



FAO / European Union Food Facility Project

Promoting Improved Complementary Feeding (with recipes)



A Manual for Community Nutrition Promoters

Defeat hunger and poverty in Cambodia

May 2011

FAO EU Food Facility Project Project “Improve the Food Security of Farming Families Affected by Volatile Food Prices”

To reduce the effects of volatile food prices, the European Union provides financial support to the Food and Agriculture Organization of the United Nations (FAO) to help address the food insecurity in Cambodia. Through FAO the European Union Food Facility Project focuses on the sustainability of increased productivity, improved management practices and improved access to agricultural inputs and services and to improve dietary diversity and family feeding practices, starting with Infant and Young Child Feeding (IYCF). FAO is implementing the project in collaboration with General Directorate of Agriculture (GDA) of the Ministry of Agriculture, Forestry and Fisheries (MAFF), with cooperation from Ministry of Women’s Affairs (MoWA), Ministry of Water Resources and Meteorology (MoWRAM), Fisheries Administration (FiA), relevant provincial departments and local non-government organizations (NGO)



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Introduction

This Manual targets all professionals engaged in the improvement of family and child nutrition in Cambodia. It is specifically tailored to the needs of community workers from agriculture, women's affairs and health and other development agents working with women, families and community groups. The aim of the Manual is to provide professionals with the basic principles of promoting good dietary practices using locally available nutritious foods that are in season, focusing on the preparation of safe and nutritious complementary foods for children 6 to 23 months of age.

The publication is divided into five main parts, covering the different types of food and their functions, with an emphasis on key nutrients; the food needs of especially vulnerable groups, such as women and young children; food safety and personal and household hygiene; recommended feeding practices and recipes for infants and young children less than two years; and finally, how to conduct nutritional counselling and cooking demonstrations.

We hope that the information in this Manual will guide community workers in helping families to improve the feeding of infants and young children and thereby contribute to reducing malnutrition and improving the health of children and families in Cambodia.

Part 1

The Food We Eat and Its Functions

1.1 What is Food?

A food is something we eat that provides:

- **Energy or strength** for activities such as, breathing, talking, laughing, walking, running, playing, working in the field, riding a bicycle, doing housework, chopping wood, etc.



- **Protein for growth and repairing body cells.**



- Vitamins and minerals for **protecting the body from illnesses and for staying healthy.**



Photo 2

Healthy Happy Children

Until 6 months of age, children need breastmilk only. Breastmilk provides all the nutrients an infant needs for good growth and brain development during this period. From 6 months onwards, breastmilk alone is no longer enough. Additional foods and liquids are needed as the child grows rapidly and needs extra food and nutrients. These foods are called “complementary foods”. Breastfeeding should be continued until two years of age.

1.2 Types of Food and Nutrients

Most foods contain more than one nutrient. Almost all foods have **energy**, but some provide much more energy than others.

Staple foods (e.g. rice) form the largest part of our meal in terms of bulk or volume. They supply most of the starch (energy). Other common starchy foods are *sweet potatoes*, *taro*, *corn* and *cassava*. They may be used to replace rice in meals.

Common Staple Foods:



Rice

Photo 3



Sweet Potato



Corn



Yellow Sweet Potato



Taro

Rice and corn contain some protein, but sweet potatoes, wing yams and taro are poor sources of protein, and therefore need to be complemented by other foods that are good sources of protein.

Vitamin A protects the body from night blindness and other illnesses. Orange and yellow fruits and vegetables such as pumpkin, carrot, ripe papaya, ripe mango, ripe jackfruit are good sources of **Vitamin A** .



Ripe Mango



Ripe Papaya



Yellow / orange sweet potato



Carrot



Pumpkin



Ripe Jackfruit

Photo 4

Dark green leafy vegetables are also good sources of Vitamin A.
The vegetables shown below are consumed in Cambodia.



Morning glory



Ivy gourd



Acacia Leaf(Sa Om)



Sesabania grandiflora



Pumpkin leaves



Amaranth



Star Gooseberry



Indian Spinach



Bottle gourd



Yard Long Bean



Water Hyacinth Flowers

Photo 5

Most fruits provide **vitamins (especially A and C) and minerals**, which the body needs to keep healthy.



Local fruits consumed in Cambodia



Sapodilla



Watermelon



Coconut



Milk Fruit



Rambutan



Longan



Bananas



Guava

Photo 6

Foods of **Animal Origin** (e.g. fish, eggs, poultry, milk and meat) are:

- Excellent sources of protein
- They contain fat which gives the body energy
- They contain iron which promotes child growth and brain development (intelligence)
- They protect the body from illnesses, especially zinc is important for recovery from diarrhea.

Liver and **kidney** are very rich sources of iron and vitamin A. Iron and zinc are especially important for good child growth and development.



Offal



Pork



Beef liver



Dried beef



Chicken and duck eggs

Small fish and **dried fish** are high in iron and zinc



Small dried fish



Fish paste (Prahok)



Salted dried fish

Photo 7

Legumes and oilseeds, such as **peanuts, mung beans and pumpkin seeds** are good sources of protein. They can be used to replace animal foods in meals.



