

NUTRITIOUS MEALS AND SNACKS FOR YOUNG CHILDREN:

Tickle your child's
taste buds with
locally available
foods



USAID
FROM THE AMERICAN PEOPLE



CNFA
Cultivating New Frontiers
in Agriculture



ACKNOWLEDGEMENTS

This Recipe book is part of the Amalima Infant and Young Child Feeding materials that have been designed to be used during the Amalima Care Group sessions to encourage the proper feeding of young children and promote nutritious locally available foods for young children 6 – 23 months

This Recipe book is provided through the generous support of the American people through the United States Agency for International Development (USAID) Office of Food for Peace.



CONTENTS

Feeding guidelines for children	5
Food groups and their nutritional benefits	6
Baobab fruit yoghurt	8
Cross-berry (Msosobiyane) juice	10
Sorghum-meal porridge enriched with Kapenta	12
Peanut powder dumplings	14
Porridge enriched with egg, straight run	16
Porridge enriched with mopani worms and peanut powder	18
Sorghum-meal porridge with round nuts	20
Pumpkin porridge	22
Pumpkin porridge enriched with eggs, and sweet potatoes	24
Sorghum porridge enriched with mopani worms	26
Notes	28

Feeding guidelines for children

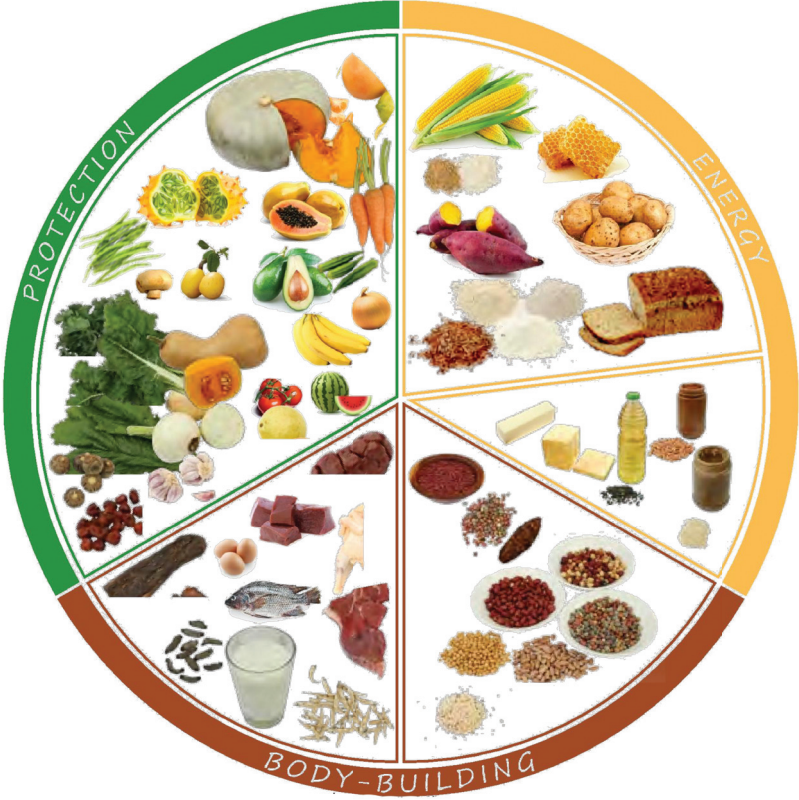
Amounts of Foods to Offer			
Age	Texture	Frequency	Amount of food an average child will usually eat at each meal
6 – 8 months	Start with thick porridge, well mashed foods Continue with mashed family foods	2 – 3 meals per day plus frequent breast-feeds Depending on the child's appetite 1-2 snacks may be offered	Start with 2 – 3 tablespoonful's per feed increasing gradually to ½ of a 250ml cup
9 – 11 months	Finely chopped or mashed foods, and foods that baby can pick up	3 – 4 meals plus breastfeeds Depending on the child's appetite 1-2 snacks may be offered	½ of a 250 ml cup/ bowl
12 – 23 months	Family foods chopped or mashed if necessary	3 – 4 meals plus breastfeeds Depending on the child's appetite 1 – 2 snacks may be offered	¾ to one 250ml cup/bowl
If baby is not breastfed, give in addition: 1 – 2 cups of milk per day, and 1 – 2 extra meals per day			

*Continue breastfeeding your baby on demand both day and night up to 24 months or beyond.

