

FORCE FOR HEALTH UGANDA · FOOD-SECURITY PROGRAM

MYHEALTHY AFRICA

Growing health from the schoolyard.

A printable program book for schools and families —
with QR codes that open the live games, simulation,
and data dashboard.



Learn It



Live It



Share It

Harlon schools



ABOUT THIS PROGRAM

A program you can hold in your hands — and open on a phone

MyHealthy Africa helps schools and families grow more food, lose less to spoilage, and stay safe through outbreaks. It began with Coach Addison Konlan's field notes during the Ebola school closures around Harlon Schools, and is shaped together with Principal Amos Westimika to fit the crops, words, and needs of Bugisu. This book gathers the printable lessons and workbooks in one place; the games, simulation, and live data dashboard are a quick scan away.

Your coaches



Coach Lucy
COMMUNITY &
WELLNESS



Dr. Rob
CLINICAL &
EDUCATIONAL



**Coach Addison
Konlan**
FEATURED FIELD
EXPERT



Open the whole program online

Scan to reach the MyHealthy Africa landing page — every game, the simulation, and the live PHIT dashboard in one place.

theforce.health/my-healthy-africa

HOW TO USE THIS BOOK

Print it, teach it, scan it

1

Print the interior in black & white.

The lessons and workbooks are designed to copy cleanly on any printer. The cover and magazine shine in color if you have it.

2

Teach from the pages.

Use the magazine to introduce ideas, the lesson and workbooks for hands-on practice, and the Teachers & Parents Guide to facilitate.

3

Scan a QR code to go live.

Point any phone camera at a QR code in the Interactive Companions section to open the game, simulation, or dashboard — and earn Learn It · Live It · Share It coins online.

No internet in the room?

Everything in this printed book works fully offline. The QR codes simply add the interactive layer when a connection is available.

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What's in this book

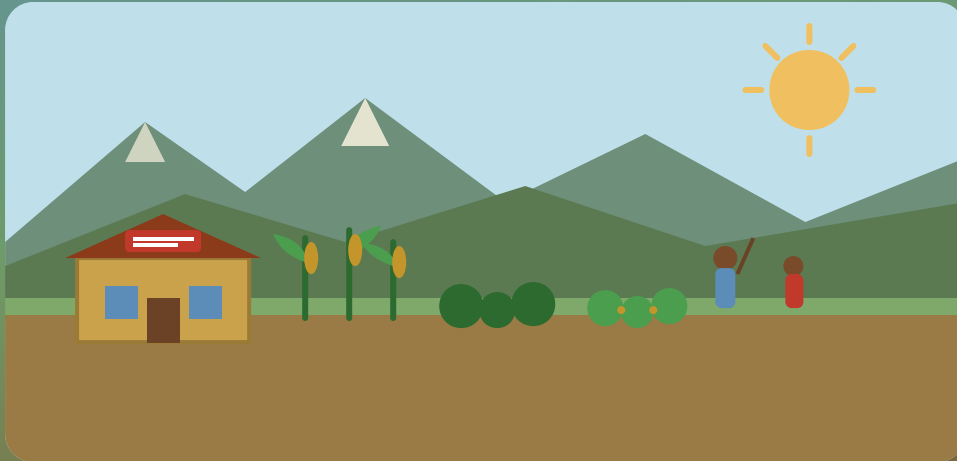
MyHealthy Africa Magazine	Read
Coach Addison's Guide to Saving Food	Lesson
Harlon Schools Garden — Student Workbook	Workbook
Food Preservation Workbook	Workbook
Teachers & Parents Companion Guide	Guide
Interactive Companions — scan to play	QR section
• Harlon Schools Garden Simulation	Live
• Healthy Harvest Bingo + printable card	Live + print
• Learn-It Bingo	Live
• PHIT Africa Food-Security Dashboard	Live data

This PDF also has a clickable bookmark menu — use your reader's outline/contents panel to jump to any section.

MYHEALTHY AFRICA · FOOD SECURITY & PRESERVATION

Growing Health from the Schoolyard

When the gates close, the garden opens — a family's guide to food security in Eastern Uganda



Issue No. 1 · Schools Closed Edition · Bugisu, Mount Elgon

 Maize

 Beans

 Cassava

 Sweet Potato

 Welcome — I'm Coach Addison Konlan

PhD Student · Force for Health Fellow · Your Food Guide



This little magazine is for the families of Harlon Schools, and for every family who learns from you. The school gates are closed for now — but the soil is still open, the sun still shines, and your hands still know how to grow. Turn the page, and let's grow health together.

FEATURE

When the School Gates Closed

Harlon Schools, Eastern Uganda — turning a schoolyard into a source of food security

W

hen the Ebola outbreak reached the Bugisu sub-region near Mbale, the schools around Mount Elgon shut their doors. Classrooms emptied. The bell went quiet. For many families, school had also meant a meal — and now both were gone at once. But the teachers and parents of Harlon Schools looked at the wide, empty schoolyard and saw something the outbreak could not close: **open ground, good soil, and rain.**

So they planted. Maize and beans went into the old play-field. Cassava and sweet potato edged the fences. The schoolyard that once held footsteps now holds food. This is the heart of **MyHealthy Africa**: when the gates close, the garden opens, and a community feeds itself through the season.

"The school gates can close. The garden cannot. As long as there is soil and sun, a family can grow its own security."

— COACH ADDISON KONLAN

Why a schoolyard garden?

A garden you can walk to is a garden that survives a lockdown. Families do not have to travel to crowded markets during an outbreak — which keeps them safer from the disease itself. The food is fresh, the cost is near zero, and children learn by doing. A schoolyard garden answers two emergencies at once: **hunger and isolation.**

And it does more than fill stomachs today. A garden plus the skill to *preserve* what it grows means a family is fed not just this week, but through the lean months ahead. Growing is only half the story; saving the harvest is the other half.

Our framework: Learn It · Live It · Share It

Every MyHealthy Africa lesson moves through three simple steps. They turn knowledge into food, and food into community.

Learn It

Live It

Share It

Understand how crops grow and how food spoils — the ideas behind every choice.

Plant, tend, harvest, and preserve with your own hands, at home, today.

Teach one neighbour what you learned, so the whole community grows stronger.



Coach Addison says

START SMALL, START NOW

Do not wait for the perfect plot or the perfect tools. A few rows of maize and beans between the desks is enough to begin. *The best garden is the one you actually plant.* Start with what you have, and grow it season by season.