Peanut

Mung Bean

Soya Beans

Red Beans

Tofu

Photo 8

Peanuts, pumpkin seeds and other oilseeds also provide fat. Pumpkin seeds are also particularly rich in zinc.



Pumpkin Seeds



Sunflower Seeds

Photo 9

Fats and oils mainly provide energy. For example, one spoon of cooking oil contains twice as much energy compared to one spoon of starch or one spoon of sugar. Good sources of fats and oils are cooking oil, fatty meat, especially pork, fish, and fried foods.



Vegetable Oil

Small bag of vegetable oil

Lard

Photo 10

A little oil added to children's meals helps to make the food tasty, increases the energy content of the meal, helps to make the food soft and improves the protective function of vegetables and fruits.

Sugar and sugary foods only provide energy and no other nutrients. Adding a little sugar, but not too much, can be a useful way of increasing the energy content of a meal without increasing its volume. This is especially important in the preparation of complementary foods for young children.



White Sugar



Palm Sugar

Photo 11

1.3 How to Plan Healthy Meals

We must eat a **variety of foods every day** to get **enough energy** and nutrients for **growth and repair**, and to **protect us from illnesses**.

To prepare **healthy meals**, we must choose **at least one food item** from the “**minimum list of essential foods for a balanced diet**”. The list includes:

- Staple foods (rice, corn – for energy and protein) or tubers (sweet potatoes and taro) – **[for Energy]**;
- Animal foods (fish, poultry and meat, especially liver/organ meats), eggs and milk **[for protein, vitamin A, iron, zinc and others]**, i.e. at least one animal food should be eaten daily or if too expensive, at least 3 times a week.
- Legumes and nuts (peanuts or dried beans) **[for Proteins and Energy]**;
- Green leafy vegetables and orange coloured vegetables and fruits **[for vitamin A and vitamin C]**
- A little oil is desirable **[for Energy]**

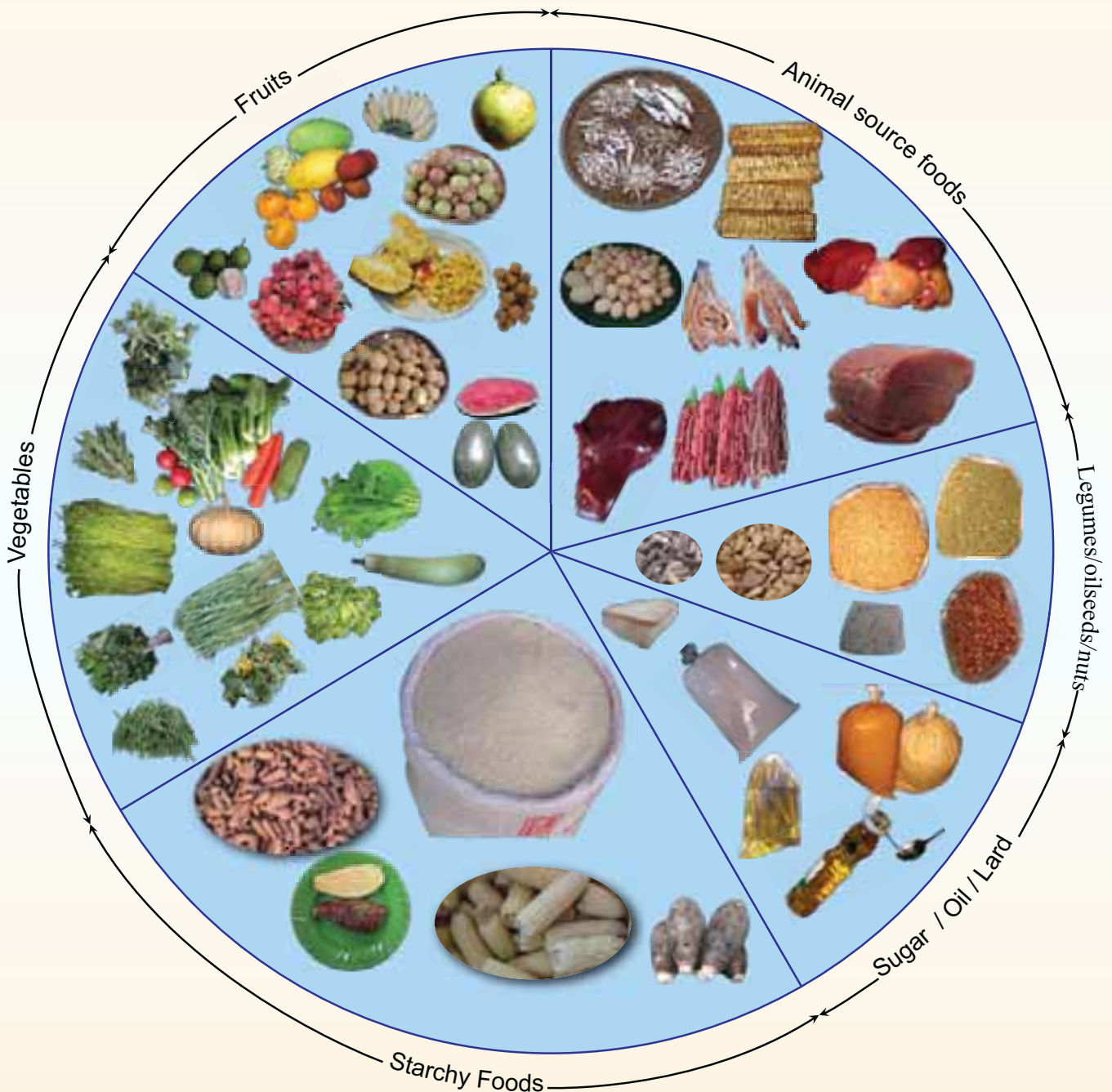
You can use the following combination of foods to prepare a healthy meal:

A starchy / staple food + legumes/nuts or eggs or flesh food + vegetable + a little oil

Fresh fruits eaten with or between the main meals as a snack are important to complement this mixture.

