

# 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 Months<sup>1</sup>: ..... Total No. of HHs Participating in Cooking Demonstrations<sup>2</sup>: .....

Households Participating in Nutrition Promotion Activities (Cooking Demonstrations and Peer Education)									
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>					
				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)									

<sup>1</sup> To complete shortly after the training of CNPs, before starting the Nutrition Promotion Initiative through cooking demonstrations  
<sup>2</sup> To complete at the end of a cooking demonstration session

## Tool No. 2: Monitoring Form For CNPs to Record Feedback from Caregivers on Adoption of Improved Complementary Feeding Practices (CNPs to Get Feedback from Caregivers on Dietary Improvements Made since the Last Cooking Demonstration)

Province: ..... District: ..... Village: ..... Names of CNPs: .....  
 .....  
 Total No. of HHs Present at a Cooking Demonstrations: .....

### Summary of Current Feeding Practices for most HHs: (Please complete during the 1<sup>st</sup> cooking demonstration)

- (1) **Daily meal frequency (complementary Feeding):** 2times/day=.....HHs; 3≥times/day=.....HHs;  
 (2) **Common Complementary food:**  Child given plain borbor with salt &/or sugar= .....HHs;  Child given borbor with fish/egg/pork = .....HHs;  
 Child given plain rice with liquid part of soup=..... HHs;  Child only given family meal 3 times/day=.....HHs;  Other (specify):.....=.....HHs  
 (3) **Common Ingredients added to rice by most mothers:**  Tuber/root =..... days/wk;  Fish =..... days/wk;  Egg =..... days/wk;  Pork =..... days/wk;  
 Green leafy veggies =..... days/wk;  MSG = ..... days/wk;  
 (4) **Common snacks given (i)**  fruits =.....days/wk; **(ii)**  small cakes/biscuits =.....day /wk; **(iii)** Age when snack is mostly given ..... months.

Cooking Demonstration Sessions	Improved Complementary Feeding Actions Which Caregivers Agree to Try at Home	Feedback from Caregivers on Implementation of Improvements Agreed Upon During Previous Session			
		Adding Other Ingredients to Rice or Rice Porridge or Sweet Potatoes & Taro (tick and fill in the appropriate column)		Types of Snack Given Mostly given	Increase in Snacks Given to Child (Fill in Appropriate Column)
		Adding Oil/Fat	Adding Leafy Veggies.		
Session 1 Date:.....	<input type="checkbox"/> Add oil + Veggies <input type="checkbox"/> Add protein-rich foods				
Session 2 Date:.....	<input type="checkbox"/> Add oil + Veggies <input type="checkbox"/> Add protein-rich foods	Yes = .....HHs	Yes = .....HHs	<input type="checkbox"/> Fruits <input type="checkbox"/> Cake/biscuits	.....times/day .....days/wk
Session 3 Date:.....	<input type="checkbox"/> Add oil + Veggies <input type="checkbox"/> Add protein-rich foods	Yes = .....HHs	Yes = .....HHs	<input type="checkbox"/> Fruits <input type="checkbox"/> Cake/biscuits	.....times/day .....days/wk
Session 4 Date:.....	<input type="checkbox"/> Add oil + Veggies <input type="checkbox"/> Add protein-rich foods	Yes = .....HHs	Yes = .....HHs	<input type="checkbox"/> Fruits <input type="checkbox"/> Cake/biscuits	.....times/day .....days/wk
Session 5 Date:.....	<input type="checkbox"/> Add oil + Veggies <input type="checkbox"/> Add protein-rich foods	Yes = .....HHs	Yes = .....HHs	<input type="checkbox"/> Fruits <input type="checkbox"/> Cake/biscuits	.....times/day .....days/wk
Session 6 Date:.....	<input type="checkbox"/> Add oil + Veggies <input type="checkbox"/> Add protein-rich foods	Yes = .....HHs	Yes = .....HHs	<input type="checkbox"/> Fruits <input type="checkbox"/> Cake/biscuits	.....times/day .....days/wk

### Remarks:

- 1) No. of HHs **unable** to add protein-rich foods to complementary food: Session 1:.....HHs; Session 2: .....HHs; Session 3:.....HHs; Session 4: .....HHs;  
 Session 5: .....HHs; Session 6: .....HHs; (NB: note these and conduct home visits)
- 2) No. of HHs making: (a) Sweet potato-based complementary foods (CF) .....HHs; (b) Taro-based complementary foods: .....HHs; and (d) Complementary foods with peanuts: .....HHs  
 (Please complete during the 6<sup>th</sup> 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
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: .....

.....

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.....

.....

**General Remarks:** .....

.....

.....







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THE RISING TIDE  
OF HUNGER**



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