

# Angela



**Porridge and Rice**  
Feeding for Education

Angela is a young lady who has been a pupil at Lizpal School since Baby Class.

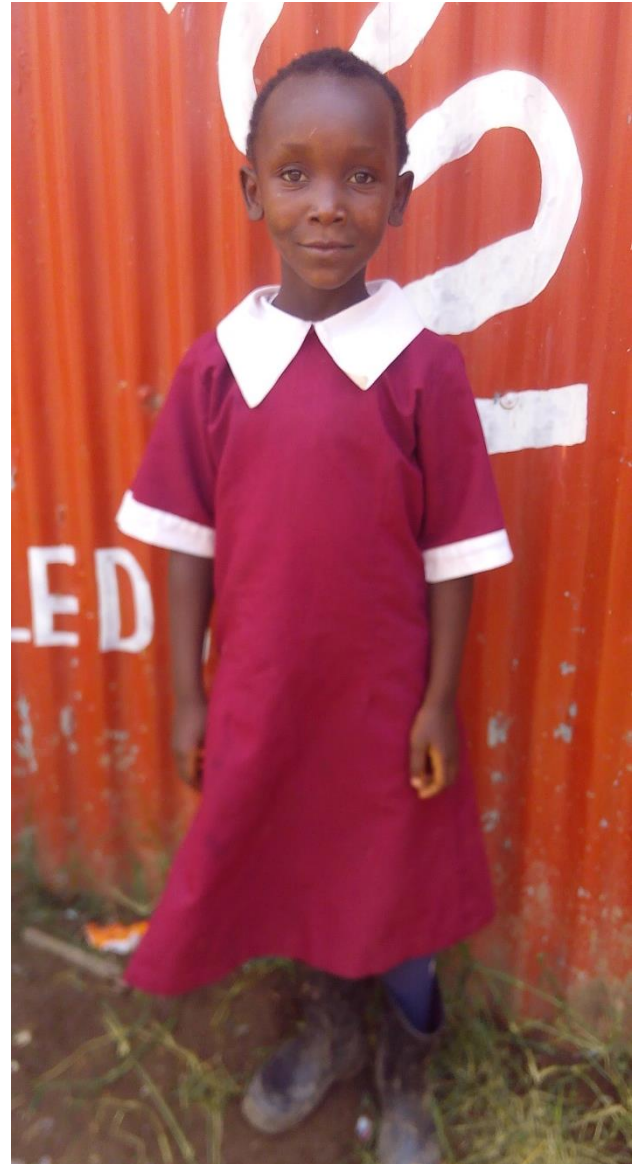
We first met her in January 2015 when she was just 35 months old and weighed **12 kg**, which

is far below the expected weight for her age according to the WHO standards. Angela measured just **96.3 cm** at the time and only sat on the **3rd percentile** compared to her international counterparts who receive adequate nutrition.

Working with her over two and a half years a huge improvement in her health was witnessed. Angela now has a healthy weight of **19kg** and a height of **112cm** which puts her on the **50th centile** with the average child in the world.

Malnutrition has a negative impact on a child's cognitive development, school performance and future productivity. Poor nutrition, stunting, iodine and iron deficiencies, combined with inadequate cognitive stimulation, are risk factors in the failure of an estimated 200 million children to attain their full development potential.

With the diet rich in **protein, carbohydrates and vitamins**, she has flourished. The initial boost shown in the jump between centiles became balanced as her body adapted to the increased level of nutrition, it now uses the energy and not just storing it to maintain a healthy and balanced weight. With the input of a good diet and a quality education Angela has a future.



Date	Centile
27/01/2015	3
05/08/2015	25
19/02/2016	75
03/04/2017	50
27/06/2017	50

