

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*