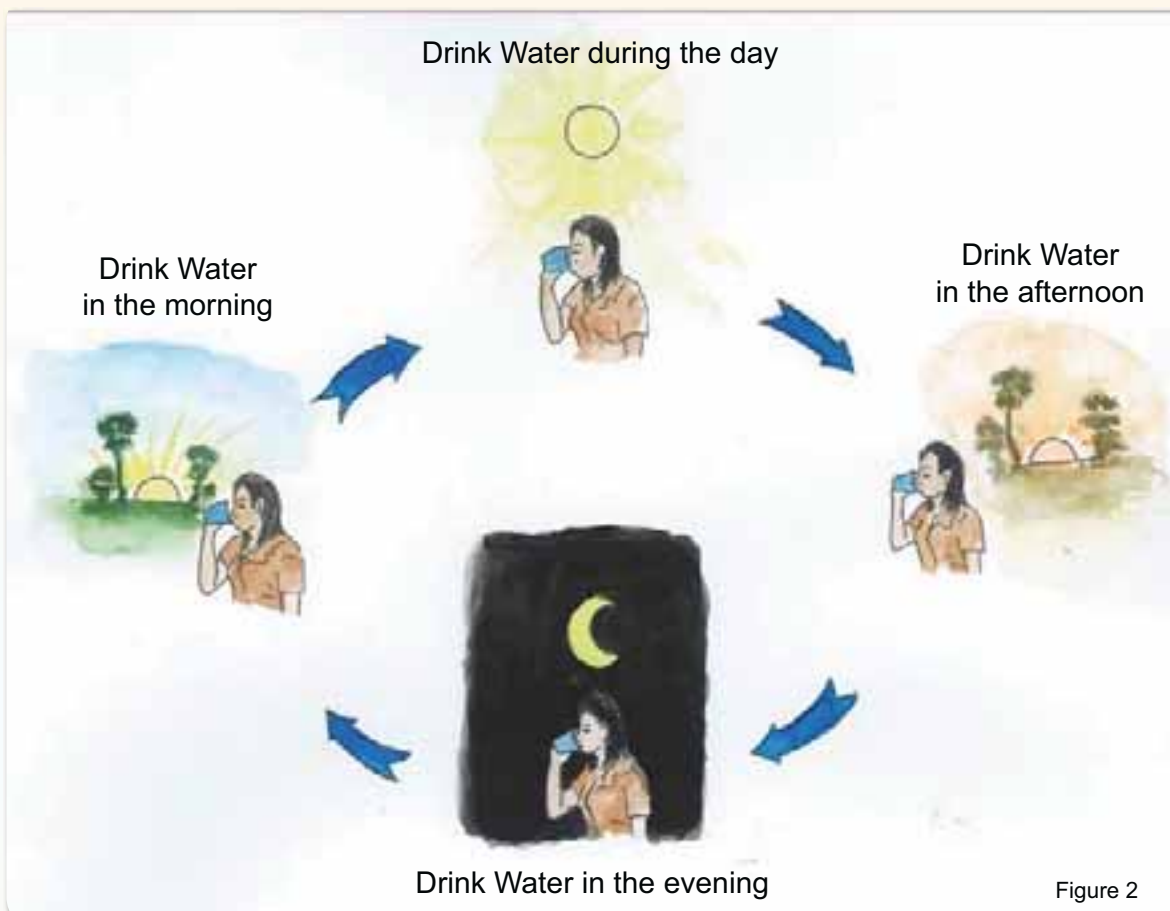
Diagram 1

Healthy Food Plate



Adults and children must eat at least 3 meals and, if possible, nutritious snacks between meals, depending on their age and health status. They should also drink boiled safe water every day.

Give only boiled and safe water to children from 6 months onward. If the child seems thirsty, always feed breastmilk first before giving a little clean water.



Part 2

Food Needs of Special Groups

2.1 What Determines the Food Needs of Different Family Members?

Food needs vary, depending on:

- Age

- Children 0-6 months should get breastmilk only
- Children 6-23 months need a good mixture of foods to support rapid growth
- They need 3 main meals and one or two snacks a day, depending on age

Photo 12



- Sex

- Women and older girls need more iron-rich foods, especially meat, than men and boys because they lose blood during menstruation
- Women need extra food, especially during pregnancy and lactation to feed the growing baby in the womb, and to produce milk during lactation

Figure 3



- Activity

- We use more energy when working hard in the field, chopping wood, or riding a bicycle compared to when we are seated or making baskets.



