A close-up photograph of a man with glasses and a striped shirt smiling as he feeds a baby with a spoon. The baby is looking up at the man. The background is a bright yellow-green gradient.

Zambian Complementary Feeding Book

Feeding Young Children
6 TO 24 MONTHS OF AGE

2ND EDITION - 2015



The National Food and Nutrition Commission (NFNC) is a statutory body established by the government of Zambia through the act of parliament No. 41 of 1967 under the Ministry of Health. It is a promotional and advisory organ to the government on matters concerning food and nutrition.

Vision

To be Zambia's centre of excellence in leading food and nutrition actions for optimal nutrition

Mission

To provide efficient and effective leadership for coordinated food and nutrition action in Zambia

FOREWORD

Food and nutrition security is a human right and a cornerstone for economic, social and human development. In Zambia, ensuring adequate food and nutrition especially among the vulnerable populations – mothers, children, and low income groups – is a serious challenge. Under-nutrition in early life, impacts negatively on intellectual and physical development and health outcomes.

The levels of under-nutrition in the country have remained consistently high and addressing this challenge requires coordinated efforts from different actors and stakeholders to invest significantly in better nutrition. The Five-Year National Food and Nutrition Strategic Plan (NFNSP) 2011-2015 is Zambia's first multi-sectoral response to combat malnutrition. Its strategic directions give a major priority to the promotion of the First 1,000 Most Critical Days to prevent stunting in children less than two years of age.

This complementary feeding book aims to prevent child stunting by promoting good infant and young child feeding practices. The book has been written in the basic language for ease of usage by all women of child bearing age, especially pregnant and lactating mothers as well as all other child care-givers including fathers of children under the age of two.

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PERMANENT SECRETARY
MINISTRY OF COMMUNITY DEVELOPMENT MOTHER AND
CHILD HEALTH

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ABOUT THE BOOK

This book is for everyone who cares about improving the nutrition and health of infants and young children. It is especially meant for community service providers such as community nutrition promoters, peer educators and other development agents from the health, education, community development, Local Government and agricultural sectors working with families and community groups.

The book is intended as a companion to the Growth Promotion Counseling Cards, to be used primarily by community nutrition promoters. It provides information and guidance on the selection and preparation of locally available, nutritious and safe complementary foods that are easy to prepare in order to feed infants and young children aged 6 to 24 months.

The book is divided into four parts: The first part provides basic information that an infant and young child caregiver needs to know about complementary feeding. It also gives the recommended feeding frequencies for children between 6 -24 months of age. The second part explains the value of family foods in complementary feeding. Part three explains local food measures used in the preparation of the recipes in this book and gives useful hints on processing complementary foods including proper hygiene and sanitation. Part four provides suggested recipes for complementary foods with nutrition information. The recipes are divided into porridges, mashed foods, relishes, beverages and finger foods. Part four also provides extra information for young child caregivers to be more knowledgeable about improving young child nutrition.

INTRODUCTION

The first 1000 days of life are the most critical because it is a period in which a child's growth is most rapid. When a child is not well fed during this period, it may result in poor growth and even irreversibly damages that will prevent the child from being optimally productive in life. When a child is born and up until the age of 6 completed months, breastmilk is the best food to give the baby. It is clean, safe, protects the child from diseases and contains the energy and nutrients that the child needs to grow and develop.

However, after the age of 6 completed months, breastmilk alone is no longer sufficient to meet the nutritional needs of a growing child. This period is characterised by an increase in the prevalence of malnutrition often due to poor feeding practices. Appropriate feeding includes correct food preparation methods, good hygiene, as well as child supervision during feeding.

Overall in Zambia, only 11% of children aged 6-23 months are fed appropriately based on recommended infant and young child feeding practices (Zambia Demographic Health Survey (ZDHS) 2013-14). Further assessments done in 2013-14, through ZDHS show that:

- 73% of children less than age 6 months are given breastmilk only but not exclusively breastfed for the full 6 months as required. This puts young children at risk of infections like diarrhoea which inhibits good growth.
- Moreover, foods introduced mainly consist of plain starch porridge which has fewer nutrients than breastmilk, thus contributing to early growth faltering.
- Only 22% of children have a diverse diet, and 42% are fed frequently according to the recommended practices.

PART ONE: BASICS ON COMPLEMENTARY FEEDING

What is Complementary Feeding?

Complementary feeding is giving a baby from 6-24 months of age other foods in addition to breastmilk. Examples of complementary foods are soft, mashed or crushed foods like porridge, bananas, mangoes, pawpaw, and fruit juices, finely chopped or shredded green leafy vegetables, beans, groundnuts, sunflower seeds, fish and other animal foods.

When complementary foods are introduced, breastfeeding should still continue for up to 2 years of age or beyond. Previously, the term “weaning” was used, but this was changed to complementary feeding because there was confusion about its meaning. Some people thought that it meant stopping breastfeeding; others thought that it meant the period during which the child changed from having only breast milk to only family foods.

It is important to give complementary foods after 6 completed months because at this age the baby's guts are mature enough to start digesting additional foods. Furthermore, breastmilk alone is not enough to provide the required amounts of nutrients to the body.

Improving local complementary foods

Good complementary foods are rich in energy, protein, micro-nutrients and are easy for young children to eat and digest. Ingredients for making them must be locally available, safe, affordable and easy to prepare. The traditional cassava, maize or rice porridge recipes, for example, can be improved to increase the nutritional value by:

- Adding pounded groundnuts, beans or dried fish
- Adding shredded or pounded green leafy vegetables
- Adding red palm oil or vegetable oil to increase the energy and nutrition content of the porridge without increasing its bulk (volume).
- Reducing the salt content to a pinch of salt per feed and not more than 4 pinches of salt per day (remember to use iodised salt).

One important benefit of preparing homemade baby food is that you decide exactly what it should contain so that you are sure it is fresh, safe, healthy and affordable.

What you need to know about complementary feeding

Frequency - The food given should be in response to a child's signals of hunger and that the meal frequency and feeding methods are suitable for a child's age (see table 1 on page 5).

Amount - The amount of food given to the young child at each meal should provide sufficient energy, protein and micronutrients to meet the growing child's nutritional needs.

Texture - The food consistency should be thick enough to stay on the spoon and soft enough for the child to eat without difficulty.

Variety – Feeding different types of food that provide different nutrients to meet the child's nutritional needs.

Active feeding - Supervising and encouraging your child to eat enough food at each meal.

Hygiene - Foods should be hygienically prepared, stored and fed with clean hands using clean utensils – bowls, cups and spoons.



Feeding infants and young children

Small children have small stomachs and can only eat small quantities of food at each meal; they also grow very fast and are physically active. Therefore, they need a good combination of the main family dish and other foods that are used to make relishes.

If the child is well fed, he/she will be happier and likely to cry less. The child will remain healthy, will not be sick often and the caregiver will have more time for household chores and other duties.

Introducing new foods to the baby

When introducing new foods, caregivers are advised to give the child one new food at a time, starting with small quantities (See table 1 below) over a 3 to 5 day period. As the child gets used to eating a

new food, the caregiver should add the next new food to the child's diet, starting with small quantities and gradually increasing. Caregivers must be advised to give a new food 30 minutes after giving breastmilk. Allow your child to get used to foods (without too much spices) from the family pot.

Signs of hunger

- Excited at the sight of food
- Sucks or smacks lips
- Opens mouth at sight of food
- Puts fist in mouth or cries
- Leans forward or reaches for food

Signs of fullness

- Turns head away at sight of spoon
- Closes mouth at sight of spoon
- Covers mouth with hands
- Fusses or cries
- Falls asleep

When your child has nausea and is vomiting...

Give small amounts of fluids like clean safe water and beverages like fresh orange juice, lemonade, rice drink and soft foods that contain a lot of nutrients.

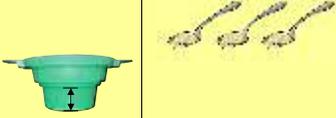
Take the child to the clinic if vomiting continues.

When your child has diarrhoea...

Give soft, mashed, moist foods like soft fruits and vegetables, beverages like rice drink, Oral Rehydration Solution ORS (1 Litre clean safe water, 8 teaspoons sugar and ½ teaspoon of salt)

Take the child to the clinic if diarrhoea continues.

Table 1: Feeding Frequency Chart

Age in months	Frequency	Type of food	Remarks
6 – 9 months	2 to 3 times a day Start with 2-3 full teaspoons per feed 	The food given should be soft, like porridge and mashed fruits and vegetables Porridges should be thick enough so that it does not run off the spoon. 	Continue breastfeeding your baby whenever he or she wants – day and night. Breastfeed your baby up to 2 years or older. Be patient and actively encourage your baby to eat. Do not use feeding bottles to feed your baby. Feeding bottles are very difficult to clean and can make your baby sick with diarrhoea.
9 -12 months	From 9 months onwards, feed your child at least 3-4 main meals a day  Give your young child $\frac{3}{4}$ of a 250 ml cup/bowl at each feed.	By 9 months the young child should be able to eat finger foods such as pieces of ripe mango and pawpaw, banana and vegetables.	Continue breastfeeding until your baby is 2 years or older Give your baby his or her own plate and make sure he or she eats all the food given. This will help you know how much your baby has eaten.
12 –24 months	From 12 months onwards, feed your child 5 times a day (3 or 4 meals and 2 or 1 snack respectively).  Give your young child one 250 ml cup/bowl at each feed.	Cut the food into small pieces so that the child can easily chew and swallow. By 12 months other solid foods and family meals can be given as many times as possible each day.	Continue breastfeeding your child up to 2 years old or beyond. Children eat more slowly than adults, so put the child's portion of the meal in his or her own bowl.
NB: Depending on the child's appetite - 1 or 2 snacks a day may be offered			

PART TWO: FEEDING CHILDREN FAMILY FOODS

Families in Zambia enjoy eating different foods during the year. The more variety they have in the foods they eat at all times during the year, the better the chances of every member of the household to meet their daily nutritional needs.



