

Maria's family

plans for a new baby



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These books have been developed by the CSC Family Farm Teams program. Other books in this series can be found on the CSC website
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Nutrition advisors: Dr Cathy Knight-Agarwal (University of Canberra), Dr Libby Swanepoel (University of Sunshine Coast)

Translation: Catherine Levy

Graphic design: Steph Houghton

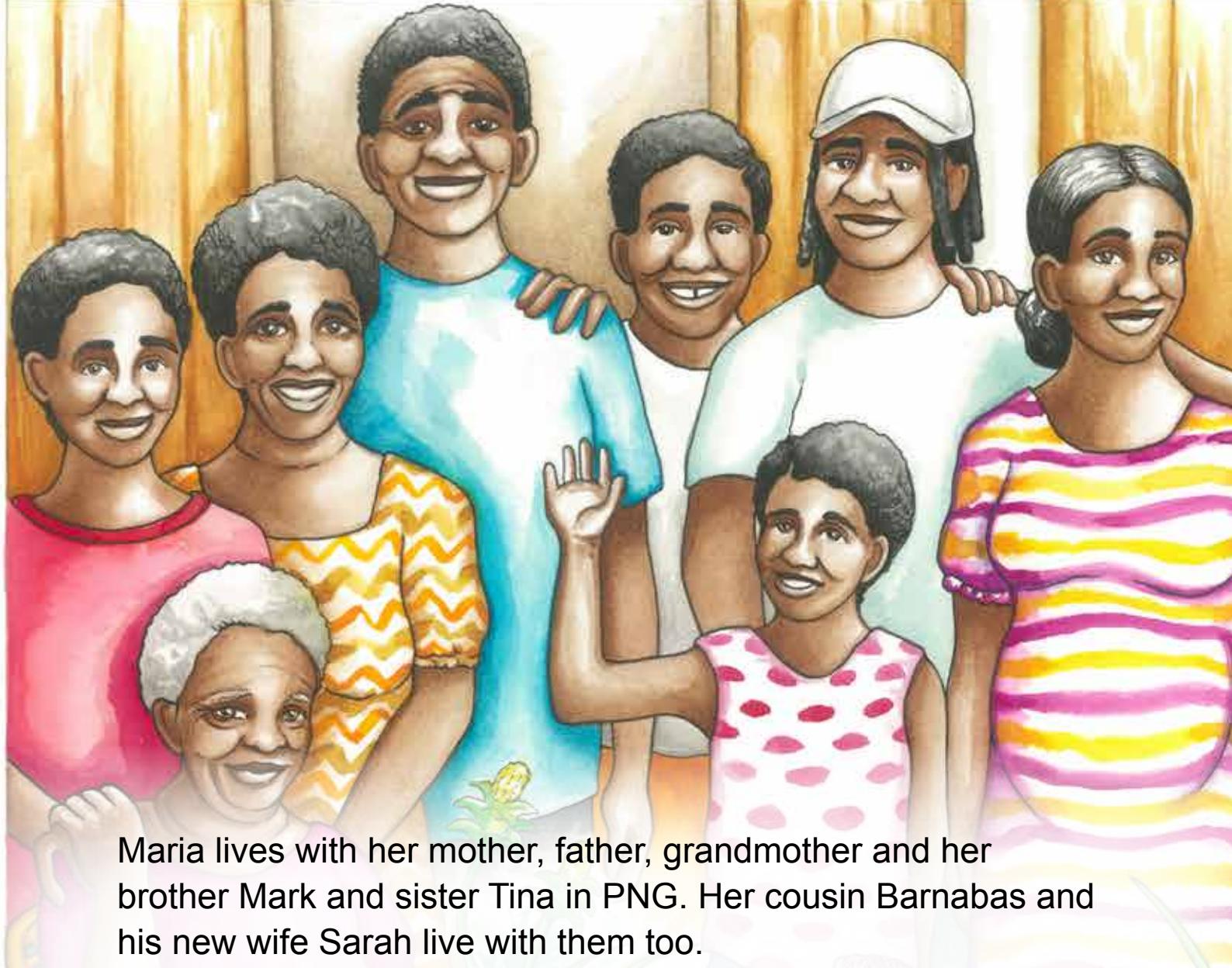
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Femili bilong Maria

i laik hamamasim niupela bebi insait long femili tim

Barbara Pamphilon and Kym Simoncini
Illustrated by Damien Veal
2022



Maria lives with her mother, father, grandmother and her brother Mark and sister Tina in PNG. Her cousin Barnabas and his new wife Sarah live with them too.

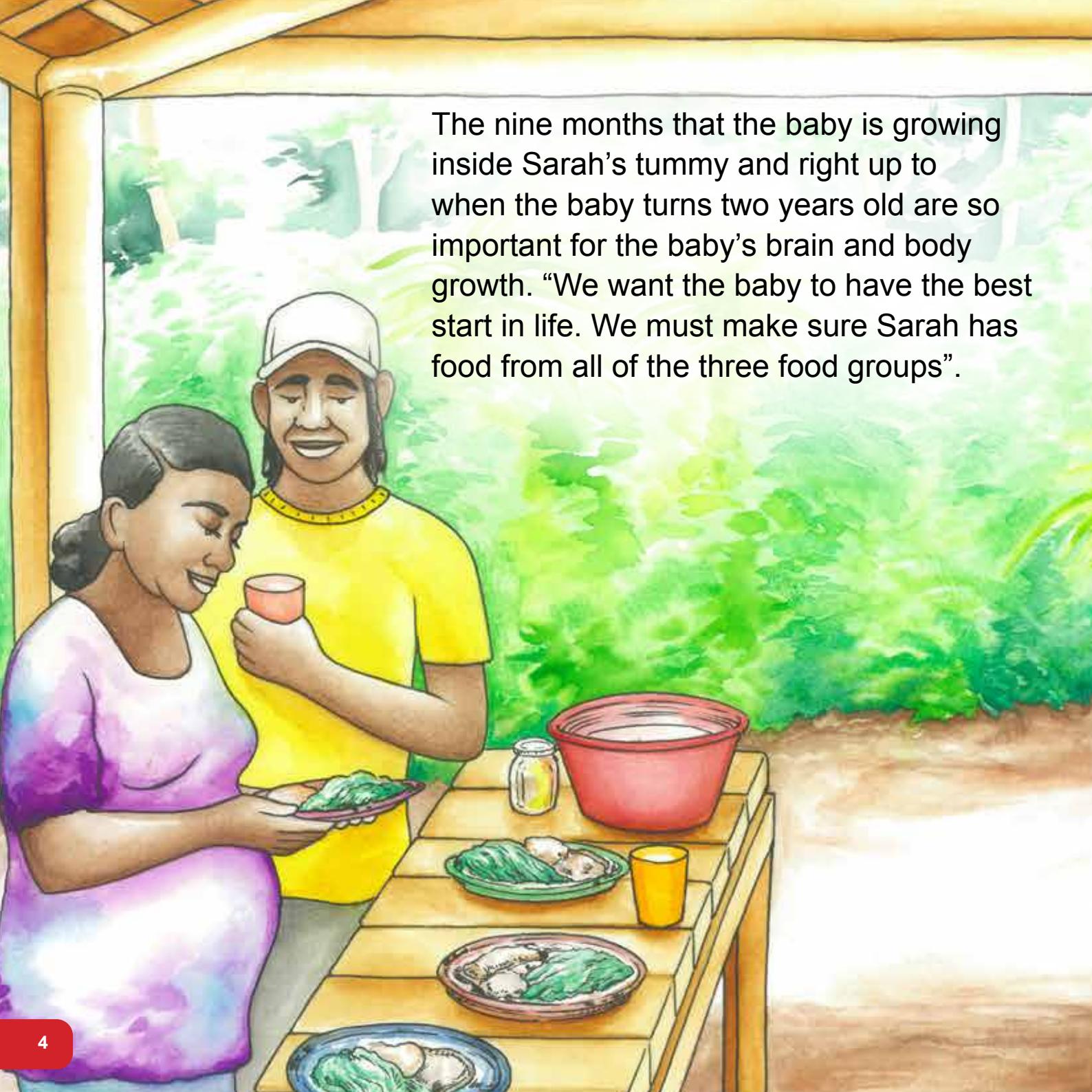
Maria i save stap long PNG wantaim mama, papa na buba bilong em, na tu brata Mark na susa Tina. Kasin brata bilong em, Barnabas, na niupela meri bilong em, Sarah, tu i save stap wantaim ol.