People using less energy

People using more energy

2.2 Family Members With Special Food Needs

Feeding babies (0 – 6 months): Exclusive Breastfeeding

- Initiate breastfeeding within the first hour of birth and make sure the baby is latching on properly.
- Breastmilk has all that the baby needs for the first 6 months of life. Exclusive breastfeeding reduces the risk of diarrhea and other infections.
- Breastfeed on demand, at least 8 times a day (24 hours or day and night). The more the breastfeeding frequency, the more breast milk is produced.
- Continue breastfeeding until the baby is two years
- Do not give any water or food in the first 6 months, it could make your baby sick (diarrhea).



(Source: National Nutrition Program)

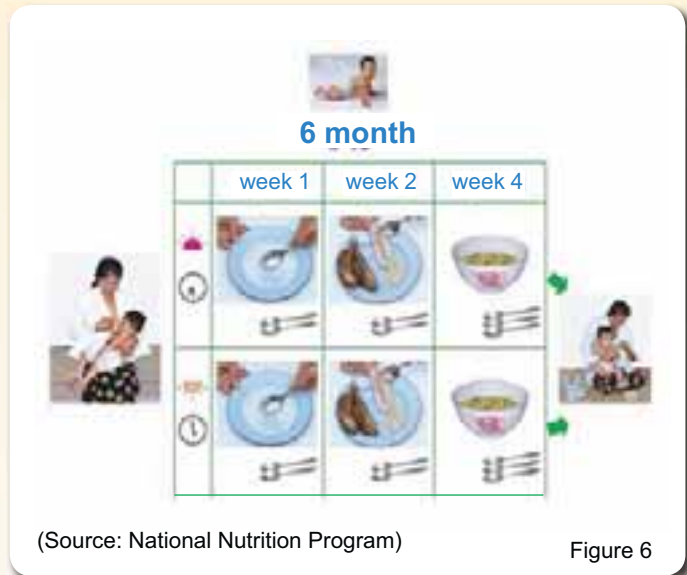


Figure 5

Feeding children (6 months):

Introduce Good Complementary Foods

- From 6 months, breastmilk is no longer enough to support child growth.
- Give enriched Borbor (porridge) to the child, starting with 2-3 tablespoons twice a day.



A good complementary food or Borbor has:

A starchy / staple food + legumes/nuts or eggs or flesh food + vegetable + a little oil

