

**Table of content**

[**1.** **Introduction** **4**](#_Toc63332487)

[1.1 Why E-learning? 4](#_Toc63332488)

[1.2 How does it work? 4](#_Toc63332489)

[**2.** **Methodology** **5**](#_Toc63332490)

[2.1 How to use the E-learning modules 5](#_Toc63332491)

[2.1.1 Adapting the E-learning modules to the local context and culture 5](#_Toc63332492)

[2.1.2 Requirements of a MUM to start the E-learning training 7](#_Toc63332493)

[2.2 Content E-learning modules 7](#_Toc63332494)

[2.3 Sequence E-learning modules 9](#_Toc63332495)

[2.4 Evaluation skills and knowledge E-learning modules 10](#_Toc63332496)

[**3. Media used in e-learning modules 11**](#_Toc63332498)

[3.1 Overview of GloCal videos used in e-learning modules 11](#_Toc63332499)

[**Appendix A:** Terms of reference 12](#_Toc63332500)

[**Appendix B:** Example of different E-learning module levels and evaluation questions 13](#_Toc63332501)

[**Appendix C:** GloCal videos with links to YouTube 15](#_Toc63332502)

**Abbreviations**

**ECD**  Early Childhood Development

**GMP**  Growth Monitoring and Promotion

**HMF** Heights and Minds Foundation

**MUM** MindUp Manager

**PPT** PowerPoint

**WHO**  World Health Organization

**UNICEF**  United Nations Children’s Fund

# **Introduction**

The Heights and Minds Foundation (HMF) designed an E-learning training specifically for MindUp-Managers (MUMs). This training includes technical, practical and operational modules relevant to managing the MindUp’s services such as child growth promotion, advice concerning nutrition and a healthy diet, and basic management of a MindUp. All modules will be in E-learning mode and will be accompanied by brief assessments to verify skills and eventual certification. Practical skills, such as for example measuring children’s height correctly, will be assessed using video calling or on-site supervision visits. All Modules and guidance notes will be adapted to the local context during the preparation phase before a MindUp opens. This is done in partnership with the local partner.

## **Why E-learning?**

The HMF proposes E-learning because it will be the principal interactive tool to communicate with all MUMs and engage among ourselves and learn from each other. This dynamic environment is necessary to adopt to the local conditions making sure the propose method is realistic, feasible and efficient. Moreover, digital skills belong to the 21th century and we believe this method of learning will bring the MUMs up to speed with latest technology, thus opening access to the global community of practitioners in the area of nutrition. Finally, E-learning and verification of skills will allow for rapid scaling up.

## **How does it work?**

A MUM who is responsible for a HMF MindUp has access to the provided technology, materials and tools at the MindUp and will be given an account with a password to access the E-learning modules. The local partner and HMF provide continuous guidance during the MUMs either during face-to-face sessions and or virtual sessions. MUMs will be required to take the HMF modules at the beginning of their assignments (within the first months) and there will be regular repeat training sent to MUMs in which new materials, updates and new training releases will be included. The repeat training is mandatory and there will be clear guidelines on timing with each repeat training.

The responsibilities of the MUMs include the use of digital tools and materials and it includes practical skills in addition to the training package content to fulfill their role at the MindUp. The E-learning training plan module structure is based on the MUM responsibilities such as on-line registration of new children and pregnant women, measuring children and counseling mothers and caretakers on growth, nutrition and parenting. He/she uses the digital materials available, practice skills on use of this are included in the modules.

The MUM registers pregnant women and children under the age of 2 in the HMF online registry system and starts a HMF first 1,000 days album for each new participant. The MUM measures the children under the age of 2 using the length mat every 3 months and weighs children using the salter scale every month up to the age of 2. The information is registered in the line registry.

The MUM is also expected to take on the daily management of the MindUp, so relevant basic skills in management, keeping budget and accounts, and financial reporting and entrepreneurship are required as well. The modules are tailor-made to acquire these skills rare also included in this E-learning plan.

# **Methodology**

This chapter describes how the E-learning modules should be used, the content and sequence of the modules, and how to evaluate the skills and knowledge of the MUMs obtained by the E-learning modules.

## **How to use the E-learning modules**

The E-learning modules are divided into 4 parts:

1. Child Growth Monitoring and Promotion (GMP)
2. Basic nutrition understanding
3. Nutrition, Growth and Development during the first 1,000 days of life
4. MindUp core management skills

The E-learning modules are available in the following languages: English, French, and Spanish and will be translated in local languages as part of the local adaptation.

These modules contain the essential skills and knowledge a MUM needs to obtain based on global guidelines from the World Health Organization (WHO) and United Nations Children’s Fund (UNICEF). All technical modules on nutrition and Early Childhood Development (ECD) will be updated by the HMF on a regular basis but at least once a year with relevant and new information. Repeat taking of the modules will be required at least once a year but may be more often following important additions and changes.

### **2.1.1 Adapting the E-learning modules to the local context and culture**

To adapt the E-learning modules to the local context and culture, the HMF needs support from partner organizations in the host country of the MindUp. The adaptation will be done as part of the preparation phase during which the MindUp is being established and MUMs are selected.

Adapting the E-learning modules to the local context and culture requires:

(i) verifying the content of the e-learning modules with the national guidelines of the host country,

(ii) translating the content of the modules to the local language,

(iii) adapting examples of foods given in the modules to locally available and affordable foods, and

(iv) adjusting to certain cultural beliefs towards nutrition or health advice given in the E-learning modules.

In all of the E-learning modules text / pictures / videos / guidelines that can/should be adapted to the local context, are marked with an asterix \* At the end of each E-learning module, specific guidance is included as to which text/video etc requires local adaptation to the local context and whether it is a global nutrition guideline that can be adapted to the national nutrition guidelines, pictures with examples of foods, educative/explanatory videos. An example of this is given in figure 1.