Staple foods

These are foods such as cassava, rice, millet, sorghum and maize which are often the main dish in Zambia. Generally staple foods provide most of the energy or strength needed for physical and mental activity and growth.



However, the flour from these staples contain little of the other nutrients such as protein; hence the need for the addition of other foods to make a healthy diet. Just like maize flour, cassava root is a good source of energy, but it has very little protein and virtually no vitamins and minerals. For this reason, both maize and cassava root dishes must be eaten with other foods such as groundnuts, beans, fish, eggs and meat.

Legumes



Beans, groundnuts, cowpeas and other legumes provide a lot of protein, fibre, energy, vitamins and minerals for the whole family.

Animal Food



Foods such as fish and eggs (small or large) provide protein, vitamins and minerals (like vitamin A, vitamin B12, iron, zinc and calcium) that the body needs to make healthy bones, teeth and improve the concentration of blood. Meats such as beef, pork or chicken are excellent animal food sources.

Fruits and Vegetables



Fruits and vegetables are also very important for staying healthy. They contain vitamins especially vitamins A, C and B as well as minerals that help the body function properly; they are also important for growth and help the body fight off infections.

There are many different types of fruits and vegetables that are locally available, especially during the rainy season. Fruits that are readily available and good for a child to eat are: Mango, pawpaw, orange, banana, apple and many other local fruits. Green leafy vegetables such as pumpkin leaves, sweet potato leaves, bean leaves and cowpea leaves, amaranthus (Bondwe), rape and many others are plentiful in Zambia. Green leafy vegetables and fruits can also be dried when in season and eaten at times of the year when fresh fruits and vegetables are in short supply.

Fats and Oils



Adding a tablespoonful of red palm oil or vegetable oil to all vegetables and relishes is a very good practice because it gives added nutrition and taste. Oils provide energy in a very concentrated form and are particularly useful for increasing the energy content of young children's meals without increasing the volume or size of the meals.

PART THREE: HOUSEHOLD MEASURES AND USEFUL HINTS

Household Measures

The following are household measures used to prepare the recipes in this book:

Feeding bowl (250 ml)



Cup (200 ml)



Large pot



Bunch of vegetables



2 finger pinch of salt



Small pot



Tablespoon (15 ml)



Teaspoon (5 ml)



The caregiver may opt for either a cup or tablespoon to measure the cooking ingredients, depending on whether he/she is preparing the ingredients in bulk, preparing for more than one child or preparing food for one child for one meal (If you want to prepare less food than the recipes suggests, you can reduce the proportions of ingredients (ask a community health worker to help you calculate the reduced proportions).

When using a cup, use 2 cups of cereal or tuber flour with 1 cup of plant protein source of food (for example 2 cups maize flour and 1 cup bean flour).

Depending on the age of the child, 2-3 heaped tablespoons of flour can be used to prepare a meal for a 6-8 months old baby for instance and 5- 6 heaped tablespoons for a child aged 9 – 24 months.

Processing and storage of complementary foods

When feeding young children, caregivers should be careful to ensure that foods are processed in a manner that the baby can eat without problems. The following explains some simple ways of processing complementary foods for the baby.

Meats and Fish



When meats are cooked in a normal way, it is very difficult for children to eat and benefit from the nutrient supply. Therefore, it is recommended that caregivers should mash the hard relishes if the child is not able to chew. The mashed meats can be mixed with nshima to feed the baby. Caregivers should ensure that small bones and ligaments are removed from meat to avoid choking the baby.

Vegetables should be cut into very small pieces and fed with nshima or added to the cooked porridge.



Vegetables



Legumes

Legumes can also be cooked and mashed to make food for the baby. When they are dry, legumes can also be grounded into flour. The flour processing depends on the type of legumes due to a variety of the properties.

In this book, bean flour processing has been explained (in the recipe section) while the other processes might be obtained from specific booklets discussing the particular legume.



Fruits can be fed as whole if the fruit is ripe, juicy and fleshy for the baby to eat easily. However, if the baby is too young, the fruits can be squeezed off from the juice and feed the juice to the baby.

Caregivers should be careful to remove the small seeds that may choke the baby. All seeds in the flesh of the fruit should be removed.

Caregivers can reduce their workload by bulk processing dry ingredients for making complementary food premixes. Processing larger quantities of food means that caregivers can have sufficient premixes to feed the child up to 2 weeks. The premixed foods must be stored in clean, safe containers.

The caregiver should:

1. Store food and water in covered containers to protect it from dust and pests which carry germs.
2. Use clean utensils to prepare and serve food.
3. Use fresh or wholesome food.
4. Cover cooked food to stop flies from getting onto it.
5. Serve the food shortly after preparation.
6. Caregivers should always wash their hands with soap and water, before food preparation and before feeding the child.
7. Caregivers should wash their hands under running water.

Hygiene
and
sanitation

Hand washing

8. It is important to always wash the child's hands with soap and water immediately before and after feeding.
9. Make sure the child doesn't play with or touch dirt during feeding.



Baby's Teeth

Before teeth appear, wipe baby's gums with a soft clean cloth. As soon as your baby's first tooth appears you can begin to brush your baby's teeth daily and especially before bed. Use a small soft tooth brush.

Lift baby's upper lip once a month to check for early signs of tooth decay. White lines along baby's gum line could be a start of tooth decay. Brown areas along baby's gum line could mean your baby already has tooth decay.

At 12 months you can use a small amount of fluoride toothpaste or ash. Brushing helps prevent cavities. Have baby's teeth checked by a dental professional when your baby is one year old.



PART FOUR: COMPLEMENTARY FEEDING RECIPES



PORRIDGE

Plain porridge does not contain enough nutrients needed for your child to grow well. Moreover, because young children have small stomachs, they need to be fed small frequent meals (at least 3-4 times a day). However these meals need to have a lot of nutrients to meet their daily nutritional needs. The recipes in this section will show you a number of ways in which you can use local foods to add more nutrients to plain porridge.



MILLET PORRIDGE

Ingredients

- 3 heaped tablespoons millet flour
- 2 cups water
- Breastmilk or milk formula
- Salt and sugar to taste

Method

1. Pour water into a small pot and stir in millet flour
2. Cover and bring to boil (add a little more water if too thick to boil)
3. When the millet starts to boil reduce the heat so that the porridge cooks slowly for about 10 minutes stirring frequently
4. Remove from heat and cool stirring a few more times
5. Add breastmilk or formula milk and stir
6. Serve warm

Nutrition Information

- Millet is a good source of energy and is easy to digest.
- Adding breast milk/full cream milk to this millet porridge increases the amount of nutrients in the porridge.
- Milk is high in protein, calcium, vitamin A and many other nutrients necessary for your child to grow well.
- This porridge is smooth and not lumpy, children who are not able to chew properly will enjoy this.



PUMPKIN LEAVES IN CASSAVA AND GROUNDNUT PORRIDGE

Ingredients

- 1 cup cassava flour (*you can also use maize flour or millet flour*)
- ½ cup pounded roasted groundnuts (*or peanut butter*)
- 2 tablespoons chopped fresh or dry pumpkin leaves (*or any other green leafy vegetable*)
- 5 cups water
- Salt and sugar to taste

Method

1. Mix the pounded roasted groundnuts with the cassava flour and salt (*if using peanut butter, add when the porridge is cooked*)
2. Add 2 cups of water to this mixture to make a smooth paste
3. Boil the remaining water in a clean pot
4. Add the paste to the boiling water and mix well until smooth
5. Let it boil gently for 15-20 minutes
6. Add the pumpkin leaves (*or any other green leafy vegetable*) and cook for 4 – 5 minutes
7. Add sugar and serve

NB: *When using dry pounded raw groundnuts:*

1. Put 1 cup of water and pounded groundnuts into a pot and bring to boil
2. Cook the mixture for 5 minutes
3. Add the remaining cups of water to the cassava flour and salt to make a smooth paste
4. Add this paste to the cooked groundnuts and mix well
5. Let it cook for 15-20 minutes
6. Add the green vegetable to the mixture and cook for 4 – 5 minutes
7. Add about a teaspoon of sugar and serve

Nutrition Information

- Cassava is a good source of energy and is a drought resistant root that can grow even when there is very little rain.
- Groundnuts are an affordable and good source of protein needed to build your child's body.
- Green leafy vegetables contain vitamins and minerals necessary for good health.



BEAN LEAVES IN MAIZE AND GROUNDNUT PORRIDGE

Ingredients

- 1 cup maize meal
- ½ cup pounded roasted or unroasted groundnuts
- 2 tablespoons chopped fresh or dry bean leaves (or any other green leafy vegetable)
- 5 cups water
- 1 teaspoon salt

Method

1. Put 3 cups of water and pounded groundnuts into a pot and bring to boil (Cook the mixture for 5 minutes)
3. Add the remaining cups of water to the maize meal and salt to make a smooth paste
4. Add this paste to the cooked groundnuts and mix well
5. Let it cook for 15-20 minutes
1. Add the green vegetable to the mixture and cook for 4 – 5 minutes
2. Add sugar to taste and serve warm

Nutrition Information

- All local green vegetables including bean leaves are a good source of vitamins and minerals.
- The added groundnuts increases both the energy and nutrients of the porridge.
- The thicker the porridge the more energy, vitamins and minerals are in one spoonful compared to a spoonful of thin runny porridge.

Home Gardens

- A home garden can supply a family with a good amount of a variety of foods all year round and the excess can be sold for income to buy other household items.
- Food production is often lowest from the middle of the dry season to the middle of the wet season.
- The start of the wet season is also the time when sickness among young children is most common and they need foods rich in vitamins and minerals for protection.