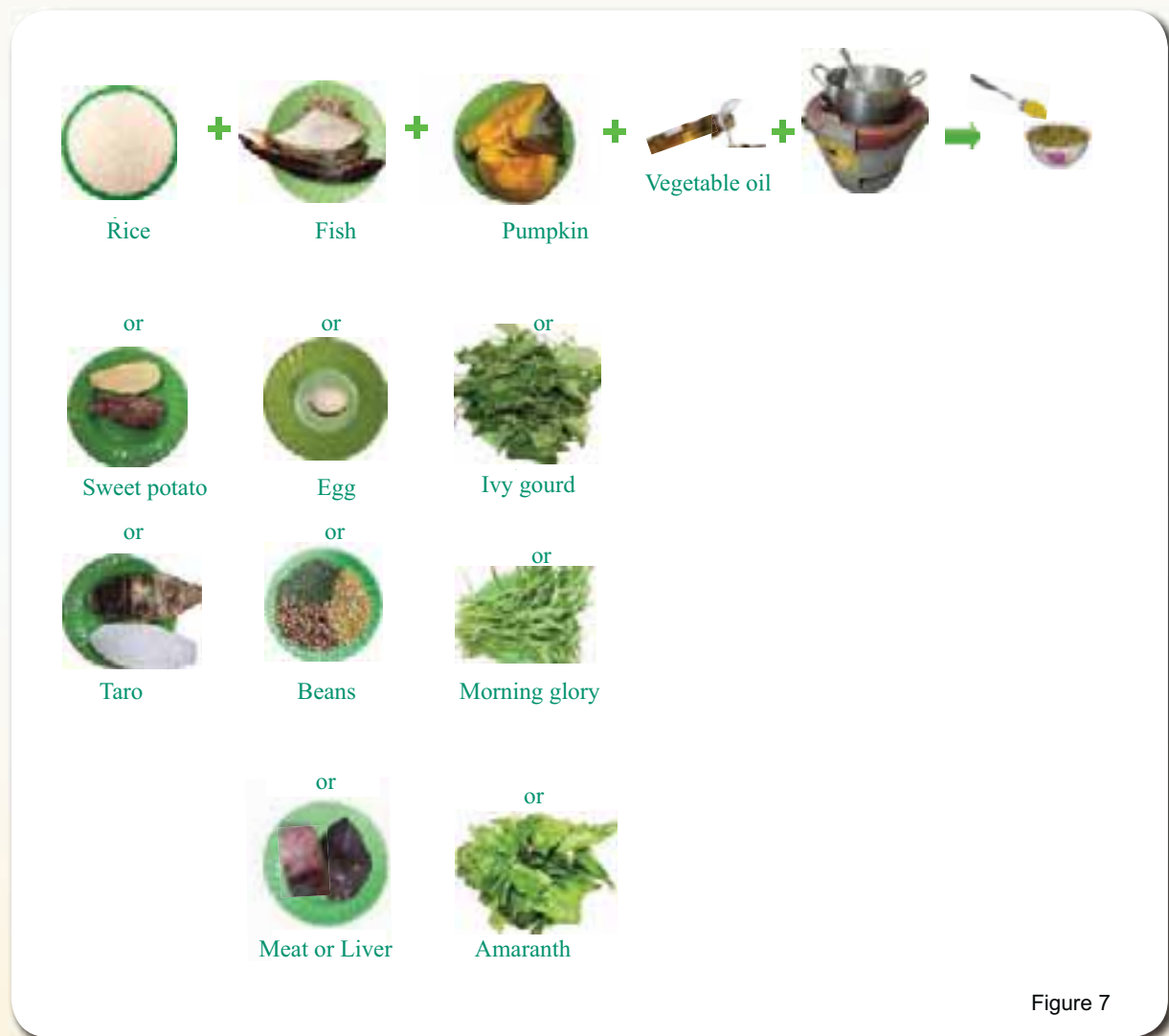


Figure 7

Feeding children (7-8 months):**Continue giving enriched Borbor + breastfeeding**

Children need three main meals of complementary foods. Try to gradually increase up to half a bowl (ie. 125 ml) per meal.

Feeding children (9-11 months):**Continue giving enriched Borbor + breastfeeding**

Children need three main meals of up to nearly a full bowl (of 250 ml) per meal. Also give one snack per day. Ripe banana, papaya and mango are good snacks for children.



Figure 8

(Source: National Nutrition Program)

Feeding children (12-24 months):**Continue giving enriched Borbor + breastfeeding**

Children need three main meals of a full bowl (of 250 ml) per meal, plus two snacks per day. Ripe banana, ripe papaya and ripe mango are good snacks for children.

Pregnant Women: Eat plenty and a variety of foods

- Pregnant women need more food to support the growth of the baby in the womb
- Pregnant women should have enough rest
- During pregnancy, women are advised to take iron and deworming tablets
- Pregnant women should go for regular Antenatal Care (ANC) visits to their local health centre.



(Source: National Nutrition Program)

Photo 14

Lactating Women: Eat plenty and a variety of foods

- Lactating women need more food to produce enough breast milk
- During lactation, in the first 6 weeks after delivery, mothers are advised to take a Vitamin A capsule and a deworming tablet provided by the health center or outreach team.

Type of salt to use when cooking

- Iodine is important for children's physical growth and brain development !

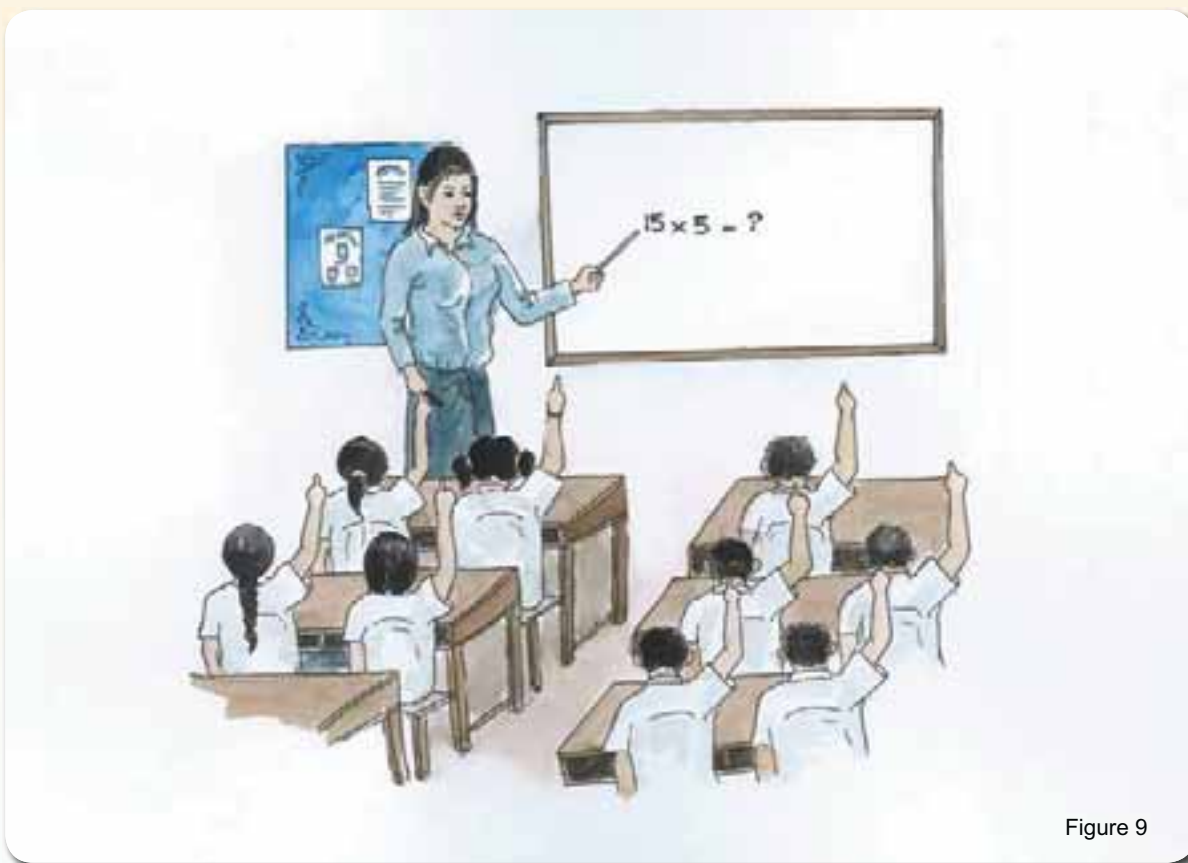


Figure 9

- Always buy and use iodized salt for cooking



Figure 10

A sick child needs to eat well to recover from illness quickly:

1. They usually have a reduced appetite.
2. They need to eat more food since nutrients from food are less well absorbed.
3. They need more water (e.g. with fever or diarrhea) because they lose more water when ill.

Consumption of adequate foods and liquids helps to reduce the risk of further infections. Please ensure that water given to a young child is always boiled and comes from a safe source.

How to help a sick child to eat enough food?

- Give small amounts of food frequently, especially when they do not want to eat. If possible feed every 1-2 hours.
- Give soft food (mashed banana, Borbor or soup) and other foods that can be easily swallowed. Encourage foods that the sick person likes to eat and try to give food that is full of energy and nutrients.
- Add a little extra fat (such as oil) or sugar to increase the energy and taste.
- Give different varieties of vegetables and fruits.
- Encourage the sick person to eat as much as they can at every meal.
- If the sick child is likely to vomit, have the child sit on your lap when feeding.



(Source: National Nutrition Program)

Photo 15

- Give sick people plenty to drink every 1-2 hours such as boiled water, fresh fruit juice, soup or watery porridge.

Figure 11



Feed sick child sitting up

Figure 12



Encourage child even if he does not want to eat

- Children 6-23 months with diarrhea or vomiting need to drink extra liquids (for example ORS – Oral Rehydration Salts) frequently.
- Increase breastfeeding if the child is sick.

Photo 16



Mother **SHOULD** breastfeed the sick child more frequently

(Source: National Nutrition Program)

3.1 Why Must Foods and Drinks be Safe and Clean?

Good food and personal hygiene prevents you and your family from diseases.

Therefore:

- We wash hands with soap (or ash) after using the toilet and after washing the child's bottom.
- We also wash hands before preparing food, eating or feeding children.



Figure 13

- Teach children to wash their hands properly before eating and after going to the toilet.

Figure 14



Wash your hands with soap and clean water

3.2 How to Wash your Hands Correctly



Figure 15

(Source: UNICEF)

(Source: UNICEF)

Figure 16

Why wash hands with soap?

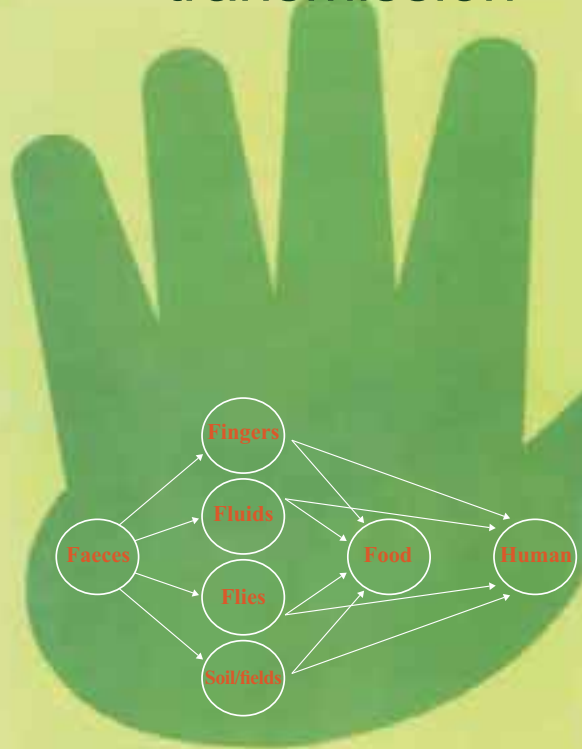
There are many germs on your hands when we have direct contact with dirty things, human or animal faeces or soil. These germs can make you sick. Washing your hands with soap will kill the dirty germs on your hands

Dirty hands can transmit germs in to your body easily by eating food and touching your mouth, nose or eyes with dirty hands.

When to wash hands?

- Before eating
- After defecation
- After washing child bottom

Main ways of germs transmission



Clean hands, Good health



Always wash hands with soap



Drinking clean and safe water

- Drink only boiled water or clean water



Cover your water jar



Do not leave water jars uncovered.



Pump water from a safe source



Only drink boiled or clean water

(Source: UNICEF) Figure 17

Keeping food safe and clean

- We get sick (e.g. vomiting and/or diarrhea) if the food we eat is no longer safe.

To keep food safe and clean:

- Cover food to protect them from insects, pests and dust
- Use clean utensils to prepare or eat food
- Always wash hands before handling food



Always cover food



Do not leave food uncovered

(Source: UNICEF) Figure 18

- Store fresh food (especially fish and meat) and cooked foods separately in a cool dry place.
- Buy fresh foods (such as meat or fish) on the same day as you are going to eat them.
- Do not store leftover foods for many hours.
- Reheat foods thoroughly until hot and steaming.
- Keep dry foods such as flour or legumes in a dry, cool place and protected from insects, rats and mice and other pests.