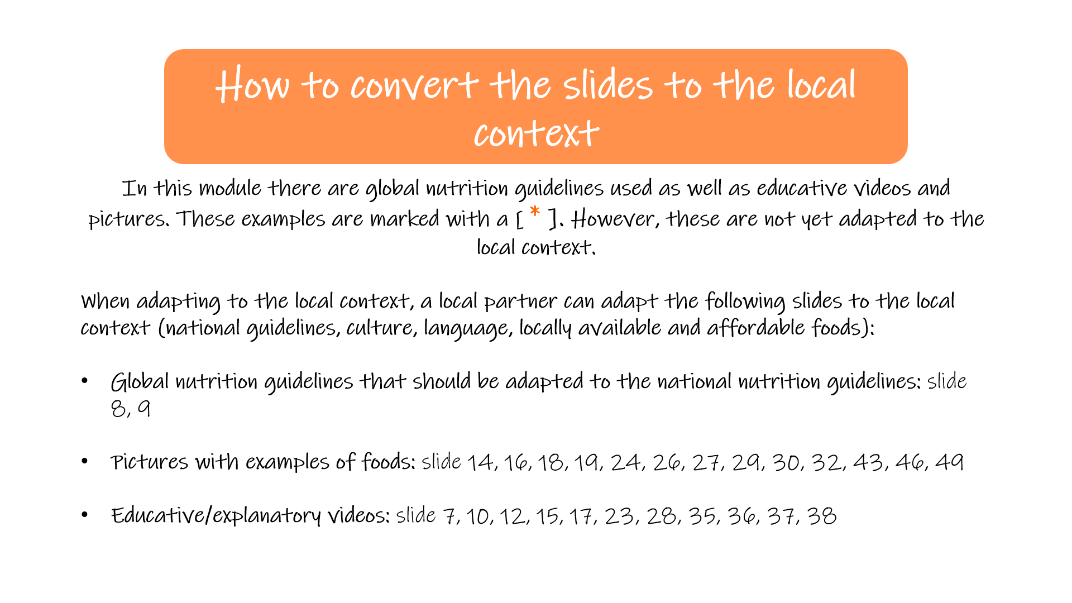


Figure 1 Example of an explanation on how to convert the slides to the local context at the end of the complementary feeding module

**Example of how to convert a slide to the local context**



Figure 2 Example of a slide from the complementary feeding module that can be adapted to the local context by the local partner organization.

Figure 2 can be adapted to the local context by replacing the pictures of staple foods, legumes, vegetables, fruits, and animal foods by pictures of foods in these food groups that are locally available, affordable and accessible. Examples can be written down in the description of the 5 different food groups.

When needed the text can be translated by the local partner organization to the local language of the host country of the HMF MindUp also.

### **2.1.2 Requirements of a MUM to start the E-learning training**

After adapting the E-learning modules to the local context and culture, a MUM can take the E-learning training if he/she meets the following requirements:

* Willingness to learn and to engage
* Have access to Mobile phone number and/or e-mail address
* Basic computer skills and the ability to work with Microsoft office (Word, Excel and PowerPoint)
* Basic Understanding of English, French or Spanish is preferred

## **Content E-learning modules**

The E-learning modules are divided in 4 parts and subdivided in different modules. The content is described in the following tables.

* **Child Growth Monitoring and Promotion (GMP)**

|  |  |  |
| --- | --- | --- |
| Themes | Modules | Materials |
| Child Growth Monitoring and Promotion | **GMP** | **E-learning module (PPT format)** – includes the following subjects:   * Malnutrition * Stunting * First 1,000 days * GMP (measurements, interpretation) * Developmental milestones   Also includes an instruction video on how to perform anthropometrical measurements in French/Bahasa. |

* **Basic nutrition understanding**

|  |  |  |
| --- | --- | --- |
| Themes | Modules | Materials |
| Basic nutrition understanding | * **Healthy diet, macro- and micro nutrients** | **E-learning module (PPT format)** -  includes the following subjects:   * A healthy diet for pregnant women * A healthy diet for adults * A healthy diet for infants and young children * Practical advice on maintaining a healthy diet throughout the life cycle * Macronutrients: carbohydrates, proteins, fats * Micronutrients: vitamins, minerals important for pregnant women / infants and young children (folate, iodine, iron, vitamin A, zinc) |

* **Nutrition, Growth and Development during the first 1,000 days of life**

|  |  |  |
| --- | --- | --- |
| Themes | Modules | Materials |
| Nutrition | * **Module Breastfeeding** * **Module Complementary Feeding** | **E-learning module (PPT format) -** includes the following subjects:   * The basics of breastfeeding (benefits, exclusive breastfeeding, positions, frequency) * The benefits of breastmilk over formula and animal milk * Attachment to the breast * Milk expression * Storing breastmilk * Breastfeeding problems * HIV and breastfeeding   **E-learning module (PPT format) -**includes the following subjects:   * Good complementary foods * The introduction of complementary foods * (Complementary) feeding * Snacks and finger foods * Foods to avoid during the complementary feeding phase * HIV and complementary feeding * Keeping food safe and clean * Developmental readiness for complementary foods * Adverse reactions to food * Establishing dietary variety and food preferences |
| Individual counselling | * **First 1,000 days messages** | **E-learning module (PPT format)** - includes the following subjects:  Advices to give to pregnant women and parents of infants and young children every 100 days |

* **MindUp core management skills**

|  |  |  |
| --- | --- | --- |
| Themes | Modules | Materials |
| MindUp Managers | * **MindUp management** * **Entrepreneurship** * **Other (environment, sustainability, etc.)** | **-*Drafting*-**  **E-learning module (PPT format)** -  includes the following subjects:   * Basic planning and budgeting * Accounting and financial management * Marketing |

## **Sequence E-learning modules**

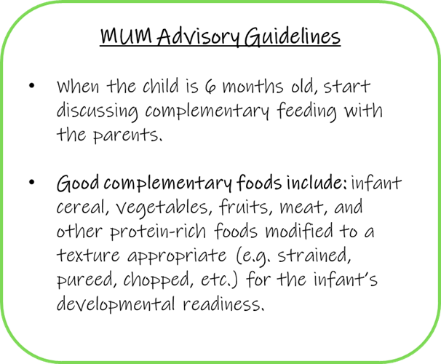
The sequence of the E-learning modules is viewed in figure 3.

When a MUM starts the E-learning training it is best to start with the modules on growth promotion which explain the different forms of malnutrition and the importance of monitoring child growth. After that a MUM can continue with the GMP module and the modules with regard to breastfeeding, complementary feeding, and first 1,000 days messages. These modules contain the key information needed to assist young mothers, and mothers to be with monitoring the growth of their child and give the right advice. To get more basic nutrition understanding, the module about a healthy diet, macro- and micro nutrients can be studied.

Lastly, the modules about MindUp management will provide a MUM all the essential knowledge and skills to run a MindUp.