Maria's family is very excited as Sarah is expecting a baby and they all want to help with the baby once it is born. Maria's mother reminds everyone what their auntie who is a midwife had told them on her last visit, "We have to help now by making sure Sarah eats well throughout her pregnancy."

Femili bilong Maria i gat bikpela hamamas, bilong wanem Sarah i gat bel long nambawan bebi bilong em. Olgeta lain i laik halivim na lukautim gut bebi, taim Sarah i karim bebi pinis. Mama bilong Maria i tokim ol: "Tingim toktok bilong Aunti i bin kam visit." Dispela aunti, em i meri bilong halivim ol meri long karim pikinini. Aunti i bin tok olsem: "Mipela mas halivim Sarah taim em i gat bel, em i mas kaikai gutpela kaikai".

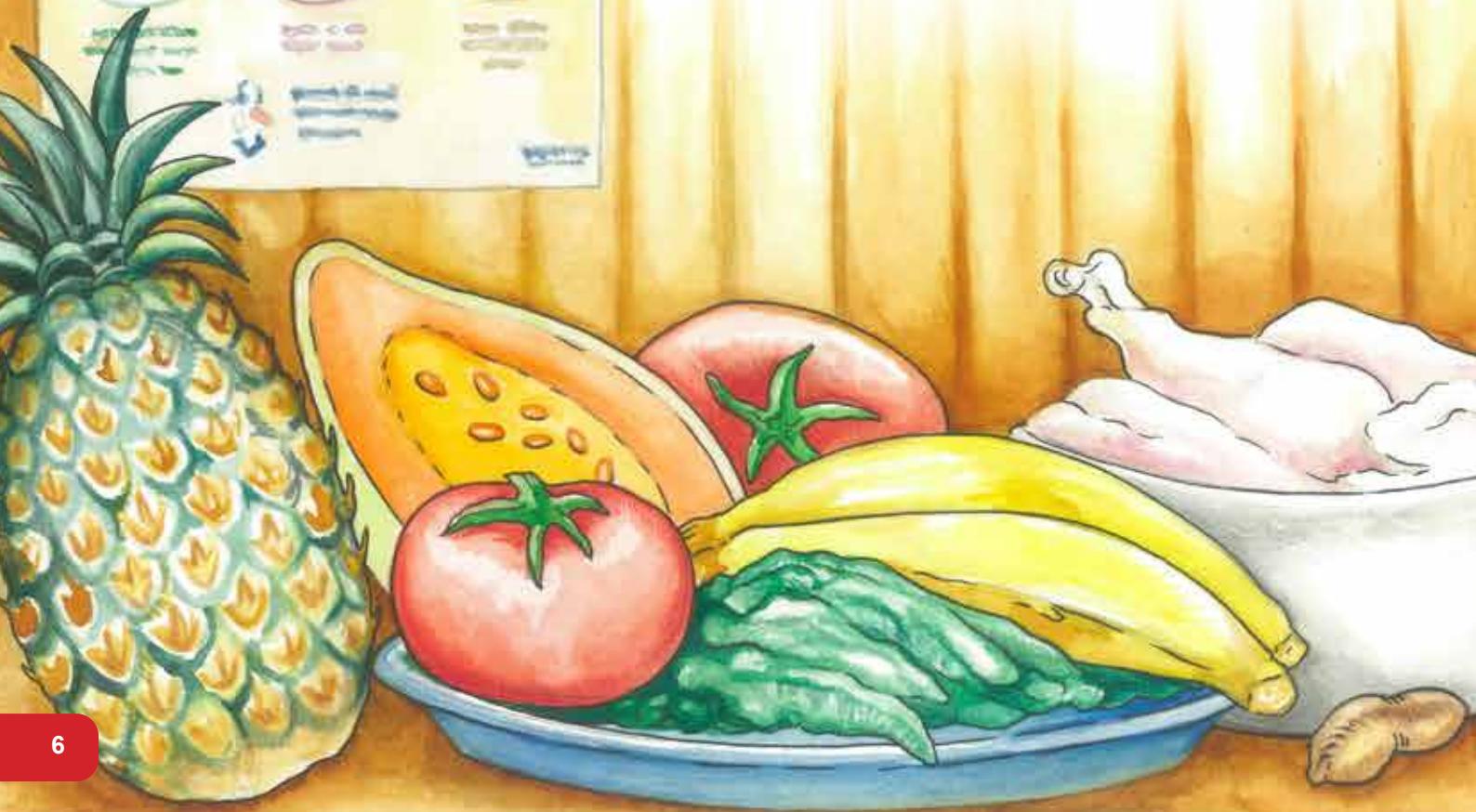
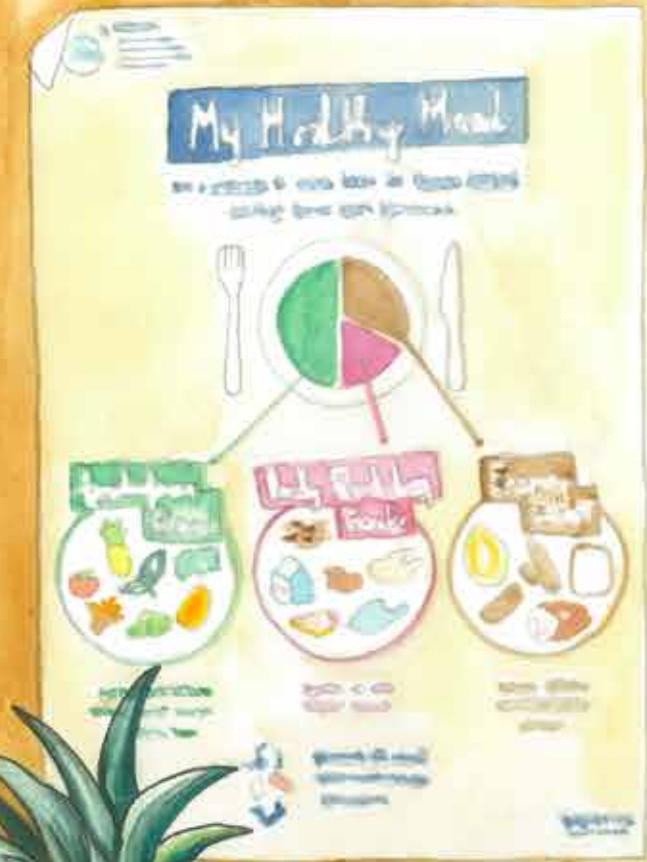


