

Nutrient Village Poster



Source: Permaculture Nutrition Training Material 1999. Kristof & Stacia Nordin, [nordin@ecomw.net](mailto:nordin@ecomw.net)

## Malawi Food Guide: The 6 Food Groups

This is a hand drawn and computer enhanced version of the Malawi Food Guide Poster. The real posters are available from the Ministry of Agriculture, Food & Nutrition Unit, Lilongwe, Area 4 at the Agricultural Communications Branch. Phone +265 (0) 1755522

Muzidya chakudya chamagulu onse  
tsiku lilionse kuti mukhale ndi thanzi

### Chakudya Chokhutitsa

Buye, Mbatata, Nthochi osakwima  
Chilazi Mpama,  
Chinangwa, Coco  
Magombo,  
Mapila, Chinaka,  
Mawere,  
Mchewere,  
Kachewere,  
Kanjedza  
Chinkhoma,  
Chikolwa,  
Chimanga,  
Tirigu,  
Mpunga, etc.

### Zachokera Nyama

Chambiko, Mbewa, Ngumbi, Nyama, Nsomba,  
Mkaka, Mazira, Magazi, etc.

### Nyemba & Mtedza

Khungudzu,  
Chimbamba,  
Mbula, Mtedza,  
Nzama, Khobwe,  
Nandolo, Kabaifa,  
Kalongonda, etc.

### Masamba

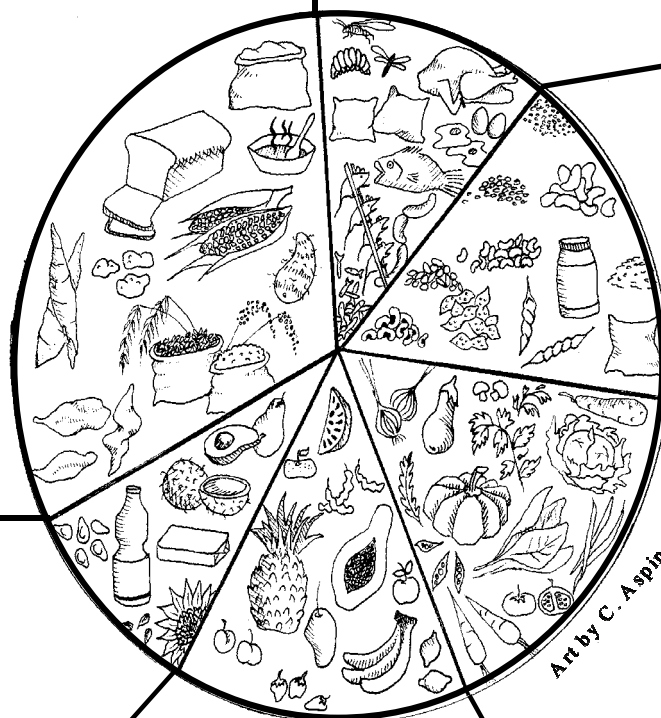
Msaka, Mlozi,  
Chisoso, Bonongwe,  
Maungu, Adyo,  
Mabilinganya, Luni,  
Zikanyanga, Chipwete,  
Msaka, Zumba, Chewe,  
Limanda, Kholowa,  
Nkhwani, Mlambe masamba,  
Mbilidzongwe, Mtambe,  
Njerenjedza, Anyezi, Bowa,  
Tsabola, Kambuzi, etc.

### Zamafuta

Mbewu a maungu,  
bonongwe,  
kayimbe, etc.  
Mafuta ophikira a  
mbewu osiyanasiyana  
Mpendedzuwa,  
Mapeyala,  
Nkoko, etc.