Figure 3 Sequence E-learning modules

**Basic, intermediate, advanced levels E-learning modules**  
The E-learning modules child GMP, breastfeeding, complementary feeding, and a healthy diet: macro- and micro nutrients consist of 3 different levels: **basic**, **intermediate**, **advanced**2. The aim for a MUM is to reach all of the three levels in order to provide all types of advice concerning a certain topic to parents of infants and young children and pregnant women.

****The MUM can continue to a higher level when he/she answers all of the questions from the checklist at the end of a level correctly. To successfully finish the GMP module, it is also necessary that a MUM can perform the anthropometrical measurements, interpret the outcomes, and is able to register the data.

**MUM advisory guidelines**In order to have a clear link to the growth promotion messages, on various slides of the E-learning modules “*Mum Advisory Guidelines*” are included to highlight what information should be shared with adolescents, pregnant women, and/or parents of infants and young children during the individual counselling sessions. Figure 4 provides an example. The MUM Advisory Guidelines can also be adapted to the local context/culture by the local partner organization.

Figure 4 An example of MUM Advisory Guidelines in the complementary feeding module

2See Appendix B: Example of different E-learning module levels and evaluation questions

## **Evaluation skills and knowledge E-learning modules**

After taking the E-learning training a MUM should have basic skills and understanding of the following subjects:

1. **Child GMP**

* Basic principles: breastfeeding, complementary feeding
* Practical skills: measuring children’s height (using the child length mat), children’s weight, and arm circumference
* Interpretation of anthropometric measurements and reporting
* Basic communication relevant to MindUp MUM counseling

1. **Basic nutrition understanding**

* Maintaining a healthy diet throughout the life-cycle
* Macro- and micronutrients
* Hygiene and sanitation
* Food safety handling skills

1. **Nutrition, Growth and Development during the first 1,000 days of life**

* Breastfeeding
* Complementary feeding
* First 1,000 days messages

1. **MindUp core management skills**

* Management (basic planning and budgeting, accounting and financial management, and marketing)
* Basically what you need to know to run a MindUp!

This will be evaluated by answering the evaluation questions at the end of each level of the different E-learning modules. A MUM should answer all of the evaluation questions before continuing to the next level. Also, practical skills regarding Growth Monitoring and Promotion, individual counseling, and MindUp Management will be assessed via video recordings and/or via assignments.

# **Media used in e-learning modules**

The majority of the videos that we use in our E-learning modules are made by Certa Nutritio3 (existing of a team of 4 researchers from the University of Helsinki, Finland). They are a small company specialized in Nutrition Education. Their focus is mainly on the nutrition and health of children, mothers and adolescent in low- and middle income countries. The videos that they make are available on YouTube under the name “GloCal” but can also be downloaded, the content of these videos is adapted to the global guidelines of the WHO and UNICEF.

## **Overview of GloCal videos used in e-learning modules**

There are GloCal videos made for different themes including pregnancy, delivery, breastfeeding, complementary feeding, cognitive development, disease, nutrients and healthy foods, growth monitoring and promotion, hygiene, sexual health, and kitchen garden. Some of these are included in to support the content of our e-learning modules. The GloCal videos with the YouTube links can be found in Appendix C.

[](https://www.youtube.com/watch?v=rksGIcZRmuY)

Figure 5 GloCal introduction video

3Website Certa Nutritio: <https://www.certanutritio.com/>   
Website GloCal: <http://www.glocalnutrition.com/>

# **Experiences of the E-learning training (drafting)**

This chapter draws upon the experiences of the E-learning training so far. These experiences will help us to improve our E-learning training and content of the modules. Also, it gives us a lot of insight on what the best way is to do the training.

* 1. **E-learning training at the MindUp “Tawfekh Keur Jaboot” in Jaxaay, Dakar, Senegal**

The E-learning training with our partner Gouy Gui at the MindUp “Tawfekh Keur Jaboot” in Jaxaay, Dakar, Senegal virtually took place in the period of March – April 2021. Doing the E-learning training virtually for the first time was challenging since the internet connection at the MindUp in Jaxaay was not always very stable and there was a lot of background noise.

**Method**

During this period we tried multiple methods to do the E-learning training. In the beginning of March we received feedback on the first e-learning module “Growth Monitoring and Promotion” from our partner organization *Conseil National de Développement de la Nutrition (*CNDN) that we should split this module in two parts: one theoretical part about the importance of GMP and the first 1,000 days and one practical part on how to do GMP activities with the help of a child length mat and scale.   
  
On the 2nd of March we first attempted to do the E-learning training with Tawfekh Keur Jaboot. We (HMF) virtually tried to present the content of the GMP module, using the video calling device “Jitsi”, to the people of Tawfekh Keur Jaboot in French. During this meeting the MUM was present as well as women who are involved in the GMP services at Tawfekh Keur Jaboot. The difficulties that occurred by doing it this way were that more than five people had to look at one laptop and that the internet connection was unstable so it was not sure if the people there could see the same slide as we were presenting and the educative videos could not be displayed. Also, the MUM of Tawfekh Keur Jaboot was the only one who spoke French and didn’t directly translate the content to Wolof to the other women because he did not understand the content of the module good enough yet. After the session we asked feedback to the MUM on how we could improve our E-learning training with the help of a feedback form, see appendix D. The MUM told us that he appreciated the fact that he could read the content on the slides and that the educative videos in Wolof were a real addition to the E-learning modules. We decided together that this was not the best way to do the E-learning training and that he preferred reading the content of the E-learning module before presenting it to the other women of the MindUp. We decided together that it was better that we first discussed the content of the modules before he was going to present it to the other women of the MindUp in Wolof.

During the same week (on the 4th of March), we met again with the MUM via Jitsi, and a person of the CNDN attended this meeting also. The person of the CNDN gave the MUM the task to present all of the slides from the GMP module to us, so he could prepare himself for giving the presentation in Wolof to the other women. The internet connection was more stable this time. In the following weeks, we did not receive feedback on the other modules (healthy diet, breastfeeding, complementary feeding) because the person of the CNDN was very busy. On the 12th of March the E-learning training about a healthy diet took place with the MUM via Jitsi, this meeting was very chaotic because the connection was really unstable and while we were discussing the module their connection cut out and we could not finish the meeting. Afterwards we asked the MUM to go to the module himself and ask question if things were unclear, we also asked him to fill in the feedback form for this specific module. The week after we called the MUM again (15th of March) to discuss the feedback form and ask his opinion on how he preferred to do the E-learning training. He suggested to use Whatsapp for video calling instead of Jitsi because this worked better with an unstable internet connection. A disadvantage of using Whatsapp instead of Jitsi was that you cannot share a presentation but this problem was solved by opening the presentation on the laptop at the MindUp and then the MUM called with Whatsapp and we could go together through the presentation. The MUM also suggested that he would like to have questions concerning the content of the modules so he could answer them during or meetings. With the help of the questions he could more easily understand and remember the content of the modules. We tried this method for the breastfeeding and complementary feeding module (18th of March and 25th of March) and this method worked the best in comparison with the other methods.

