

APPENDIX 19 Be Nourished, Macedonia

WORKSHEET 1 - ILLNESSES / HEALTH CONDITIONS

INFLUENZA	ANEMIA
DIARRHOEA AND VOMITING	ALLERGY TO EGGS AND MILK
HIGH TEMPERATURE / FEVER	INCREASED BODY WEIGHT / OBESITY
DIABETES	

WORKSHEET 2 – PRODUCTS

BISCUITS	CHOCOLATE
BEE PROPOLIS, ROYAL JELLY	HONEY
GARLIC SOUP/GARLIC SALAD	BANANA
APPLE	WARM HOMEMADE SOUP
NETTLE, CHEESE AND EGGS PIE	LEMONADE
BOILED POTATO	TOAST
MINT TEA AND HONEY	HOT COCOA AND CINNAMON
BOILED LENTIL	ORANGE/ GRAPEFRUIT
CREAM AND STRAWBERRIES	FIZZY DRINKS
LIVER	PEANUT BUTTER
CANNED SARDINES/TUNA	VITAMIN C

WORKSHEET 3 – PLATE