*Breastfeed more frequently during illness, including diarrhoea to help your baby fight sickness, reduce weight loss and recover more quickly.

Source: WHO, (2006). *Infant and Young Child Feeding Counselling: An Integrated Course*. WHO Press, WHO, Geneva, Switzerland. Pg 185.

Food groups and their nutritional benefits



Food groups and their nutritional benefits

Food Groups	Examples of food in the group	Function and nutrients supplied
Staple (starchy foods)	Grains: maize, millet, sorghum, wheat, rice Roots and tubers: sweet potatoes, potatoes	Good source of energy This group provides some protein, vitamins and minerals. Whole grain and unrefined staples are a good source of fibre
Fats and oils	Vegetable oil, butter, margarine, animal fat, nuts and seeds (groundnuts, peanut butter, sunflower seeds, soybean).	Good source of energy
Legumes	Cowpea, sugar beans, lentils, kidney bean, groundnuts.	Good source of protein for building and repairing the body. This group also contains vitamins and minerals and fibre.
Animal products	Beef, goat, sheep, pork, chicken, duck, guinea fowl, insects (amacimbi, izinhlwa), kapenta, bream. Milk and eggs	Excellent source of protein for building and repairing the body. Also a good source of vitamins and minerals, fats and oils.
Vegetables and fruits	Wild-harvested fruit and vegetables, leafy vegetables, tomatoes, onions, carrots, pumpkins	Excellent sources of vitamins and minerals which help protect the body. Also a good source of fibre.

Adapted from: FAO, 2004



Baobab fruit yoghurt

Ingredients

½ cup baobab fruit

1/3 cup milk

1 tablespoon red-milk wood – or any other fruit in season to add flavor



Method

1. Crush baobab fruit and separate the powder from the seeds.
2. Add milk and stir occasionally to ensure that the powder has been separated completely from the seeds.
3. Remove the seeds.
4. Add red-milk wood or any other fruit in season to add flavor and stir vigorously.
5. Allow mixture to stand until it thickens then serve.



Cross-berry (Msosobiyane) juice

Ingredients

2 cups of Cross-berry fruit

2 cups of safe drinking water



Method

1. Pound the fruits to soften them and put them in a bowl.
2. Add water, cover the bowl and leave for 10 minutes.
3. Stir the mixture vigorously allowing the fruit pulp to separate from seeds.
4. Strain the seeds and the flesh then serve.



Sorghum-meal porridge enriched with Kapenta

Ingredients

- ¾ cup sorghum-meal
- 1 cup kapenta
- 1 teaspoon vegetable oil
- 1 cup of safe drinking water



Method

1. Soak kapenta in cold water for 1 minute then drain.
2. Heat the oil in a pan and add the kapenta and fry until golden brown.
3. Put the roasted kapenta in a mortar and pound with a pestle into a fine powder.
4. In a pot, boil water for the porridge then whisk in the sorghum-meal.
5. Leave to boil for 5-10mins.
6. Fold in the kapenta powder into the porridge and serve.



Peanut powder dumplings

Ingredients

1 cup maize-meal

2 tablespoons pounded groundnuts

$\frac{3}{4}$ cup of safe drinking water



Method

1. Roast nuts in a pan and set aside to cool.
2. Using a pestle and mortar, grind roasted nuts up to powdered form.
3. Place maize-meal in a bowl and mix with peanut powder.
4. Gradually add water while mixing with your hands and mold into small balls.
5. Place balls into a pot with remaining water and simmer until cooked.
6. Remove from heat and let them stand for two minutes before removing from pot.