On the 27th of March the MUM presented the GMP module to the other women who are involved in GMP activities at the MindUp. They purchased a modem so the WIFI connection was better and they also borrowed a projector so they could show the presentation and educative videos on the wall. During the presentation the MUM asked questions about the module to the other women so they could summarize the content of the module and participate actively. Videos of the E-learning training were made as proof and to get insight in the way they prefer to do the E-learning training in Senegal.

**Outcomes E-learning training**

The MUM told us that he preferred to read the content of the modules before discussing it and while discussing it he preferred to do it with the help of the evaluation questions. The GloCal videos in Wolof were a great contribution to the E-learning modules.

Regarding feedback given on the content of the modules, we did not receive a lot of feedback from the MUM and the feedback form was filled in poorly. Content wise it’s better to receive feedback from the partner organization CNDN. However, the MindUp can give more feedback on for example the level of the language that is used in the modules, if the videos, images and messages are clear, and so on.

Because of the E-learning training there were a few realization moments for Tawfekh Keur Jaboot. They better realize that the services provided at the MindUp are mainly focused on the prevention of chronic malnutrition instead of the treatment of it. So they are encouraged to attract all pregnant women, and parents of young children in Jaxaay instead of only attracting parents of malnourished children. For the meal delivery service, they better realize that she should not offer the same meals for all children 6-24 months old but that it’s also important to look at texture and amount per specific age range. After the presentation given by the MUM about GMP, the women realized better why it’s so important to measure children regularly especially in the first 1,000 days of life. They also better understood the aim of the Growth Curve poster that can be used for individual counseling at the MindUp.

Furthermore, the MUM really liked to take up the role of training the other women. After doing the E-learning training he told us he felt empowered and learned new skills with regard to being an educator.

The E-learning training relies because of COVID-19 on the MUM of Tawfekh Keur Jaboot which may question the sustainability of it. However, when more of the women are more familiar with the content of the E-learning training they can also educate other women who volunteer at the MindUp in the future. The next time, the MUM will film the E-learning training so it can be used as documentation for the HMF services and lessons learned, this can also be used as an example for other MindUps and social media.

**Time management**

In one month we discussed all of the 4 modules (GMP, healthy diet, breastfeeding, and complementary feeding) together and one module was presented to the women involved in GMP services at the MindUp. We met on average around 2 times a week for around 30 minutes – 1 hour, sometimes longer because of the unstable internet connection.

**Recommendations**

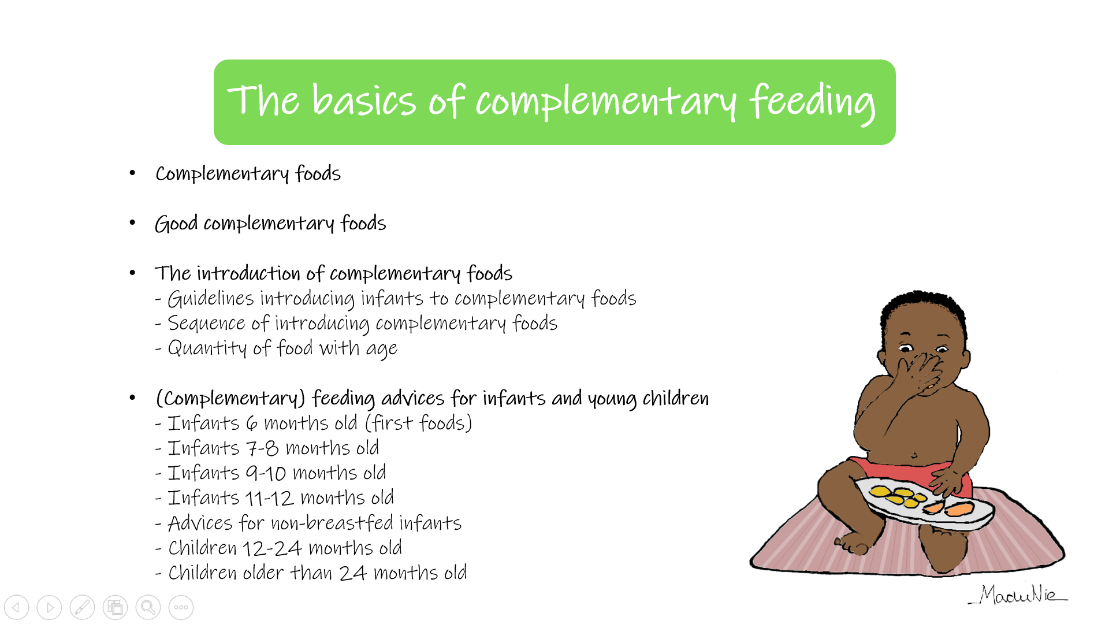
* Before doing the E-learning training it’s important to discuss and share expectations about the training with the local partner:  
  - Discuss how often you would like to meet for the E-learning training, at what time, and make an action plan together  
  - Give a quick introduction about the aim of the E-learning training and the sequence of the modules  
  - Discuss in case the E-learning training has to be done virtually what video calling device works best for the local partner
* Discuss with the local partner what the best method is of doing the E-learning training
* A local partner is encouraged to make a video while doing the E-learning training, which can be used as evaluation and for the documentation of HMF services
* For the development of future E-learning modules it’s important to design and present them in an interactive way, for example with the help of examples and assignments, and by asking questions

