

A month later

Mari!
Shall we go to the festival!

O.K!
Just a minute.

Mari, you seem very cheerful nowadays.

We are very glad to go to the festival with you.

Have a good time Mari.

Take care of yourself in the dark.

I'm O.K. now.
I can see even in the dark.

You are now as light-hearted as before, Mari.

What happened, Mari?

Tell us why, Mari.

Nothing much changed.
I just stopped being fussy about my food and began to eat vegetables.

Around a month has passed since Mari began to eat vegetables. Now she can see everything well in the dark and has become as cheerful as before.



Guide for Utilization

Objectives:

1. Through reading interesting comics, to understand enjoyably the importance of foods including vitamin A such as carrots, pumpkins and spinach.
2. To understand practically what kind of foods are necessary for keeping various healthy conditions.

Target:

Middle and self-learning level neo-literates

Application:

1. An instructor distributes the books to learners and asks them to read.
2. After reading the instructor asks the learners to present their impressions freely.
3. After that the instructor and learners discuss together why a balanced diet is necessary for healthy living and the relation between nutrition and sickness.
4. Then the instructor asks the learners to think over what they can do for a balanced diet in everyday life.

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6 Fukuromachi, Shinjuku-ku, Tokyo 162-8484 Japan
e-mail: literacy@accu.or.jp URL: <http://www.accu.or.jp/litdbase>

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Illustrated by Toshimasa Terajima (Japan)

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