A colorful illustration of a man and a pregnant woman eating a meal outdoors. The woman, on the left, has dark hair tied back and is wearing a purple and white patterned dress. She is holding a small pink bowl. The man, on the right, wears a yellow t-shirt, a white baseball cap, and a gold chain necklace. He is holding a small orange cup. They are seated at a wooden table with several bowls of food, a red basin, and a small jar. The background shows a lush green landscape with trees and a dirt path.

The nine months that the baby is growing inside Sarah's tummy and right up to when the baby turns two years old are so important for the baby's brain and body growth. "We want the baby to have the best start in life. We must make sure Sarah has food from all of the three food groups".

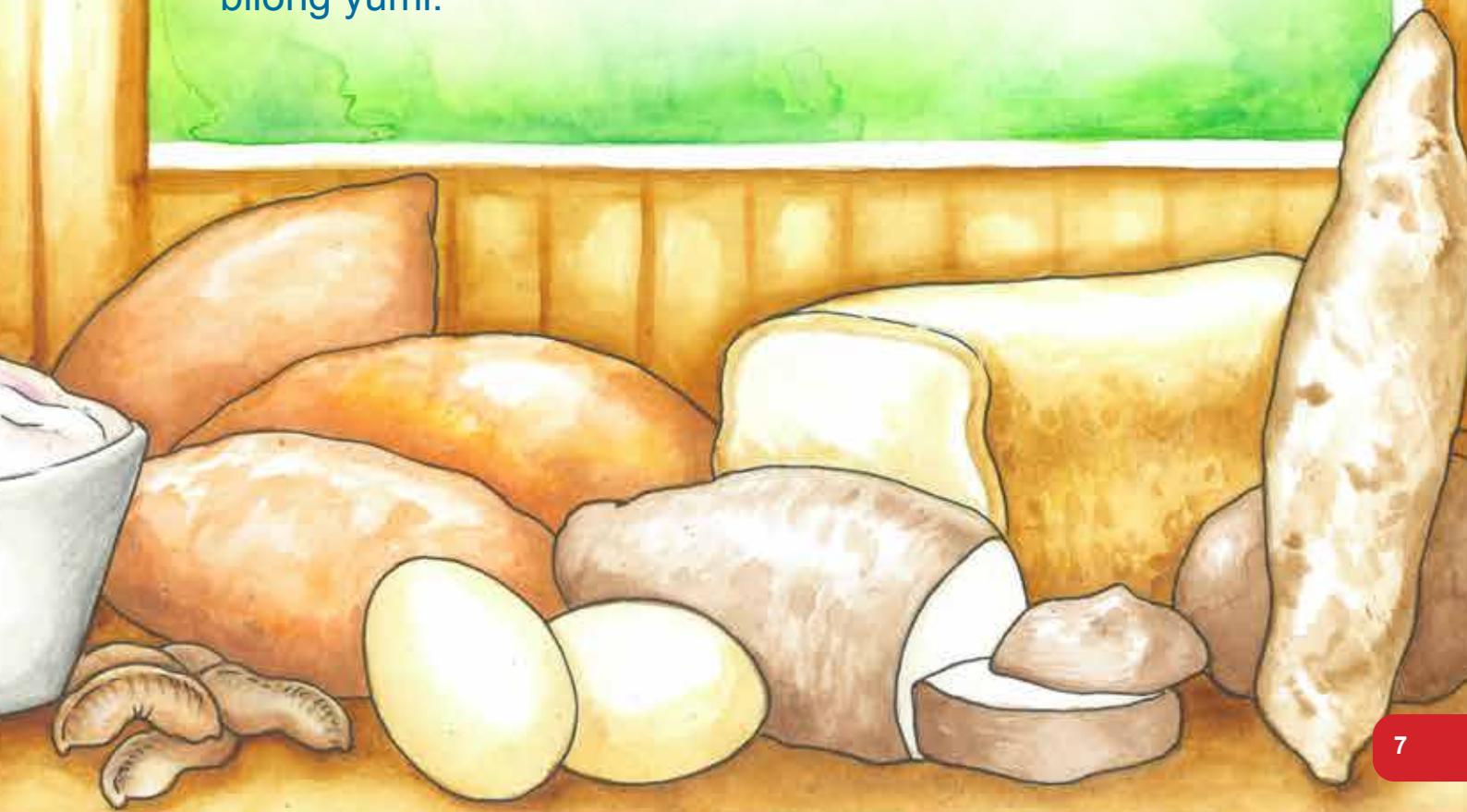
“Long nainpela mun, bebi i stap insait long bel bilong mama, na bihain, inap bebi i kamap tupela krismas, dispela taim em i bikpela taim long mekim, bodi na kru bilong het bilong bebi i gro gut na kamap strongpela. Yumi laik olsem, laip bilong dispela bebi bai i stat gut. Olsem, bikpela samting, Sarah i mas kaikai gutpela kaikai long tripela kain kaikai.”





Maria nods and replies, "I know the names of the three food groups. Foods that give you energy are carbohydrates, foods that protect your health are the vitamins and minerals, and foods that build your body are proteins. Let's write up a list of all the foods we can grow in each group".

Maria, em i wanbel long toktok bilong Mama. Em i tok: "Mi save long nem bilong dispela tripela kain kaikai. Wanpela kain, ol i save kolim "kabohaidret", dispela kain kaikai i save givim strong, olsem skin bilong yu i nonap les hariap. Namba tu kain kaikai, em ol vaitamin na minerol, i save banisim gut bodi bilong yu, na bai yu stap gut na yu i nonap kamap sik. Namba tri kaikai, em i ol abus, ol i save strongim masol bilong yu na mekim bodi bilong yu i gro gut. Bai yumi raitim ol nem bilong ol kaikai yumi inap planim long gaden bilong yumi."