CROPS SPREAD

Four Friends for the Schoolyard

Hardy, nourishing, and well-suited to the soils of Mount Elgon



Maize

90-120 days

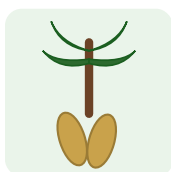
The staple. Plant in rows in full sun. Must be dried fully before storing — never store damp.



Beans

60-90 days

Intercrop with maize — beans fix nitrogen in the soil, feeding the maize for free. Protein-rich.



Cassava

Leaves ~3 mo · roots 8-18 mo

Drought-resistant lifesaver. Eat the leaves early; leave tubers in the ground as living storage.



Sweet Potato

3-5 months

Leaves edible within weeks. Orange roots are rich in Vitamin A — great for children's eyes and growth.



Coach Addison says

PLANT A CALENDAR, NOT JUST A CROP

Mix fast and slow foods. Sweet-potato leaves and bean pods feed you in *weeks*; maize fills the store in months; cassava waits patiently in the ground for the hard times.

Plant all four, and your garden feeds you across the whole year — not just at harvest.

PRESERVATION SPREAD

Six Ways to Save the Harvest

No fridge, no power, no cost — only sun, fire, salt, and time



☀ Sun Drying

Slice thin, spread on a raised, covered mat in full sun until it snaps.



☐ Smoking

Lay fish or meat over a slow hardwood fire 4–8 hours until firm and dry.



☐ Salting

Rub salt over every surface to pull out water, then sun-dry to finish.



☐ Fermentation (Gari)

Grate cassava, press, ferment 2–3 days, then roast dry — lowers toxins too.



☐ Ash + Airtight

Dry grain fully, mix in cold wood ash (repels weevils), seal in a tight pot or drum.



☐ Cool / In-Ground

Leave cassava in the soil; cure sweet potato, then keep in a cool, shaded, airy pit.

⚠ The one rule you must never skip

Maize that is stored before it is **fully dry** can grow a hidden poison called **afatoxin** — a mould toxin you cannot taste or wash away, and it can make a family seriously ill. Always sun-dry grain until it rattles and snaps before you store or grind it. When in doubt, dry it one more day.



Coach Addison says

THE GOLDEN THREAD

Notice how nearly every method comes down to the same idea: *get the water out and keep the air off*. Master that one thought, and you can preserve almost anything your garden gives you.

Companion: A-Z Foods from Africa

For the nutrition and traditional dishes behind every crop you grow, explore the [A-Z Foods from Africa booklet in the Force for Health library](#). (Exact deep link to be added.)

PULL-OUT SECTION

My MyHealthy Africa Workbook

Write in these pages — make this magazine your own plan

WORKBOOK · PAGE 1

My Garden Plan

Walk your schoolyard or yard, then fill this in. There are no wrong answers — only your plan.

What will I plant? (circle or write your crops)

Where will I plant it? (which part of the yard, how many rows)

When will I plant, and when do I expect to harvest?

Who will help me care for the garden each week?

WORKBOOK · PAGE 2

My Preservation Plan

When the harvest comes in, what will I save and how? Fill one row for each food.

Food	Method I'll use	How long it will last

My safety check: How will I make sure my maize is fully dry before storing?

WORKBOOK · PAGE 3

New Words

Write each word in your own words. If you can explain it to a friend, you truly know it.

Intercropping *(my own definition)*

Nitrogen-fixing *(my own definition)*

Compost *(my own definition)*

Curing *(my own definition)*

Fermentation *(my own definition)*

Aflatoxin *(my own definition)*

Weevil *(my own definition)*

Airtight *(my own definition)*



A last word from Coach Addison

LEARN IT · LIVE IT · SHARE IT

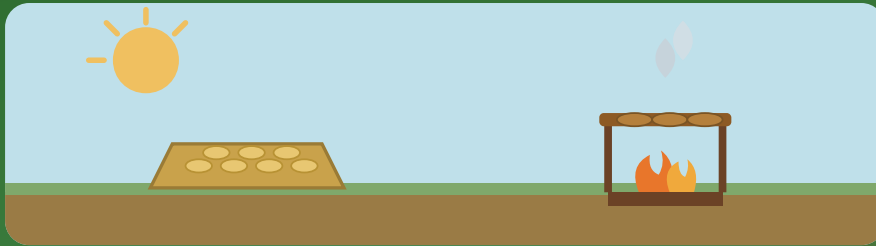
You have learned it and, with this workbook, you will live it. The final step is the most powerful: *share it*. Teach one neighbour what you grew and how you saved it. A preserved harvest feeds a family — but a shared skill feeds a whole community, season after season.

MyHealthy Africa

Coach Addison Konlan · PhD Student & Force for Health Fellow

A Force for Health Network resource · Companion to the A-Z Foods from Africa booklet

This magazine may be printed and shared freely within your community. □



Coach Addison's Guide to Saving Food

How to preserve food without electricity — for every African family

* Sun Dry

☐ Smoke

☐ Salt

☐ Ferment

☐ Ash Store

☐ Cool Store



☐ I'm Coach Addison Konlan

PhD Student · Force for Health Fellow · Your Food Guide

A good harvest is only half the story. The other half is making it *last*. In this guide I'll show you six simple ways to save food using only the sun, fire, salt, and time — no fridge, no power, no cost. These are skills our grandparents knew. Let's keep them alive together.

Companion booklet: A-Z Foods from Africa

Want to know the nutrition and traditional uses of each food you're preserving? Explore the **A–Z Foods from Africa booklet in the Force for Health library**. *(Exact library link to be added.)*

PART ONE · LEARN IT

Why Food Spoils — and How We Stop It

Five simple ideas behind every preservation method

Food spoils for four reasons

When food goes bad, it is because of **moisture**, **warmth**, **air**, and **pests** (insects, mould, and bacteria). Every preservation method works by removing one or more of these. Once you understand this, you can preserve almost anything.

☀ **Dry it**

Remove the water. Mould and bacteria cannot grow on dry food.

🧂 **Salt it**

Salt pulls water out of food and out of the germs that spoil it.

🔥 **Smoke it**

Smoke dries food and coats it with natural substances that kill bacteria.

🍷 **Ferment it**

Helpful microbes take over and crowd out the harmful ones — and make food safer.

📦 **Seal it**

Close food away from air and insects in a tight sack, pot, or drum.

❄ **Cool it**

Keep food cool and shaded — or leave roots in the ground — to slow spoiling.



Coach Addison says

THE GOLDEN RULE

Almost every method below comes back to one idea: *get the water out and keep the air off*. If food is fully dry and tightly sealed, it will keep for months. If any moisture is left inside, it will spoil — so always dry a little longer than you think you need.