### Zipatso

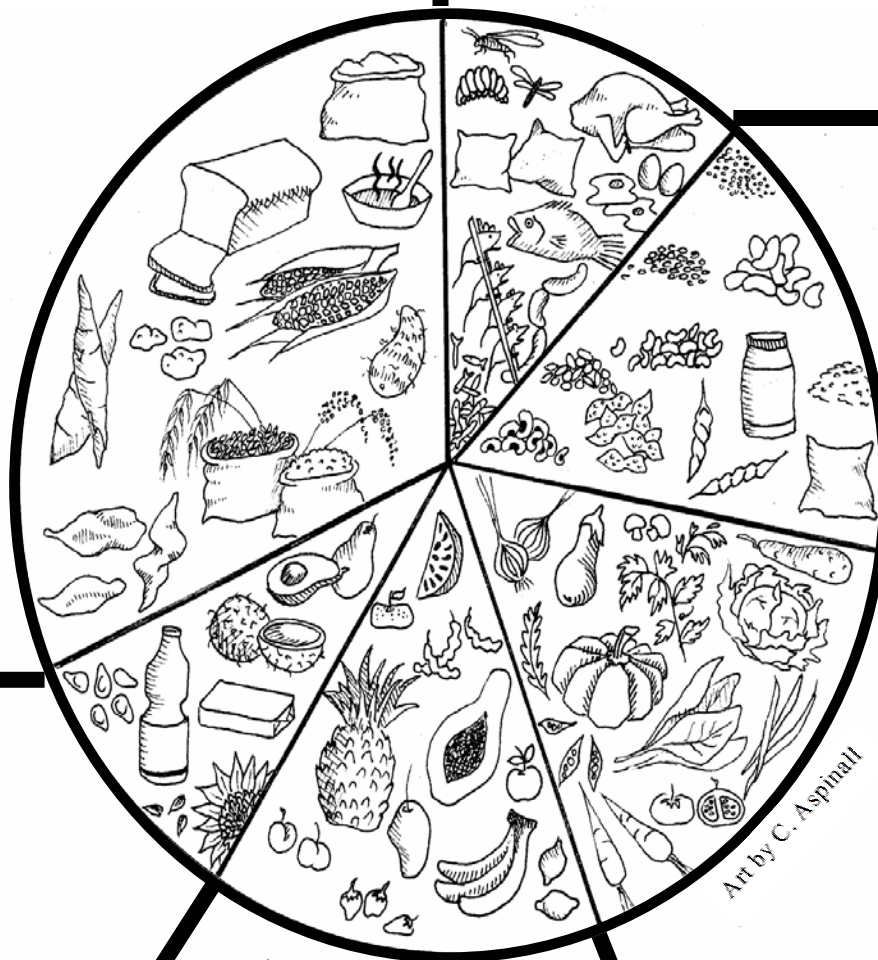
Bwemba, Masawo, Jamu, Mposa,  
Matowo, Chinanzi, Mchisu, Mavwende,  
Kayime, Chidede, Mkhyu, Nthudja,  
Mvilo, Mbula, etc.



Artwork by C. Aspinall. Computer layout and design by S. Nordin.

**Malawi Food Guide Blank for Activity Handout**

This blank 6 Food Group poster is for you to fill in with the foods you have available.



Art by C. Aspinall

Artwork by C. Aspinall. Computer work by S. Nordin

**Food Availability Activity Handout**

Malawi 6 Food Groups	Foods	Hot & Wet Dec – Mar	Cool & Moist Apr – Jul	Hot & Dry Aug – Nov
1.) Vegetables				
2.) Fruits				
3.) Legumes				
4.) Animal Foods				
5.) Staples				
6.) Fats & Oils				

\* Source: *Permaculture Nutrition training manual, 2000, Stacia & Kristof Nordin, [nordin@eomw.net](mailto:nordin@eomw.net)*

