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Nutrition & Micronutrients

Date: 29/03/2024

Images	Name	Material	Price	Description
	4 Box Puzzle [Calcium Deficiency]	Plastic Box	400.00	<p>Topic Covered Calcium Deficiency</p> <p>Description This tool consists of images portraying harms of calcium deficiency and other important nutrients in a human body along with modes to control and cure it. It can be used to aware the masses regarding the importance of nutrients for a healthy body and the source from where we can get it.</p>
	5 Balls [Vitamin Deficiency]	Plastic & Metal	200.00	<p>Topic Covered Vitamin Deficiency</p> <p>Description This tool focuses on making the participants aware of the symptoms and problems of vitamin deficiency. In this the participant has to aim a ball on a picture, and if he/she was successful then a discussion takes place regarding that picture. Also the vital sources of vitamin can also be discussed during facilitation of tool.</p>
	Building Block [Healthy Nutrition]	Plastic Box	1000.00	<p>Topic Covered Healthy Nutrition</p> <p>Description This tool consists of images portraying the sources of nutrients, healthy and unhealthy behavioral practices. The participants are supposed to arrange the boxes in such a way that it forms a straight tower. Through this tool the facilitator can aware the participants regarding the importance of nutrients for a healthy body and the sources from where we can get them.</p>
	Changing scenario [Importance and Source of Micronutrients]	Plastic and Metal	350.00	<p>Topic Covered Importance and Source of Micronutrients</p> <p>Description This tool consists of two chips depicting two different types of problems our body faces due to lack of nutrients, which when rubbed against each other depicts the various sources of nutrients through which that problem can be put to check. It can be used by the facilitator to discuss about the different problems that can develop in our body due to lack of nutrients and about the practice of healthy eating habits to control them.</p>
	Color TV (Both Side) [Sources of Nutrition]	Sunboard	300.00	<p>Topic Covered Sources of Nutrition</p> <p>Description This tool consists of a picture showing the harms of an unbalanced and iodine deficient diet, which when pulled show the ideal diet that one should have to remain fit and healthy. The pictures can be viewed from both the sides of the TV. It can be used by the facilitator to inform the participants regarding the importance of nutrients; sources from where we get them and the quantity in which it should be consumed to remain healthy.</p>

	Color TV [Importance of Iodine]	Sunboard	300.00	<p>Topic Covered Importance of Iodine</p> <p>Description This tool consists of a picture showing harms of an iodine deficient food, which when changed show an image portraying the importance of iodine and its sources. It can be used to inform the participants regarding the importance of iodine in our body and also of other vital nutrients and their sources.</p>
	Color TV [Importance of Nutrition]	Sunboard	300.00	<p>Topic Covered Importance of Nutrition</p> <p>Description This tool consists of a picture showing the harms of an unbalanced diet, which when changed show the ideal diet that one should have to remain fit and healthy. It can be used by the facilitator to inform the participants regarding the importance of nutrients; sources from where we get them and the quantity in which it should be consumed to remain healthy.</p>
	Eight Box [Importance of Micronutrients]	Plastic Box	800.00	<p>Topic Covered Importance of Micronutrients</p> <p>Description This tool consists of pictures portraying the diseases and harms caused due to the lack of micronutrients which when rearranged shows the pictures of essential micronutrients and its sources. The tool can be used to discuss with the participants regarding the harms caused due to the lack of micronutrients and sources of micro nutrients.</p>
	Farmaan [Micro-Nutrition Deficiency]	250gsm Art Card	500.00	<p>Topic Covered Micro-Nutrition Deficiency</p> <p>Description With the help of this tool the facilitator can aware the participants regarding the effects of micronutrients deficiency in our body, its sources along with healthy and unhealthy eating habits. In between the story 'farmaans' are distributed amongst the participants and each discuss about the behavioral practice depicted in the 'farmaan' he/she got. Story completed by concluding and discussion on the micronutrients and its benefits.</p>
	Flip Change [Importance of Calcium]	MDF	250.00	<p>Topic Covered Importance of Calcium</p> <p>Description This tool consists of two pictures one depicting the problems one can face due to deficiency of calcium and the other depicting the vital sources of calcium. It can be used by the facilitator to discuss the importance of calcium with the participants.</p>
	Flip Change [Importance of Micronutrients]	MDF	250.00	<p>Topic Covered Importance of Micronutrients</p> <p>Description This tool consists of two pictures one depicting the problems one can face due to deficiency of micronutrients and the other depicting the vital sources from where we can get them. It can also be used by the facilitator to discuss the importance of micronutrients with the participants.</p>
	Flip Change [Importance of Nutrition]	MDF	250.00	<p>Topic Covered Importance of Nutrition</p> <p>Description This tool consists of two pictures one depicting various food products that are a vital source of micronutrients and the other depicting a healthy girl. It can also be used by the facilitator to discuss upon the importance of a balanced diet to get proper nutrients of all types.</p>

