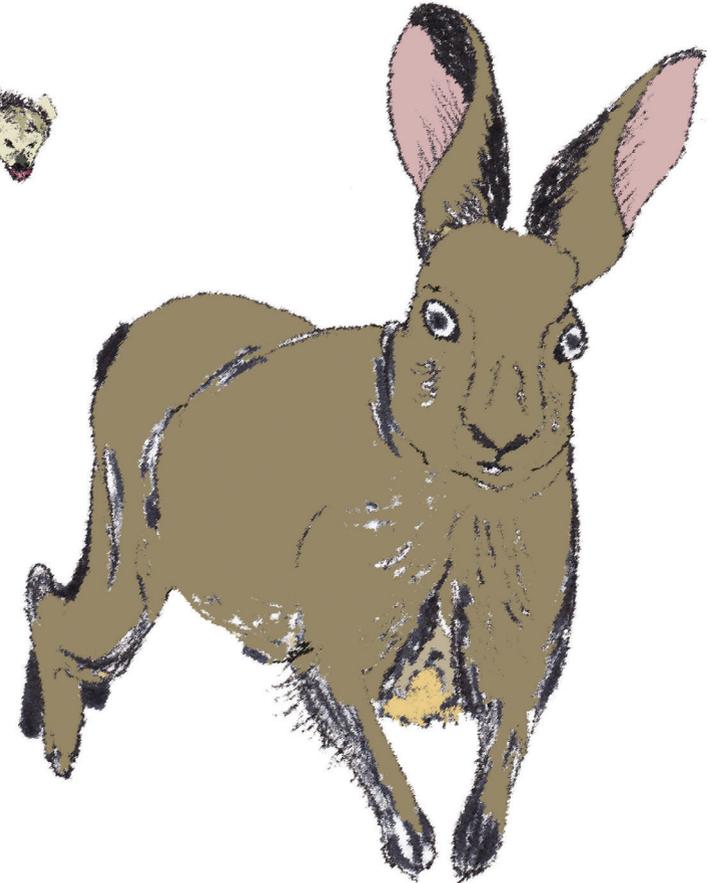
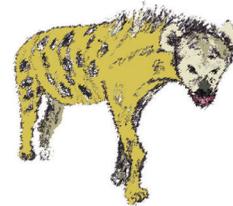


how the hyena got his sight back and gave the hare long ears!



a hanging library book in partnership
with children for health

Story and illustrations by Ruth Herbert.

These books have been developed from an idea by Hugh Hawes and Sam Muwonge and used since 2007 in schools in and around Kampala. The books have been revised since 2014 and new titles created.

We would like to thank Violet Mugusa and Jones Kyazze for their generous time and energy in facilitating visits in 2015 to Makindye Junior School, The Light Primary School Bulenga, Busaabala Primary School and Nakyessanja Primary School.

Our thanks go particularly to the schools for their feedback and especially their suggestions on how to improve the project.

how the hyena got his sight back

5 Questions

1. What did the hares eat that the hyena did not eat?
2. What did the hyena eat that gave him vitamin A?
3. Why couldn't Bouki catch his dinner?
4. What medicine did the doctor say Bouki needed?
5. How did Bouki get better?

A good question to ask our families

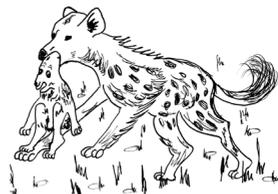
How can we cook and eat food of many colours?

Something to do

Make a big picture of all the green vegetables and red and yellow fruit in your area. Label them with their English names and the names in your language.

In your class you could fill containers with earth and plant carrots. You could have a competition to see who can grow the biggest one.

At home tell your little brothers and sisters the story of Bouki and Sonko.



Hares and hyenas have never been friends.
Hares like carrots for dinner.
Hyenas like hares!

A long time ago there was a fine young hare called Sonko.
All hares at that time had short ears.
They had sharp teeth and very good eyesight.



Sonko lived with his many relatives on a hill.

All the hares had gardens. They grew carrots, cabbage and spinach.

They ate green vegetables every day and many carrots.

They hopped about, busy and happy except when they saw Bouki.

Then they ran away and hid.

Bouki was an old hyena. He lived behind the hill in a dirty, smelly den.



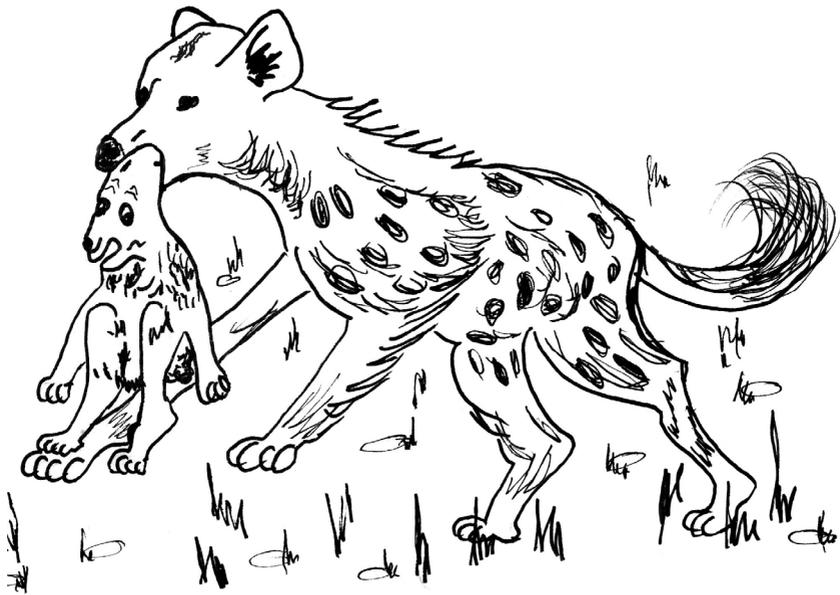
He didn't eat vegetables and he didn't eat fruit.
He ate hare whenever he could catch one.
He ate eggs whenever he could steal them.
He ate lizards and birds and even termites.
Best of all he liked liver. And hare's liver most of all.