## Malawi Food Guide Summary Handout

### Summary of the Malawi Food Guide: The 6 Food Groups

<b>Food Group</b> <i>(adult servings per day approximate)</i>	<b>Main Nutrients</b> <i>(other nutrients and helpful properties)</i>	<b>Examples of Foods:</b>
<b>1.) Vegetables</b> <i>(3 mitanda)</i>	<b>Vitamins &amp; Minerals</b> <i>(Protein, Carbohydrate &amp; Fiber)</i>	<ul style="list-style-type: none"> <li>→ <b>Greens:</b> Bonongwe, Chisoso, Luni</li> <li>→ <b>Fruits:</b> Pumpkin, Tomatoes, Peppers,</li> <li>→ <b>Roots:</b> Onion, garlic</li> <li>→ <b>Mushrooms</b></li> <li>→ <b>Flowers:</b> Pumpkin flowers</li> </ul>
<b>2.) Fruits</b> <i>(3 mitanda)</i>	<b>Carbohydrate &amp; Vitamins</b> <i>(Water &amp; Fiber)</i>	<p>Sweet or tangy fruits that are often eaten raw:</p> <ul style="list-style-type: none"> <li>→ <b>Fruits</b> <i>(except for ones in the fat group or the vegetable group):</i> Papaya, Guava, Lemon, Tangerine, Banana, <i>Mchisu</i>, Gredilla</li> <li>→ <b>Honey &amp; Sugar Cane? (These provide vitamins and carbohydrate)</b></li> </ul>
<b>3.) Legumes &amp; Nuts</b> <i>(1 mitanda)</i>	<b>Protein &amp; Carbohydrate</b> <i>(Minerals, Vitamins, Fiber, Fat)</i>	<p>Legumes are seeds in a pod:</p> <ul style="list-style-type: none"> <li>→ <b>Beans &amp; Peas:</b> Hyacinth bean (Khungudzu), Grounbeans (<i>Nzama</i>), Soybeans, Pigeon pea (<i>Nandolo</i>), Peas (<i>Nsawawa</i>), Mucuna (<i>Kalongonda</i>)</li> <li>→ <b>Nuts:</b> Mtedza</li> </ul>
<b>4.) Food from Animals</b> <i>(None to 1 chipande)</i>	<b>Protein &amp; Fat</b> <i>(Minerals &amp; Vitamins)</i>	<ul style="list-style-type: none"> <li>→ <b>Flesh, Blood:</b> Mice, Chicken, Pigeon, Pig, Goat, Fish, <i>Ngumbi</i> (termites), Caterpillars</li> <li>→ <b>Eggs</b></li> <li>→ <b>Milk &amp; Milk Products:</b> Milk, Chambiko, Cheese</li> </ul>
<b>5.) Fats &amp; Oils</b> <i>(3 tablespoons oilseeds or 3 tsp. oil each day)</i>	<b>Fat</b> <i>(Minerals, Vitamins, Protein)</i>	<p>Foods that feel “fatty” in your mouth:</p> <ul style="list-style-type: none"> <li>→ <b>Oilseeds:</b> Pumpkin seed, Sesame seed, Sunflower seeds, Cooking Oils</li> <li>→ <b>Fruits:</b> Avocado pear, Coconut flesh</li> <li>→ <b>Animal Fats:</b> Butter, Lard</li> </ul>
<b>6.) Staples</b> <i>(5 mitanda)</i>	<b>Carbohydrate</b> <i>(Protein, Minerals, Vitamins)</i>	<p>Seeds without a pod and starchy roots:</p> <ul style="list-style-type: none"> <li>→ <b>Grains:</b> Rice, Wheat, Sorghum, Millet, Maize</li> <li>→ <b>Starchy Roots:</b> Yams (<i>Chilazi, viyao</i>), Sweet Potatoes, Irish Potatoes, Cassava</li> </ul>

\* Source: Permaculture Nutrition training manual, 2000, Stacia & Kristof Nordin, [nordin@eomw.net](mailto:nordin@eomw.net)

