

Keep our rivers clean



Look after your environment
and it will look after you



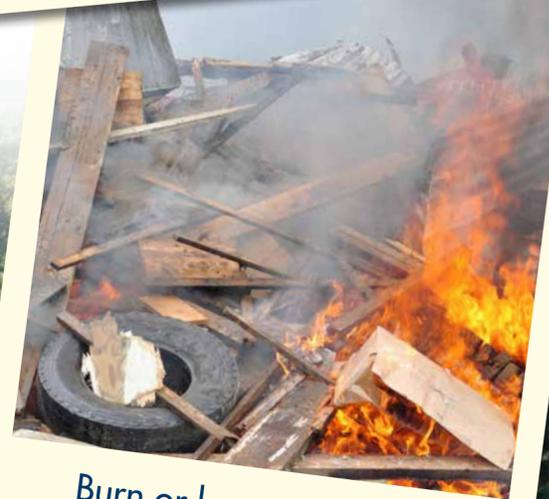
Do not throw rubbish in the river



Eat fruit and vegetables at least
three times a week



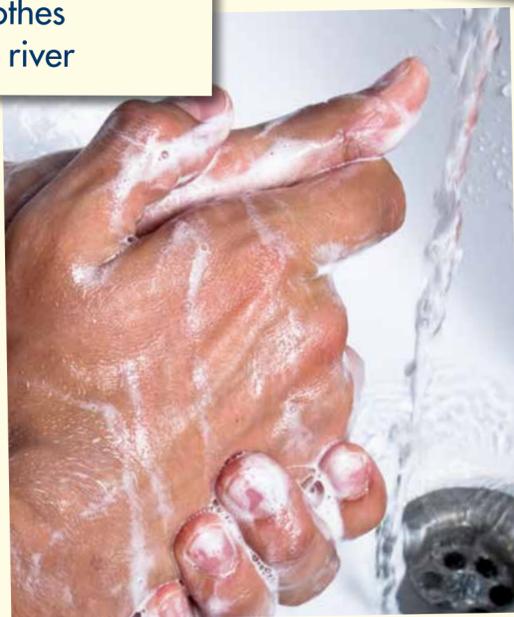
Wash your clothes
away from the river



Burn or bury waste in a
designated area away from the
yard and rest of the community



Wash water storage containers after use



Wash your hands before eating
and after going to the toilet

Play the
fun game
on the
reverse of
this poster

Umake jogo

Healthy habits, healthy children



How to play:

Mozambique is a country on the coast of southeast Africa. The rivers that lead to the Mozambique Channel and the Indian Ocean help the farmers of the country grow crops to export (cotton, cashews, sugar) and feed their families (beans, wheat, cassava). There are also people who fish off the coast and catch shrimp to export to other countries.

This is an adaptation of the game Umake to show health and environmental matters that contribute to the health of children.

The game is played with 2 players (more can play if desired) who each need a small stone, button or coin to play and one extra stone. To play, each player places one stone on the start of the river in the centre. One player then holds their hands behind

their back with the extra stone clasped in one of their closed fists. That player then brings their fists in front of their chest and asks, "Which hand?" The other player must guess which hand holds the stone. If the player guesses correctly, the guessing player advances to the next picture, if incorrect, that player must remain where they are. In this game, the pictures show healthy habits or healthy environments.

Players take turns being the guesser and the hider of the stone, as players advance to the outer ring of the spiral towards the coast. The first player to get to "Umake" (the coast) wins!

Teachers or parents or health care providers can also use the game to discuss the pictures and what they mean with the children during the course of the game.

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For more information, please contact: Dr Wright | Telephone: +27 12 841 2911 | Email: enquiries@csir.co.za

Healthy environment – healthy life