

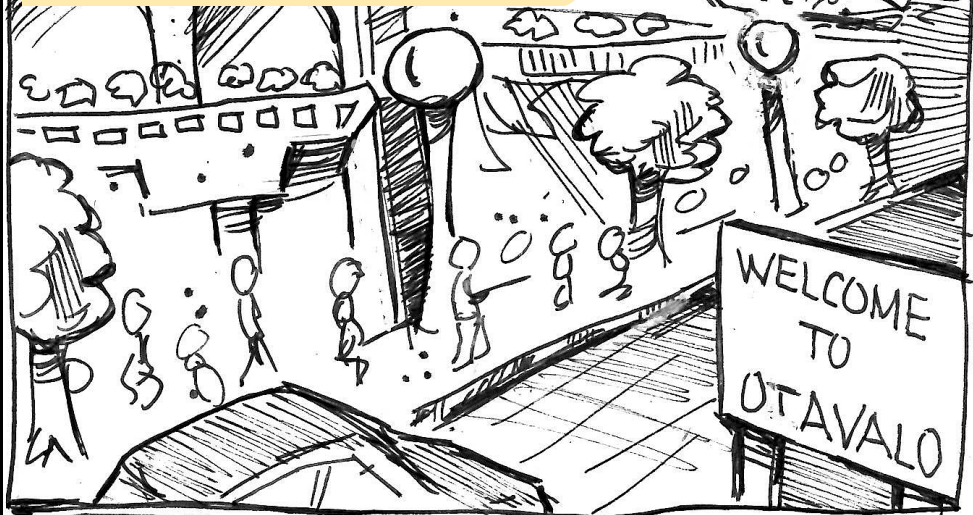
Number: 3
Nutrition

Health!

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The adventure of Eva Sanchez



Last time, Eva discovered that the TransAmerica Food Company wanted to steal land in Puenbo. A new adventure begins.



Hello Eva!

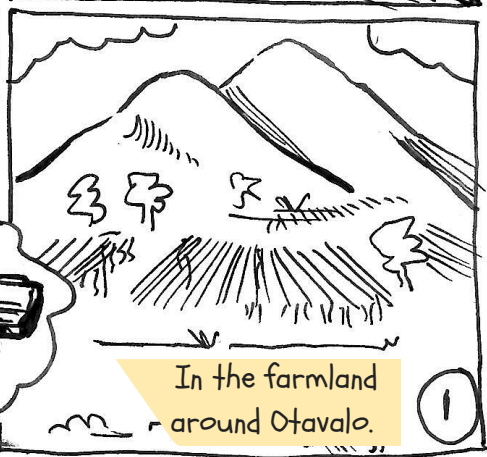
Hello Mayor Diaz! Why did you call me?



Many children are getting sick in the city. Can you solve this?



I shall help you. But I am also here to visit the company that helped Santiago.



In the farmland around Otavalo.

Alfonso,
is that you?

Eva!
How are you?

The last time I
saw you was when
I cured your
tuberculosis.

I
remember!
You saved
my life.

I'm here now to solve the
children's health
problems. Can you help
me?

Yes! Let me show
you a case.

This is Marco. His
family owns this
farm.

Hello Marco. That is
odd. Your eyes are
discolored.

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Tell me how
you feel
Marco.

I've been very
dizzy and tired.
My muscles also
hurt.



Interesting. Let me check
something.



Only corn and squash
for the past few
weeks.



Marco, what
do you eat?

You have had poor nutrition,
which has lead to all your
symptoms. Why doesn't your
family have different foods?



The TransAmerica Food Company tells us that these are the only crops we can grow.



I can also explain.



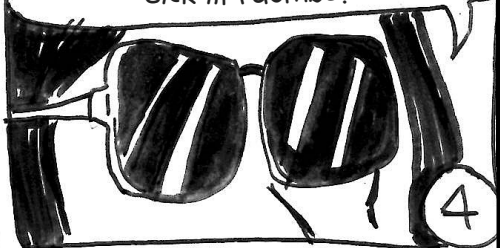
My name is Daniela and I work for the company.



