# Part 5

# Nutrition Counselling and Cooking Demonstrations

### **5.1 Nutrition Counselling**

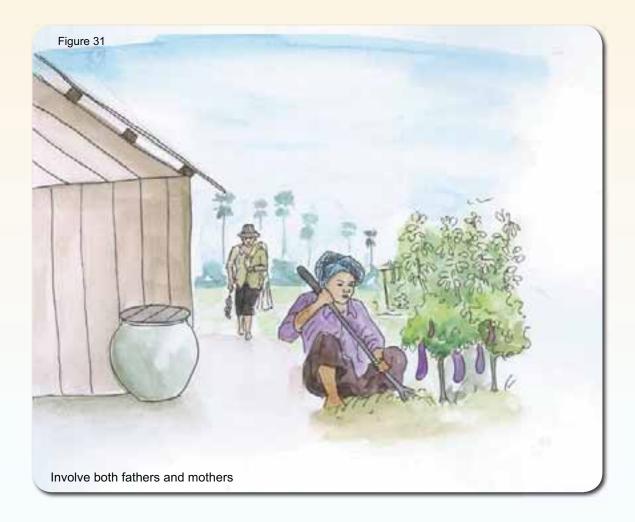
This is a process of working with both individuals and/or groups of mothers and caregivers to assist them to improve family and young children's diets using local resources.



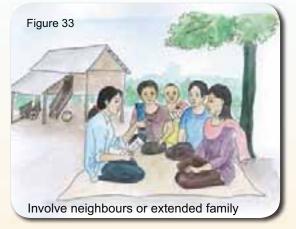
### **5.2 Who Should Participate**

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.







### **5.3 Cooking Demonstrations**

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



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

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



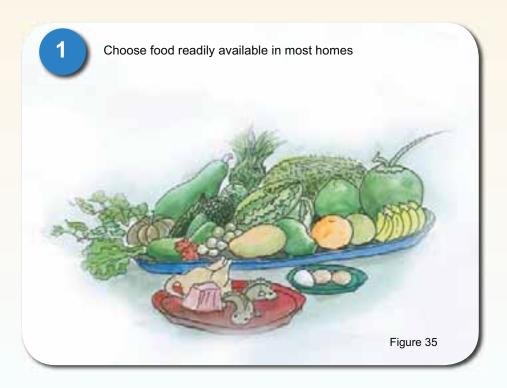
Learning to mash fruits

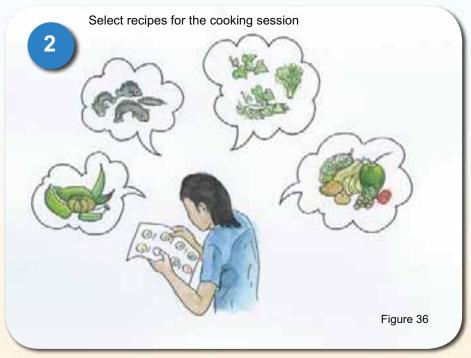
Photo 23

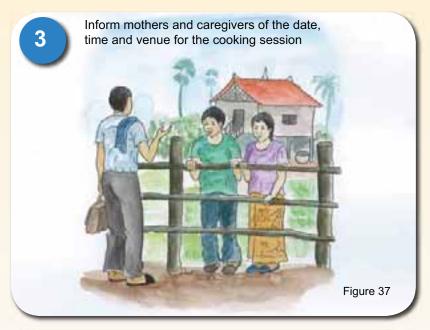
# **5.4 Planning and Conducting Cooking Demonstrations First Cooking Demonstration**

### Depending on the season:

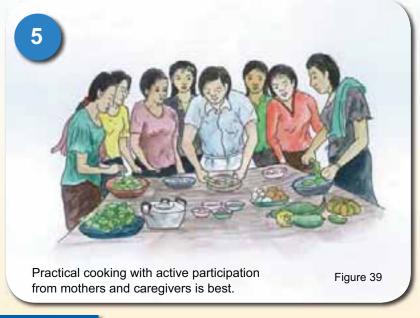
- 1. Choose foods readily available in most homes.
- 2. Decide on the key message for the day.
- 3. Take the steps shown below.