Barnabas tells them, "When I moved from Port Moresby, I saw how many good food crops grow here and realised that they are much better than the store-bought food that cost so much. Most of what you buy at the store is only energy food and our baby needs the best". Sarah smiles happily.



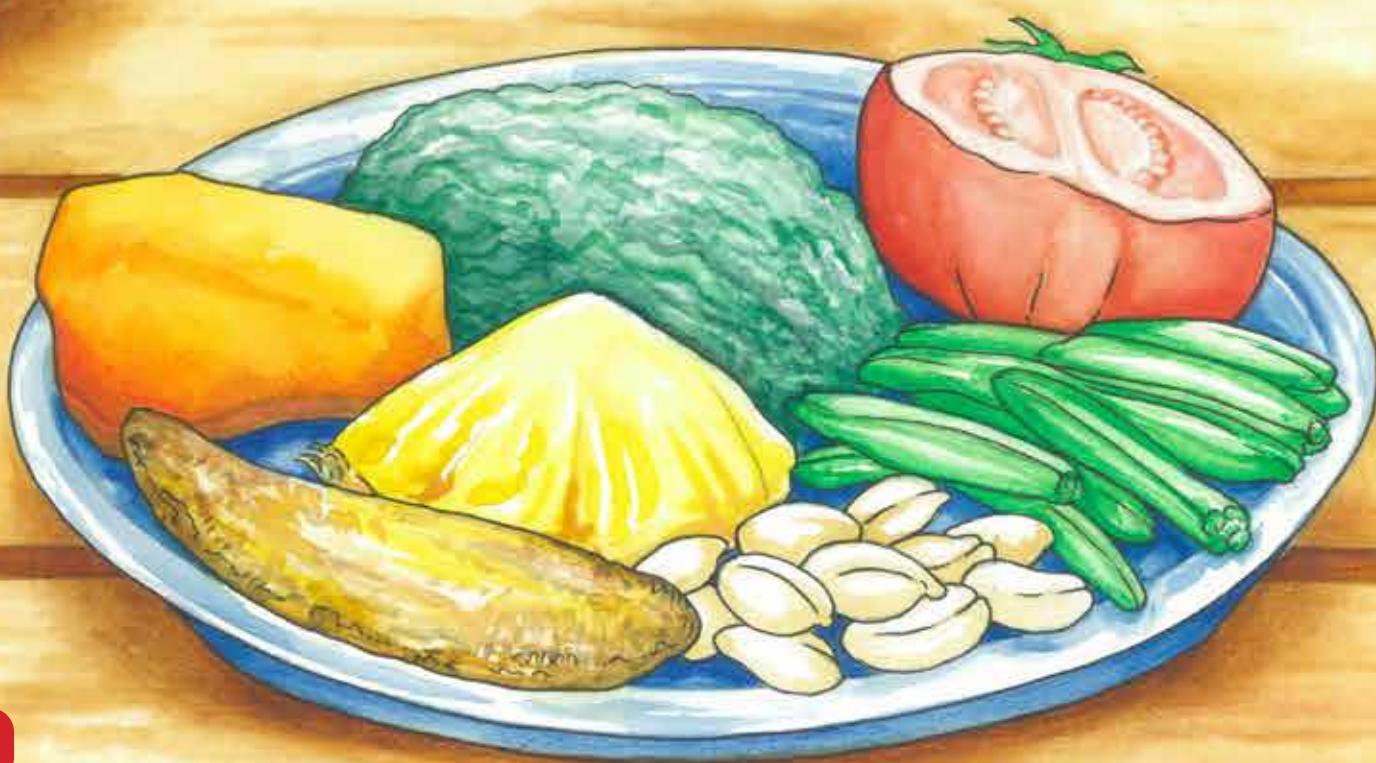
Barnabas i tok: "Taim mi lusim Mosbi na kam long ples, mi lukim olsem, planti gutpela kaikai i save kamap long gaden long hia. Mi lukim olsem, dispela gaden kaikai i save winim ol kaikai bilong stoa. Kaikai bilong stoa, em i bikpela mani tasol. Na tu, em i bilong wapel a kain kaikai tasol, em i kaikai bilong givim strong tasol, i no bilong ol tripela kain kaikai. Bebi bilong mipela i mas kisim nambawan gutpela kaikai stret, kaikai bilong tripela kainkain kaikai." Sarah i hamamas na em i lap tasol.





"What about rainbow meals, Mummy?", asks Mark. "I love the way we cook with as many different coloured foods as possible. It is so tasty – but will that help Sarah and the baby?". Mark's grandmother replies, "Bright coloured vegetables are full of vitamins and minerals, so having rainbow meals is very important. What are your favourites?"

Mark calls out, "Orange sweet potato"; Maria adds, "Green beans and red tomatoes" and Tina says, "I love it when we have some fruit on the plate. Yellow pineapple is my favourite".



Mark i askim: "Mama, na long sait bilong "kaikai bilong renbo", olsem yumi save kukim na kaikai? Mi laikim stret olsem yu save kukim kaikai i kain kain kala. Em i swit moa – tasol dispela renbo kaikai, em bai i halivim Sarah na bebi tu?"

Bubu i tok: "Ol kaikai i kain kain kala, em i gat planti vaitamin na minerol, olsem na em i gutpela moa long yu long kaikai ol renbo kaikai. Yu save laikim wanem kain kalakala kaikai?"