For a few months now, the company has been buying farmlands all across Ecuador to grow only profitable crops.



In order to increase our profits, we have had to put people out of business, such as making them sick in Puenbo.

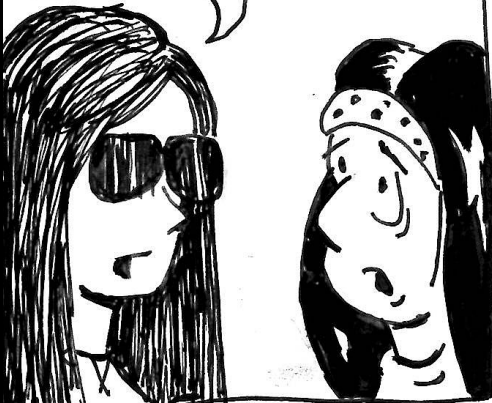


Now, the only food people can eat are corn and squash as there is nothing else.

I thought that may be true, which is why I reported it to Mayor Diaz.



That's the problem: Mayor Diaz is paid by the company. He never told the police.



I was in charge of buying farmlands. It saddened me and I knew it was

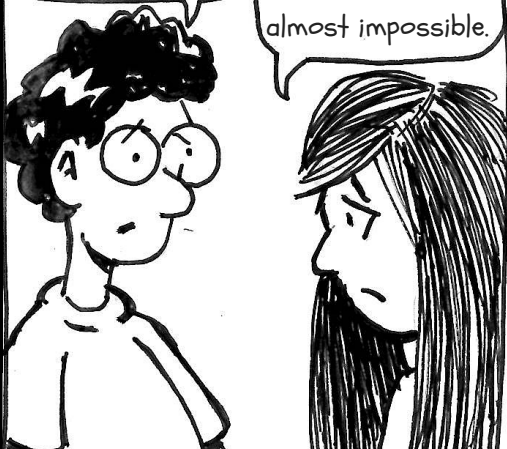
Why are you telling us this?

wrong.



How can we stop him and the company?

The only way would be for him to confess, which is almost impossible.



I may have an idea. Here's what we will do.





Back in Otavalo.



Hello Mayor Diaz.

Hello Eva! Did you solve the problem?



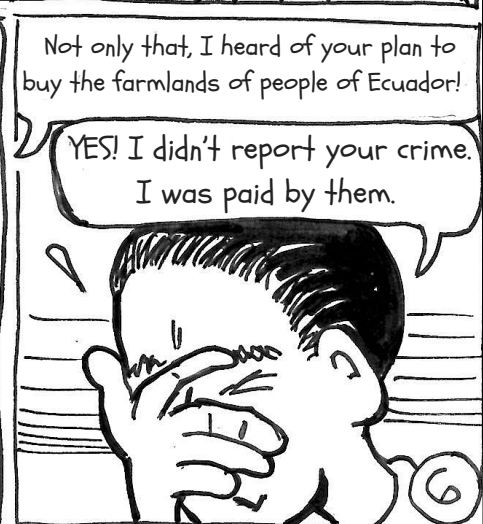
I did. But I also heard something else: that you never reported Santiago!



Eva, I would never! I respect you as a doctor.

NO!

A worker at the Company said you were paid off.

