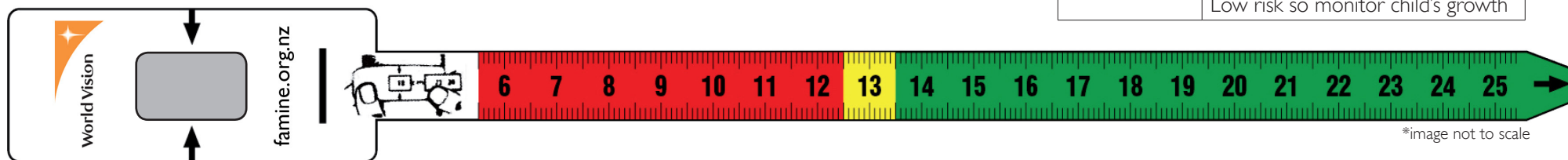


Measuring hunger

This is how health workers check whether children like Dilsia are hungry. These are children who are between 1 and 5 years old. They measure the child's height and weight, and also around the child's upper arm.

- Click on the links below to print out the measuring hunger tape in colour or in black and white.
- Choose “None” for the printer margins so the measurements are accurate.
- Colour in the black and white tape with felt pens, using the colours shown below.
- Use scissors to cut around the outside of the tape.
- Cut out the grey window (inside the arrows) to make a hole. This is where you can see the measurement.

Colouring the tape	
Red	Less than 12.5cm Severe hunger so give child high-energy food immediately
Yellow	From 12.5cm to 13.5 cm At risk so give child extra food
Green	13.5cm or more Low risk so monitor child's growth



To print the measuring hunger tape on A4, click [here](#) to print in colour, and click [here](#) to print in black and white.

If you are able to print on A3, you can print multiple copies of the tape by clicking [here](#) for colour and [here](#) for black and white.

How to take a measurement:

Child (1-5 years old) Bend your left arm and hold your hand flat against your stomach.

Health worker Find the bone at the tip of the child's shoulder. Use the tape to measure from this bone down to the tip of their elbow.

With a pen, mark the middle point on their arm.

Child Let your left arm hang by your side.

Health worker Wrap the tape loosely around the child's arm where the pen mark is and slip the thin end through the opening. Make sure no clothing gets caught under the tape. Don't pull the tape so it pinches or leave it too loose. Record the measurement where the arrows point in the window, to the nearest millimetre mark.