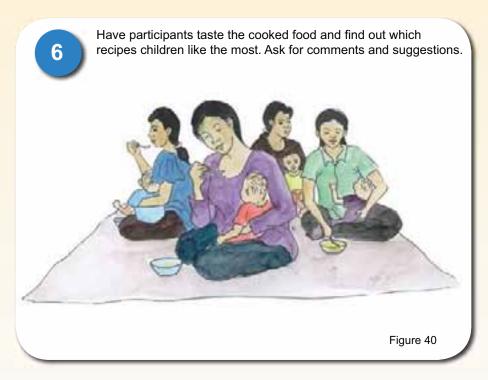


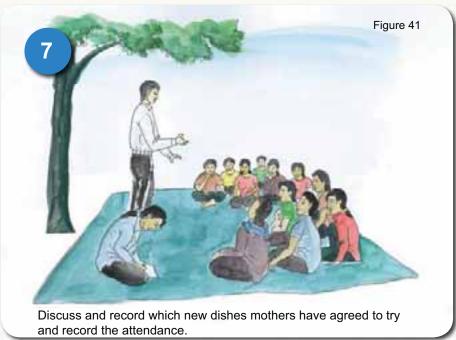












### Where to conduct cooking demonstrations

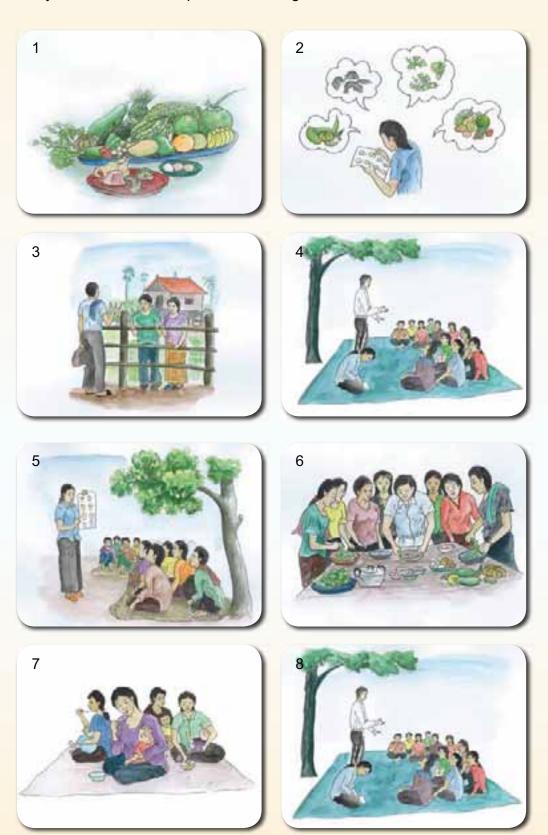
The cooking demonstration can be held at:

- 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)

<u>а</u> :	Province: District: Village: Village: Names of CNPs: Total No. of HHs Participating in Cooking Demonstrations <sup>2</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>2</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>2</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Demonstrations <sup>3</sup> : Total No. of HHs Participating in Cooking Participating Participating in Cooking Participating Participating Participating Participating Participating Participating Participating Participating Parti	1ge:en 0-24 Months <sup>1</sup> :	Name. Tota	s of CNPs: 1 No. of HI	Hs Participa	ating in Coo		Names of CNPs:	
	Households (Coo	Households Participating in Nutrition Promotion Activities (Cooking Demonstrations and Peer Education)	rition Pro and Peer I	motion Act Education)	ivities				
No.		Type of HH	Child's	Ψ	tendance at O	at Organized Cooking Demonstratic (Please tick if HH member is present)	king Demonst nember is pres	Attendance at Organized Cooking Demonstrations Sessions (Please tick if HH member is present)	su
	Name of Household Head	(MH=Male Headed) (FH=Female Headed)	Age (Months)	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.									
Attend	Attendance rate (No. of HHs participating in Cooking Demos divided by Total No. of HHs with children 0-24 months)	ith 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)