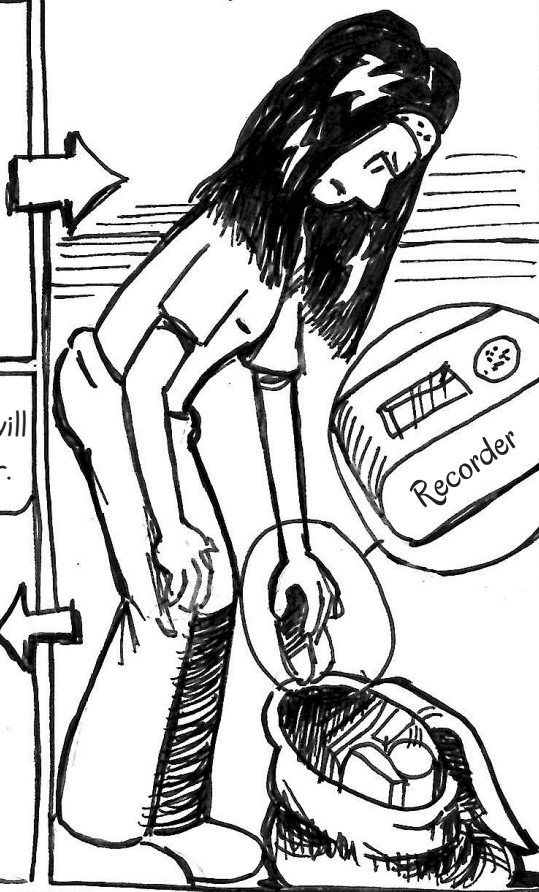


Not only that, I heard of your plan to buy the farmlands of people of Ecuador!

YES! I didn't report your crime. I was paid by them.

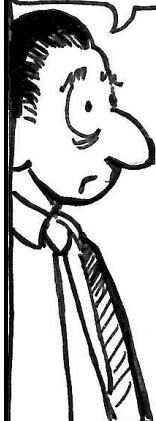
But no one will ever believe you! You are just a doctor.

I wouldn't be so sure.



Oh no!

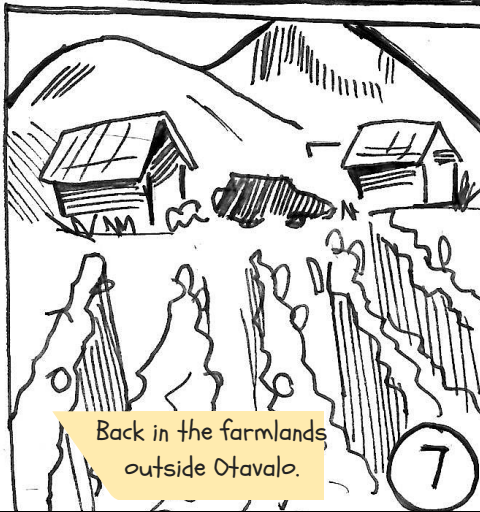
Goodbye, sir. You will need a good lawyer.



Once we give this to the police, the mayor and the company are done.

This was genius Eva!

Thank you. But there is one last thing that I must do.



Back in the farmlands outside Otavalo.

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This is information on poor nutrition, which many people suffer from.

What is this?



Each day, you should eat 4 portions of grain, 2 portions of fruit/vegetables, and 2 portions of meat. Grow different plants, not just corn.



If you eat different foods, you will have more essential nutrients, which will prevent a bad system in your body.



Eva, I just got a phone call. The town where my brother is has tuberculosis. Can you help?

Always!



Information about Nutrition

Overview

- Over one-third of child deaths are due to malnutrition, a lack of sufficient nutrients in the body.
- Many families cannot afford to eat fruit and other vegetables, so they are vulnerable to malnutrition and illness.
- Poor nutrition leads to high rates of preventable diseases such as diarrhea and respiratory problems, resulting in many deaths among young children.

Symptoms

- Fatigue, dizziness.
- Muscular weakness or loss of muscle
- Weight loss

Treatment

- Eat a diverse diet high in protein (meat, fish, chicken)
- Most of the irreversible damage due to malnutrition in Ecuador happens from 6 to 18 months of life. Encourage mothers to **breastfeed** for the first 6 months and then introduce complementary foods at 6 months.
- See a doctor to see which areas of diet could be improved.

Food Essentials



Health Sources

- Freedom from Hunger, World Bank Nutrition, World Bank-Nutrition-Ecuador