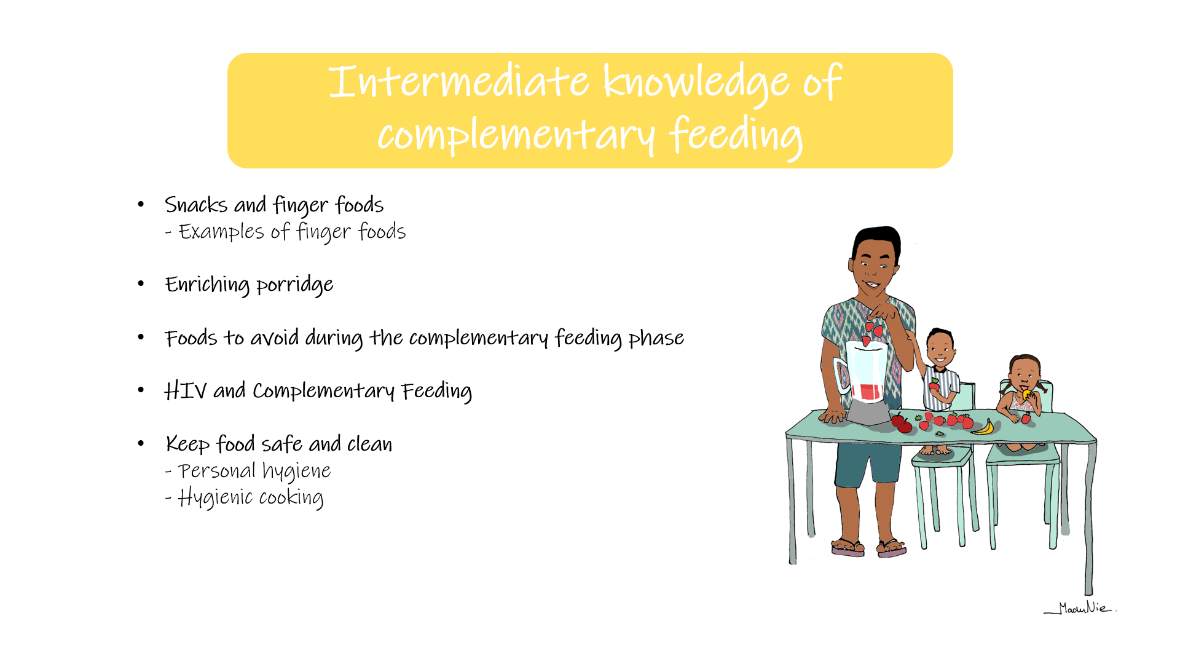
**Impression of the E-learning training**This video gives an impression of the E-learning training (module GMP) that was given by the MUM to the other women who are involved in the GMP activities at the MindUp.

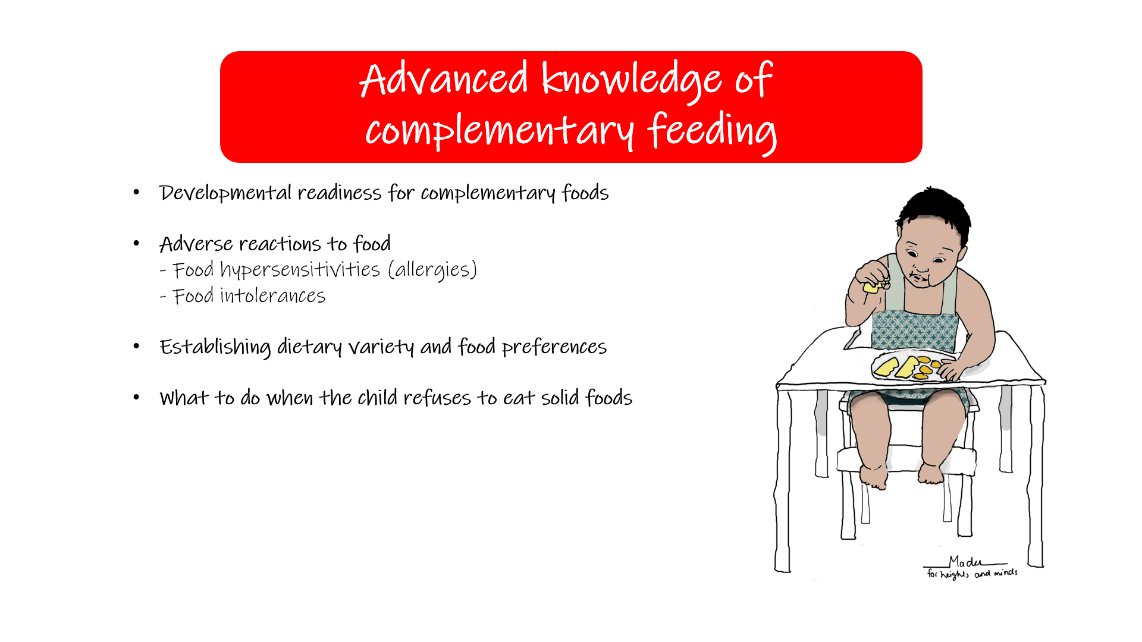
**Add video**

# **Appendix A:** Terms of reference **(drafting)**

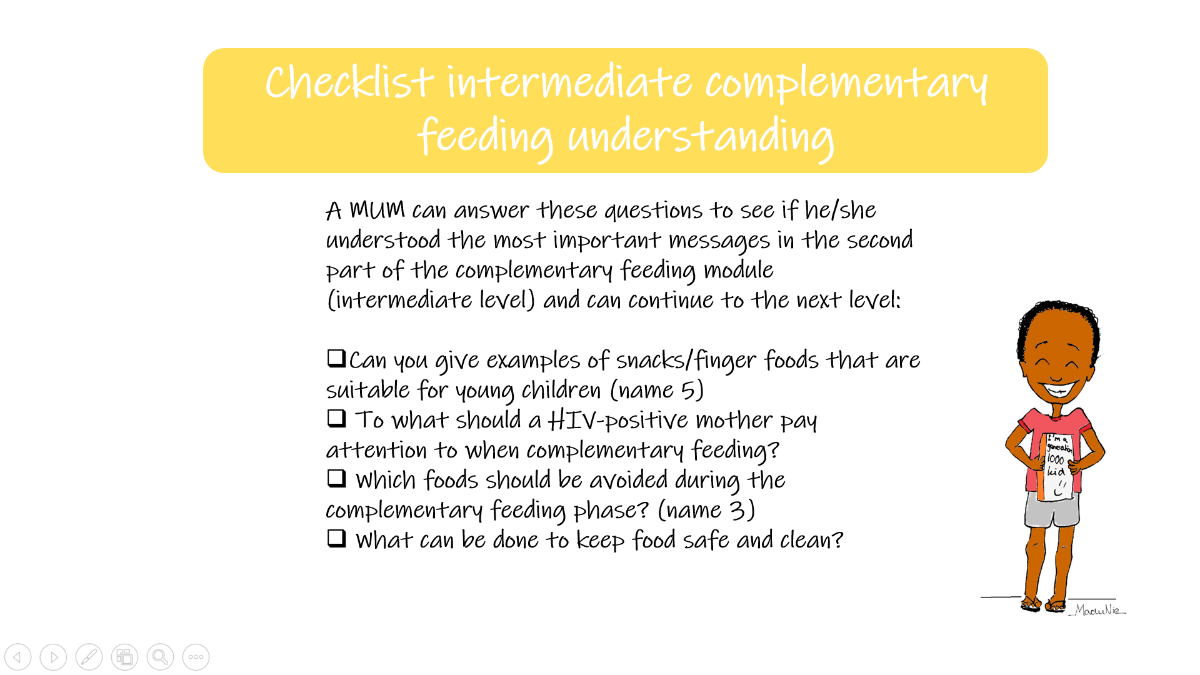
# **Appendix B:** Example of different E-learning module levels and evaluation questions