	Four Box (small) [Nutrition]	Plastic Box	125.00	<p>Topic Covered Nutrition</p> <p>Description This tool consists of pictures depicting various food products that are a vital source of micronutrients. It can also be used by the facilitator to discuss upon the importance of a balanced diet to get proper nutrients of all types.</p>
	Jigsaw Puzzle [Nutrition and Hygiene]	Sunboard	250.00	<p>Topic Covered Nutrition and Hygiene</p> <p>Description This tool consists of different images depicting products which are the sources of nutrients along with images related to hygienic and unhygienic behaviors. The participants need to arrange the pieces and then the facilitator can initiate a discussion upon the various things and activities depicted in the images and effect it will have on our body, both good and bad.</p>
	Magnetic Dart Game [Sources of Micronutrients]	Ply, Metal, 250 gsm Art Card	650.00	<p>Topic Covered Sources of Micronutrients</p> <p>Description This tool consists of a board with images that depict the various sources of micronutrients along with some darts. The participants are supposed to throw a dart on a picture after which a discussion is held over the aimed picture. It can be used to aware the participants regarding the various sources of micronutrients and their importance.</p>
	Multi Flip Change [Nutrition Obesity]	Sunboard	450.00	<p>Topic Covered Nutrition Obesity</p> <p>Description This tool consists of pictures depicting various food products that are a vital source of micronutrients which helps in maintaining a healthy body, which when changed shows pictures that are not healthy and are also not rich in micronutrients as a result of which the body becomes unhealthy. It can also be used by the facilitator to discuss upon the importance of a balanced diet to get proper nutrients of all types.</p>
	Multi Flip Change [Understanding Micronutrients Deficiencies]	MDF	450.00	<p>Topic Covered Understanding Micronutrients Deficiencies</p> <p>Description This tool consists of various images depicting the problems one can have due to micronutrients deficiency and the sources through which we can get them. This tool can also be used by the facilitator to promote a healthy and balanced diet which contains all the sources of vital nutrients required by a human body for a healthy living.</p>
	Paper Folding (For 10 pc) [Importance of Iodine]	Paper	50.00	<p>Topic Covered Importance of Iodine</p> <p>Description This tool consists of pictures depicting iodine and of the problem one can have due to its deficiency of iodine. The paper is cut in such a fashion that when the picture of iodine is cut only the pictures of the problem caused due to its deficiency are left. Tool can be used to discuss about the importance of iodine and the problems one can face if the ideal amount is not provided to the human body.</p>
	Pocket Chart [Vitamin Deficiency]	Matty cloth, 250gsm Art Card	500.00	<p>Topic Covered Vitamin Deficiency</p> <p>Description This tool consists of questions related to the sources of vitamin, problems one can have due to its deficiency and the dose of vitamin in early age along with some pictures related to the answers. The participants need to match the pictures as according to the question. Through this the facilitator can inform the participants regarding the importance of vitamins, its sources, problems one comes across due to its deficiency and the duration of its doses given to children in their early childhood.</p>

	Sahmat-Asahmat [Sources of Micronutrients]	Ply	400.00	<p>Topic Covered Sources of Micronutrients</p> <p>Description This tool consists of several pictures which may or may not be the sources of micronutrients required by the body, along with 12 red and green counters each. The participants need to put green counters on the images which they think are the sources of micronutrients and red on the ones which they think are not the sources of micronutrients. Through this game the facilitator can know about the participants understanding regarding the sources of micronutrients and then he can discuss about their importance for a healthy and balanced life.</p>
	Wheel Game [Source of Micronutrients]	Sunboard	300.00	<p>Topic Covered Source of Micronutrients</p> <p>Description This tool consists of different images of healthy food products and a message regarding the different nutrients that they provide. Through this the facilitator can inform the participants regarding the different types of healthy food and their importance for providing us with vital nutrients to keep our body healthy.</p>