PART TWO • LIVE IT

The Six Methods — Tap to Open

Step-by-step instructions you can use at home today



Sun Drying

Best for: maize, beans, cassava, vegetables, fruit, fish



Smoking

Best for: fish and meat



Salting

Best for: fish, meat, some vegetables



Fermenting (Gari & more)

Best for: cassava, milk, some vegetables



Ash & Airtight Grain Storage

Best for: dried maize grain, beans



Cool & In-Ground Storage

Best for: cassava, sweet potato, onions



PART THREE • PRACTICE IT

Match the Food to the Method

You're the expert now — choose the best way to save each food



Coach Addison says

BEFORE YOU CHOOSE

There is often more than one good answer — but one is usually *best* for the food and the tools you have. Pick what you'd really do at home, then read why.

◀ YOUR CHALLENGE — WHICH METHOD?

□ A neighbour gives your family 3kg of fresh fish. The market is far and there is no fridge. What do you do?



~~Smoke it over a hardwood fire, or salt and sun-dry it.~~

~~Leave it in a bucket of water to keep it fresh until tomorrow.~~

~~Cook and eat all 3kg today so none is wasted.~~

✂ YOUR CHALLENGE — WHICH METHOD?

□ You have harvested a large amount of maize. You want it to last until next season. What is the key step?



~~Sun-dry the grain fully, then store sealed with a little wood ash.~~

~~Put the fresh cobs straight into a sack in the store room.~~

~~Grind it all into flour right away while it is still moist.~~

✂ YOUR CHALLENGE — WHICH METHOD?

□ You have more cassava than your family can eat in the next few days. What is the smartest move?



~~Leave most roots in the ground, and dry or ferment what you harvest into chips or gari.~~

~~Harvest it all and pile it in a corner of the house.~~

~~Boil it all and keep the cooked cassava for the week.~~

✂ YOUR CHALLENGE — WHICH METHOD?

□ You have a basket of ripe tomatoes and leafy greens that will spoil in two days. What can you do?



~~Slice thin and sun-dry them on a raised, covered rack.~~

~~Leave them in the sun whole and uncovered until they shrink.~~

~~Seal them fresh and wet in a closed pot.~~

PART FOUR · SHARE IT

Pass the Skill On

A preserved harvest feeds a family; a shared skill feeds a community

□ Teach one household this week

Choose one method from this guide and show it — step by step — to a neighbour or relative who does not use it. Good first lessons:

- Raising a drying mat off the ground for faster, cleaner drying
- Mixing wood ash into stored grain to keep weevils away
- Smoking fish so it lasts weeks instead of a day

□ Explore the food behind the method

Pair this preservation guide with the **A–Z Foods from Africa** booklet in the Force for Health library. For each crop you preserve, look it up to learn its nutrition, its traditional dishes, and how families across Africa have used it for generations.

[Visit the Force for Health library](#) → *(exact A–Z booklet link to be added)*



A word from Coach Addison

MYHEALTHY AFRICA

Saving food is one of the most powerful things a family can do for its own health and security. When you preserve well, no harvest is wasted and no season is feared. Teach these skills to your children — and they will carry your family through every hard time to come.

MyHealthy Africa

Coach Addison Konlan · PhD Student & Force for Health Fellow

A Force for Health Network resource · Companion to the A–Z Foods from Africa booklet

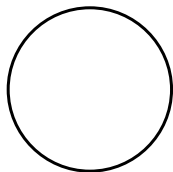
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HARLON SCHOOLS · EASTERN UGANDA · GRADES 6-8

Our Schoolyard Can Feed Us

Student Food Garden Workbook

Learn It · Live It · Share It



Hello — I'm Coach Addison Konlan

PHD STUDENT · FORCE FOR HEALTH FELLOW · YOUR GARDEN GUIDE

This workbook is yours. Write in it, draw in it, and take it to the garden. Wherever you see my face, I'm sharing a tip to help you grow food for your family while our schools are closed. Let's grow this together.

This workbook belongs to:

Name

Class / Grade

My garden team-mates

Date I started

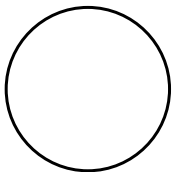
Why This Matters Right Now

Schools are closed because of the Ebola outbreak in our region. Staying home keeps us safe — but it also means markets are closing and food is harder to get. Our schoolyard has space. We have seeds. We have hands. If we work together, we can grow enough food to feed our families, with a little extra to preserve or share.

Ebola Safety in the Garden — Read First

Tick each box once you understand the rule. Working in the garden is safe when you follow these:

- ☐ **Wash hands with soap and water** before and after garden work. No soap? Use ash and water, then rinse well.
- ☐ **Do not touch your face** while working in the garden.
- ☐ **Do not handle sick or dead animals.** Tell a trusted adult.
- ☐ **Work in small groups of 2–3.** Keep distance from others.
- ☐ **If you feel sick** — fever, weakness, headache — tell a trusted adult and stay home.
- ☐ **Wash all vegetables well** and cook food fully before eating.



Coach Addison says

SAFETY FIRST

Read these out loud with your group before you pick up a hoe. Ebola does *not* travel through vegetables or soil — the garden is one of the safest places to be. Clean hands and a little distance protect everyone.

Write your own words

Name one safety rule and explain why it matters to your family:

Learn It — Our Crops & Our Soil

We chose four crops that grow well in Eastern Uganda's red volcanic soil, survive on rainfall, and feed us quickly.

CROP	TIME TO HARVEST	WHY WE GROW IT
Maize	90–120 days	Rows 75cm apart. Intercrop with beans. Dries and stores for months; makes posho.
Beans	60–90 days	Plant between maize rows. Fix nitrogen to feed the maize. High in protein. Dry beans store 6–12 months.
Cassava	Leaves in 3 months; tubers 8–18 months	Plant stem cuttings. Eat the leaves as greens early. Drought-resistant — the most reliable crisis food.
Sweet Potato	3–5 months	Plant vine cuttings in mounds. Leaves edible within weeks. Rich in Vitamin A for children.

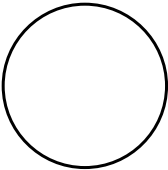
Preparing the soil — the key steps

Clear weeds (keep them for compost) · Dig one hoe-depth (≈25cm) · Make compost from scraps, peels, grass & ash · Water maize every 3–4 days when young, in the morning · Use raised beds in heavy rain.