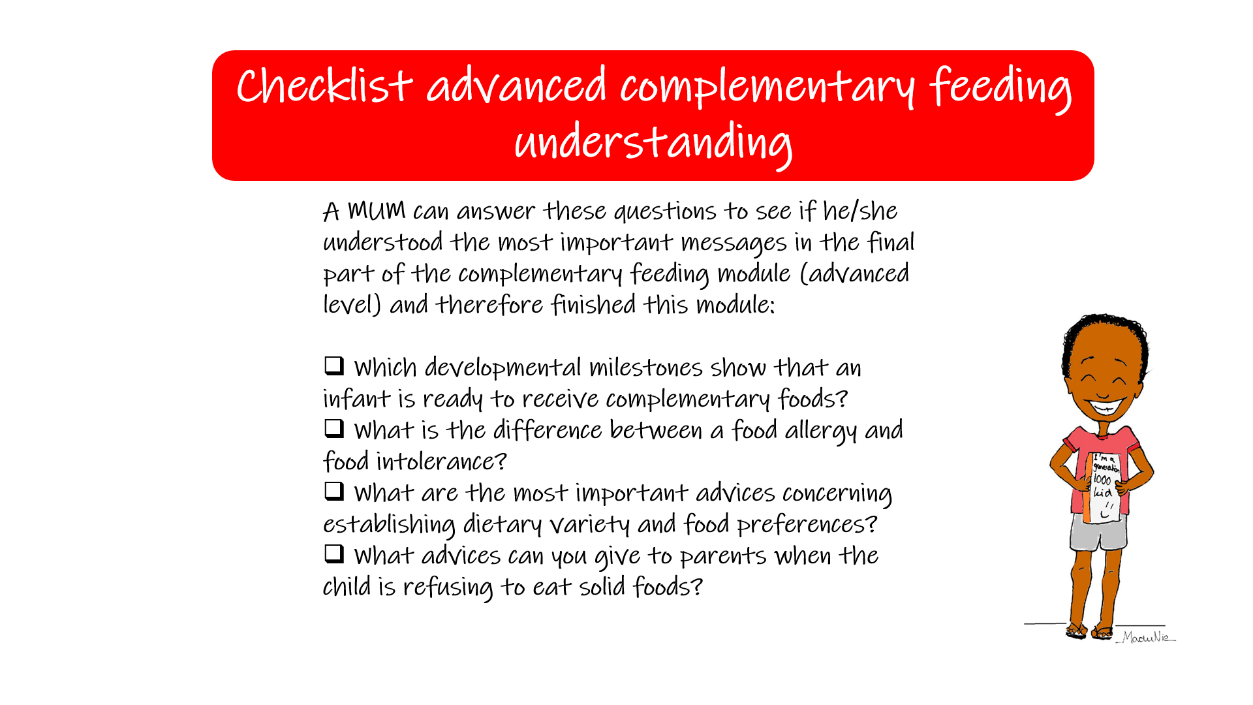












**Appendix C:** GloCal videos with links to YouTube 

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Video | English (African) | French | | Wolof |
| 1. Quantity of food during pregnancy 2. Weight gain during pregnancy | 1. <https://www.youtube.com/watch?v=LVh6f-8frV0&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=31&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=mz5IiH5fK8E&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=42&ab_channel=CertaNutritio> | | 1. <https://www.youtube.com/watch?v=_c70ucP4iGU&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=34&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=012_zQoqmFs&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=44&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=5Kcey6ji8gA&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=45&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=pJfNI9swXu0&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=61&ab_channel=CertaNutritio> |

* **Theme: Pregnancy**
* **Theme: Delivery**

|  |  |  |  |
| --- | --- | --- | --- |
| Video | English (African) | French | Wolof |
| 1. Care after delivery 2. Delivering at health care facilities 3. Vaccinations 4. Kangaroo care | 1. <https://www.youtube.com/watch?v=SjK2fyk0ICA&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=5&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=eU0pvf_WCy4&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=11&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=aSon8jMOV5w&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=40&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=y7kgeZvhW5E&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=24&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=XbitbJSRjIw&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=5&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=UGnUQfRTrdo&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=12&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=C3juc4aJFoo&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=42&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=NirUPgRYZT0&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=28&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=YiAK3WRX5dA&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=13&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=0NNFTmoMMA8&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=20&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=l_BZUzfJ0V8&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=57&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=Y2MZivuL1Lw&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=38&ab_channel=CertaNutritio> |