RAPE IN RICE AND GROUNDNUT PORRIDGE

Ingredients

- 1 cup rice meal (*or millet*)
- ½ cup pounded roasted or unroasted groundnuts
- 2 tablespoons chopped fresh or dry rape (*or any other green leafy vegetable*)
- 5 cups water
- Salt and sugar to taste

Method

1. To make rice meal at home, remove dirt from the rice, wash the rice and pound to break the rice grains. (*this ensures a smoother consistency for your young child to chew and swallow easily*)
2. Mix rice meal with pounded groundnuts and salt
3. Add 2 cups water and mix into a smooth paste
4. Add the remaining water and cook the mixture, stirring constantly
5. When the mixture starts to boil, cover and cook for 15-20 minutes
6. Add the chopped vegetables and cook for 4-5 minutes
7. Add sugar and serve warm

NB: The pounded groundnuts can be replaced with bean flour or flour made from other legumes.

Nutrition Information

- Rice is a good source of energy to give to your baby.
- Groundnuts are high in protein and contain healthy oil. groundnuts have a good aroma and add flavour to porridge.
- Local and traditional green leafy vegetables contain vitamins and minerals such as vitamin A and iron which many children in Zambia lack.

Responsive Feeding Techniques

- Respond positively to the child with smiles, eye contact and encouraging words.
- Feed the child slowly and patiently with good humour.
- Wait when the child stops eating and then offer more food.
- Minimize distractions if the child loses interest easily.
- Stay with the child through the meal and be attentive.



SPINACH AND FISH IN MAIZE MEAL PORRIDGE

Ingredients

- 1 cup maize meal
- ½ cup of pounded fish (*small or large*)
- 2 tablespoons chopped/shredded fresh or dry spinach
- 4 cups water
- Salt and sugar to taste



Method

1. Lightly roast the dried fish for 3-5 minutes before pounding
2. Mix maize meal with pounded fish and salt
3. Add 2 cups water and mix into a smooth paste
4. Boil the remaining water and add the mixture while stirring constantly (add a little water if too thick to boil)
5. When the mixture starts to boil, cover and cook for 15-20 minutes
6. Add the vegetables and cook for 4-5 minutes
7. Add sugar and serve warm

NB: The light roasting of fish helps to reduce the fishy smell and makes it easier to pound.

Nutrition Information

- Fish is an excellent source of protein and is easy to digest.
- Fish is rich in essential oils that will help develop your child's brain.
- Fish contain vitamins and minerals which are important for your child's good growth.

Choosing Fresh Fish

You may choose to use fresh fish instead of dry fish.
Remember the following points when choosing fresh fish:

- Smell – the fish should not have a bad smell.
- Eyes – should be firm, clear and sticky when you touch
- Gills – should be red and not sticky or slimy when you touch
- Stomach – should not be sunken, soft or open.
- Skin – should be moist and shiny
- Scales – the scales should not be easy to remove from the skin.
- Flesh – should not be soft and should not leave the mark of your finger when you press.



LUBANGA/SUNTHA IN MAIZE MEAL PORRIDGE

Ingredients

- 1 cup maize meal
- 2 tablespoons chopped/shredded fresh or dry lubanga/sunta (or any other green leafy vegetable)
- 1 tablespoon cooking oil
- 5 cups water
- 1 teaspoon salt
- Sugar to taste

Method

1. Mix the maize meal with 2 cups water to make a paste
2. Boil the remaining water, add the paste and mix well
3. Allow to boil for 15-20 minutes or until cooked
4. Add the chopped vegetable and cook for about 5 minutes
5. Add cooking oil and mix
6. Allow to cool and serve warm

Nutrition Information

- Lubanga/Suntha known as cat whiskers in English is a good source of vitamins and minerals just like any other green leafy vegetable.
- Introduce your child to as many local green leafy vegetables as possible; different kinds of foods have different nutrient concentrations, eating a variety of foods is therefore necessary in order to obtain a lot more nutrients in the diet.

Serve one type of vegetable, 2 or 3 times before moving on to another vegetable to give your child time to get used to the new food.

Iodised Salt

- Iodine helps the brain and body function properly. It is essential to the healthy development of unborn babies and young children.
- A sign of a serious lack of iodine in the diet is the swelling of the front neck, called goitre.
- In Zambia, iodine is found in iodised salt.
- Make sure that the salt you buy carries the label 'iodised salt.'
- Add two finger pinch of iodised salt to your child's food when it is nearly cooked.



MORINGA BEAN PORRIDGE

Ingredient

- ½ cup roasted beans (or any other legume)
- 1 teaspoon moringa leaf powder
- ½ cup maize meal
- 5 cups water
- 1 teaspoon salt
- Sugar to taste

Method

1. Pound the roasted beans, sieve and make flour
2. Heat 3 cups water in a pot
3. Mix maize meal, bean flour, moringa leaf powder and salt together
4. Add 3 cups of water to make a paste
5. Add this paste to the hot water in the pot and allow to boil gently until cooked
6. Add sugar to taste
7. Serve warm

Nutrition Information

- Moringa, unlike most of the other green leafy vegetables, contains a much higher amount of protein, vitamins and minerals in one teaspoon than a teaspoon of most vegetables.
- This meal is good especially for children who have lost a lot of weight or are recovering from an illness.
- Beans are a good source of protein needed for good growth and development.
- Beans also add bulk (volume) to the porridge; thus increases the energy content of the porridge. This is good for children who need to gain weight to catch up on good growth

Feeding A Child During Illness

- If the child is still breastfeeding, give the breast more often, for a longer time, day and night.
- Give the child small feeds more often than usual.
- Give the child soft foods and foods that they like. Try not to feed the child with the same food.
- Encourage the child and assist them to eat.
- Increase the amount of food and encourage the child to eat as much as possible for at least one week after the illness is over.



CASSAVA, MAIZE AND BEAN PORRIDGE

Ingredients

- ½ cup bean flour (if already available) Or
- 4 cups raw beans (to prepare bean flour)
- ½ cup cassava flour
- 1 cup maize meal (*Preferably unrefined maize meal flour e.g. roller meal*)
- 2 teaspoons palm oil or cooking oil
- 6 cups water
- Salt and sugar to taste

Method

Preparation of bean flour

Option 1:

1. Remove all dirt from the beans and wash with clean water
2. Roast the beans for 5-10 minutes or until the grains are cracked (*Stir frequently and make sure the heat is not too much*)
3. Cool the roasted beans on a flat tray or basket (*Cooling makes it easier to remove the husks*)
4. When the roasted beans are cool remove the husks by lightly pounding in a mortar using a pestle or crack the beans on a flat rough concrete surface with a stone
5. Winnow to remove the husks from the beans

Option 2:

1. Remove all dirt from the beans and wash with clean water
2. Boil the beans in water until soft enough to peel (30-40 minutes)
3. Remove the outer skin and partially dry the beans
4. Pound, sieve and dry the flour well

Preparation of cassava, maize and bean flour porridge

1. Add 3 cups water to the bean, cassava and maize flour and salt mixture in a pot, mix well to make a paste
2. Boil the remaining 3 cups of water and add the paste
3. Cook the mixture for 20 – 25 minutes
4. Add palm oil and about 1 teaspoon sugar to taste

Nutrition Information

- Beans are an affordable source of protein which you can add to your child's porridge to increase the amount of nutrients as well as the volume of porridge.
- When preparing bean flour for your baby's porridge it is good to remove the outer layer because it is too high in fibre which can make it difficult for your baby to pass stool. Removing the outer layer also ensures that the porridge is nice and smooth.
- Palm oil is a better source of vitamin A than cooking oil, add this oil to your child's porridge as often as you can.



PUMPKIN IN MAIZE MEAL PORRIDGE

Ingredients

- ½ medium pumpkin (*or butternut*)
- ½ cup maize meal
- 3 tablespoons peanut butter
- 2 litres of water
- ½ teaspoon salt
- Sugar to taste (optional)

Method

1. Wash and peel the pumpkin
2. Cut the pumpkin into small pieces, put into a pot and add the water
3. Cook until soft
4. Add maize meal and cook for 20 minutes adding water as needed to allow the mixture to boil properly
5. Add peanut butter and simmer for 5 minutes
6. Allow to cool and serve warm

Nutrition Information

- Adding peanut butter and pumpkin to maize meal porridge not only makes this meal tasty but also makes it high in energy, vitamins and minerals.
- If the pumpkin is sweet enough do not add sugar; too much sugar is not good for your child's health.



MORINGA IN MILLET AND GROUNDNUT PORRIDGE

Ingredients

- 1 cup millet flour
- ½ cup pounded groundnuts
- 2 tablespoons lemon juice
- 1 teaspoon moringa leaf powder
- 5 cups water
- Salt and sugar to taste

Method

1. Mix the pounded groundnuts, millet flour, and 2 cups water to make a paste
2. Put the paste into a pot of boiling water and mix well
3. Cover the pot and cook for 15-20 minutes
4. Add lemon juice and moringa leaf powder towards the end of the cooking process
5. Remove pot from the heat and add sugar
6. Allow to cool and serve warm

Nutrition Information

- Moringa leaf powder is readily accessible at any food market or you can grow the moringa tree at your home or farm. This plant is very high in vitamins and minerals.
- A teaspoon of moringa contains a lot more nutrients than a teaspoon of most of the other vegetables.
- The groundnuts and lemon juice provide more vitamins and minerals and improves the taste and smell of this meal.



SOYA AND SWEET POTATO PORRIDGE

Ingredients

- 1 cup soya bean flour
- 2 cups sweet potato flour
- 1 litre of water
- 1 teaspoon salt
- Sugar to taste

Method

1. Wash, peel and cut the sweet potatoes into small pieces
2. Put in a pot and add 1 litre of water
3. Boil until the potatoes are soft
4. Add 1 cup soya bean flour and 2 cups of cold water (if the water in the cooked potatoes is not enough)
5. Mix well and boil for 15 minutes

Nutrition Information

- Soya, like beans, cowpeas and groundnuts, are a good source of plant protein, iron and other nutrients.
- Sweet potatoes also have a lot of energy, vitamin A and minerals, especially orange fleshed sweet potatoes.
- This is a great meal for children who do not eat meat or meat products.