Quick Check — answer in your own words

1. Which crop can you eat from soonest, even before harvest?

2. Why do we plant beans between the maize rows?

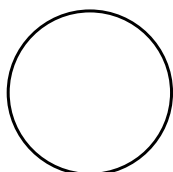


Coach Addison says

A GROWER'S SECRET

Sweet potato and cassava *leaves* are food too — long before the roots are ready. Plant something you can eat early, and your family never waits empty-handed for the big harvest.

Simulation 1 — The Planting Decision



Coach Addison says

BEFORE YOU DECIDE

No trick questions. Read each scene, picture yourself in the schoolyard, and tick the choice *you* would really make. Then check what I'd do.

SCENE 1 OF 3 · WHERE TO START

School is closed. You and three friends meet at the gate. The schoolyard has a large area in full sun and a smaller shaded area near the classrooms with a tap nearby. You have energy to start **one** area today.



YOUR CHALLENGE

Which area do you start with?

- ☐ A) The large sunny area — maize and beans first.
- ☐ B) The shaded area — easier to water from the tap.
- ☐ C) Split up — two of us in each area.

COACH ADDISON'S ANSWER

Choose **A**. Maize and beans need 6+ hours of direct sun. Carrying water to the sunny bed is worth a much bigger harvest. (+10 coins)

SCENE 2 OF 3 · HOW TO ARRANGE THE PLANTING

You have maize seeds, beans, cassava cuttings and sweet potato vines, and one morning of energy before the heat.



YOUR CHALLENGE

How do you arrange your planting today?

- ☐ A) Maize + beans in alternating rows; sweet potato mounds along the edge; cassava in its own bed tomorrow.
- ☐ B) Plant everything together today.
- ☐ C) Only maize today; everything else next week.

COACH ADDISON'S ANSWER

Choose **A**. Intercropping maize and beans lets the beans feed the maize. Mixing all crops in one bed makes them fight for light and nutrients. (+10 coins)

SCENE 3 OF 3 · HEAVY RAIN

Three weeks later, heavy rain leaves standing water between the bean rows. Standing water can rot the roots within two days.



YOUR CHALLENGE

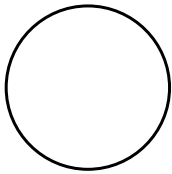
What do you do?

- ☐ A) Dig small drainage channels now to lead the water away.
- ☐ B) Wait a few days for the sun to dry it.
- ☐ C) Pull up and replant the worst seedlings on higher ground.

COACH ADDISON'S ANSWER

Choose **A**. Bean roots rot without oxygen in about 48 hours. A channel takes 20 minutes and saves the crop. (+10 coins)

Simulation 2 — Harvest During the Outbreak



Coach Addison says

THIS ONE IS HARD

This story involves a sick family member. It is heavy and real. There is no shame in any feeling you have. We protect everyone's safety *and* care for our family — both can be true at once.

SCENE 1 OF 3 · A SICK UNCLE

The maize is ready. But your uncle, who helped plant, now has a fever and is resting inside. It is not confirmed what illness it is.



YOUR CHALLENGE

How do you handle the harvest?

- ☐ A) Harvest carefully without him; wash hands well; report his illness to the health worker today.
- ☐ B) Wait until he recovers before harvesting.
- ☐ C) Ask him to supervise from the doorway.

COACH ADDISON'S ANSWER

Choose **A**. Keep a possibly-sick person away from food, and report early — early reporting saves lives. (+10 coins)

SCENE 2 OF 3 · MORE THAN YOU CAN EAT

You have 40kg of fresh maize — more than your family can eat before it spoils. Three families on your road have nothing ready yet. Markets are closed.



YOUR CHALLENGE

What do you do?

- ☐ A) Keep a week's worth; sun-dry the rest now; share some with the struggling families.
- ☐ B) Keep all of it for your own family.
- ☐ C) Grind it all into posho flour now.

COACH ADDISON'S ANSWER

Choose **A**. Fresh maize spoils in 1–2 weeks anyway. Preserve early and share — a community that helps each other survives a crisis better. (+10 coins)

SCENE 3 OF 3 · THE TUBERS AREN'T READY

Sweet potato tubers need 4–5 months and it has been 3. Your little brother is hungry now. The vines are lush and green.



✂ YOUR CHALLENGE

What do you harvest?

- ☐ A) Pick young leaves and shoots today — only a third per plant — and leave the tubers to grow.
- ☐ B) Dig up a few whole plants to check the tubers.
- ☐ C) Wait the full 5 months; the leaves are not real food.

COACH ADDISON'S ANSWER

Choose **A**. Sweet potato leaves are rich in Vitamin A and iron. Taking a third barely disturbs the plant — food today *and* tubers later. (+10 coins)

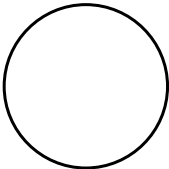
Simulation 3 — Preserving Our Food

You have no electricity or refrigeration — but you have **sun, fire, smoke**, and sometimes **salt**. Write the best preservation method for each food in the blank column, then check against the key below.

FOOD	YOUR BEST METHOD	HOW LONG IT LASTS
Beans (5kg dried)		
Maize (shelled grain)		
Cassava (fresh roots)		
Fish / meat (fresh gift)		

COACH ADDISON'S ANSWER KEY

- Beans:** sun-dry fully, store sealed with a little wood ash — 6–12 months.
- Maize:** sun-dry on the cob, shell, store with wood ash — 6–12 months.
- Cassava:** peel, slice thin, sun-dry into chips (or ferment into gari) — 6–12 months. Or leave roots in the ground.
- Fish/meat:** smoke over a hardwood fire 4–8 hours, or salt + sun-dry — 2 weeks to 3 months.