Porridge enriched with egg, straight run

Ingredients

- 1 cup maize-meal
- 1 egg
- 1 tablespoon vegetable oil
- ½ teaspoon salt
- 3 cups water



Method

1. Premix the maize-meal with water to make a paste and pour in boiling water.
2. Stir and allow to simmer for 5 minutes, add a raw egg to the porridge then stir.
3. Add cooking oil and salt.
4. Let the porridge simmer until thick enough for 10 minutes.
5. Remove from heat and serve.



+



+



Porridge enriched with mopani worms and peanut powder

Ingredients

- ½ cup mopani worms
- 1 ¼ cup maize-meal
- 4 teaspoons peanut-butter
- 2 cups of safe drinking water



Method

1. Put raw dried mopani worms into a mortar and pound into a fine powder using a pestle.
2. Boil water in a pot.
3. Add in maize-meal and whisk into a paste.
4. Bring to boil and simmer for 5-10minutes.
5. Mix peanut butter with mopani worms powder on a separate bowl.
6. Add the mixture to the porridge, allow to simmer for 2 minutes then serve.



Sorghum-meal porridge with round nuts

Ingredients

½ cup of round nuts

¾ cup of sorghum-meal

¼ teaspoon salt

2 cups of safe drinking water



Method

1. Roast round nuts until golden brown.
2. Put the roasted round nuts in a mortar and using a pestle, pound into a fine powder.
3. In a pot, boil water for the porridge then whisk in the sorghum-meal.
4. Leave to boil for 5-10 minutes.
5. Fold in the round nuts powder into the porridge and serve.



