCD (18+)

A small t-shaped device inserted by a doctor into the uterus. It can last for up to 10 years and is 99% effective in preventing pregnancy. Whenever you want to get pregnant, you simply have the doctor take it out.



## Implant

One or two small plastic tube(s) that a provider inserts under the skin of your arm. It can last for up to five years and is 99% effective in preventing pregnancy. Whenever you want to get pregnant, you simply have the doctor take it out.

## Notes:

# My Life Map

**ME  
TODAY**

My Age: \_\_\_\_\_

①

Three steps to  
achieve my goals

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②

Barriers that might  
stand in my way

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③

Possible solutions  
to barriers

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**MY GOAL!**

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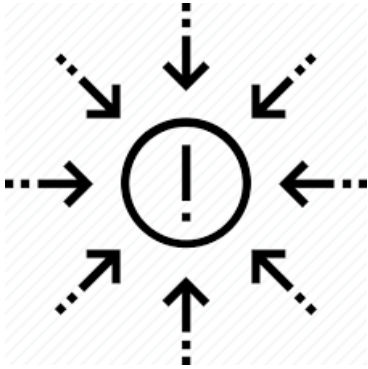


# Decision Making

1. *Describe – the situation or issue on ground*



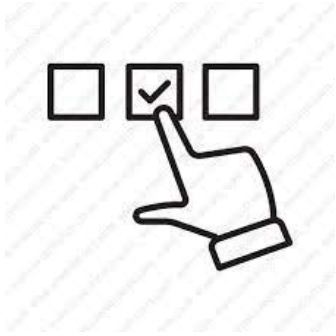
2. *Identify – the possible choices that could be made*



3. *Think – about possible outcomes or consequences of the decision (Positive and Negative)*



4. *Choose - the option that seems most appropriate based on knowledge, values, morals, religious upbringing, and present and future goals*



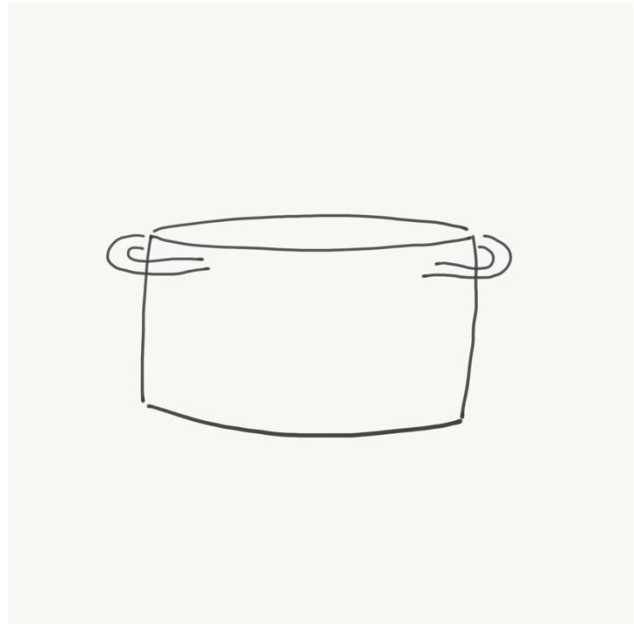
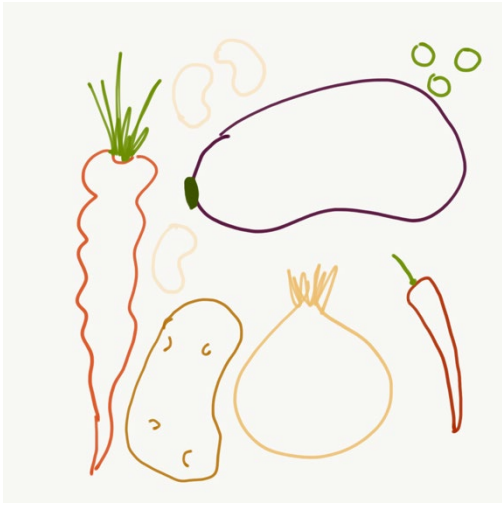
5. *Review - the decision and how you feel about it, making sure that you have carefully considered all the alternatives and feel comfortable with the choice that made*



