**Participatory cooking demonstration guidelines**

**Pusti Gura**

**Technical note:**

Pusti gura has been formulated for children aged 6-8 months. This is a nutritious main meal composed of rice flour, green gram flour, peanut, molasses or sugar, oil, banana or carrot powder. Rice and pulses are good sources of energy, protein and B complex vitamins. Besides, a mixture of rice-pulse-nuts has a mutual supplementary value that improves protein quality. Roasting of rice, green gram and nuts improves flavor and digestibility, helps to reduce bulk and provides a concentrated source of nutrients. Sugar and oil add energy in it, improves flavor and taste. All of ingredients except oil (and sugar, if used) provide good amounts of iron. This recipe can be served as a snack or as a main meal.

**Cooking demonstration:**

**Step 1: Introduce participants to the recipe**

First tell the name of the recipe (Pusti gura) and then tell the ingredients of the recipe. Emphasize that this diversified balanced meal can be offered to children as well as pregnant and lactating mother as it provides three types of food groups such as energy giving, body building and body protecting. After completing 6 months a child should offered these types of food with continuation of breast feeding. Pusti gura can be stored up to one month and it can be used with fruits such as papaya, sweet pumpkin, carrot powder or vegetables.

Ingredients for a demonstration for 30 participants:

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measurement*** |
| Rice | 240 g | 16 Tsp |
| Green gram | 60 g | 4 Tsp |
| Nuts | 60 g | 4 Tsp |
| Molasses | 60 g | 4 Tsp |
| Banana/ Mango/safeda/papaya | 300 g | Add to get required thickness |

**Step 2: Now divide the group into 4 and distribute ingredients for preparatory tasks of the cooking demo as described in tables below**

*Everyone wash their hands before starting the work*.

**Group1:** Receive rice to clean

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measurement*** |
| Rice | 240 g | 16 Tsp |

**Group 2:** Receives green gram to clean.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measurement*** |
| Green gram | 60 g | 4 Tsp |

**Group 3:** Receives nuts, molasses papya/banana/safeda and pumpkin/carrot to wash, peel and cut.

|  |  |  |
| --- | --- | --- |
| ***Ingredients*** | ***Quantity*** | |
| ***Amount*** | ***Household Measurement*** |
| Nuts | 60 g | 4 Tsp |
| Molasses | 60 g | 4 Tsp |
| Banana/papaya/safeda/mango/ | 300 g | Add to get required thickness |

**Group 4:** Arrange utensils, water and fuel and finally take lead during cooking.

**Step 3: After distribution of ingredients details of preparatory tasks and cooking methods are to describe in following manner**

**Group1**: Clean rice then roast and grind to fine powder. Keep it on a clean plate under a cover.

**Group2:** Clean pulse then roast and grind to fine powder. Keep it on a clean plate under a cover.

**Group3:** Clean nuts then roast and grind to fine powder. Wash fruits, remove a thin layer of peel and chop them. Keep everything on a plate under a cover.

**Group4:** Arrange utensils, water fuel and finally take lead for mixing of pusti gura.

**Step 4: Now the facilitator will ask to group leaders to share their findings**

During sharing of group findings conversations between group leader and the facilitator are following: the facilitator will say “till now we all have completed preparatory tasks, let’s listen who did what?”

**Group 1:**

**Facilitator: What have you done?**

**Group leader**: First we washed our hands then we washed rice and roasted it well on a pan. Then we ground the rice to powder.

**Facilitator:** **What are the benefits of eating rice?**

**Group leader**: Rice provides energy.

**Facilitator: What is the benefit of roasting food?**

**Group leader**: Roasted food can be preserved for a long time. This method also helps to increase the availability of nutrients from the food.

**Group 2:**

**Facilitator: What have you done?**

**Group leader**: First we washed our hands then we washed pulses and roasted them on a pan. Then we ground them to powder.

**Facilitator:** **What are the benefits of eating pulses?**

**Group leader**: Pulses are highly nutritious body building foods. They also contain nutrients which are important for blood and bone building and help children to grow.

**Group 3:**

**Facilitator:** **What have you done?**

**Group leader**: First we washed our hands then we cleaned nuts and roasted them on a pan. We ground the nuts to powder.

**Facilitator:** **What are the benefits of eating nuts?**

**Group leader**: Nuts are highly nutritious body building foods. They contain many essential nutrients which are important for children to grow healthy.

**Facilitator: What can we use in this recipe instead of nuts?**

*Wait for 1 minute and try to get response from the participant.*

Now, tell the participants that instead of nuts they can use sesame. Sesame is a very rich source of bone building nutrients.

**Step 5: Cooking**

After completion of group works and discussion group 4 will start cooking. Other participants will actively observe the cooking demo.

**Cooking steps for Pusti gura:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Instruction** | **Notes** | **Time of cooking** |
| **1** | Heat a pan and melt molasses on it. |  |  |
| **2** | Mix all the ground ingredients: rice, pulses and nuts together. |  |  |
| **4** | Ground powder can pack into plastic bag | ***State:*** *“Roasted food can store for long time”*  ***State:*** *“grind powder can feed to young children and it can also use with other foods such as khichuri, vegetables curry, etc.”* |  |
| **Follow the next steps to prepare nutritious pusti ghura balls** | | | |
| **5** | Add crushed molasses and mash all together properly |  |  |
| **6** | Add pieces of fruits and mash all together to a homogenous mass. When the consistence is thick enough form small balls. | ***State:*** *“Mixing the pusti gura powder with fruits is one way of serving it to children. This way we receive a balanced snack which contains fruits: body protective food, molasses and rice which are energy giving foods and pulses and nuts which are body building foods”* |  |

Serve balls to all the participants for tasting.

**Step 6: Take feedback from the participants by asking below questions**

* How is the food?
* How many food groups are in pusti gura?
* Which benefits we would get from this recipe?
* Is there anything new in this cooking method?
* Will you practice this recipe at home?
* Do you anticipate any problems when practicing this recipe at home?