Mtoto FURaha na afya yake
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ST MARY GORETI SECONDARY SCHOOL
PARTICIPATING STUDENT NAMES (DRAWINGS AND CONTENT)

1. GRACE KWEKA
2. TABITHA LUCA
3. GLORY KALIKU
4. SANDRA JESSE
5. MONICA AMBONILE
6. IRENE AUGUSTINE
7. LAYLA OSMAN
8. NEEMA JAFFU
9. IVAN MOSES
10. MIRON JACOB
11. KAREEN MWAMBILE
12. FAITH KISIMA
13. NHUZELA CHITINDE
14. DOREEN NGOWI
15. DEBORAWADELANGA
16. CONSOLATA DEUS
17. DORA NKYA
18. JANETH MIRENYI
19. JANETH MFINANGA
20. NEHIE MWAKASALA
21. GRACE NG’OWO
22. BRIANA CONRAD
23. CATHERINE NGIRWA
24. MERYGORETHI MALLYA
25. SOPHIA RICKY
26. NOELA SAMANYA
27. HAPPYNESS MAZIGO
28. MOURINE JACOB
29. DIVINE KAROMBA
30. FURABA ELIA
31. WITNESS MEMBA
32. IRENE PAUL
33. NAOMI MSUYA
34. ANNELINDA ALBERT
Acknowledgement

Furaha has become healthy and an ambassador for advocating about healthy lifestyle. This comic book has been prepared by the students from St Mary Goreti secondary school in Kilimanjaro, Tanzania to be used by primary school children as a guide for healthy living.

Thanks to the school administration (Sr Lucrezia Njau and Sr Clementina Kachweka) for allowing us to engage with students. Thanks to Madam Judith Mushi and Hawa Nauma for coordinating this activity, also to Ally Masoud Nyomwa “Kipanya” for facilitating this activity.
Furaha lives with her parents and she is in Class Five. Her school is not very far from home.
She is charming, active and likes to answer questions when in class. She also likes to read and always encourage her friends to read.
AFTER SCHOOL HOURS FURAH A GOES BACK HOME. SHE DOES NOT LIKE WASTING TIME AT SCHOOL

Let me go home early to help with house chores.
WHEN SHE REACHES HOME, SHE GREETs HER PARENTS AND GOES TO HER BEDROOM TO CHANGE SCHOOL UNIFORMS. FURAHA SITS IN THE LIVING ROOM AND DOES HER SCHOOL HOMEWORK. WHEN SHE IS DONE, SHE GETs INVOLVED IN DOING THE HOUSE CHORES.
WHEN FURAHA IS DONE WITH HER HOUSE
CHORES, SHE GOES TO THE DINING TABLE
WHERE HER MUM SERVES ENOUGH FOOD FOR HER.
SHE THEN EAT, CLEAN THE TABLE AND GOES TO
REST.
THE NEXT DAY SHE WOKE UP EARLY TO GET READY FOR SCHOOL. SHE HAD BREAKFAST WITH HER FAMILY AND THEN PACKED TWO SAMOSAS IN HER BAG FOR SCHOOL. ON THE WAY TO SCHOOL, SHE STARTED EATING HER SAMOSAS.

I REALLY LIKE MEAT SAMOSAS
WHEN FURAHA ARRIVED AT SCHOOL, SHE ATTENDED ALL THE MORNING SESSIONS. DURING BREAK TIME, SHE WENT TO THE KIOSK TO BUY SOME RICE BUNS, THEN SHE WENT STRAIGHT TO SIT UNDER THE TREE AND STARTED EATING THEM.

OH! I REALLY LIKE THE RICE BUNS, ESPECIALLY WHEN THEY ARE OILY.
Furaha’s unhealthy eating behaviour continued and after a short while she was seen to prefer foods with too much fat and sugar. After three weeks her physical appearance changed, she became very fat and overweight.

UHHHHFFFFF!
Right now, I am craving for the ripe fried bananas.
ALSO, FURAHA'S BEHAVIOUR CHANGED A LOT. HER ACTIVENESS AND CHARMINGNESS IN CLASS APPEARED TO BE FADING AWAY. SHE STARTED BEING LAZY IN CLASS AND AFTER SEVERAL DAYS FURAHA STARTED FALLING ASLEEP IN CLASS.
ONE OF THE THINGS THAT HAPPENED TO FURAHAN WAS LAZINESS AS SHE WAS OFTEN SEEN EATING AND SITTING DOWN WHILE HER FRIENDS WERE PLAYING AND ENJOYING GAMES.
FURHAHA KEPT ON SHOWING HER LAZINESS WHEN GOING BACK HOME, SHE COULDN'T CARRY HER BAG DUE TO TIREDNESS, SHE THEN DRAGGED THE BAG AND HERSELF AS WELL