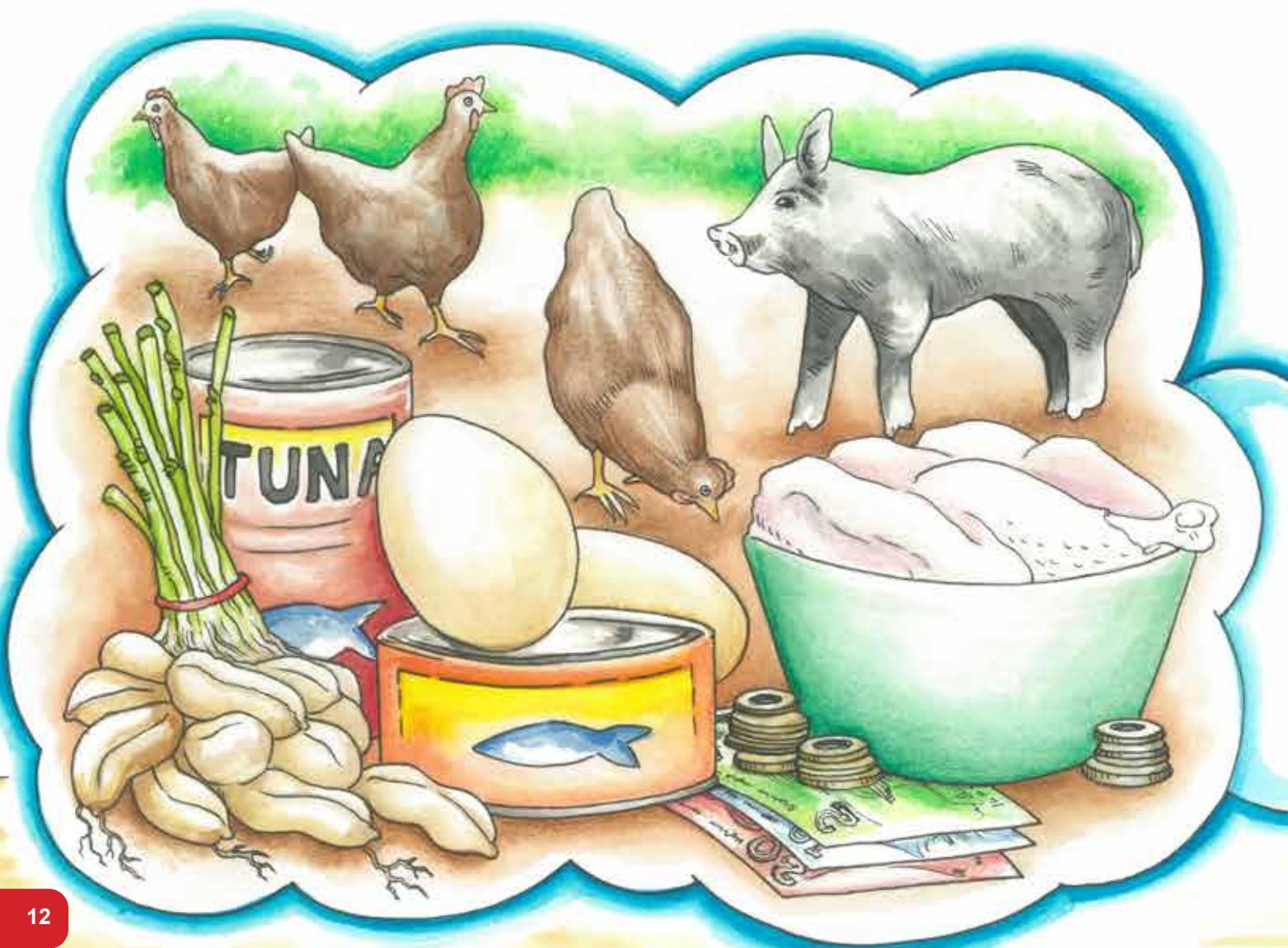
Mak i tok: "Orens kaukau"

Maria i tok: "Grinpela bin na redpela tomato"

Tina i tok: "Mi save laikim ol prut. Yelopela painapol, em i nambawan kaikai bilong mi."



Sarah chimes in, “Auntie told me that when I am pregnant, I need extra protein, the food that builds the body and the brain of my baby. But I am worried that we can’t always afford to buy tinned fish or meat”.



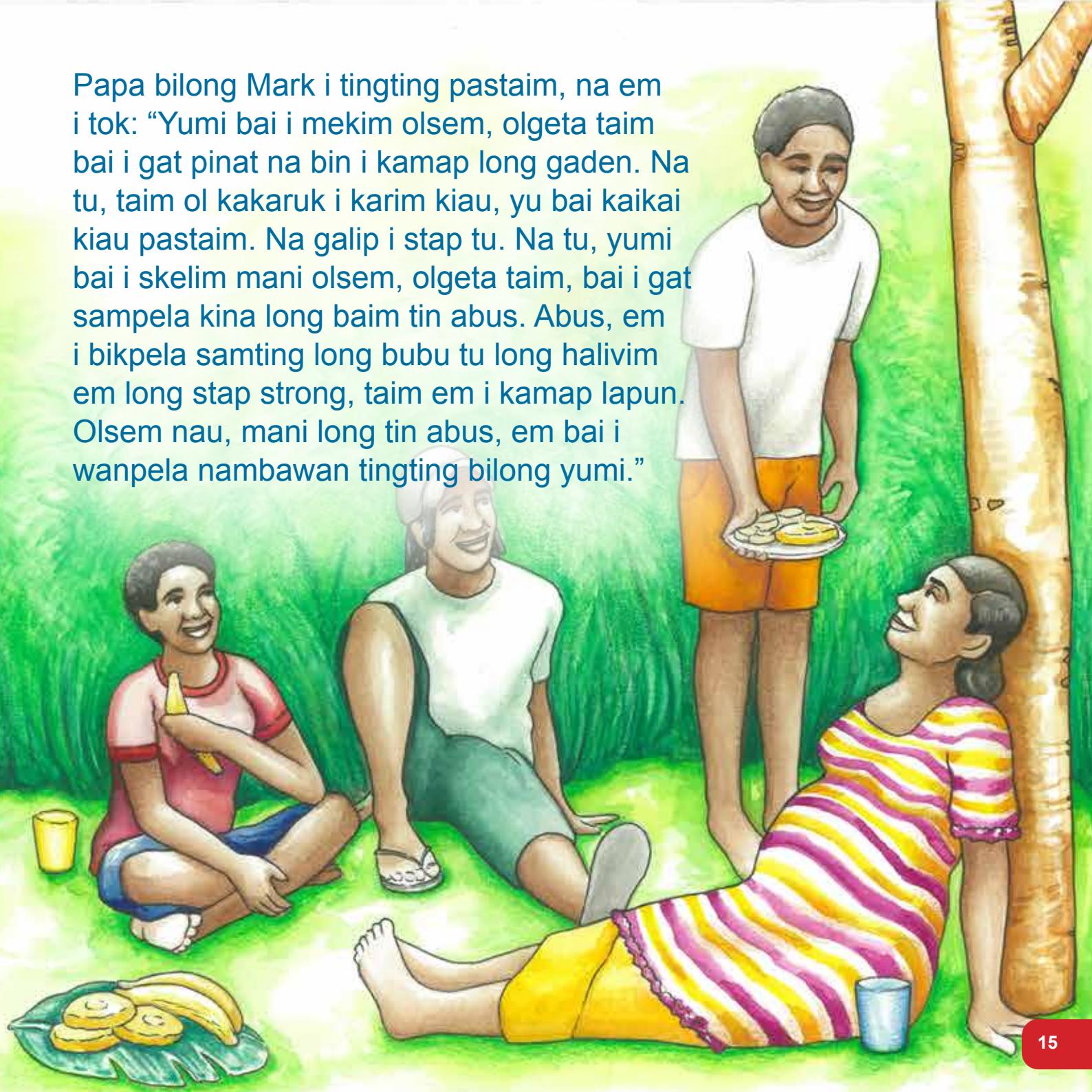
Sarah i tok: "Aunti i bin tok olsem, wanelala bikpela samting, taim mi gat bel, mi mas kaikai planti abus, long halivim bodi na kru bilong het bilong bebi i gro gut. Tasol mi save wari olsem, tinpis o tin abus, em i bikpela mani tumas."