MILK AND OIL IN MAIZE MEAL PORRIDGE

Ingredients

- 1 cup maize meal
- ½ cup full cream milk
- 1 tablespoon cooking oil (*or margarine*)
- 5 cups water
- Salt and sugar to taste

Method

1. Mix the maize meal, salt and 2 cups water and mix to make a paste
2. Boil the remaining water in a pot and add the paste
3. Stir constantly until it starts boiling, then cover and cook for 15-20 minutes
4. Reduce the heat, add the milk and allow to cook for about 3 minutes
5. Add cooking oil and sugar to taste
6. Allow to cool and serve

Nutrition Information

- Milk is an excellent source of protein, different kinds of vitamins and minerals. You can either add breast milk or animal milk to this recipe.
- Margarine or cooking oil adds flavour to this recipe and increases the energy content of the porridge without increasing the volume or bulk of the porridge.
- For children who have lost weight and need to catch up on growth, this recipe is recommended.

Adding Fats and Oils to Porridge

- The addition of fats and oils to porridge not only gives extra energy without adding volume but also makes porridge and other staples thicker and easier to eat.
- If a large amount of oil is added, the child may become full before they have eaten all the food. This means they may get the energy from the oil but less of the other nutrients because they eat less food overall.
- If a child is growing well, extra oil is usually not needed. A child who takes too much oil or fried foods can become overweight.



EGG IN MAIZE MEAL PORRIDGE

Ingredients

- 1 cup maize meal
- 1 egg
- 5 cups water
- Salt and sugar to taste

Method

1. Bring 3 cups water to boil
2. Mix maize meal, 2 cups water and salt to make a paste
3. Add this paste to the boiling water, mix well and boil for 20 minutes
4. Beat the egg and add it to porridge when almost ready
5. Let the porridge boil for 2 minutes, then remove from heat
6. Add sugar and serve

Nutrition Information

- Adding egg to porridge is a good way of increasing the protein, vitamins and minerals in the meal ensuring that the baby gets a lot more nutrients in one spoonful of porridge.
- Eggs contain the same type of protein, vitamins and minerals in meat and fish but are cheaper.



MASHED FOODS

Mashed or puréed foods are foods that are not prepared with cereal grains like porridges but can be mashed and made soft like porridge. Such foods include locally available ripe fruits and boiled roots and vegetables. Just like plain porridge, these foods can also be mixed with other local foods that are high in energy and nutrients to provide a variety of healthy meals for your child. Fruits and vegetables are usually easier to prepare into mashed foods and are available at the market or you can grow them in your backyard.



SOFT VEGETABLE MASH

Ingredients

- ½ medium butternut (or pumpkin)
- 1 handful green beans
- ½ cup breastmilk/milk formula
- 5 cups water

Method

1. Cut the butternut and green beans into small pieces
2. Boil for about 10 minutes in the water just enough to cook
3. Mix with breast milk or milk formula as needed to form a smooth mash
4. Allow to cool and serve

NB: For young children without teeth yet, it is important to make sure you crush the vegetables (especially the green beans) thoroughly so that it has no big lumps.

Nutrition Information

- For your baby to get as many nutrients as possible, boil vegetables in a little water and cook just until they are soft.
- Different colours of vegetables have different amounts of nutrients, therefore feeding your baby these vegetables together provides a higher amount of nutrients than when each vegetable is eaten alone.



POTATO AND CARROT MASH

Ingredients

- 4 medium sized carrots
- 3 tablespoons margarine
- 2 large potatoes
- 1 tablespoon orange juice
- 5 cups water

Method

1. Peel the carrots and potatoes
2. Rinse and cut into small even sized pieces
3. Put into a pot and cover with the water
4. Bring to boil and simmer with a lid on for about 20 minutes or until soft
5. Drain and return to the pot briefly to dry off
6. Mash the boiled potatoes and carrots in the pot; add a tablespoon of orange juice with margarine.
7. Mix until smooth and creamy
8. Cool and serve



Nutrition Information

- Potatoes and carrots are high in vitamins and minerals necessary to protect your child's health.
- Carrots also add colour to the mash which may improve your child's appetite.
- Boil vegetables until just cooked or soft enough to mash so that you do not lose a lot of nutrients.

Remember to mash (preferably with a blender) to a smooth paste especially for younger children. If you do not have a blender, mash as much as you can by hand until smooth.



MASHED ORANGE-FLESHED SWEET POTATO WITH MILK

Ingredients

- 1 cup mashed orange-fleshed sweet potatoes
- ½ cup full cream milk
- 2 cups water
- 1 teaspoon peanut butter
- A pinch of salt and sugar to taste

Method

1. Place the orange-fleshed sweet potatoes in a pot; add the water and a pinch of salt
2. Bring it to boil until well cooked
3. Mash the potatoes to fill 1 cup
4. Place the mashed potatoes in a bowl, add the milk and mix well
5. Feed mixture to the child while it is still warm

Variation: if margarine is available, add 2 teaspoons of margarine to improve the energy value of the meal.

Nutrition Information

- Full cream milk is a rich source of protein, and provides a lot of energy for your child's good growth.
- In addition to other vitamins and minerals, orange-flesh sweet potatoes and full cream milk contain a lot of vitamin A which will help improve your child's eye sight, develop teeth and bones, and help fight infections.

How Infections Prevent Good Nutrition in Children

- A child who is ill often has a poor appetite, they are less hungry than normal and eat less.
- Some infections make eating difficult. If the child has a sore mouth, or a blocked nose, or if breathing is a problem, eating too becomes a problem.
- Some infections reduce the absorption of nutrients from the gut. For example, during diarrhoea the lining of the gut may become damaged, and may not be able to absorb nutrients well.
- Infections increase the need for more nutrients. For example a child with measles needs more vitamin A.
- When the body does not get enough food, it breaks down its own tissues to provide nutrients that it needs. The child loses weight; becomes thin and stops growing properly.



SWEET POTATO MASH

Ingredients

- 2 small sweet potatoes
- 2 tablespoons pounded roasted groundnuts or peanut butter
- 1 small pawpaw
- 4 cups water
- Salt to taste

Method

1. Wash potatoes and peel them
2. Cut into small pieces, put in a sauce pan, add water and a pinch of salt to taste
3. Bring to the boil until soft and then mash them
4. Add the groundnut paste to the mashed potatoes
5. Keep on stirring until a smooth mash is formed
6. Wash and peel the ripe pawpaw, remove seeds and mash it
7. Add to the potato mash and mix well
8. Serve warm

Nutrition Information

- Paw paws are not only a good way to sweeten baby foods, they also contain a lot of vitamins and minerals which the baby needs to grow well
- Make sure that the pawpaw is ripe and not too hard to mash
- Groundnuts add protein and healthy oil to this mash, this increases the amount of nutrients and energy.



ORANGE FLESHED SWEET POTATOES WITH COWPEA MASH

Ingredients

- 2 cups peeled orange-fleshed sweet potatoes
- ½ cup cooked and dehulled cowpeas
- 4 cups water
- 1 tablespoon cooking oil
- A pinch of salt to taste

Method

1. Place 2 cups of peeled sweet potatoes in a pot
2. Add the water, 1 tablespoon cooking oil and a pinch of salt
3. Boil until soft
4. Add the cooked and dehulled cowpeas to the cooked sweet potatoes
5. Mash to a smooth paste
6. Cool and serve as a dish

Nutrition Information

- The ingredients in this meal are high in energy and nutrients
- Note that your child's digestive tract is still maturing, it is important to dehull legumes (remove the outer skin of legumes to reduce the amount of fibre in the meal) to make it easier for your baby to pass stool
- This recipe is also good for children who need to gain weight to catch up growth.



PUMPKIN AND GROUNDNUT MASH

Ingredients

- 2 cups peeled and diced pumpkin (or butternut)
- 3 tablespoons pounded roasted groundnut
- 2 cups water
- A pinch of salt to taste

Method

1. Wash the pumpkin (or butternut squash) and peel off the skin
2. Cut into pieces and cook until half cooked or slightly cooked
3. Add the groundnut and a pinch of salt
4. Cook until soft enough to mash
5. Mash and serve while warm

Nutrition Information

- Pumpkins are a good and affordable source of energy, vitamins and minerals.
- Pumpkins also contain natural sugars which add flavour to this meal. You may not even have to add sugar if the pumpkin you have selected is sweet enough.



SWEET POTATO CUSTARD

Ingredients

½ cup mashed sweet potato

½ cup milk /breast milk (optional)

1 egg yolk

1 teaspoon orange juice

Method

1. Mix the mashed sweet potato, milk and egg yolk in a pot
2. Cook over medium heat stirring constantly until thick
3. Remove from heat and stir in orange juice

Nutrition Information

- This mash is high in energy and protein.
- It is good especially for much younger children 6-9 months old because it is smooth and easy to swallow for children who are just starting to eat additional foods to breastmilk.
- It can be served to older children as a snack after a main meal with a variety of foods.