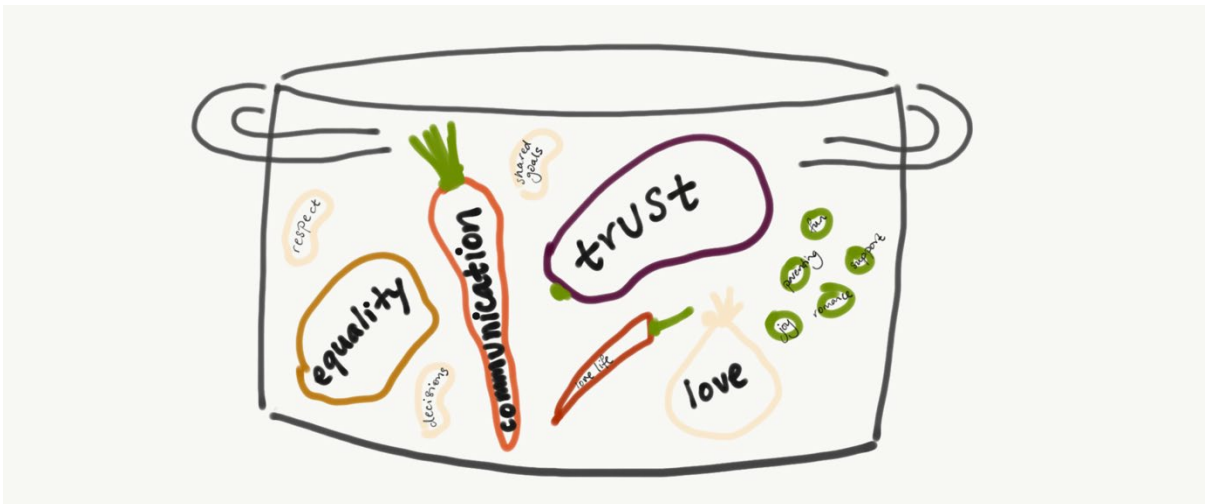
**Notes:**



# Healthy Relationships



**Example:**



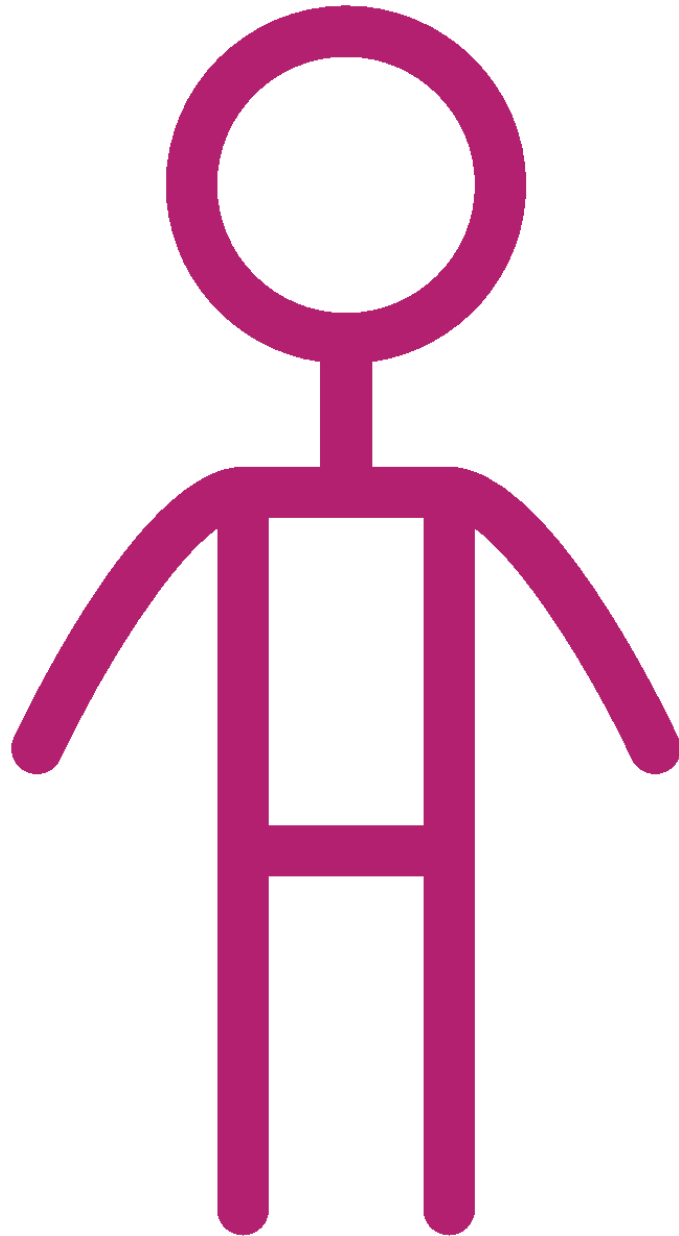
# My Strengths and Talents!

All my Strengths and Talents

My top 3!



# The Roles We Play





# My Life Map

**ME  
TODAY**

**MY GOAL!**

My Age: \_\_\_\_\_

① Three steps to achieve my goals

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② Barriers that might stand in my way

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③ Possible solutions to barriers

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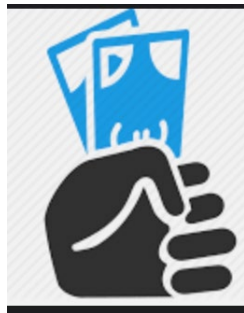
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MY GOAL!  
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\_\_\_\_\_  
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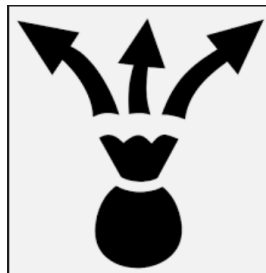
# Budgeting

**Income** (the money I have or earn)





*minus*

**Costs** (the money I need or spend)



# My Budget

 <b>Income</b>	 <b>Costs</b>
=	=



<b>Savings Goal</b>
What do I want to save for?
How much does it cost?

How much can I save each month?

How many months will it take me to save for my goal?

## Business Ideas:

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## The 4 Ps:





# Notes