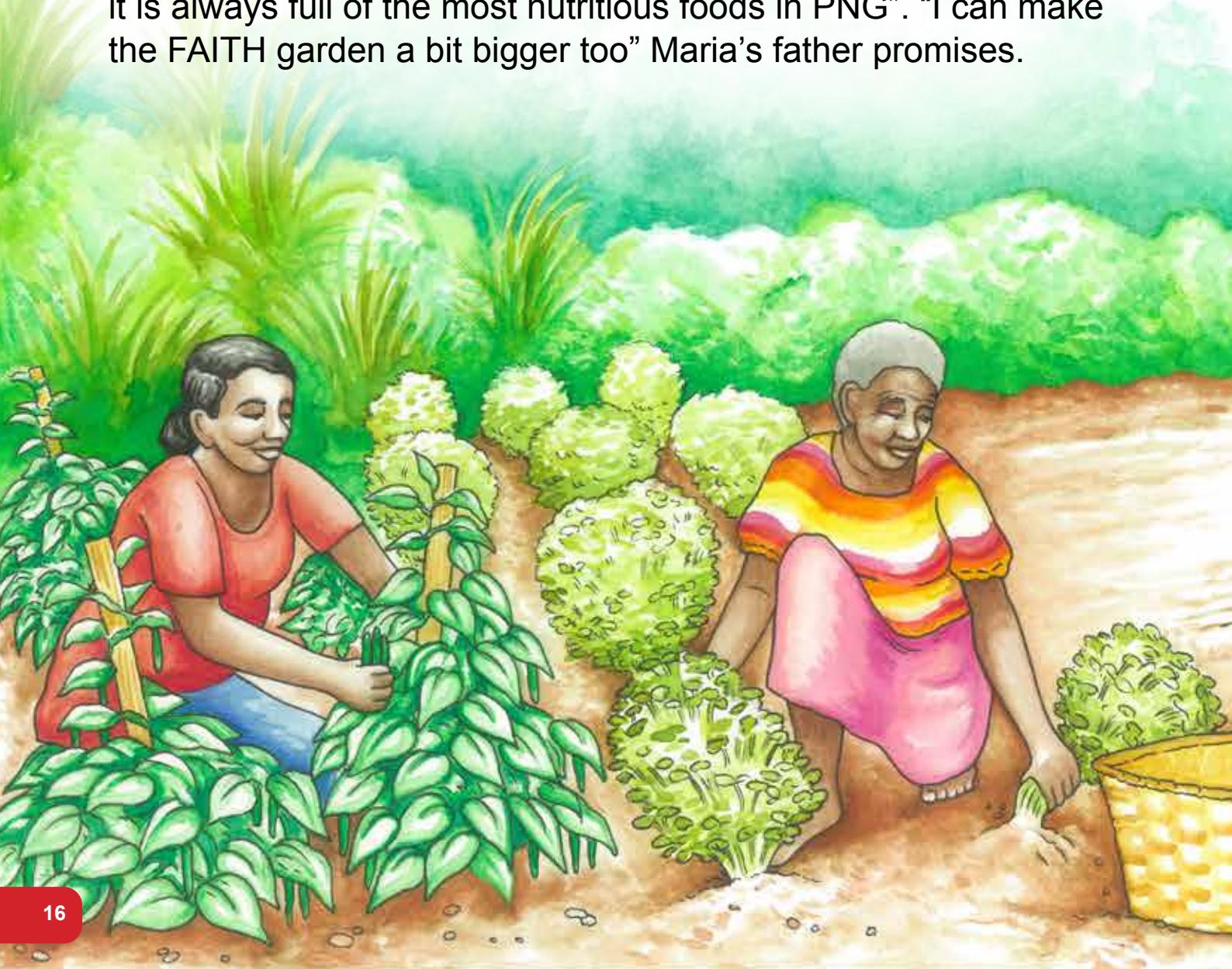
Mark's father thinks a bit and then says, "We can make sure there are always peanuts and beans growing in the garden and whenever the chickens lay eggs, the first ones will be yours. And we have galip too. We will make sure we budget our money so there is always money to buy some tinned protein. Protein is also very important for grandmother too as she gets older. We will make that a family priority".



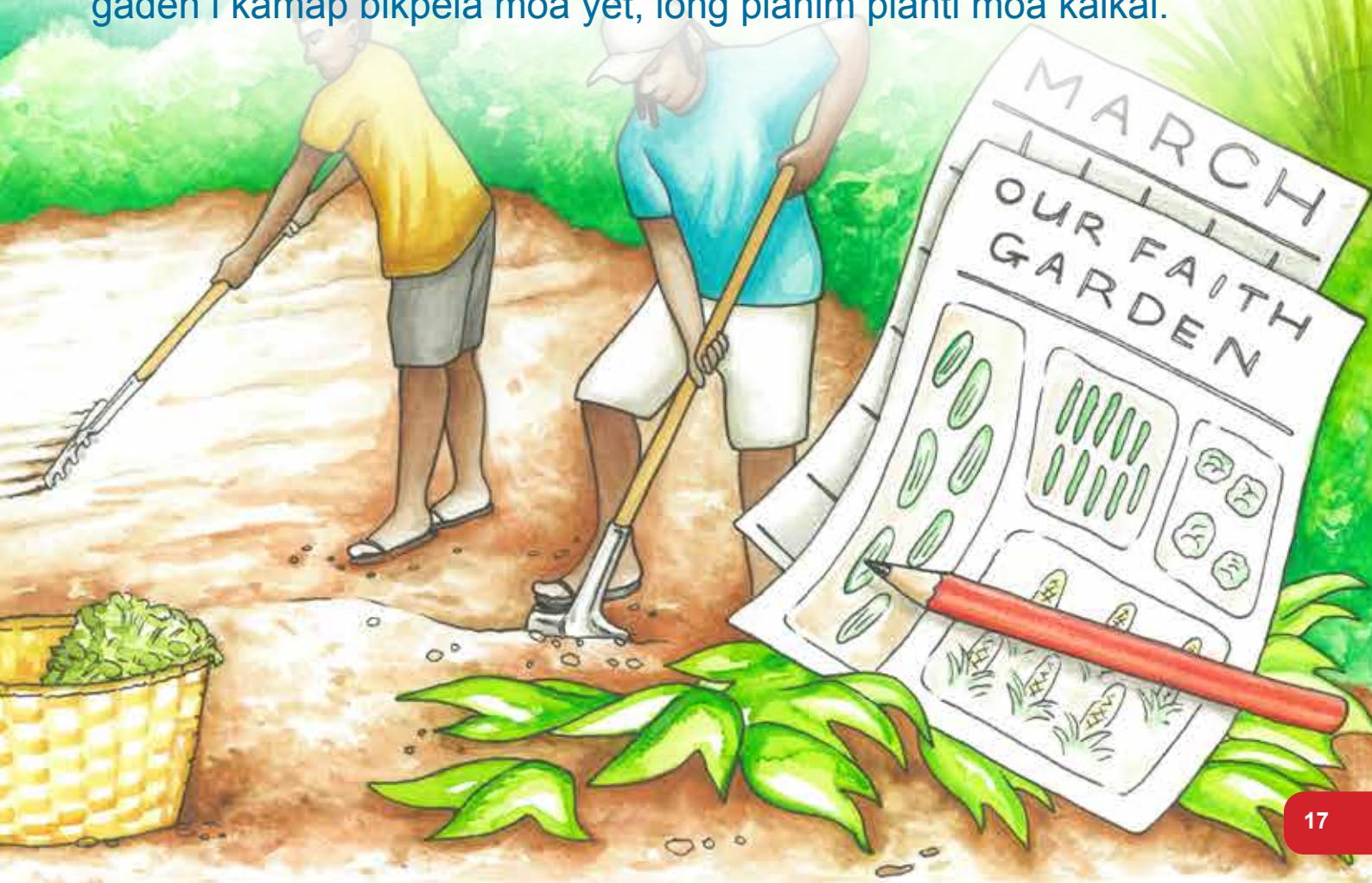
Papa bilong Mark i tingting pastaim, na em i tok: "Yumi bai i mekim olsem, olgeta taim bai i gat pinat na bin i kamap long gaden. Na tu, taim ol kakaruk i karim kiau, yu bai kaikai kiau pastaim. Na galip i stap tu. Na tu, yumi bai i skelim mani olsem, olgeta taim, bai i gat sampela kina long baim tin abus. Abus, em i bikpela samting long bubu tu long halivim em long stap strong, taim em i kamap lapun. Olsem nau, mani long tin abus, em bai i wanpela nambawan tingting bilong yumi."