OH! I WISH A BIG BIRD WOULD COME AND FLY ME HOME
She kept on walking slowly and slowly while dragging her bag, she always like to rest under a tree. Also, she liked to pick fruits from the tree where she sits “Fruits from this tree are very sweet.” She said to herself while standing up to continue on her way

Nowadays home has become very far
THE FOLLOWING DAY FURAHA WENT TO SCHOOL. DURING BREAK TIME SHE WENT OUT OF THE CLASSROOM WITH HER FRIENDS TO THE PLAYGROUNDS. HER FRIENDS ENCOURAGED HER TO PLAY. FURAHA JOINED THEM AND STARTED TO PLAY DIFFERENT GAMES THAT MADE HER TIRED. EACH TIME SHE CAUGHT THE BALL, SHE STARTED BREATHING WITH DIFFICULTY, AND SHE SWEATED PROFUSELY, IN SUCH A WAY THAT SHE COULDN'T CONTINUE WITH THE GAMES.
THE CLASS BELL RANG WHILE OTHER STUDENTS WERE FINISHING THEIR GAMES, AND RACING TO GO BACK TO THE CLASSROOM. FURAHA WISHED TO JOIN THEM BUT SHE COULDN'T AS SHE WAS VERY TIRED AFTER THE GAMES.
WHEN FURAHA FINISHED CLIMBING THE STAIRS WITH DIFFICULTIES, SHE REACHED INTO THE CLASS AND SIT TO HER USUAL CHAIR AT THE BACK OF THE CLASS WHILE FEELING BAD AND STILL FACING BREATHING DIFFICULTIES. SUDDENLY SHE WAS DIZZY AND LOST CONSCIOUS.

FURAHA, WHAT HAPPENED?
Furaha was taken to the hospital and she was admitted while still unconscious. The doctor in charge collected specimens and took them to the laboratory to investigate the cause of Furaha’s problem.
FURAHA’S PARENTS ALREADY ARRIVED AT THE HOSPITAL TO FIND OUT WHAT HAPPENED TO THEIR DAUGHTER. THE DOCTOR RECEIVED RESULTS FROM THE LABORATORY AND DIAGNOSED FURAHA’S PROBLEM. THE DOCTOR PROVIDED FEEDBACK ON FURAHA’S PROBLEM TO HER PARENTS WHILE THEY WERE IN THE ROOM WHERE FURAHA WAS ADMITTED
WHILE AT THE HOSPITAL, FURaha CONTINUED WITH TREATMENT AND LATER SHE WAS DISCHARGED AND LEFT HOME WITH HER PARENTS. ONE OF FURaha'S FRIENDS VISITED HER TO SEE HOW SHE WAS DOING, AND WAS ACCOMPANIED BY HER SISTER WHO IS A NUTRITIONIST.
WHEN FURAHA LEFT AT THE HOSPITAL, THE NUTRITIONIST (SISTER HAWA) ADVISED FURAHA, HELPING HER TO RETURN TO HER NORMAL CONDITION. FURAHA WAS PERFORMING DIFFERENT EXERCISES ASSISTED BY THE NUTRITIONIST.
After Furaha received health education from the nutritionist, she started helping herself by doing exercises and she was encouraging her friends to exercise so that they could prevent the problems she encountered.

She was eating nutritious foods to improve her health to normal state such as enough vegetables, fruits and small portions of starchy foods.

I am feeling very healthy and light.
Apart from treatment and exercise she received, she got back to school while charming, energetic, and active. She kept encouraging her friends to invite their parents for the graduation as she wished to inspire the whole community concerning healthy lifestyle.

I am very much excited to see you Furaha, and you look so happy.

Thank you very much my friend.
FURAHA SHOWED SO MUCH INVOLVEMENT IN DIFFERENT GAMES AT SCHOOL. SHE WAS ABLE TO JOIN HER FRIENDS AGAIN IN DIFFERENT ACTIVITIES AT SCHOOL WITHOUT GETTING TIRED.

FURAHA
YOU ARE VERY LIGHT

THANK YOU VERY MUCH WEMA.
ON THE GRADUATION DAY, SISTER HAWA WHO HELPED FURAHA ATTENDED THE GRADUATION. THE HEADTEACHER GAVE HER AN OPPORTUNITY TO GIVE EDUCATION CONCERNING A HEALTHY LIFESTYLE TO PREVENT ONESELF FROM GETTING DIFFERENT HEALTH PROBLEMS. ALSO, FURAHA BECAME A GOOD AMBASSADOR AND SHE EDUCATE HER FRIENDS ON GOOD LIFESTYLE BEHAVIOURS.
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