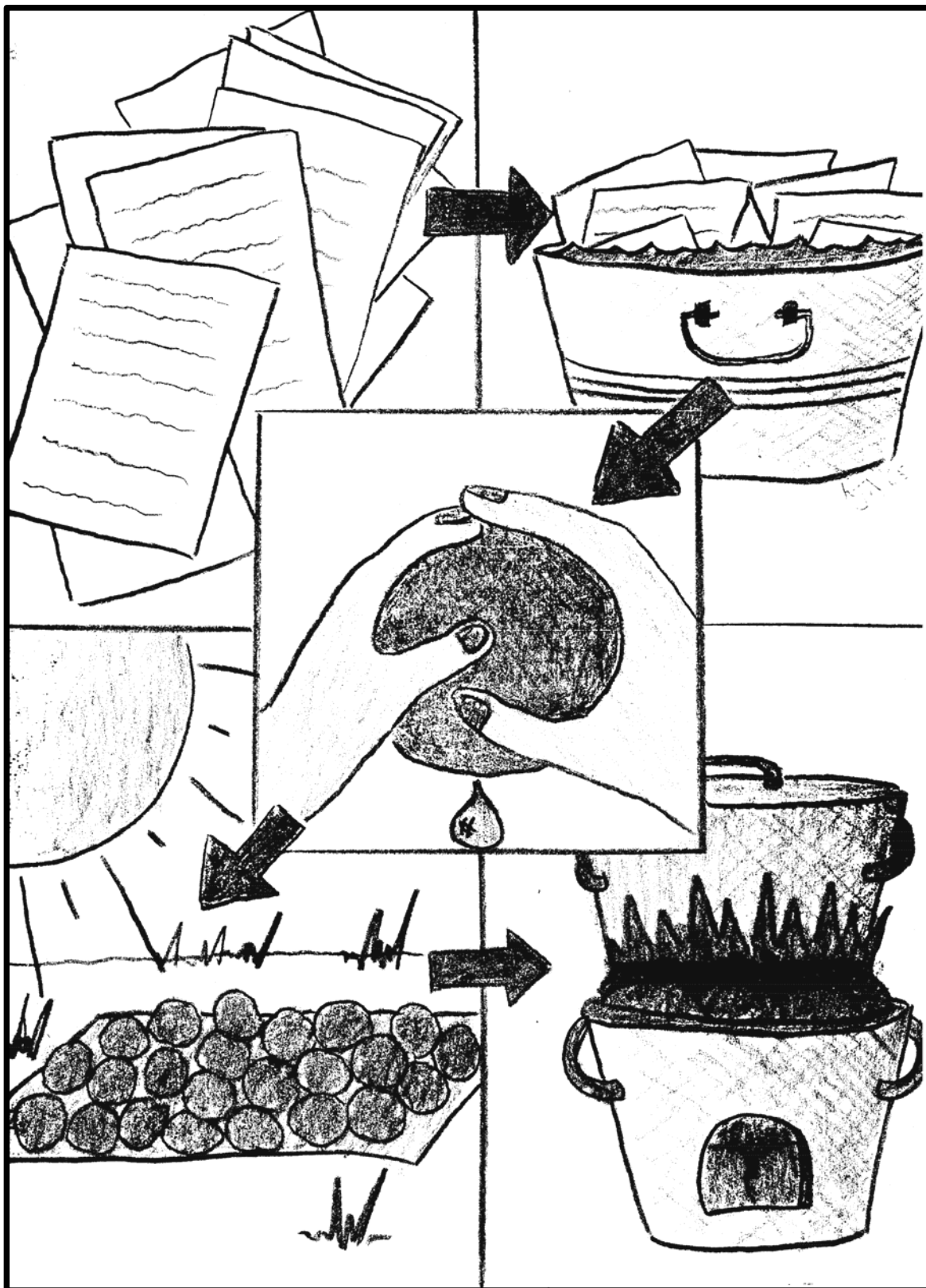
Menu Sheet Blank Handout

**Today's Menu Plan:**

<b>Food Groups:</b>	<b>Fruit</b>	<b>Vegetable</b>	<b>Legume / Nut</b>	<b>Animal Food</b>	<b>Staple</b>	<b>Fat</b>	<b>Other</b>
<b>7.00 am Breakfast</b>							
<b>10.00 am Break</b>							
<b>12.00 noon Lunch</b>							
<b>3.00 pm Break</b>							
<b>6.00 pm Supper</b>							