Maria's mother says, "I am so glad we have a FAITH garden – Food Always In The Home— that is close to the house, so it is easy for Sarah and Grandmother to harvest the good foods they need. Let's plan from your lists what we will plant each season so it is always full of the most nutritious foods in PNG". "I can make the FAITH garden a bit bigger too" Maria's father promises.



Mama bilong Maria i tok: "Mi hamamas olsem, yumi gat FAITH gaden - Food Always In The Home, Kaikai olgeta taim i stap long haus-. FAITH gaden i stap klostu long haus bilong yumi, olsem nau, em bai i isi long Sarah na Bubu long go painim gutpela kaikai taim ol i nidim. Bai yumi sindaun na stremtok long wanem ol samting bai yumi planim, na long wanem taim bai yumi planim insait long wapela yia. Olsem nau, olgeta taim, bai yumi gat planti gutpela PNG kaikai insait long haus." Papa bilong Maria i tok: "Bai mi wokim gaden i kamap bikpela moa yet, long planim planti moa kaikai."



Sarah is so happy. “I will definitely breastfeed my baby for the first six months, but when the baby starts solid foods the FAITH garden will be so helpful. If I eat well during my pregnancy and while I’m breastfeeding and then we feed the baby well we will give the baby the best chance to grow and learn. Now I know there will always be protein available, I think our baby will be the smartest in the village. No, the smartest in the province! Thank you all for helping as a family team.”

Sarah i hamamas stret: “Bihain long mi karim bebi, 6pela mun, bai mi givim susu tasol long bebi bilong mi. Taim bebi i kamap 6pela mun pinis na em i kaikai ol strongpela kaikai, kaikai bilong Faith gaden bai i gutpela stret. Taim mi gat bel na bihain, taim mi givim susu, mi mas kaikai gut. Olsem nau, bebi bai i gat nambawan sans long kamap strongpela na long i nogat sik long en.

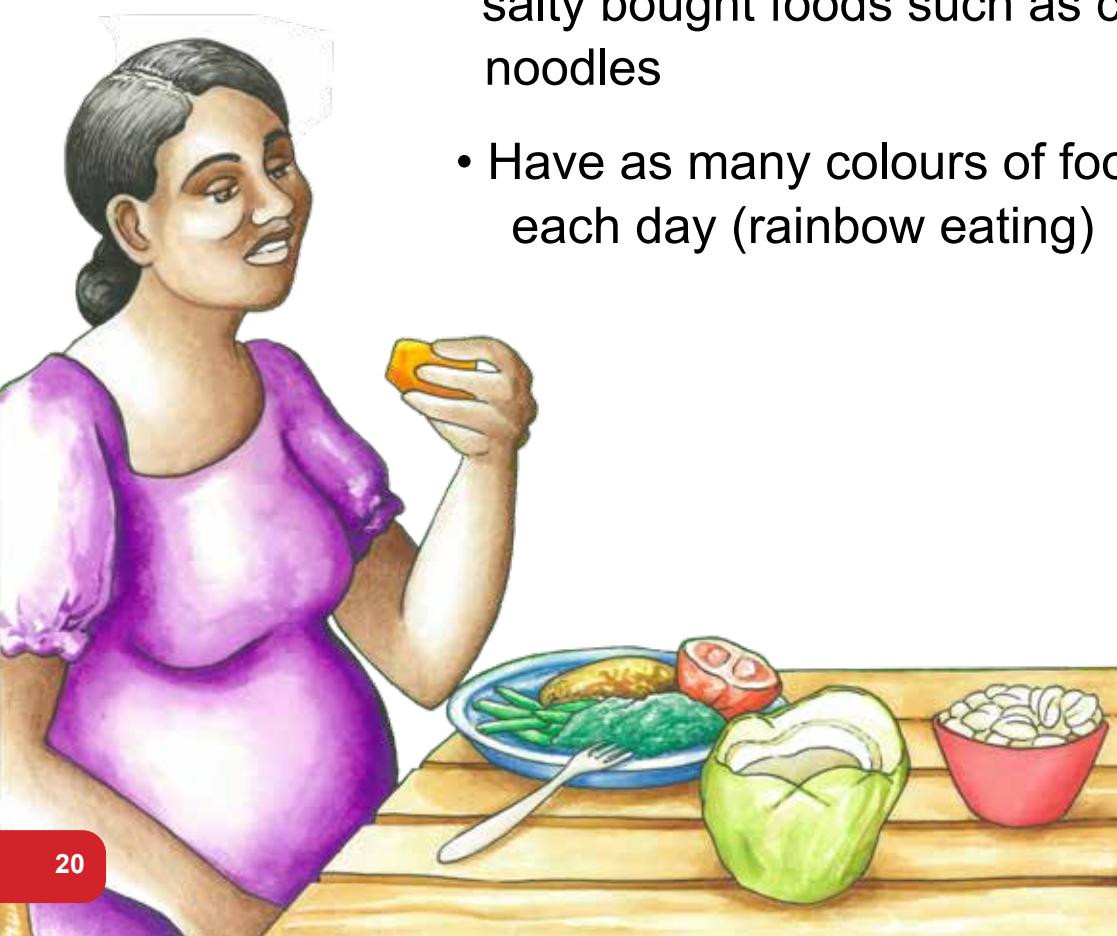
Nau mi harim olsem, bai i gat gutpela abus bilong em, na mi save, bebi bai i smat moa namel long olgeta haus lain bilong yumi. Nogat, em bai i smat moa namel long ol bebi insait long olgeta provins bilong yumi! Tenkyu long halivim bilong yupela, olsem wanelia femili tim.”