* **Theme: Breastfeeding**

|  |  |  |  |
| --- | --- | --- | --- |
| Video | English (African) | French | Wolof |
| 1. Breastfeeding benefits 2. Breastfeeding position 3. Breastmilk vs. Animal milk 4. Colostrum 5. Exclusive breastfeeding 6. How often to breastfeed 7. Milk expression 8. Physiology of lactation 9. Sufficiency of breastmilk 10. Working mother 11. HIV and breastfeeding 12. Breastfeeding problems | 1. <https://www.youtube.com/watch?v=bhvNFPEjMig&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=2&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=g_94MLpyZHE&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=3&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=1kiE25BgmUY&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=4&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=2p5O_hlh1Dk&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=7&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=96DNWtWKgPM&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=15&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=-iDhJv6Sqm0&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=20&ab_channel=CertaNutritio> 7. <https://www.youtube.com/watch?v=_-eTnXlRrSo&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=26&ab_channel=CertaNutritio> 8. <https://www.youtube.com/watch?v=jmI4g25eK8s&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=28&ab_channel=CertaNutritio> 9. <https://www.youtube.com/watch?v=uXEodry8PqA&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=38&ab_channel=CertaNutritio> 10. <https://www.youtube.com/watch?v=HFG6ZvjQ8Sw&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=45&ab_channel=CertaNutritio> 11. <https://www.youtube.com/watch?v=KXO6Gco9JSc&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=49&ab_channel=CertaNutritio> 12. <https://www.youtube.com/watch?v=dPpPVtO1pGU&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=64&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=UQiDYaTUhwA&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=2&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=iZ0VvpOsxaU&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=3&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=WJ-HQ3i5tXs&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=4&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=jJSMIJrJKKQ&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=7&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=bP_XOSRQgXg&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=16&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=Fgv22I0mT_c&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=24&ab_channel=CertaNutritio> 7. <https://www.youtube.com/watch?v=hVyKuc_yjHo&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=57&ab_channel=CertaNutritio> 8. <https://www.youtube.com/watch?v=EEh-vbL5B7E&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=31&ab_channel=CertaNutritio> 9. <https://www.youtube.com/watch?v=K5RvzArnQJ8&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=40&ab_channel=CertaNutritio> 10. <https://www.youtube.com/watch?v=QuarMyuWo0Y&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=47&ab_channel=CertaNutritio> 11. <https://www.youtube.com/watch?v=CwqDuy5UwpE&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=22&ab_channel=CertaNutritio> 12. <https://www.youtube.com/watch?v=Sd6tWga36rk&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=21&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=SyLsKIh5vRM&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=5&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=a3Qk36Ykaw4&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=7&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=cPfyx5OcesA&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=10&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=47HjSsOBXDk&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=15&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=NnTnNA8dTnM&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=25&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=q7TaS4MvopA&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=32&ab_channel=CertaNutritio> 7. Not available 8. <https://www.youtube.com/watch?v=_8KU2xNk9nU&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=41&ab_channel=CertaNutritio> 9. <https://www.youtube.com/watch?v=vEDz1zH0aew&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=54&ab_channel=CertaNutritio> 10. <https://www.youtube.com/watch?v=3e4DJq5ochw&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=65&ab_channel=CertaNutritio> 11. Not available 12. <https://www.youtube.com/watch?v=E15CsFcWCzE&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=9&ab_channel=CertaNutritio> |

* **Theme: Complementary feeding (CF)**

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| Video | English (African) | French | Wolof |
| 1. Starting CF 2. CF at 7-8 months 3. CF at 9-11 months 4. CF at 1-2 years 5. CF from family foods 6. HIV and complementary feeding 7. Quantity of food with age 8. Snacks and finger foods | 1. <https://www.youtube.com/watch?v=4vE5h5dLbh4&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=36&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=opS1SMSlpZg&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=9&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=l-L0HCfKVgA&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=50&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=Nx_erOrTbuk&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=8&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=GhdR9qd2brk&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=10&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=YNyUKaztvDk&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=19&ab_channel=CertaNutritio> 7. <https://www.youtube.com/watch?v=ZUUszs2NUJc&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=32&ab_channel=CertaNutritio> 8. <https://www.youtube.com/watch?v=av_mZ2HwJP4&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=34&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=8Hc9gl-iZDo&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=38&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=exMEAfD7XGg&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=8&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=JqJwT5IjCIU&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=9&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=XwHua8OJ8Mg&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=10&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=LCGl4UCN_4Y&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=11&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=lNrh-3NraNo&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=23&ab_channel=CertaNutritio> 7. <https://www.youtube.com/watch?v=ROCEQQbg2jE&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=35&ab_channel=CertaNutritio> 8. <https://www.youtube.com/watch?v=xrI7lKH3egA&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=37&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=LJ2sSs8HnrA&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=52&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=HtI8vlA6suY&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=16&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=_HXd3kQCiIw&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=17&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=FhkxEIWtA8A&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=18&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=KcK8NaNbpe4&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=19&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=VtrsbjTO-_I&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=31&ab_channel=CertaNutritio> 7. <https://www.youtube.com/watch?v=K69M3gJxWec&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=47&ab_channel=CertaNutritio> 8. <https://www.youtube.com/watch?v=8hTOrUoMq8k&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=50&ab_channel=CertaNutritio> |

* **Theme: Cognitive development**

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| --- | --- | --- | --- |
| Video | English (African) | French | Wolof |
| 1. Cognitive development 2. What about dad | 1. <https://www.youtube.com/watch?v=k6BTyq14Fng&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=6&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=_ev7ELaSauA&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=43&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=Evb_9G67-d4&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=6&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=ZSUnkY0sOZE&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=45&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=q0TyYzv2hzk&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=14&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=bj3HkeB-moE&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=63&ab_channel=CertaNutritio> |

* **Theme: Disease**

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| --- | --- | --- | --- |
| Video | English (African) | French | Wolof |
| 1. Diarrhea 2. Diabetes 3. Malaria 4. Anemia 5. Prevention of Anemia 6. What does HIV do 7. Worms 8. Corona | 1. <https://www.youtube.com/watch?v=ZGQ0-AXVtqU&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=13&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=UoU92wSdi3A&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=12&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=jdEiSuAzSZY&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=25&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=j0y2fGRd07w&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=1&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=ms8r_rlawwc&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=29&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=ZBxFEmMhB_w&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=44&ab_channel=CertaNutritio> 7. <https://www.youtube.com/watch?v=Hy6FiFZ8R1g&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=46&ab_channel=CertaNutritio> 8. <https://www.youtube.com/watch?v=Jyhii-I1FJY&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=66&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=YOqgOV_7-fw&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=14&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=wudlGGE7dzI&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=13&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=XTOaolMmkOs&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=29&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=eHQ8VMEmuWU&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=aoImw-9iohY&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=32&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=uFgd2qRyuOo&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=46&ab_channel=CertaNutritio> 7. <https://www.youtube.com/watch?v=dTtsG56q6Yk&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=49&ab_channel=CertaNutritio> 8. <https://www.youtube.com/watch?v=nC8e-6oU7Ho&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=50&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=KS_-QoeHEAw&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=23&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=bZyQ3oYLKAE&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=21&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=uqBuLB1Zlxs&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=39&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=F5p1hYIgQoI&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=4&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=5cgqSn1Kge0&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=42&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=5cgqSn1Kge0&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=42&ab_channel=CertaNutritio> 7. <https://www.youtube.com/watch?v=9oP4ESX9PZ0&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=66&ab_channel=CertaNutritio> 8. Not available |