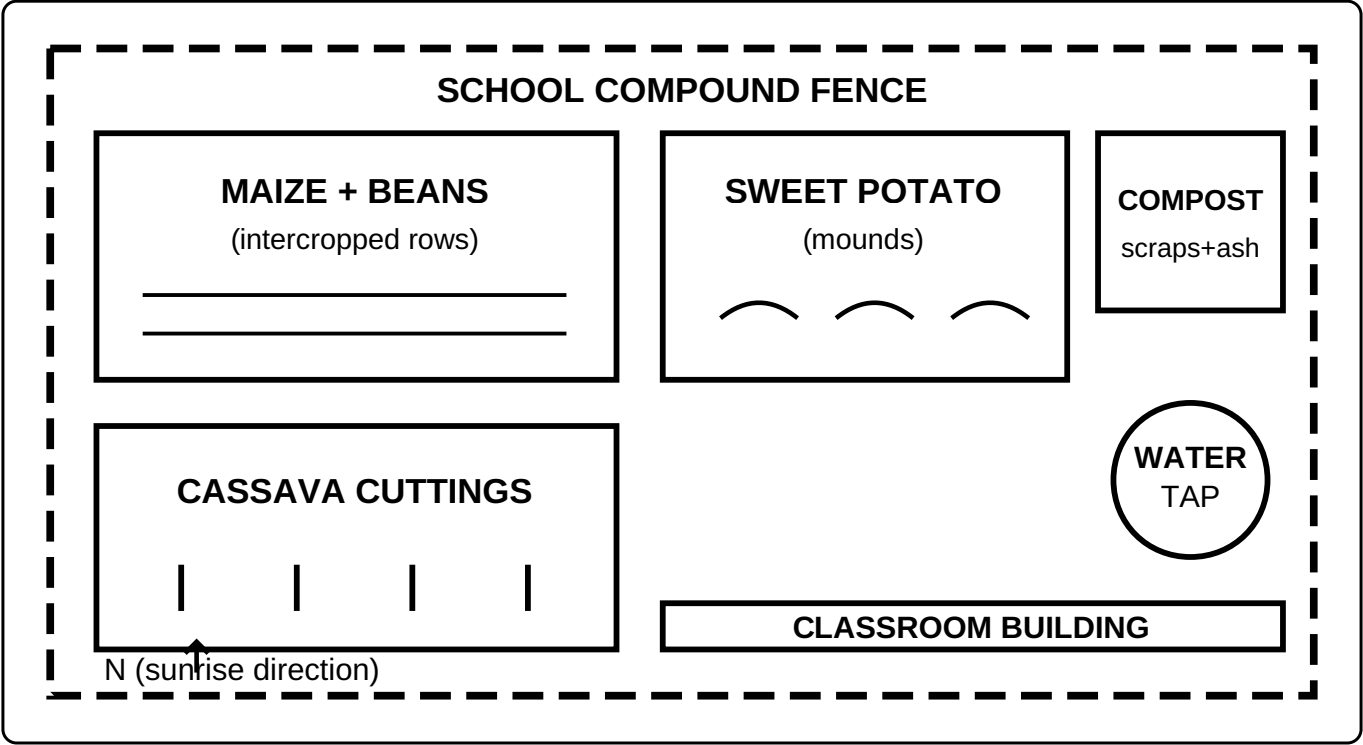


Coach Addison says
NOW YOU'RE THE EXPERT

Sun drying is your most powerful tool — free, no equipment, works for everything. *Smoking* is best for fish and meat. *Salt* is a multiplier when you have it. Always dry maize fully — undried maize can grow dangerous mould.

Share It — Draw Your School Garden Map

Here is an example layout. Below it, draw the map of **your** school compound: show the sunny beds (maize + beans), cassava, sweet potato mounds, the water source, the compost corner, and an arrow for North.



Now draw your own:

A large rectangular area with a solid border, intended for drawing the school garden map. It contains horizontal lines for writing or drawing.

draw your school garden here

Share It — Teach One, Cook One

Teach one neighbour this week

Choose one preservation method and **show** someone how to do it — don't just tell them. Then write their name and what you taught:

I taught (name):

I showed them how to:

✂ cut out and keep

Recipe Card — Dried Bean & Cassava Leaf Stew

Feeds 4 · Uses garden ingredients · No market needed

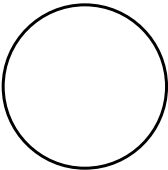
What you need:

2 cups dried beans (soaked overnight) · 1 handful young cassava leaves (washed) · 2 tbsp oil or groundnut paste · 1 onion · a pinch of salt · water

How to make it:

1. Soak beans overnight; drain and rinse. 2. Boil beans 45–60 min until soft. 3. Pound or finely chop cassava leaves to remove bitterness; rinse. 4. Fry onion in oil; add leaves, stir 5 min. 5. Add beans and some bean water; simmer 15 min. 6. Add a pinch of salt; serve with posho or cassava.

Why it's good: beans give protein like meat; cassava leaves give iron and vitamins. A complete meal from our garden.



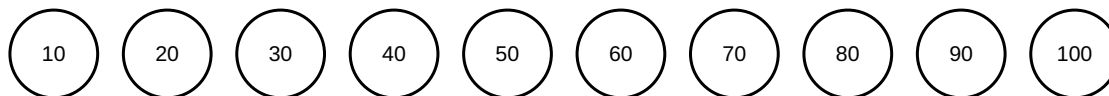
Coach Addison says

THE HARVEST THAT GROWS

When you teach one neighbour what you know, you double the food your community can grow. Knowledge is the one harvest that grows bigger every time you give it away.

My Garden Coins & Pledge

Add up your Garden Coins from the Live It simulations (up to 10 per scene). Colour one circle for every 10 coins you earned:

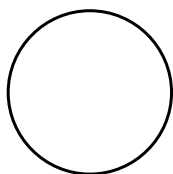


My total Garden Coins:

MY PLEDGE

I, _____, will use what I have learned to help grow food for my family, harvest safely, and teach one other person what I know.

Signed



A word from Coach Addison & Principal Westimika

HARLON SCHOOLS

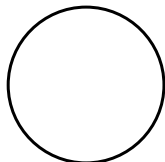
Our schools are closed, but our learning never stops. The knowledge in this workbook will protect your family during this outbreak and for your whole life. You are a Force for Health. When our gates open again, bring what you have learned back to school.

FOR FAMILIES & COMMUNITIES

Coach Addison's Food Preservation Workbook

Saving Food Without Electricity

Sun · Smoke · Salt · Ferment · Ash · Cool Storage



Hello — I'm Coach Addison Konlan

PHD STUDENT · FORCE FOR HEALTH FELLOW · YOUR FOOD GUIDE

A good harvest is only half the story — the other half is making it last. This workbook teaches six simple ways to save food using only sun, fire, salt, and time. Write in it, take it to your kitchen, and teach it to your family.

COMPANION BOOKLET

Use this workbook together with the **A–Z Foods from Africa** booklet in the Force for Health library — look up each food to learn its nutrition and traditional uses. *Library: www.theforceforhealth.com (exact booklet link to be added).*

This workbook belongs to:

Name / household

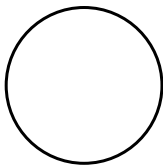
Village / community

Date started

Why Food Spoils — and How We Stop It

Food goes bad because of four things: **moisture**, **warmth**, **air**, and **pests** (insects, mould, bacteria). Every method in this workbook removes one or more of them.