Healthy eating in pregnancy

- Have three meals a day, plus healthy snacks and drinks
- Eat a wide range of food that has been grown in PNG
- Drink lots of boiled water or kulau, especially when it's hot. Avoid drinks with lots of sugar or caffeine.
 - Add iodised salt to your cooking but avoid salty bought foods such as chips and noodles
 - Have as many colours of food as you can each day (rainbow eating)



Kaikai gut long taim yu gat bel

- Yu mas kaikai gutpela kaikai tripela taim insait long wanpela de. Na tu, namel long tripela kaikai, yu mas kaikai sampela moa gutpela kaikai na dring long strongim bodi bilong yu.
- Yu mas kaikai planti kumu na prut na pikinini bilong diwai i save kamap long PNG
- Yu mas dring ol gutpela dring, olsem gutpela wara na kulau. Wara yu mas boilim pastaim long yu dring. Yu mas dring planti taim insait long wanpela de. Taim san i hot, bai yu mas dring planti moa. No ken dring planti kopi o ti, na tu no ken dring ol kola na loli wara. Dring gutpela wara tasol.
- Yu mas yusim sol i kam antap long kaikai bilong yu. Long stoa, bai yu baim sol , ol i kolim “iodised sol”. Iodium, em i wanpela marasin bilong solwara i ken strongim bodi bilong yu. Tasol, no ken kaikai planti kaikai bilong stoa olsem ol nudel na sips nabaut, ol i sol tumas.
- Yu mas kaikai ol kaikai bilong gaden i kainkain kala. Kaikai bilong gaden i winim kaikai bilong stoa.

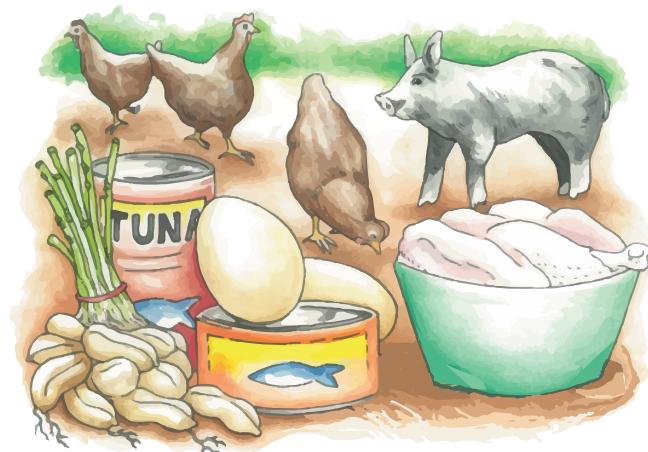
Food groups | Tripela kain kaikai

Body building foods (proteins)

- Animal protein—fish, chicken, pig, goat, eggs
- Nut protein—peanuts, galip, pao, pandanus, okari
- Vegetable protein—all beans, broccoli

Kaikai bilong mekim bodi i kamap bikpela (ol protin)

- Protin bilong ol abus—pis, kakaruk, pik, meme, kiau, kina sel na narapela sel
- Protin bilong ol pikinini bilong diwai —pinat, galip, pao, karuka, okari, talis
- Protin bilong ol kumu – ol bin, brocoli



Health protective foods (vitamins and minerals)

- Fruit—pineapple, pawpaw, papaya, oranges, ripe banana, avocado
- Green leafy vegetables—garden and bush greens, spinach, cabbage, pumpkin tips, aibika, tulip
- Orange vegetables—sweet potato, carrots
- Other coloured vegetables—tomatoes, eggplant, cucumber



Kaikai bilong banisim bodi (vaitamin na minerol)

- Ol prut —painapol, popo, papaya, muli, banana mau, avokado/bata
- Ol grinpela kumu—kumu, spinas, kabis, pumkin, aibika, aopa, tulip
- Ol kumu bilong orents kala – kaukau, karot, pumkin
- Ol kumu bilong narapela kala – tomato, egplen, kukamba

Food groups | Tripela kain kaikai

Energy foods (carbohydrates)

- Root vegetables—taro, white sweet potato, yam, cassava, Irish potato
- Cooking bananas, corn, sago
- Shop food— rice, bread, noodles, biscuits, cake

Kaikai bilong givim strong long bodi (kabohaidret)

- Oi rop kaikai —taro, waitpela kaukau, yam, tapiok, potato
- Oi banana bilong kukim, kon, saksak
- Kaikai bilong stoa – rais, bred, nudel, pasta, bisket



How much to eat? | Hamas kaikai bai yu kaikai?

- Think about quality of your food, not quantity – eat from every group every day
- The size of your hand tells you how much your body needs each day
 - Protective foods —Fruit—2 handfuls, Vegetables—3 handfuls
 - Body building foods— 1 to 2 handfuls
 - Energy foods— 5 to 6 handfuls



- Tingim gutpela kaikai. Maski tingim planti kaikai. Kaikai bilong yu i mas gutpela kaikai, i noken rabis kaikai. Olgeta de, yu mas traím kaikai bilong ol tripela kain kaikai
- Skelim kaikai long han bilong yu: wan wan de, bai yu kaikai:
 - kaikai bilong banisim bodi (vaitamin na minerol), olsem prut: 2pela han i op; na kumu: 3pela han I op
 - Kaikai bilong mekim bodi i kamap bikpela (protin): 1 o 2pela han i op
 - Kaikai bilong givim strong long bodi (kabohaidret): 5 o 6pela han i op

Things to avoid | Noken kaikai

- Avoid alcohol and betel nut as these can hurt your baby
- Limit or avoid store bought sugary foods such as biscuits, cake, sweets and soft drinks and fatty foods such as chips, noodles, canned meat, sausages, pastries and salty crackers as they can all cause pregnancy diabetes. These foods taste good but have little or no nutrition for mum or baby.
- Abrusim ol spakwara na buai, long wanem, dispela i ken bagarapim bebi bilong yu.
- Abrusim ol kaikai bilong stoa i gat planti suga insait long ol. Olsem: bisket, kek, ol loli, ol loli wara. Na tu, abrusim olgeta kaikai i gat wel nogut insait long ol, olsem: sips, nudel, tin abus , sosis, na ol bisket i gat sol long ol. Olgeta dispela kaikai i ken givim yu sik suga long taim bilong bel. Oi i save swit moa, tasol ol i no save strongim mama na bebi.





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