

Weekly report from Jacqueline's 3rd week with AiNA soa

The weekend started quite quiet. I just edited all the portion size pictures and did a workout. As I've got quite sedentary with living just above the office ;). For dinner I was invited to Daniella, Maro and little girl Hana's place. It was a great evening with delicious food unfortunately time went by too fast.



Just after lunch Mitia picked Jimmy and me up for the Christmas concert in her church. The children were really cute and the concert endured a little longer than 3 hours. As Mitia handed me a translation out with all the songs I could understand almost everything ☺. After the concert the pastor thanked some different people, well I didn't realize that I was part of his talking, until the woman next to me told me to stand up ;). Oh well they were just very happy to



celebrate Christmas with a vazaha (Mitia just told me the following day that it was the first time in history of this church that a vazaha (or better two vazahas– as there was a man from greenland aswell) was attending the Christmas concert). Back home I started with peeling apples and get the apple puree ready as it was my turn to cook on Monday and I planed doing "Älplermagronen" and a chocolate mouse. On Monday I was a long time in the kitchen but it was good to see that everyone enjoyed the swiss food, after lunch everyone felt quite full;). Especially because we knew that another dessert was waiting

for us... a pancake-cake from Ioly, Natanaela and Maro who had birthday during the holidays.

On Tuesday I could share some topics about nutrition for medical patients with the doctors from AiNA soa. We talked a lot about diabetes. The doctors here are all in one: "Doctor-dietitian-diabetes consular..." As I thought it would be nice to do some roleplay to see, how we consult patients differently they agreed to do so and it was a lot of fun. We all learnt from each other.



Wednesday morning we had a team meeting. As every Wednesday it was great to share what we all personally learnt in the past week. During the afternoon there was an external training in the location from Kings-Kids. This time the audience were not teachers, but moms from the children who usually are at this place during the day. Also two Swiss woman were there. The leaders of Kings Kids (Swiss people) explained us, that the teaching level should be quite low and not too complicated. As we have anyway almost just pictures in the presentation, it was easy to adapt the teaching level to a little bit a lower level than the previous week. The topics were the same, just some slides were added with the portion size of a hand. I guess the women felt quite comfortable as two of them were also breastfeeding their babies while listening☺. The feedback was good to hear for example that a woman now understood that it's not enough to be just full and fill the children stomachs with a lot of rice water. She seemed to understand, that also the quality of the food matters for



a healthy development.

It was already the second time that someone asked if it's okay to eat red meat... it confused me the first time last week, but now I ask myself, where does that idea come from, that red meat is just bad? I wonder how many more will ask the same question in the following teachings... It was a very blessed afternoon and it really felt like people received a better understanding for the relation between the quality of nutrition and the development of a child.

Actually it's the first time I live by myself but it doesn't feel like living alone, maybe because of all those little house-animals ;) and anyway next week Chregi will already arrive here and support AiNA soa in some IT stuff ☺.

On Thursday there was another short teaching for the medical team. But we also shared and repeated some topics we were talking about two days ago, as Sitraka was sick on Tuesday. Not just nutrition and physical activity is a topic also how to manage the spare time better and how relaxing times can be planed.

for the external teachings with the focus on Vitamin A, Iron, Iodine Zinc and also the portion sizes. Further I also talked about what are possible carbohydrate rich food for replacing rice and that the food on the plate should look colourful ☺. Natanaela was in charge for the lunch this day and Ioly gave him an idea what he could cook without using rice. He bought sweet potato instead of rice for the carbohydrate part. It was hilarious how everyone made fun out of that: "no rice for lunch? That's the end of the world!" or "guess when we sneak out of the office this afternoon we eat some rice on the street"... The meal was very delicious and just great, even though for me the sweet potato have tasted similar to manioc ;).



Working with AiNA soa is great and I am glad that the second external teaching went also very well. I'm really looking forward to all the following teachings also with some new topics such as nutrition during pregnancy and nutrition for babies.

'Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.'

Philippians 2:3-4

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