* **Theme: Nutrients and healthy foods**

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| --- | --- | --- | --- |
| Video | English (African) | French | Wolof |
| 1. Folate 2. Food groups 3. Iodine 4. Minimum Dietary Diversity 5. Proteins 6. Replacing sugary foods with fruits 7. Sources of iron 8. The 7 food groups for children 9. Vitamin A 10. Enriched porridge | 1. <https://www.youtube.com/watch?v=7k0jpMuLHAk&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=16&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=GL1I7c8oHCw&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=17&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=CJyURHrf2Qg&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=23&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=Pa2xV1S_yt8&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=27&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=g-M_AmoYsZA&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=30&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=iLL7nCh5vMY&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=33&ab_channel=CertaNutritio> 7. <https://www.youtube.com/watch?v=q67Gpn9S5ns&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=35&ab_channel=CertaNutritio> 8. <https://www.youtube.com/watch?v=jQf8K-xH9cQ&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=39&ab_channel=CertaNutritio> 9. <https://www.youtube.com/watch?v=uLNnYjl5xIQ&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=41&ab_channel=CertaNutritio> 10. <https://www.youtube.com/watch?v=MSi6DPSQcBk&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=14&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=XCPMEfUnXp8&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=18&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=TSzbPRTE5eQ&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=19&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=rrePYkbUgZY&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=27&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=1h47ZBq4ZC4&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=30&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=fXR6hPtBqWo&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=33&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=aIsmovkEG_8&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=36&ab_channel=CertaNutritio> 7. Not available 8. <https://www.youtube.com/watch?v=ahK90g02cQ8&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=41&ab_channel=CertaNutritio> 9. <https://www.youtube.com/watch?v=kRAWwJrZl-8&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=43&ab_channel=CertaNutritio> 10. <https://www.youtube.com/watch?v=9mkPYSWMv6Q&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=15&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=lehtntJAHug&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=27&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=ztnoBHIsdNk&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=55&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=Y_dRZpOr-7E&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=37&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=zKE8CMUrFCY&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=40&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=ix8eO7ipBE0&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=44&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=z_5J3G3qqwU&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=49&ab_channel=CertaNutritio> 7. <https://www.youtube.com/watch?v=8D9K5TpXro0&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=51&ab_channel=CertaNutritio> 8. <https://www.youtube.com/watch?v=w0mDAxixvCs&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=29&ab_channel=CertaNutritio> 9. <https://www.youtube.com/watch?v=wd-JZuKm-xk&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=58&ab_channel=CertaNutritio> 10. <https://www.youtube.com/watch?v=xaLCXkKelsE&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=24&ab_channel=CertaNutritio> |

* **Theme: Growth monitoring and promotion**

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| --- | --- | --- | --- |
| Video | English (African) | French | Wolof |
| 1. Growth monitoring 2. Stunting | 1. <https://www.youtube.com/watch?v=ranFN4t-SRc&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=18&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=OTrUrQ9Yj_0&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=37&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=DdHQKofG-Hw&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=20&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=u8sTIo1rlPU&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=39&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=PNS8syOA0cU&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=30&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=6pwLmOBPI2E&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=53&ab_channel=CertaNutritio> |

* **Theme: Hygiene**

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| --- | --- | --- | --- |
| Video | English (African) | French | Wolof |
| 1. Hygiene 2. Hygienic cooking | 1. <https://www.youtube.com/watch?v=Jjp8FAeDJFw&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=21&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=j9zu24ZnLho&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=22&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=ePX9EMlszHg&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=25&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=ybUpWn58PmU&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=26&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=vaun_fWJ9Lc&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=33&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=t5_NvtIes3Y&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=34&ab_channel=CertaNutritio> |

* **Theme: Sexual health**

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| --- | --- | --- | --- |
| Video | English (African) | French | Wolof |
| 1. Friendship and love 2. You have the right to rule over your body 3. The right to choose your partner 4. Communication 5. When puberty hits 6. Menstrual hygiene 7. Marriage is for adults 8. How to prevent getting pregnant 9. Sexual transmitted infection 10. How many children | 1. <https://www.youtube.com/watch?v=leEoCCYR7mM&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=51&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=jz_hyTvFgGg&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=52&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=YD5uK1nhHNw&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=53&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=ldISxHo9JGI&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=54&ab_channel=CertaNutritio> 5. <https://www.youtube.com/watch?v=Bha-HUIKcvc&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=55&ab_channel=CertaNutritio> 6. <https://www.youtube.com/watch?v=NhNRR9dXNmg&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=56&ab_channel=CertaNutritio> 7. <https://www.youtube.com/watch?v=LUrFX3SgQ24&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=57&ab_channel=CertaNutritio> 8. <https://www.youtube.com/watch?v=UQC6_KXYO9k&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=58&ab_channel=CertaNutritio> 9. <https://www.youtube.com/watch?v=NfpBs0GFXe4&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=59&ab_channel=CertaNutritio> 10. <https://www.youtube.com/watch?v=Fswi-ZOe4EE&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=65&ab_channel=CertaNutritio> | Not available in French | Not available in Wolof |

* **Theme: Kitchen garden**

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| --- | --- | --- | --- |
| Video | English (African) | French | Wolof |
| 1. Planning 2. Preparing your garden 3. Planting 4. Taking care of your plants | 1. <https://www.youtube.com/watch?v=jZbSuiBOqjA&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=60&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=I9KV7wRQlq0&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=61&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=1kQxM_czRWk&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=62&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=62vrWM98Hdg&list=PLOS5MMmDL-YdeY8gpi1Q8-bOqLOoHkYq_&index=63&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=6xAuCuoPeB0&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=51&ab_channel=CertaNutritio> 2. <https://www.youtube.com/watch?v=2Y2UWWlYcWg&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=52&ab_channel=CertaNutritio> 3. <https://www.youtube.com/watch?v=9gHETA-mUko&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=54&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=aEwg4wr7bOM&list=PLOS5MMmDL-YcVnY1BEIeOxuyFSRr01fpc&index=55&ab_channel=CertaNutritio> | 1. <https://www.youtube.com/watch?v=wpqloWBDn_Y&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=1&ab_channel=CertaNutritio> 2. Not available 3. <https://www.youtube.com/watch?v=lsg0FZp-IDQ&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=2&ab_channel=CertaNutritio> 4. <https://www.youtube.com/watch?v=Agqext6VfG0&list=PLOS5MMmDL-YcDExF51kgu-YChnkV2a04C&index=3&ab_channel=CertaNutritio> |

**Appendix D: Feedback form E-learning modules**