IDEA	WHAT IT DOES
* Dry it	Remove the water — mould and bacteria cannot grow on dry food.
Salt it	Salt pulls water out of food and out of the germs that spoil it.
Smoke it	Smoke dries food and coats it with substances that kill bacteria.
Ferment it	Helpful microbes crowd out harmful ones and make food safer.
Seal it	Close food away from air and insects in a tight sack, pot, or drum.
Cool it	Keep food cool and shaded, or leave roots in the ground, to slow spoiling.



Coach Addison says

THE GOLDEN RULE

Almost every method comes back to one idea: *get the water out and keep the air off*. Fully dry, tightly sealed food keeps for months. Always dry a little longer than you think you need.

In your own words

Name two of the four reasons food spoils, and one way to stop each:

The Six Methods (1–3)

☀ **Sun Drying** maize · beans · cassava · vegetables · fruit · fish

1. Cut food into thin even pieces (3–5mm); beans and grain stay whole.
2. Spread one layer on clean mats or a **raised rack** — never on bare soil.
3. Place in full sun; turn twice a day. Cover with cloth or net against flies.
4. Bring indoors at night so dew does not dampen it.
5. Dry until hard and snapping, or rattling (2–5 days).

Lasts 6–12 months sealed

Coach Addison: Raise the mat off the ground — air underneath dries food twice as fast.

☐ **Smoking** fish · meat

1. Clean the fish or meat; rub with a little salt if available.
2. Lay on a rack 30–50cm above a slow **hardwood** fire — smoke, not big flames.
3. Turn every hour; smoke 4–8 hours until firm, dry, and deep brown.

Lasts 2–4 weeks (longer kept dry)

Coach Addison: Hardwood only — softwood tastes bitter. Dry fully; soft moist spots spoil first.

☐ **Salting** fish · meat · some vegetables

1. Clean and pat dry. Rub salt over every surface, inside and out.
2. Layer with salt, or hang to let salty liquid drip away. Wait 12–24 hours.
3. Then sun-dry to finish — salt plus drying lasts far longer than either alone.

Lasts 1–3 months

Coach Addison: Even a little salt greatly extends life. Rinse very salty food before cooking.

The Six Methods (4–6)

☐ **Fermenting (Gari)** cassava · milk · some vegetables

1. Peel and wash cassava roots well; grate into a soft mash.
2. Press out the liquid in a clean cloth sack under a heavy weight.
3. Ferment 2–3 days (this sours it and makes it safer).
4. Sieve, then roast the granules in a dry pan, stirring, until light and dry.

Lasts 6+ months sealed

Coach Addison: Fermenting also lowers cassava's natural toxins — a real safety benefit.

☐ **Ash & Airtight Storage** dried maize grain · beans

1. Make sure grain/beans are fully dried first (they should rattle).
2. Mix in a handful of clean cold wood ash per container to repel weevils.
3. Store in a sealed sack, clay pot, or metal drum, raised off the floor.
4. Check monthly; re-dry in the sun if any moisture appears.

Lasts 6–12 months

Coach Addison: Ash is a free weevil repellent; an airtight container starves insects of air.

☐ **Cool & In-Ground Storage** cassava · sweet potato · onions

1. **Cassava:** leave roots in the ground until needed — they keep for months.
2. **Sweet potato:** cure the skins a few days, then store in a cool, dry, airy pit/basket.
3. **Onions:** dry the skins, then hang in a cool, airy place out of the sun.

Lasts weeks to months

Coach Addison: The ground is free cold storage — only take what you can use or preserve.

Match the Food to the Method

Tick the best choice for each challenge, then check Coach Addison's answer.

⚡ YOUR CHALLENGE



☐ A neighbour gives you 3kg of fresh fish. No market nearby, no fridge. What do you do?

- ☐ Smoke it, or salt and sun-dry it.
- ☐ Keep it in a bucket of water until tomorrow.
- ☐ Cook and eat all 3kg today.

COACH ADDISON'S ANSWER

Smoke it, or salt and sun-dry it. This turns 3kg into weeks of protein; the other choices last only a day or waste the fish.

⚡ YOUR CHALLENGE



☐ You have a large maize harvest and want it to last until next season. What is the key step?

- ☐ Sun-dry the grain fully, then store sealed with wood ash.
- ☐ Put fresh cobs straight into a sack in the store room.
- ☐ Grind it all into flour while still moist.

COACH ADDISON'S ANSWER

Sun-dry fully, then store sealed with ash. Undried maize molds and can grow dangerous aflatoxin — drying first is essential.

⚡ YOUR CHALLENGE



☐ You have more cassava than you can eat this week. What is the smartest move?

- ☐ Leave most in the ground; dry or ferment what you harvest.
- ☐ Harvest it all and pile it in the house.
- ☐ Boil it all and keep the cooked cassava.

COACH ADDISON'S ANSWER

Leave most in the ground and preserve the rest as chips or gari. Harvested cassava spoils in 2–3 days.

My Preservation Plan

Write the foods your household has now and the method you will use to save each one:

FOOD I HAVE	METHOD I WILL USE	HOW LONG IT SHOULD LAST

Teach one household this week

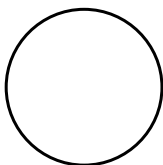
I will teach (name):

The method I will show them:

MY PLEDGE

I, _____, will save my family's food well so no harvest is wasted, and teach one other household what I have learned.

Signed



A word from Coach Addison

MYHEALTHY AFRICA

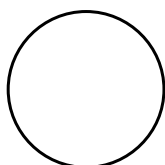
When you preserve well, no harvest is wasted and no season is feared. Teach these skills to your children, and they will carry your family through every hard time to come.

FOR TEACHERS, PARENTS & COMMUNITY LEADERS

MyHealthy Africa — Teachers & Parents Companion Guide

Growing food, building health, and standing together through a hard season

Learn It · Live It · Share It



Hello — I'm Coach Addison Konlan

PHD STUDENT · FORCE FOR HEALTH FELLOW · YOUR FOOD GUIDE

This guide is for the grown-ups. The children have games, simulations, and workbooks to explore — your job is to walk beside them. You do not need to be a farmer or a teacher by training. You only need to care, to keep things safe, and to listen. I will give you everything else.

Who this is for

- **Teachers** running the MyHealthy Africa activities with a class or club — even with schools closed.
- **Parents and guardians** growing food in the schoolyard or at home and learning alongside their children.
- **Community leaders and volunteers** supporting families through the Ebola outbreak and the food shortage it brought.

COMPANION BOOKLET

Pair this guide with the **A–Z Foods from Africa** booklet in the Force for Health library — look up each crop to learn its nutrition and traditional uses. *Library: www.theforceforhealth.com (exact booklet link to be added).*

What This Program Is — and Why It Matters

In Eastern Uganda, near Mbale and the slopes of Mount Elgon, the **Harlon Schools** had to close their doors because of an **Ebola outbreak**. Children could not gather in classrooms, markets were quiet, and many families worried about where their next meals would come from.