LEEK AND POTATO SOUP

Ingredients

- 3 medium sized potatoes, peeled and diced
- 2 leek bulbs, washed and sliced
- 2 tablespoons cooking oil
- 1 small onion, chopped
- ½ cup milk
- 1 tablespoon corn (maize) flour
- ½ teaspoon salt
- 3 cups water

Method

1. Heat the oil in a large pan and fry the onions without browning.
2. Put the potatoes in the pan and add the leeks
3. Add the water and stock cube to the pan.
4. Simmer with the lid on for 20-30min until cooked
5. Mix the milk and corn flour until smooth
6. Pour into the soup stirring until it thickens
7. Add salt, allow to cool and serve

NB: Thoroughly wash the leek by trimming the ends off, slicing and putting them into a colander over running water



SWEET POTATO AND GROUNDNUT MASH

Ingredient

- 1 cup sweet potato flour
- ½ cup pounded roasted groundnuts
- 4 cups water
- A pinch of salt

Method

1. Mix sweet potato flour with roasted groundnuts
2. Put the mixture into a pot and add water
3. Bring to boil while stirring
4. When the mixture starts to boil, cover and cook for 15-20 minutes

Preparation of sweet potato flour

- Peel the sweet potatoes and wash
- Cut into chips and dry
- Pound and sieve to get flour

Nutrition Information

- Sweet potatoes especially the ones that have an orange colour have a lot more vitamins and minerals which will help your child grow well.
- Groundnuts are also high in energy and healthy oils; they also make the food tasty and give it a good smell.

Some Disadvantages of Commercial Baby Food

- They are very expensive for many families.
- Some commercial baby food labels often recommend giving them before the baby is 4 months old. This is too early and may interfere with breastfeeding among other disadvantages.
- Some foods may need only water to prepare them, so the food is not cooked. If the water is contaminated, it may make the child sick.
- Some foods such as strained vegetables, are not rich in some important nutrients.
- These foods may be useful 'convenience' food occasionally for families that can afford them. But they should not replace home-made complementary foods.

ORANGE-FLESHED SWEET POTATOES WITH BEAN MASH

Ingredients

- 3 large peeled and diced orange-flesh sweet potatoes
- 2 cups cooked beans (without the outer skin)
- 1 tablespoon cooking oil
- 5 cups water
- 1 teaspoon salt

Method

1. Place the peeled and diced sweet potatoes in a pot
2. Add enough water, salt to taste and 3 tablespoonful oil
3. Boil until soft

Preparing the Puree

1. Add the cooked sweet potatoes to the cooked beans
2. Mash to a smooth paste
3. Cool and serve as a dish

Nutrition Information

- Sweet potatoes especially the ones that have an orange colour have a lot more vitamins and minerals which will help your child grow well.
- Beans are also a good source of protein and energy and are cheaper to buy than animal sources of protein.



PUMPKIN AND AVOCADO MASH

Ingredients

- 1 cup of chopped pumpkin
- ½ medium avocado pear
- 4 cups water
- Sugar to taste (optional)



Method

1. Peel the pumpkin, cut into small pieces and cook in little water until soft
2. Mash pumpkin and add a little water (if necessary) to make it soft
3. Add mashed avocado, mix well and warm for a few minutes in a bowl of hot water.

Nutrition Information

- Pumpkins are a good and affordable source of energy, vitamins and minerals.
- Pumpkins also contain natural sugars which add flavour to this meal. You may not even have to add sugar if the pumpkin you have selected is sweet enough.
- Avocado is rich in healthy oils as well as vitamins and minerals
- Avocados are also very flavourful, therefore may improve the taste of this mash and also your child's appetite, especially when sick.



RELISHES

The relish recipes in this section are relishes that are enjoyed by many Zambian families. After 6 completed months, your child can start getting used to the foods the whole family enjoys. These relishes are high in protein, vitamin A, and Iron which are some of the key nutrients that many children in Zambia lack. Make sure not to give these relishes alone, include rice or nshima for energy and for your child to stay full until the next meal.



KAPENTA WITH GROUNDNUTS

Ingredients

- 1 cup dry kapenta
- ½ cup peanut butter
- 1 medium onion
- 2 medium tomatoes
- 1 cup water (*for boiling kapenta*)
- Salt to Taste

Method

1. Wash kapenta in hot water
2. Boil kapenta for 10 minutes
3. Put the tomatoes in hot water for 3 minutes and remove the skin
4. Chop the onions and tomatoes
5. Add the peanut butter to the kapenta, mix well then add the chopped onion and tomato
6. Allow to cook for 5 minutes
7. Serve with nshima

Nutrition Information

- Small fish like kapenta are a good source of protein, vitamins, minerals as well as essential oils needed for the development of your child's brain.
- Serve your child this relish with little lumps of nshima for more energy and to keep your child full until the next meal.

FISH IN CASSAVA LEAVES (KATAPA)

Ingredients

- 1 large bunch fresh cassava leaves
- 1 large tomato, grated
- 3 tablespoons cooking oil or palm oil
- 2 small onions, chopped
- ½ cup boneless fish, minced/shredded
- ½ teaspoon soda (optional)
- 1 cup pounded groundnuts (optional)
- 1 litre water
- 1 teaspoon salt to taste

Method

Preparing the fish

- Smoked, dry or salted fish – Soak in cold water for 2 hours, debone and shred to small pieces
- Fresh fish – gut the fish and boil for a short time. Debone and shred to small pieces

Preparing the cassava

1. Select young and tender cassava leaves
2. Remove leaves from stalks
3. Wash in cold water to remove dirty particles
4. Pound until all the leaves are broken in tiny pieces
5. Put the pounded leaves, onions, groundnuts and cooking oil (or palm oil) in a pot and add the water

6. Boil until the cassava leaves become soft
7. Add the fish and salt to taste
8. Cover the pot and continue to cook for 15 minutes
9. Serve with nshima or rice

Nutrition Information

- This dish is high in energy, protein as well as vitamins and minerals such as vitamin A and iron necessary to keep your child healthy.
- Small fish that are eaten whole such as kapenta are a good source of protein, vitamin A and minerals like iron, calcium, phosphorus and magnesium, needed for strong bones and teeth and the development of your child's brain.

The Amount of Iron a Child Absorbs From Food Depends On:

- The amount of iron in the food.
- The type of iron (iron from meat and fish is better absorbed than iron from plants).
- The types of other foods present in the same meal (some increase iron absorption others reduce absorption).
- Whether the child has anaemia (more iron is absorbed if child is anemic).

Iron absorption is reduced by:

- Drinking tea and coffee when eating meals
- Foods high in fibre
- Foods rich in calcium



PEANUT BUTTER CHICKEN

Ingredients

- 1 cup shredded boneless chicken
- 3 tablespoons of cooking oil
- 2 tablespoons of peanut butter
- 1 medium sliced onion
- 1 medium chopped tomato
- 1 cup water
- Salt to taste

Method

1. Fry the chicken in oil until brown and put aside
2. Chop the tomato and onion into small pieces and fry (*in the same oil*) to make a sauce
3. Make a light groundnut paste using water
4. Add the chicken and groundnut paste to the onion and tomato
5. Stir well until the chicken boils for 10 minutes

NB: Ensure that there are no small bones in the pieces of chicken as these may choke your baby.

Nutrition Information

- Chicken is a good source of animal protein, vitamins and minerals which are needed for your baby to grow healthy.
- Groundnuts are high in plant protein and contain healthy oils which increases the energy and nutrient content of this relish,
- A small portion of this relish contains a lot more nutrients than plain chicken in sauce.

Roasting groundnuts to make peanut butter at home

1. Add 1 teaspoon of salt for every 1 kg groundnuts.
2. The clean-shelled nuts must be roasted slowly and evenly on low heat. Care must be taken to avoid burning the nuts.
4. After roasting, cool and remove the skin to reduce the fibre content.
5. Sprinkle water over the groundnuts to make it easier to remove the skin.
6. Winnow
7. Pound until fine and oily.
8. Store in tight fitting containers to use for cooking or as a spread on bread.



GROUNDNUT SAUCE

Ingredients

- ½ cup finely chopped onion
- Crushed garlic cloves
- 1 tablespoon cooking oil
- ½ cup boiling water
- 1 cup peanut butter
- ½ medium lemon juice and rind
- 1 tablespoon grated fresh ginger
- 1 tablespoon honey or sugar
- 1½ cups milk
- ½ teaspoon black pepper

Method

1. Fry the onions and garlic in oil until golden brown
2. Add the other ingredients except milk
3. Cook the sauce on medium heat until smooth
4. Slowly pour in the milk while stirring gently
5. Cook for a few more minutes
6. Serve while still warm

Nutrition Information

- This groundnut sauce can be served with nshima, rice, potatoes or bread that will keep your baby full for longer.
- Groundnuts are a good source of healthy oil, protein, vitamins and minerals needed for the good growth of your baby.

BONDWE IN LEGUME MILK

Ingredients

- 1 cup soya milk Or
- 2 cups wet treated soya beans
- 1 cup chopped bondwe or any other green leafy vegetable
- 1 medium onion
- 1 medium tomato
- 1 teaspoon Soda (optional)
- Salt to Taste
- Water

Method

Preparing the soya bean milk (Any other legume can also be used including cowpeas)

1. Pound the soya beans to a fine pulp
2. Put in a bowl and add 2 cups water
3. Squeeze through mutton cloth or fine sieve
4. Collect the liquid in a jar and store in a cool place away from heat

Adding the vegetable

1. Boil the bondwe in little water for about 5 minutes
2. Drain the water
3. Add the soya milk and salt and cook until almost done
4. Add onion and tomato and cook until well done

Nutrition Information

- Locally available green vegetables contain a lot of vitamins and minerals which are good for your child.
- Remember not to boil vegetables in a lot of water, use just enough water to allow the vegetables to cook, and do not boil for too long as this will remove most of the nutrients when the water is drained.
- Legume milk like soya milk contains a lot of proteins, vitamins and minerals.