An example of a clean storage cupboard

Figure 19



Many germs that make us sick come from dirty surroundings.



House with dirty surroundings

Remember! Keeping our surroundings clean can reduce the risk of getting sick.



House with clean surroundings

Part 4

Improved Complementary Feeding Recipes

4.1 Current Complementary Feeding Practices

- From 6 months, many children only get plain Borbor, which is not enough for good child growth and brain development.

Figure 22



Plain Borbor is not enough for child growth and development

- A good complementary food must contain at least the following:



Figure 23

1. Give your child a good start in life! Give him/her enriched complementary food, prepared from foods in your household.

2. Give mashed ripe fruits such as papaya, banana, mango as a nutritious snack between meals.



3. When the child is well fed, he/she is healthy, active and alert.



4. He/ she is happy and cries less often.



- You can do your work while your child plays happily !

Figure 24



Mother working, child playing happily


4.2 Examples of Improved Complementary Feeding Dishes

- The more food items you use to prepare improved complementary food, the better the food will be.
- From the foods that you use in your home, you can make up to 10 or more healthy and nutritious meals for your child.
- The recipes suggested are very basic. You can add more variety if you can grow or purchase different foods, if affordable.
- Depending on the age of the child, go to the next page and see different ways of preparing complementary foods to give children a good start in life.


Figure 25

1 Complementary Feeding Recipes for Children Aged 6 - 8 Months: Using Rice


What to select and cook for 1 meal



Rice




Fish





Pumpkin


+ + +



Cooking oil
(1 coffee spoon)





Clean water for cooking




1/2 bowl


Child Feeding



3-4




2-3




2-3


Feed child 2 times a day
2 - 3 table spoon per meal



3-4





2-3




2-3

Feeding child 3 times a day







Continue breastfeeding

Remember!!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dishwashing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products

Ingredients used in this poster are only examples, use similar, locally available foods

Figure 26

2

Complementary Feeding Recipes for Children Aged 6 - 8 Months: Using Sweet Potato or Taro

What to select and cook for 1 meal

Child Feeding



Remember!!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dishwashing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products



Feed child 2 times a day.
2 - 3 table spoon per meal



Feeding child 3 times a day



Continue breastfeeding




Ingredients used in this poster are only examples, use similar, locally available foods

3


Complementary Feeding Recipes for Children Aged 9 - 11 Months: Using Rice


Figure 27

What to select and cook for 1 meal





Rice






Fish







Pumpkin




or




Egg






Ivy gourd




or




Beans







Morning glory




or





Meat and liver





Amaranth






Cooking oil (1/2 table spoon)


Clean water for cooking

Almost full bowl

Child Feeding




Feed child 3 times a day and provide snack once a day



Continue breastfeeding

Remember!!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dishwashing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples, use similar, locally available foods

Figure 28

4

Complementary Feeding Recipes for Children Aged 9 - 11 Months: Using Sweet Potato or Taro

What to select and cook for 1 meal

Child Feeding

Sweet potato
(Yellow sweet potato is better than white)

Fish

Pumpkin

Taro

Egg

Ivy gourd

Beans

Morning glory

Meat and liver

Amaranth

Cooking oil
(1/2 tea spoon)

Almost full bowl

Clean water for cooking

6-99 12

Feed child 3 times a day
and provide snack once a day

Continue
breastfeeding

Remember!!

- Wash hands with soap using clean water before preparing food and feeding children
- Wash ingredients with clean water before cooking
- Clean bowls, spoons, plates in hot water and use dishwashing liquid if available
- Provide boiled water to the child
- Where possible, choose good quality ingredients and products

Ingredients used in this poster are only examples, use similar, locally available foods

5

Complementary Feeding Recipes for Children Aged 12 - 24 Months: Using Rice

Figure 29

What to select and cook for 1 meal

Rice + Fish + Pumpkin + Cooking oil (1/2 tea spoon) + Clean water for cooking → A full bowl

or

Egg + Ivy gourd

or

Beans + Morning glory

or

Meat and liver + Amaranth

- Remember!!**
- Wash hands with soap using clean water before preparing food and feeding children
 - Wash ingredients with clean water before cooking
 - Clean bowls, spoons, plates in hot water and use dishwashing liquid if available
 - Provide boiled water to the child
 - Where possible, choose good quality ingredients and products

Child Feeding

Feed child 3 times a day and provide snack twice a day

Continue breastfeeding



Ingredients used in this poster are only examples, use similar, locally available foods

6

Complementary Feeding Recipes for Children Aged 12 - 24 Months: Using Sweet Potato or Taro

Figure 30

What to select and cook for 1 meal

Child Feeding

Sweet potato
(Yellow sweet potato is better than white)

Fish

Pumpkin

Cooking oil
(1/2 tea spoon)

Clean water

A full bowl

or

Taro

Egg

Ivy gourd

or

Beans

Moring glory

or

Meat and liver

Amaranth



Feed child 3 times a day and provide snack twice a day



Continue breastfeeding

- Remember!!**
- Wash hands with soap using clean water before preparing food and feeding children
 - Wash ingredients with clean water before cooking
 - Clean bowls, spoons, plates in hot water and use dishwashing liquid if available
 - Provide boiled water to the child
 - Where possible, choose good quality ingredients and products



Ingredients used in this poster are only examples, use similar, locally available foods

Part 5

Nutrition Counselling and Cooking Demonstrations

5.1 Nutrition Counselling

This is a process of working with both individuals and/or groups of mothers and caregivers to assist them to improve family and young children's diets using local resources.