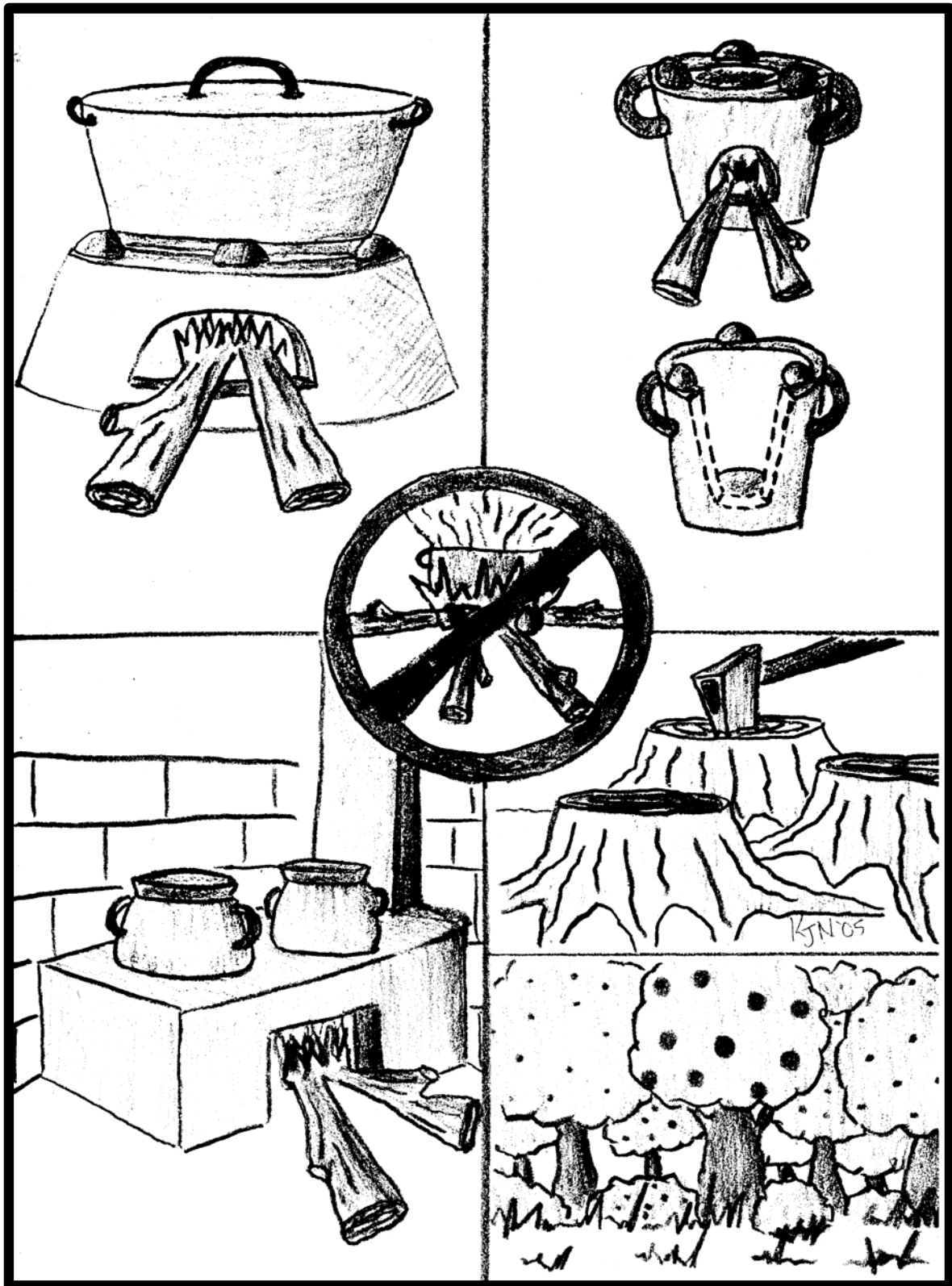
\* Source: *Permaculture Nutrition training manual, 2000, Stacia & Kristof Nordin, [nordin@eomw.net](mailto:nordin@eomw.net)*

**Fuel efficiency: Making Paper Charcoal Poster**



Art by K. Nordin

Fuel efficiency: Clay stove poster



*Art by K. Nordin. Full page handout in appendix*