How To Make Bambara Milk

If you do not have soy milk or soya, you can prepare legume milk using Bambara nuts as follows:

Ingredients

- 2 Cups wet treated cowpea nuts
- 2 cups water
- 1 teaspoon sugar
- salt to taste

Method

- Pound the bambara nuts into a paste
- Put the pounded bambara paste into a bowl and then add water
- Squeeze the bambara paste through a clean mutton cloth to obtain bambara milk
- Add sugar and salt to the bambara milk
- Boil the bamabara milk for 10 minutes
- Cool the bambara milk
- Serve as a drink or use in the above recipe



FISH AND SWEET POTATO LEAVES

Ingredients

- 4 tablespoons of shredded/pounded fish (big or small fish)
- 2-4 teaspoons shredded/pounded fresh or dry sweet potato leaves (or any other green leafy vegetables)
- 2 tablespoons of palm oil or cooking oil
- 1 medium tomato
- ½ medium onion
- A pinch of salt
- ½ cup water

Method

1. Chop the tomato and onion into small pieces
2. Put the oil in a pan and fry the onion and tomato for 4-5 minutes
3. Add the fish
4. Add the vegetables and salt
5. Add water if too dry
6. Cook for 4-5 minutes

Nutrition Information

- You can serve this relish with nshima, rice or a piece of bread to give your baby more energy and nutrients.
- Mixing local vegetables like sweet potato leaves with fish or meat is a good way of adding more nutrients to your child's food.
- When preparing food for your child, choose to use palm oil if available as it contains a lot more vitamin A than many other types of cooking oil.



OKRA WITH GROUNDNUTS

Ingredients

- 5 large chopped okra or 2 cups raw chopped wild okra
- 2 tablespoons pounded roasted or unroasted groundnuts
- 1½ cups water
- A pinch of soda (optional)
- A pinch of salt

Method

1. Put the chopped okra into a pot and add and a pinch of soda if the okra is too hard
2. Add the sliced okra and cook for 8-10 minutes while stirring
3. Add the pounded groundnuts and cook for a further 5 minutes
5. Serve with soft nshima

Nutrition Information

- This relish is soft, smooth and easy to swallow; good for small children whose teeth are still developing.
- You may also give this relish to children who are sick, have lost a lot of weight or are too weak to chew.



BEVERAGES

Beverages are useful for quenching your child's thirst especially when the weather is hot. Beverages that are high in nutrients are also good for children who are not able to chew food e.g. children who are sick. Homemade beverages using local foods are better than commercial (purchased) beverages because most commercial beverages contain a lot of sugar or salt or chemicals (usually added as preservatives) which might cause health problems to the baby. Remember to continue breastfeeding as breast milk is also a beverage high in nutrients needed for good growth.

SWEET POTATO DRINK (MUNKOYO)

Ingredients

2 cups sweet potato flour

1 cup of maize meal (preferably whole maize flour)

1 cup malted (maize, finger millet or sorghum) flour

12 cups water

Sugar to taste

Method

1. Mix 1 cup of the whole maize flour with 2 cups of cold water
2. Add 5 cups of boiled water and stir constantly
3. Put the mixture in a pot, cover and cook for 15 minutes
4. Add 3 cups of water to 2 cups of Orange flesh sweet potato (OFSP) flour and make a smooth paste
5. Add this OFSP paste to the cooked maize porridge and mix well
6. Add 10 more cups of water to this mixture
7. Cook until the mixture starts to boil gently
8. Cover and let it cook for 5 minutes
9. Allow the porridge to cool and then add the malt
10. Leave the porridge to ferment for 12 hours
11. Boil the porridge for about 10 minutes and take the porridge off the heat
12. Cool and sweeten with sugar according to taste

Nutrition Information

- Fermented drinks will help your child digest foods easily.
- When your child digest foods easily, they absorb a lot more nutrients for the body to use.
- Give this drink to your child after a meal when he/she is thirsty or after breastfeeding.
- Remember to use clean safe water to prevent diseases such as diarrhoea.

Treating Water With Chlorine

- Fill your closed container with water. Measure the correct amount of chlorine for your containers by using the lid of the chlorine bottle.
- For a 20 litre container, fill the centre of the chlorine lid once and pour it into the container with the water. For a 5 litre container, fill the outer rim of the chlorine lid two times. For a 2.5 litre container fill the outer rim of the chlorine lid once.
- After adding chlorine, shake the container and then wait for 30 minutes before drinking the water. When you want to use it, pour out of the water container, do not scoop water out of the container with hands or a cup as this might re-contaminate the water.

ORANGE-FLESH SWEET POTATO WITH LEMON JUICE

Ingredients

- 3 medium-sized orange-flesh sweet potatoes
- 1 litre warm water
- 1 cup sugar
- 2 tablespoons lemon juice
- 1 teaspoon grated lemon rind
- 1 ½ cups of orange or pineapple juice

Method

1. Wash, peel and dice the sweet potatoes
2. Boil in the water until soft enough to mash
3. Mash to a fine paste
4. Put the mashed potato over a sieve
5. Pour the warm water over the mashed potato
6. Add grated lemon rind and juice in the sieved potato juice
7. Add in orange or pineapple juice extracts as an essence
8. Add in sugar
9. Sieve to remove other debris
10. Put over fire to mix and heat to just below boiling
11. Refrigerate or cool and serve cold

Nutrition Information

- This juice is high in a lot of vitamins and minerals such as vitamin C.
- Vitamin C makes it easier for the body to absorb iron in foods.
- Give this drink to your child after a meal when he/she is thirsty.

Making Water Clear Using the Two Pot Method

- Collect fresh water in a clean covered container. Leave it to stand for 1 full day. During that time most of the dirt in the water will settle at the bottom of the container.
- The next day transfer the clear water from the top part of the container into a narrow necked container using a clean cup.
- Store the water in a clean covered container. Scoop water out with a clean container.
- NOTE: This method helps make water clear and free of visible dirt but does not kill germs that may be in the water. Boiling the water for 15 minutes after transferring it to the second container or using chlorine will kill the germs.



LEMONADE

Ingredients

4 large lemons

Sugar to taste

1 litre water

Method

1. Wash the lemons and cut in half
2. Squeeze the lemons in a clean bowl
3. Remove any seeds that may have fallen in the juice with a clean spoon
4. Add 2 cups water in the lemon juice collected and stir
5. Add sugar and stir until most of it has dissolved
6. Pour into a cup and cool before serving

Nutrition Information

- Lemons are a good source of vitamin C and adds flavor to many foods and drinks.
- The vitamin C in this drink will help your child's body fight colds and flu and will help absorb iron from the food.
- Some children may not like the strong lemon flavor at first. Start by giving 2-3 teaspoons and increase gradually if your child likes it



WARM MILK

Milk can be warmed and be fed as a beverage or as a snack for the child.

Nutrition Information

- Milk alone can provide your child with a lot of energy, protein, vitamins and minerals needed for good growth.
- Boiling milk for too long will destroy the nutrients; make sure that you remove from the heat shortly after it has just boiled.

MABUYU (CHIBUYU) DRINK

Ingredients

3 medium Mabuyu (chibuyu)

5 cups water

Sugar to taste



Method

1. Remove the mabuyu seeds from the pods
2. Soak the seeds in water for 3 hours
3. Stir and drain the seeds
4. Add sugar to taste

Nutrition Information

- This drink is high in a lot of vitamins and minerals such as vitamin C.
- Vitamin C makes it easy for the body to absorb iron in foods and will help your child fight colds and flu.
- Give your child this juice after a meal or after breastfeeding.

MUNKOYO DRINK

Ingredients

- 1 bundle of pounded munkoyo roots
- 3 cups maize meal or finger millet flour
- 1 cup soya bean flour
- 1 cup sugar
- 25 cups water

Method

1. Bring the water to boil
2. Mix maize meal (or finger millet) and soya bean flour
3. Add the mixture slowly to the boiling water and stir
4. Let it boil until it is cooked
5. Remove from heat
6. While the porridge is still warm, add the pounded munkoyo roots
7. Let it cool
8. Sieve the mixture and let it stand for 1 day
9. Add sugar before drinking (optional)

Nutrition Information

- Fermented drinks will help your child digest foods easily.
- When your child digest foods easily, the body can absorb a lot more nutrients.



ORANGE JUICE

Ingredients

2 large oranges

1 cup water, boiled and cooled

1 tablespoon sugar

Method

1. Bring water to boil and let it cool
2. Squeeze oranges in a bowl
3. Add the orange juice to the water
4. Add one tablespoon sugar
5. Serve as is or cool further before serving

Nutrition Information

- Oranges are a good source of vitamin C which helps to fight colds and flu.
- You can also give your baby pieces of orange alone (without seeds) as a snack.
- It will be good to make this drink for your child when the weather is hot in order to also quench your child's thirst.

KAWAWASHA DRINK

Ingredients

- 4 cups kawawasha fruits
- 8 tablespoons sugar
- 2 litres water

Method

1. Peel the Kawawasha
2. Put cold water in the jar and add in the Kawawasha and sugar
3. Let it boil for 30 minutes
4. Serve warm

Nutrition Information

- This juice is high in a lot of vitamins and minerals such as vitamin C.
- Vitamin C makes it easy for the body to absorb iron in foods.

RICE DRINK

Ingredients:

- 1 cup of rice
- 1 tablespoon honey
- 1 Litre of water
- 1 cinnamon stick
- The rind of lemon

Method:

1. Wash the rice
2. Boil the water together with the lemon rind and the cinnamon stick for a few minutes
3. Pour this water on the rice and soak for 1 hour
4. Grind the rice until the mixture becomes milky
5. Sift to separate the solids (which can be utilised to prepare soups or hamburgers) from the liquid
6. Stir in the honey in order to sweeten the rice milk
7. Serve cold (if warmed up it becomes thick because of the high starch content)

Nutrition Information

- Rice milk can be used anytime as a refreshing and healthy drink
- It is especially useful in case of diarrhea as it helps reduce the problem.
- Rice milk supplies water and minerals (especially potassium) to replace the loss caused by diarrhea.
- Although this drink is called rice milk, its composition is not comparable to cow's milk.