Counselling

Photo 20



Photo 21



Group discussion and counselling

Photo 22

5.2 Who Should Participate

In households, it is best to involve all the people who can influence household decisions on:

- Growing food and buying food for eating.
- Preparing and sharing food, especially for young children and mothers.

Figure 31



Involve both fathers and mothers

Figure 32



Involve grandmother

Figure 33



Involve neighbours or extended family

5.3 Cooking Demonstrations

Cooking demonstrations are a practical way of showing caregivers how to prepare improved dishes using readily available local foods.

Figure 34



Participatory Cooking Demonstration

Organizing participatory cooking demonstrations enables the caregivers (mothers, fathers, grandmothers, aunts, etc) to:

- Gain new food processing and preparation skills; and
- Develop the confidence to prepare new dishes.



Learning to mash fruits

Photo 23

5.4 Planning and Conducting Cooking Demonstrations

First Cooking Demonstration

Depending on the season:

1. Choose foods readily available in most homes.
2. Decide on the key message for the day.
3. Take the steps shown below.

1

Choose food readily available in most homes



Figure 35

2

Select recipes for the cooking session



Figure 36

3

Inform mothers and caregivers of the date, time and venue for the cooking session



Figure 37

4

Figure 38



- Explain the purpose of the cooking session.
- Ask mothers and caregivers about the current practices on infant and young child feeding (using Tool No.2).
- Give one or two key educational messages.

5



Practical cooking with active participation from mothers and caregivers is best.

Figure 39

6

Have participants taste the cooked food and find out which recipes children like the most. Ask for comments and suggestions.



Figure 40

7

Figure 41



Discuss and record which new dishes mothers have agreed to try and record the attendance.

Where to conduct cooking demonstrations

The cooking demonstration can be held at:

1. The village chief's house; or
2. Community centres; or
3. Home of a caregiver who offers her home as venue.

Planning Subsequent Cooking Demonstration

1. Follow Steps 1-8 above;

Remarks: (picture 4): on the day of cooking, start asking mothers and caregivers on what they have tried from the previous cooking session and record this on Tool No.2.



Conducting Home Visits

Home visits are for:

1. Assisting households who are *encountering problems* in adopting the improved complementary feeding practices;
2. Checking, encouraging and motivating mothers to continue with the improved recipes.



Having fun during counselling

Photo 24

Annex 1: Different Tools to Use for Monitoring Progress of Improved Complementary Feeding

Tool No.1: The Attendance List for Cooking Demonstration

Tool No.2: For follow-up, monitoring progress and common problems of feeding practices

Tool No.3: For use in home visits to give counselling to households encountering child feeding problems.

Tool No. 1: Cooking Demonstration Attendance Sheet (for use by CNPs)

Province: District: Village: Names of CNPs:

..... Total No. of HHs with Children 0-24 Months¹: Total No. of HHs Participating in Cooking Demonstrations²:

No.	Households Participating in Nutrition Promotion Activities (Cooking Demonstrations and Peer Education)									
	Name of Household Head	Type of HH (MH=Male Headed) (FH=Female Headed)	Child's Age (Months)	Attendance at Organized Cooking Demonstrations Sessions (Please tick if HH member is present)						
				Sessions 1 Date:	Sessions 2 Date:	Sessions 3 Date:	Sessions 4 Date:	Sessions 5 Date:	Sessions 6 Date:	
1.										
2.										
3.										
4.										
5.										
6.										
7.										
8.										
9.										
10.										
11.										
12.										
13.										
Attendance rate (No. of HHs participating in Cooking Demos divided by Total No. of HHs with children 0-24 months)			

¹ To complete shortly after the training of CNPs, before starting the Nutrition Promotion Initiative through cooking demonstrations

² To complete at the end of a cooking demonstration session

Tool No. 3: Home Visit Recording Form For CNPs to Record Outcomes of Home Visits
(CNPs to Get Feedback from Caregivers on Dietary Improvements Made since the Last Cooking Demonstration)

Province:

District:

Village:

Names of CNPs:

Households Encountering Problems in Adapting Improved Complementary Feeding Practices							
No.	Name of Household Head	Type of HH (MH=Male Headed) (FH=Female Headed)	Child's Age (Months)	Attendance at Organized Cooking Demonstrations Sessions <i>(Please tick if HH member is present)</i>			
				Home Visit 1: Date		Home Visit 2: Date:.....	
				Summary of Common Problems	Remedial Action Agreed Upon	Summary of Common Problems	Remedial Action Agreed Upon
				1.			
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
%			of HHs encountering problems in improving complementary Feeding Practices				

CNPs' Observations during home visits to HHs reporting good progress in adopting improved complementary feeding practices:

.....

General Remarks:

.....



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TURNING
THE RISING TIDE
OF HUNGER



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