So the community did something hopeful: they began **growing food in the schoolyard**. *MyHealthy Africa* turns that schoolyard into a living classroom — teaching food security and food preservation so that no harvest is wasted and no season is feared.

Learn It · Live It · Share It

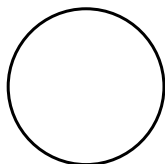
Learn It — Understand the crops, the soil, and the safety rules. (Games, bingo, magazine.)

Live It — Plant, tend, harvest, and preserve real food with your hands. (Garden, workbooks.)

Share It — Teach one more household what you learned, so the whole community grows stronger.

The crops we grow together

- **Maize & beans** — grown together (intercropped); the beans *fix nitrogen* in the soil to feed the maize.
- **Cassava** — drought-resistant; the leaves can be eaten early, and the roots store for months in the ground.
- **Sweet potato** — rich in *Vitamin A*; its leaves, too, can be eaten early while the roots grow.



Coach Addison says

WHY IT MATTERS

A closed school does not have to mean a stopped education. When a child plants a bean and watches it feed the maize beside it, they are learning science, health, and hope all at once — and the harvest feeds the family that taught them.

The Toolkit: Your Assets and How to Use Them

MyHealthy Africa comes with several pieces that work together. Use them in any order, but this is how each one is meant to be used.

ASSET	WHAT IT IS & HOW / WHEN TO USE IT
Garden Simulation <i>Harlon-Schools-Food-Garden-Simulation.html</i>	An interactive map laid over the real school aerial photo. Children move through Learn It · Live It · Share It and make choices in three decision simulations (planting, harvesting, preserving). Use it to <i>introduce</i> a topic before going outside, or to <i>review</i> after garden work. Best on a shared screen with the group deciding together.
Learn-It Bingo Cards <i>Plant · Harvest · Preserve</i>	Three 3×3 cards. Each square opens a single concept. Use as a warm-up or review game — call a concept, players find and discuss the square, mark it when they can explain it. Great for mixed ages and for families with little reading.
Student Workbooks <i>(printable)</i>	Write-in pages for planning, practicing, and pledging — including the Food Preservation Workbook. Use during Live It for hands-on planning, and during Share It for the family pledge. Print one per child or per household.
MyHealthy Africa Magazine	Stories, photos, and explainers from Harlon Schools. Use for quiet reading, read-aloud, and discussion , or to send home so parents can catch up on what the children are doing.

COMPANION BOOKLET

The **A–Z Foods from Africa** booklet is the reference for every crop's nutrition and uses. Keep it nearby whenever a food comes up. [www.theforceforhealth.com](#) — *exact link to be added.*

How to Facilitate

Leading the simulations

- **Decide as a group.** Read each choice aloud, ask "what do you think and why?", then vote before clicking.
- **Wrong answers are gold.** When the simulation shows a poor outcome, ask what they would do differently — that is the real lesson.
- **Connect to the real garden.** After a simulation, walk outside and point to the same crop or step in your own schoolyard plot.

Leading the bingo

- Let players **explain** a square before marking it, not just find it. Understanding wins, not speed.
- Pair a strong reader with a younger child so everyone takes part.
- Keep rounds short and celebrate each completed card.

Making it safe and supportive

- Open by agreeing the group is a **kind, no-teasing space**.
- Let any child **pass** on a question without explaining why.
- Watch faces, not just hands — quiet children may be carrying the most.

♥HANDLE WITH CARE

A hard moment may come up — handle it gently. One scene in the program shows a **family member falling sick**. During an Ebola outbreak, some children in your group may have lived this for real, or may be frightened by it.

- **Name it calmly.** "This part shows someone getting sick. It can feel heavy. We can take our time."
- **Reassure with facts.** Washing hands, not touching the face, and staying apart from sick people keep us safe. We are learning exactly how to protect our families.
- **Offer a way out.** Any child may step aside or sit quietly; never force participation.
- **Watch for distress** — tears, withdrawal, or a child saying this happened to them. Pause, comfort, and quietly tell a parent, health worker, or counsellor afterward.
- **Close on hope.** End the session with the garden, the harvest, or the pledge — something growing and good.

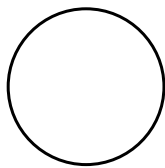
Ebola Garden Safety — A Checklist

Read these rules aloud before every garden session. Tick each one as you confirm it with the group.

- ☐ **Wash hands before and after** working in the garden — every time.
- ☐ **Don't touch your face** while working — eyes, nose, and mouth especially.
- ☐ **Work in small groups**, spaced apart, not in one big crowd.
- ☐ **Report any sick or dead animals** to an adult or health worker — do not touch them.
- ☐ **Stay home if you feel feverish** or unwell, and tell a grown-up.

Why these rules work

Ebola spreads through contact. Clean hands and an untouched face break that chain. Spacing out keeps any illness from passing between us. Reporting sick animals and staying home when feverish stops the outbreak before it can grow. These are the same protections health workers use — and now your family uses them too.



Coach Addison says

SAFETY FIRST, ALWAYS

A garden should heal, never harm. If you only remember one thing, remember this: clean hands, and hands away from the face. Make it a habit and you make your whole family safer.

Discussion Questions

Use these any time — around the garden, after a simulation, or at home. There are no wrong answers; the talking is the point.

Planting

✂ DISCUSS



Why do we grow maize and beans together? What does the bean give to the soil that helps the maize?

✂ DISCUSS



Cassava and sweet potato can be harvested for their leaves early. Why is that helpful while we wait for the roots?

Harvesting

✂ DISCUSS



Why might we leave most of the cassava in the ground instead of digging it all up at once?

✂ DISCUSS



How do we decide how much to harvest today and how much to save for later?

Preserving

✂ DISCUSS



Why must maize be fully dried before we store it? What dangerous thing can grow on undried maize?

✂ DISCUSS



Name two ways to save food without electricity, and what each one removes from the food.

Sharing

✂ DISCUSS



Who in our community could we teach next, and what one skill would help them most?

✂ DISCUSS



How does sharing what we grow and what we know make the whole village stronger?

A Suggested 4-Week Schedule

A simple rhythm you can stretch or shorten to fit your garden and your group. Each week blends Learn It, Live It, and Share It.