Pumpkin porridge

Ingredients

2 ½ cups of water

½ cup sorghum-meal

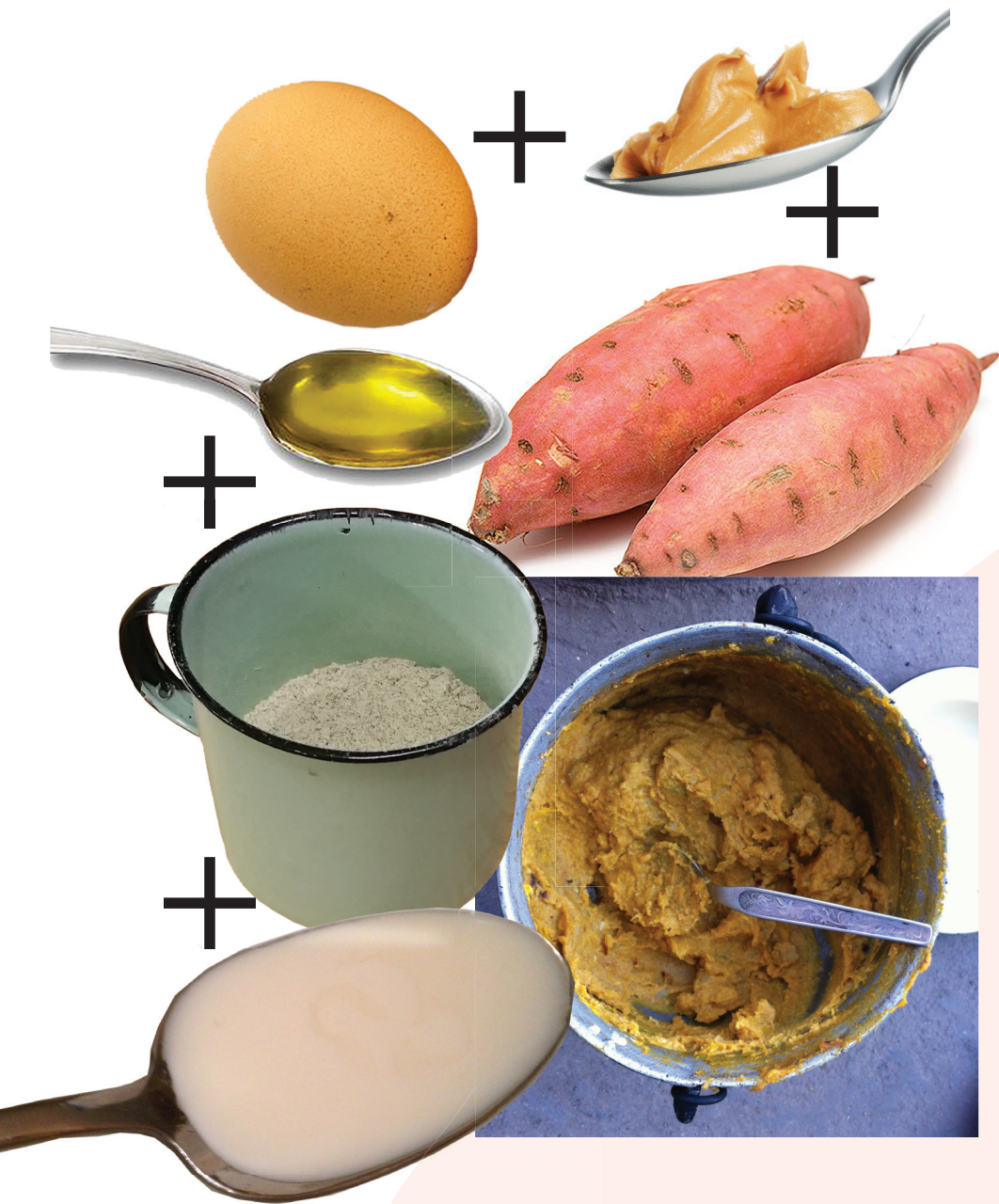
1 cup chopped pumpkin

3 tablespoons vegetable oil



Method

1. Boil pumpkins in water until they are tender.
2. Remove from water and mash until smooth.
3. Using the remaining water from boiling the pumpkin, whisk in the sorghum-meal and leave to simmer for 5-10 mins.
4. Add the pumpkin puree to the sorghum porridge and mix until fully combined.
5. Serve.



Pumpkin porridge enriched with eggs, and sweet potatoes

Ingredients

½ of a small pumpkin

2 small sweet potatoes

1 egg

1/4 cup of maize-meal straight run

5 teaspoons of peanut butter

5 tablespoons of milk (goat milk, cow's milk or breastmilk)

1 cup of safe drinking water



Method

1. Peel off the pumpkin and cut into small cubes.
2. Peel off the sweet potato and cut into pieces.
3. Weigh the required amounts of each and put in the same pot.
4. Add water and bring to boil for 30 minutes.
5. Mash the mixture and add an egg then stir the mixture.
6. Add maize-meal and allow the paste to simmer for 10 minutes.
7. Add peanut butter, stir and allow to simmer.
8. Serve the enriched porridge with milk (goat's milk, cow's milk or breastmilk).



Sorghum porridge enriched with mopani worms

Ingredients

- 1 cup sorghum meal
- 1 cup mopani worms
- ½ cup milk
- A pinch of salt
- 1 cup of safe drinking water



Method

1. Heat water in a pot and bring to boil.
2. Pound mopani worms into a fine powder using a mortar and pestle.
3. Mix the mopani worms powder with the sorghum meal.
4. Add the mixture into the boiling water and stir to form a paste.
5. Separate an egg, beat the egg yolk and add it to the porridge whisking vigorously to avoid curdling.
6. Simmer for 10 minutes then serve.

Notes

Breast feeding guide for mothers of Infants 6-11 months

Increase number of meals up to three times a day

- Give one nutritious snack per day from locally available foods
- Feed animal source foods at least 2 times each week
- Enrich porridge with nuts legumes and vegetables
- Breastfeed before not after feeding solid foods