More About Beverages

- Too much fruit juice may cause diarrhoea and may reduce the child's appetite for foods.
- Drinks that contain a lot of sugar may actually make the child thirstier as the body has to deal with the extra sugar.
- If packaged drinks are available in your area, find out which ones are pure juices and which ones have added sugar. Soft drinks are not good for young children.
- Tea and coffee reduce the iron that is absorbed from foods. If they are given, they should not be given at the same time as food or within two hours before or after food.
- Drinks should not replace food or breastfeeding. Drinks can fill up the child's stomach so that they do not have room for foods.
- Clean, safe water should be offered to the child several times a day to ensure that the thirst is satisfied.



FINGER FOODS

Finger foods are slightly hard foods that your child can eat alone as a snack. Healthy finger foods for children are important for extra nutrients and energy. Every time a child wishes to snack, it should be an opportunity to give them more nutrition. Always try to limit junk foods as they are high in fat, sugar and salt which do not add much to the amount of nutrients that children need. This section provides you with some healthy finger food recipes which you can prepare for your older child to eat after a main meal with a variety of nutrients.



BEAN MUFFINS

Ingredients

- 1 cup mashed cooked beans (or soya)
- 1¼ cake flour (234 g)
- 3 medium to large eggs
- ¼ cup castor sugar
- 3 tablespoons margarine
- 3 level teaspoons baking powder
- ½ teaspoon salt

Method

1. Wash 1 cup of well sorted white dry beans and soak in 3 cups of water over night
2. Drain the water
3. Place the soaked beans in a pot and boil until soft. Mash the beans with a cooking stick to a smooth paste
4. Note: Do not add salt to the beans

Baking

1. Pre-heat the oven to 220-230 C
2. Sieve the flour and baking powder and add the salt
3. Cream together margarine, sugar and egg in a bowl (for a light texture added 2 eggs whole, while the 3rd egg add only the egg white)

4. Combine the dry ingredients, mashed beans, and the margarine/ egg mixture
5. Stir with a wooden stick until just mixed. Do not over mix. The mixture should be lumpy.
6. Grease the baking tins
7. Spoon the butter into the greased pan using a scoop
8. Reduce the oven temperature to 190-180 C and bake for 25 – 30 minutes
9. Cool and serve

Nutrition Information

- Only give snacks like cakes, scones and muffins after a proper meal and not as a meal on its own.
- Ordinary cakes, muffins and scones are usually high in sugar and energy but do not contain enough nutrients for your child to grow healthy.
- Adding bean flour makes this recipe higher in nutrients than ordinary muffins.

CASSAVA QUEEN CAKE

Ingredients

- 4 cups cassava flour
- 1 cup sugar
- 250g margarine
- 4 teaspoons baking powder
- 1 teaspoon vanilla essence
- 1 cup full cream milk
- 1 cup mixed fruit (*optional*)
- 2 medium eggs

Method

1. Cream sugar and margarine until light and fluffy
2. Beat eggs until light and fluffy
3. Sift flour and baking powder
4. Fold the flour and beaten eggs into margarine and sugar cream
5. When the mixture starts becoming stiff, add a little milk.
6. Repeat step 4 until all the flour and eggs are used up
7. Add vanilla essence and mixed fruits
8. Bake in the hot oven at 175°C for 20 to 25 minutes or until lightly but evenly brown

Nutrition Information

- Cassava provides a lot of energy and cassava flour is cheaper than wheat flour.
- This is also a good snack for children who are allergic to the gluten in wheat flour or children who need to gain a lot more weight.

Advantages of Growing Cassava

Farmers grow local and improved varieties because of their different characteristics.

A particular root characteristic such as non fibrous roots may give better chips when fermented or bitterness may discourage animals from feeding on cassava thus conserving the crop for human consumption.

Sweet varieties may be consumed raw as a snack while bitter varieties need elaborate and careful processing to make them safe for consumption. There are many advantages of growing cassava some of which are outlined below:

- Cassava is drought tolerant
- Cassava grows well in marginal soils
- Cassava produces more energy in the diet than cereal grains
- Very little labour is needed to grow cassava. It can be grown traditionally without fertilizer.

COWPEAS MINCE BALLS

Ingredients

- 2 cups wet treated cowpeas
- ½ cooking oil
- 1 teaspoon curry powder
- 1 medium onion, finely chopped
- 1 medium green paper, finely chopped
- ½ cup wheat or cassava flour
- Salt to taste

Method

1. Pound the grain to a fine pulp
2. Add the onion, green pepper, curry powder and salt to the pulp and mix well
3. Add flour for binding.
4. Shape into balls and fry in cooking oil until golden brown.
5. Make gravy with tomatoes and onions and thicken with 1 teaspoon of cassava / wheat flour.

Nutrition Information

- This is good for all children above the age of one even children who do not eat meat.
- Cowpea mince balls are high in protein which is needed to build your child's body.
- You can also make a complete meal by giving your child this dish with green leafy vegetables with nshima or rice.



SWEET POTATO BUTTER CAKE

Ingredients

2½ cups cake flour

3 teaspoons baking powder

¾ cup (180g) butter or margarine

¾ cup sugar

3 medium-large eggs

1 ½ cups mashed sweet potato

1 cup full cream milk

Method

1. Lightly grease a baking tin with margarine and flour (or use waxed paper or cooking spray)
2. Set oven at moderate heat, 170°C
3. Sieve flour and baking powder 3 times
4. Cream butter and sugar until light and fluffy
5. Add beaten eggs one at a time
6. Fold in mashed sweet potatoes until well blended
7. Fold in flour mixture alternating with milk until the mixture flows consistently
8. Pour into baking tin and bake at 190°C or until an insert knife comes out clean
10. Cool and turn onto a cooling rack

Nutrition Information

- This is a great afternoon snack as it is very tasty and will keep your child fuller for longer.
- Sweet potatoes, especially orange-flesh sweet potatoes, are a good source of vitamins and minerals.
- But remember not to give this snack as a meal on its own, first feed your child a main meal with a variety of foods.

Causes of Tooth Decay And Gum Disease

- Many bacteria live in our mouths. When we eat, some of the food sticks to our teeth.
- The bacteria multiply in this food, forming a layer of yellow-white plaque. Most plaque forms between the teeth and the gums where foods sticks most easily.
- If you do not clean your child's teeth and gums every day, the plaque will become hard, and only a dentist can remove it.
- Bacteria multiply fastest in sweet foods and drinks such as cakes, biscuits, sugar and other foods high in sugar.
- Limit the amount of sugary snacks you give your child and clean the teeth and gums every day.



SWEET POTATO SCONES

Ingredients

- 1½ cups mashed sweet potato
- 2 cups cake flour
- ½ teaspoon salt
- 3 tablespoons sugar
- 1 large egg
- 1 tablespoon margarine
- ½ cup milk
- 1 level tablespoon baking powder

Method

1. Sift baking powder, flour and salt into a bowl
2. Rub in margarine, add sugar and mix well
3. Lightly beat the egg and milk.
4. Add mashed potatoes and mix until smooth
5. Fold the liquid mixture into the flour mixture and mashed sweet potato to make soft dough
6. Turn onto a floured board and knead lightly
7. Roll into 1 cm thickness
8. Cut into round shapes using a 1 or 2 cm cutter
9. Put on a greased baking tray and brush with milk
10. Bake in a hot oven at 220°C until well done

Nutrition Information

- This is a healthy snack, high in energy, protein, vitamins and minerals
- It is also sweet and tasty and your child will enjoy it; but, only give sweet snacks after a main meal with a variety of foods.

About Orange-Fleshed Sweet Potato

You may choose to use orange fleshed sweet potatoes in the above recipe instead of white sweet potatoes.

- Orange-fleshed sweet potato is a promising source of vitamin A because its levels of vitamin A are high and can easily be absorbed by the body.
- Vitamin A is one of the most critical micronutrients needed by all human beings.
- A lack of vitamin A limits the ability of the body to defend itself against diseases especially among young children.
- Sweet potato is considered an excellent food security crop because it often survives when other crops (for example, maize) fail.
- It also requires less labour to grow than most other staple crops, is produced using vines instead of seeds, and can be planted over a broad range of time without considerable yield loss.



CASSAVA CHIN CHINS

Ingredients

- 4 cups cassava flour
- 1 cup cake flour
- $\frac{3}{4}$ cup sugar
- 2 tablespoons margarine
- 2 tablespoons baking powder
- 2 large eggs
- 1 teaspoon grated nutmeg or lemon rind



Method

1. Mix 3 cups of cassava flour with sugar, margarine, baking powder and nutmeg
2. Put the remaining 1 cup of the cassava flour into 1 cup of hot water in a pot, remove from the fire and turn 4 to 5 times immediately
3. Add the cooked cassava flour and mix together until the mixture resembles bread crumbs.
4. Whisk the eggs until light and add to the mixture. Mix into a stiff dough which leaves the sides of the bowl clean
5. Knead lightly until smooth
6. Roll evenly on a floured board (use cake flour) and cut into bits
8. Fry in deep or shallow fat until golden brown
9. Drain the excess oil and serve

Nutrition Information

- Cassava is already a good source of energy, but when you fry it in oil you increase the amount of energy without increasing the quantity of food given to the child. This way the child gets a lot of energy from just one piece of cassava chin chin
- Cassava chin chins like many other snacks do not contain a variety of nutrients, therefore give this to your child only after a main meal that contains a variety of foods including vegetables, legumes, starches (e.g. nshima, potatoes or rice) and even animal foods like fish, eggs and meat when available.



AVOCADO AND CHICKEN SPREAD

Ingredients

¼ cup chopped cooked chicken (or any other meat)

1 medium avocado, sliced

Dash of minced onions

Dash of garlic powder

Method

1. Mix all the ingredients together and serve
2. Spoon feed to a young baby or spread onto toast pieces or crackers for an older baby

Nutrition Information

This is a very healthy snack rich in protein, healthy oils as well as iron and vitamin A needed for your child to grow well.