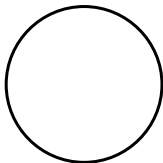
WEEK	FOCUS	WHAT TO DO
Week 1	Learn	Introduce the program and the crops. Play the <i>Plant</i> bingo card, explore the Garden Simulation (Learn It), read a magazine story, and review the Ebola garden safety checklist together.
Week 2	Plant / Live	Go outside and plant. Intercrop maize and beans; set in cassava and sweet potato. Use the workbook to plan the plot. Practice the safety routine: wash hands, work in small groups.
Week 3	Harvest	Tend and begin harvesting leaves early. Run the harvesting decision simulation and the <i>Harvest</i> bingo card. Discuss how much to take and how much to leave growing.
Week 4	Preserve & Share	Preserve the harvest — sun drying, smoking, salting, fermentation/gari, ash + airtight storage, cool storage. Complete the Food Preservation Workbook and the family pledge . Each household teaches one more.

Coach Addison: If your real garden is on a different timeline, follow the garden — the schedule serves the plants, not the other way around.

Skills It Builds

MyHealthy Africa is more than gardening. Here is what your children are really learning.

AREA	WHAT THEY PRACTICE
Science	How beans fix nitrogen to feed maize; how plants grow; why food spoils; how drought-resistant crops survive; how illness spreads and is prevented.
Health	Nutrition (Vitamin A in sweet potato), food safety (aflatoxin on undried maize), and Ebola prevention habits — clean hands, no face-touching, spacing, reporting illness.
Math	Measuring plots and spacing, counting and estimating a harvest, planning how much to eat now versus preserve, and tracking storage times.
Life skills	Planning ahead, teamwork, caring for living things, looking after family, courage in a hard season, and teaching others (Share It).



Coach Addison says

MORE THAN A GARDEN

A child who can plan a harvest, keep food safe, and protect their family from sickness carries those skills for life. The garden is the classroom — but the lessons go home and stay.

For Parents at Home

You do not need a classroom to keep this going. Simple ways to extend MyHealthy Africa at home:

- **Grow a little at home.** Even a few beans or a sweet potato vine by the door lets a child practice what they learned.
- **Cook together.** Let your child help prepare a preserved food and explain how it was saved.
- **Look it up.** Open the *A–Z Foods from Africa* booklet and learn one new food a week as a family.
- **Practice the safety habits** as a household — wash hands before and after, keep hands from faces — until they are second nature.
- **Share It.** Help your child teach one neighbour or relative a single skill. Teaching is how it sticks.

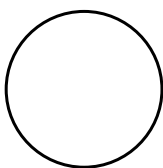
OUR FAMILY PLEDGE

As a family, we will grow and save our food well so no harvest is wasted, keep the safety habits that protect us during this outbreak, and share one skill we have learned with one other household.

Child's name

Parent / guardian signature

Date



A word from Coach Addison

MYHEALTHY AFRICA

Thank you for walking beside your children through this season. Schools may close, but learning, growing, and caring for one another never have to stop. Plant, preserve, protect — and share. The whole village grows stronger together.



INTERACTIVE COMPANIONS

Scan to play, explore & earn coins

The next pages connect this printed book to the live MyHealthy Africa experience. Each QR code opens a game, the campus simulation, or the live data dashboard — and there's a printable bingo card you can play right now on paper.

CORE SIMULATION

■ Harlon Schools Garden Simulation

The heart of MyHealthy Africa — Learn It, Live It, and Share It laid right over the real Harlon campus satellite aerial. Make decisions about planting, harvesting during an outbreak, and sharing the harvest with your community.

What's inside

- Learn It — key facts and a Learn-It Bingo launch
 - Live It — three decision simulations over the real campus aerial
 - Share It — pass what you learned to your community
 - Earns Live It coins that bank to your profile
-



Scan to open it live

Point your phone camera here. Earn Learn It · Live It · Share It coins as you go.

theforce.health/my-healthy-africa/garden-simulation.html

REALITY HEALTH GAME

■ Healthy Harvest Bingo

A four-card arcade game where every square teaches something about growing, harvesting, preserving, and protecting food. Picture + summary + bullets on each square, with dual coins and a leaderboard. (A printable card is on the next page.)

What's inside

- Card 1 — Plant
 - Card 2 — Harvest
 - Card 3 — Preserve
 - Card 4 — Protect & Prepare (built from Coach Addison's field notes)
-



Scan to open it live

Point your phone camera here. Earn Learn It · Live It
· Share It coins as you go.

theforce.health/my-healthy-africa/healthy-harvest-bingo.html

PRINTABLE BINGO CARD

Protect & Prepare — Paper Card

Mark a square when your class or family does it. Three in a row — across, down, or corner-to-corner — is BINGO! Then scan to play all four cards online.

Raised storage platforms	Ventilation & dry storage	Handwashing & clean hands
Separate raw & cooked food	PROTECT & PREPARE	Safe, clean water
Dry mango, banana & tomato	Start a small food business	Make a family emergency plan



Play all four cards online →

theforce.health/my-healthy-africa/healthy-harvest-bingo.html

LEARN-IT GAME

■ Learn-It Bingo

The lighter four-card bingo that builds the vocabulary of growing, preserving, and protecting food. Used inside the Garden Simulation's Learn It step — quick, friendly, and great for younger learners.

What's inside

- Four 3×3 cards with clickable 'tell me more' vocabulary
 - BINGO scoring with Learn It coins
 - Pairs perfectly with the printable card on the previous page
-



Scan to open it live

Point your phone camera here. Earn Learn It · Live It
· Share It coins as you go.

theforce.health/my-healthy-africa/learn-it-bingo.html

■ PHIT Africa Food-Security Report

A population-health dashboard for Eastern Uganda that pulls live public data in the browser, so community emergency planning can be data-driven. Built around the six data areas from Coach Addison's notes.

What's inside

- LIVE — World Bank Uganda indicators (undernourishment, yields, rural %)
 - LIVE — Open-Meteo rainfall for Mbale (past 30 days + forecast)
 - LIVE — ReliefWeb latest Uganda food-security & outbreak reports
 - Labeled illustrative panels link to FAO GIEWS, FEWS NET & WHO
-



Scan to open it live

Point your phone camera here. Earn Learn It · Live It
· Share It coins as you go.

theforce.health/my-healthy-africa/phit-dashboard.html



Bring it to life

Scan to open the full MyHealthy Africa program — games, the Harlon garden simulation, and the live data dashboard.

theforce.health/my-healthy-africa



MyHealthy Africa — a program of The Force for Health® Network. Learn It · Live It · Share It. Hosted by Coach Lucy & Dr. Rob with field expert Coach Addison Konlan. A review-stage program for Coach Addison & Principal Amos Westimika.