But at the time of our story Bouki was not well.
His eyes were sore. Flies buzzed round them.
As the sun went down and it got darker Bouki
could hardly see at all.



Nutritional messages for children to learn and share

1. Food that makes us GO plus food that makes us GROW, plus food that makes us GLOW is GOOD food that makes the body strong!
2. Malnutrition happens if we eat too little, or eat too much junk food. Avoid it by sitting and sharing the right amount of good food at meals.
3. Children under 2 years need to be weighed each month at an under-5s clinic to check that they are growing well.
4. If children become thin or swollen in the face or feet or too quiet, they need to see a health worker.
5. When children are ill they may lose their appetite. Give them lots to drink and soup, and more food than normal when getting better.
6. Breast milk is the only food and drink a baby needs from birth to 6 months. It has Go, Grow and Glow!
7. After 6 months babies need breast milk plus mashed or ground family food three or four times a day plus a snack between each meal.
8. Eating natural foods of different colours every week is the best way to have a healthy balanced diet.
9. Red, yellow and green fruits and vegetables are full of micronutrients. These are too small to see, but they make our bodies strong.
10. Prevent sickness and sadness by washing the food you eat and cook. Use cooked food quickly or store it properly.

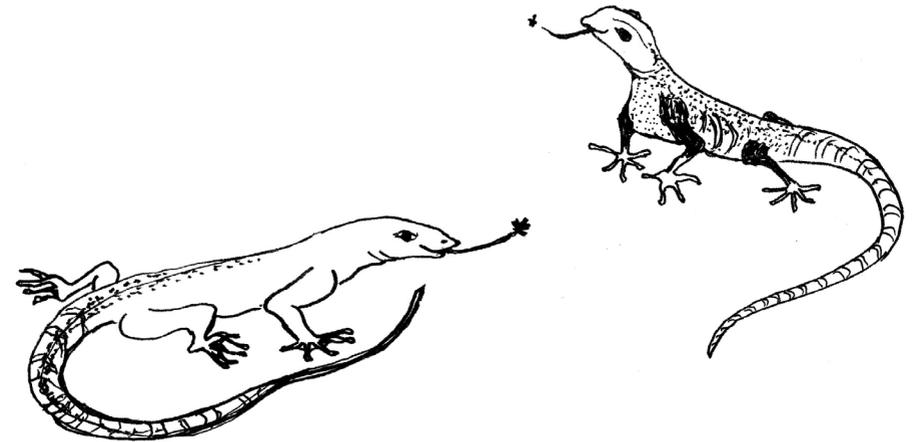


At last with a 'plop' his ears came free and he ran as fast as he could back to his home.

And from that day to this all hares have long ears and hyenas eat fruit but still catch hares whenever they can!

He stepped in elephant dung. Then he rubbed his eyes with his dirty paws and they hurt even more. Bouki began to get thin and weak. He couldn't see to hunt in the night and in the day the animals could all see him and hide.

Soon all the animals knew and every evening they came to his den and teased him.



The lizards ran over his tail and caught some of the flies buzzing round. They thanked him for their dinner and put out their tongues.



The birds hopped round his dirty den and caught worms. They thanked him for their dinner and flew over his head.

Sonko the hare jumped round and round him shouting, 'Bouki, Bouki blind as a bat. Bouki, Bouki smells worse than a rat, Bouki, Bouki will never get fat.'

Bouki could take no more.

The next morning he went to the doctor, old Gazali the gorilla, at his eye clinic.

Gazali cleaned out his eyes and looked at him.



'It's your own fault,' he said. 'Your eyes are red and swollen because you do not keep them clean.'

You can't see at night because you do not have enough vitamin A. Carrots and green vegetables are what you need!'

'I can't eat carrots. I am a hyena, not a hare. I eat eggs and liver for my vitamin A but I can't get them with my bad eyes. So I want medicine!' shouted Bouki.

'The medicine you need is in yellow and red fruit. Guavas, pawpaw and mangos. Eat them from under the trees, find palm oil from the village and keep your eyes clean. You will get better. You will see again to catch your dinner.'

So Bouki went home. Every morning he washed his face, eyes and paws in clean water. Every day he ate red and yellow fruit and licked palm oil from the used tins at the back of the village shop. His eyes started to get better and he began to see better at night.

Every evening he lay in his den and pretended he was getting worse and worse while Sonko danced round him singing his songs. And one night when Sonko thought the old hyena was dying because he lay so still, Bouki jumped up and grabbed the hare by his short, little ears.

'And now I will have hare's liver for dinner,' he cried. But Sonko kicked and struggled, pushing away from Bouki with his strong back legs, all the time his ears getting longer and longer and his legs nearer and nearer the ground.