			HHs =	. days/wk;
Names of CNPs:	Total No. of HHs Present at a Cooking Demonstrations:	onstration)	<b>3≥times/day=HHs;</b> Hs, □ Child given borbor with fish/egg/pork =HHs; meal 3 times/day=HHs; □ Other (specify):	I Tuber/root = days/wk;       □ Fish = days/wk;       □ Egg = days/wk;       □ Pork = days/wk;         I Green leafy veggies = days/wk;       □ MSG = days/wk;       □ MSG = days/wk;         (ii) □ small cakes/biscuits = day /wk;       (iii) Age when snack is mostly givenmonths.
Province: District: District: Village: District		Summary of Current Feeding Practices for most HHs: (Please complete during the Ist 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 plain rice with liquid part of soup= HHs; □ Child only given family meal 3 times/day=HHs; □ Other (specify):	(3) Common Ingredients added to rice by most mothers:   Tuber/root = days/wk;  Fish = days/wk;  Beg = 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

Cooking	Improved Complementary	Feedb	Feedback from Caregivers on Implementation of Improvements Agreed Upon During Previous Session	nentation of Improvements Agi	reed Upon During Prev	vious Session	
Demonstration Sessions	Feeding Actions Which Caregivers Agree to Try at Home	Adding Other Ingredier (tick	Adding Other Ingredients to Rice or Rice Porridge or Sweet Potatoes & Taro (tick and fill in the appropriate column)	weet Potatoes &Taro in)	Types of Snack	Increase in Snacl (Fill in Approp	Increase in Snacks Given to Child (Fill in Appropriate Column)
		Adding Oil/Fat	Adding Leafy Veggies.	Adding Protein-Rich Foods	GIVEN MOSULY BIVEN	Feeding F	Feeding Frequency
Session 1	Add oil + Veggies						
Date:	Add protein-rich foods						
Session 2	Add oil + Veggies	$V_{cc} = UU_c$	JIII - WX	Voc. – um.	☐ Fruits	times/day	days/wk
Date:	Add protein-rich foods	I &S =ППS	I es =ппs	I сs =пппs	☐ Cake/biscuits	times/day	days/wk
Session 3	Add oil + Veggies	$V_{ m oc} = - HH_c$	Vac = HHs	Vac = HHs	☐ Fruits	times/day	days/wk
Date:	Add protein-rich foods				☐ Cake/biscuits	times/day	days/wk
Session 4 Date:	Add oil + Veggies	Yes =HHs	Yes =HHs	Yes =HHs	☐ Fruits	times/day	days/wk
Session 5	Add oil + Veggies	$V_{ee} = HH_e$	vHH = seV	Vec = HHc	☐ Fruits	times/day	days/wk
Date:	Add protein-rich foods	CO			☐ Cake/biscuits	times/day	days/wk
Session 6	Add oil + Veggies	Vac = HHc	Vac = HHc	$V_{ac} = HH_c$	☐ Fruits	times/day	days/wk
Date:	Add protein-rich foods	6111	STILL		☐ Cake/biscuits	times/day	days/wk

# Remarks:

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

# 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:	Di	strict:	District:		Village:	
L	Names of CNPs:						
	Households Encour	Encountering Pro	oblems in	ntering Problems in Adapting Improved Complementary Feeding Practices	Complementary Fee	ding Practices	
No.		Tyno of HH	Child's	Atten	idance at Organized Cooking Demonstrati (Please tick if HH member is present)	Attendance at Organized Cooking Demonstrations Sessions (Please tick if HH member is present)	sions
	Name of Household Head	(MH=Male Headed)	Age	Home Visit 1: Date	ate	Home Visit 2: Date:	Date:
		(FH=Female Headed)	(Months)	Summary of Common Problems	Remedial Action Agreed Upon	Summary of Common Problems	Remedial Action Agreed Upon
1.							
2.							
3.							
4							
5.							
.9							
7.							
8.							
9.							
%	% of HHs encountering problems in improving complementary Feeding	y Feeding Practices					

General Remarks: .....

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