FRESH SWEET POTATO CHIPS

Ingredients

2 medium to large sweet potatoes

1 cup cooking oil

Method

1. Put clean water in a basin
2. Wash potatoes well and peel
3. Chip the potatoes thinly and immerse in water to prevent browning
4. Drain and remove excess water with a clean tea towel
5. Fry until light brown
6. Serve as a snack

Nutrition Information

- Sweet potatoes are a good source of energy and nutrients.
- Frying sweet potatoes in oil adds extra energy for your baby to grow well.
- This is a good snack for older children who have enough teeth to chew the crispy sweet potato chips.
- You can serve this with tea or hot milk on a cold day and only after a main meal.



SWEET POTATO CHAPATTI

Ingredients

- 2 cups boiled and mashed sweet potatoes
- 2 cups cake flour
- 1 teaspoon salt
- 2 tablespoons cooking oil
- Enough water to mix



Method

1. Mix cake flour and salt and add boiled mashed sweet potatoes
 2. Add the oil and mix until fine like bread crumbs
 3. Add water little by little to make a soft dough
 4. Mould into small balls and roll out to a large circle using a floured pastry board
 5. Shallow fry by rubbing a little oil on the frying pan and fry chapatti turning on either side until done
 6. Place chapatti in polythene bags when still warm to avoid hardening
- NB: Chapatti can be served as a main meal with meat or vegetables

Nutrition Information

- Many children like snacks that are crunchy and fun to eat. Sweet potato chappati is a healthier option for snacks than sweets and crisps that are usually too high in sugar and salt but very little nutrients.
- If your child enjoys this chappati, you may add more nutrients by serving it with relishes.



SWEET POTATO FRITTERS

Ingredients

- 2 cups boiled mashed sweet potatoes
- 1 cup cake flour
- 2 tablespoons sugar
- 3 teaspoons baking powder
- 2 tablespoons cooking oil (for mixing)
- 1 cup cooking oil (for deep frying)



Method

1. Mix the dry ingredients in a bowl and rub in the oil until the mixture resembles fine bread crumbs
2. Add the mashed sweet potatoes; mix and knead well, add water, a little at a time to make a soft dough then leave the dough to relax for 40 minutes
3. Roll the dough on a floured board to 0.5 cm thickness and cut into desired shapes
4. Deep fry in hot oil for 6 -15 minutes turning them until both sides turn golden brown
5. Remove the fritters and allow to cool

Nutrition Information

- Take advantage of the season when sweet potatoes are plenty and prepare them in different ways for your child to enjoy.
- Sweet potato fritters can add extra energy and nutrients to your child's diet.
- Give this snack after your child has eaten a main meal with a variety of different foods.

Preservation of Sweet Potatoes

Method 1: Drying

1. Sort and wash the sweet potatoes and peel
2. Cook in a big pot until tender
3. Cool and cut length wise
4. Dry the sweet potatoes on a clean surface on a raised platform and pack in a clean sack.

NOTE: The sweet potatoes can also be peeled after boiling

Method 2: Direct sun-drying

1. Pick fresh potatoes, sort and wash.
2. Peel, grate or chip the potatoes.
3. Dry in direct sunlight on a raised platform.
4. Turn the sweet potatoes frequently to facilitate drying.
5. Pack in a container with a tight lid.

NOTE: The dried sweet potatoes can be pounded or milled into flour which could be used for preparing baby foods.



SWEET POTATO BISCUITS

Ingredients

- 1 cup mashed sweet potato
- ½ cup milk
- 1 tablespoons melted margarine
- ½ cup cake flour
- ½ teaspoon sugar
- ½ teaspoon salt
- 2 teaspoons baking powder

Method

1. Mix mashed sweet potato, milk and melted butter and beat well
2. Sift and stir in the remaining ingredients and turn onto a floured board, knead lightly and roll out to 0.5 cm thickness
3. Cut into rounds, place on a greased baking sheet,
4. Bake in a hot oven for 15 - 20 minutes

Nutrition Information

- Prepare and store these biscuits for your child to enjoy. Sweet potato biscuits can add extra energy and nutrients to your child's diet.
- Give this snack after your child has eaten a main meal with the family to get a variety of nutrients before having this snack.

COWPEA CAKE

Ingredients

- ¼ cup cowpea flour
- 2 cups cake flour
- 2 eggs
- 4 tablespoons margarine
- 4 tablespoons sugar
- ½ teaspoon nutmeg powder
- 1 teaspoon baking powder
- 4 tablespoons water
- ½ teaspoon salt

Method

1. Cream margarine, salt and sugar together until smooth and fluffy
2. Break the eggs into the mixture and beat well
3. Mix the dry ingredients together and fold into the creamy mixture
4. Put in oiled cake tin or small cake pan
5. Bake at 175°C for 1 hour.

Nutrition Information

- Cowpeas are a good source of proteins, vitamins and minerals and can be added to cake flour to make cake with a higher nutritional value.
- You can serve this cake with a healthy beverage so that your child gets even more nutrients (check the beverage recipe options above).
- Give this snack after your child has eaten a main meal with a variety of foods which contain vegetables, legumes, starches (e.g. potatoes, nshima or rice) and even animal foods like eggs, fish or meat.

Children Who Are Overweight

Children may become overweight because:

- They eat more calories than they use. they may eat too much energy-rich foods, are not active or both.
- A child who is over weight becomes less active, because it is more difficult to play around
- Young children should not get used to eating too many sweet and fatty foods like cakes, sweets, soft drinks and biscuits
- Remember to give these foods once in a while and not as a main meal. or before the main meal.

COWPEA BURGERS

Ingredients

- 3 tablespoons cooking oil
- 1 medium onion
- 5 cloves of garlic
- 1 cup cake flour
- 1 medium tomato
- 2 cups boiled cowpeas
- A pinch of black pepper
- Spring onion
- Bread rolls
- Salt to taste

Method

1. Pound the wet treated cowpea with garlic and spring onion to a fine pulp
2. Add the flour, salt and black pepper
3. Make burger shapes and fry in oil
4. Slice tomato and onions into rings
5. Cut the bread roll in half and put the burger between the bread roll together with a slice of tomato and onion ring
6. Serve as a snack

Nutrition Information

- Instead of beef burgers, you can make cowpea burgers which are much cheaper but are also high in nutrients like protein, needed for your child to grow well.
- This is a good snack for older children (above 1 year) with enough teeth to bite and chew.

Two Keys to Safer Food

Keep Clean

- Wash your hands before handling food and often during food preparation
- Wash your hands after going to the toilet, changing the baby or in contact with animals
- Clean all surfaces and equipment used for food preparation or serving
- Protect kitchen areas and food from insects pests and other animals

Separate raw and cooked foods

- Separate raw meat and fish from other foods.
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods.
- Store foods in covered containers to avoid contact between raw and prepared foods.

GROUNDNUT AND PUMPKIN SCONES

Ingredients

- 2 cups cake flour
- 2 teaspoons baking powder
- 1 egg beaten
- ½ cup mashed boiled pumpkin
- ½ cup raw groundnut paste
- ½ cup fresh milk
- ½ teaspoon salt

Method

1. Sieve flour, salt and baking powder together
2. Beat the egg, mix with the pumpkin and groundnut paste and stir into the flour
3. Add milk slowly until mixture is smooth and not too thick
4. Scoop mixture into baking pan
5. Bake at 200°C for 12 minutes

Nutrition Information

- These scones will add more nutrients and energy to your child's diet.
- Serve with a beverage of your choice (preferably a healthier option with less sugar e.g. fresh orange juice).
- Make sure that your child eats a main meal before giving snacks or finger foods.

GLOSSARY

Breastfeeding – This is giving a child human milk from the breast by correctly positioning the child on the breast to suckle.

Complementary Feeding – This is the process of feeding a child between 6 and 24 months other soft foods in addition to breast milk.

Complementary Foods – These are foods that can be prepared for a child between 6-24 months in addition to breast milk, because after 6 completed months breast milk alone is not sufficient.

Dehull – To remove the outer layer of a seed.

Exclusive – This means not admitting or including other things. It is also another word for “only” e.g. exclusive breast feeding meaning only give breast milk.

Exclusive Breastfeeding – Exclusive breastfeeding is giving a baby below the age of 6 months only breast milk and not any other foods or drink (not even water because it is already in breastmilk).

First 1000 Most Critical Days – This is the period from the time a woman falls pregnant to the time her child turns two years old (270 days of pregnancy + 365 days + 365 days = first 1000 days of life)

Iodised Salt – This is salt that has iodine added to it. Iodine is a mineral that is needed for good health.

Legumes – These are plants whose seeds grow in a pod/shell. For

example beans, peas, cowpeas and groundnuts.

Malnutrition – This is the situation that occurs due to a lack of proper nutrition which is caused by not eating enough of the right kinds of foods (interms of quality and quantity) or eating too much food that results in excessive weight gain that can harm their health.

Malted - This is grain soaked in water and used in making alcoholic beverages.

Mash – This is the process of making food softer by crushing them into very small or fine pieces so that it looks like porridge.

Minerals – These are naturally occurring substances that are needed for the body to function properly. They can be obtained by eating different kinds of food every day.

Nutrient – nutrients are the nutritional components in foods the body uses to survive and grow.

Staple Foods – These are foods that are eaten routinely by a given population and make up a large portion of their standard diet. Most staple foods are energy-rich foods like cassava rice and maize.

Stunting - Stunting or stunted growth is a reflection of the failure of children (especially in the first 1000 days of life) to receive adequate nutrition over a long period of time and can also be affected by recurrent and chronic illnesses.

Texture – This is the feel, appearance or the consistency of a food.

It is a good way to determine whether or not a food is suitable for a child.

Undernutrition – this happens when a person is eating food that is not enough in quantity and/or quality hence may result in excessive weight loss and poor health outcomes.

Vitamins – These are chemical compounds that are needed for the body to function properly. They can be obtained by eating different kinds of foods every day.



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