

Group Nutrition Education Discussion Cards: Job aids for Agriculture Extension Officers



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IYCN USAID's Infant
& Young Child
Nutrition Project

1

FOODS FOR CHILDREN 6 TO 12 MONTHS OLD



1

FOODS FOR CHILDREN 6 TO 12 MONTHS OLD

1. Opening questions

What do you see in this picture?

About how old do you think this child is?

Which porridge do you think this child is eating?

Which porridge do you think is good for this child?

2. What can this mother do to improve the food she is giving this child?

Give mashed fruits such as banana, mango, or avocado.

Give vegetables or fruits and a little oil in a porridge made from mitin.

Mash other foods prepared for the family, such as carrots or potato.

Offer all the family foods, including shiro wot with injera, and especially include vegetables and legumes. Chop and mash foods for babies.

3. What do you think will happen if the child eats all of these foods—vegetables, fruits, family foods?

The child will be happier and more active and the mother will have more time for other things.

The child will grow well.

The child will be more intelligent and be ready for school.

4. Discussion questions

What are some challenges that you might face in feeding this child well?

What can you do to overcome these challenges?

2

HOW TO FEED CHILDREN 6 TO 12 MONTHS OLD



2

HOW TO FEED CHILDREN 6 TO 12 MONTHS OLD

1. Opening questions

What do you see in this picture?

What do you think the child is eating?

How is the child being fed?

What do you think about how this child is being fed?

2. What might happen if this child ate from the family plate and not a separate plate?

The child may not get enough food.

You will not know how much food the child is eating.

The food may not be as clean as it would be if the child were eating from his/her own plate or bowl.

3. What do you think will happen if the child eats all of these foods—vegetables, fruits, family foods?

You will be able to see better how much the child eats, to make sure that he/she is getting enough food.

Children who are one year old need 1½ to 2 cups of food at each meal.

Children who are over one year old need 2 cups of food at each meal.

The child will grow better if he/she is getting the right amount of food.

You can make sure that the child's bowl or plate is clean.

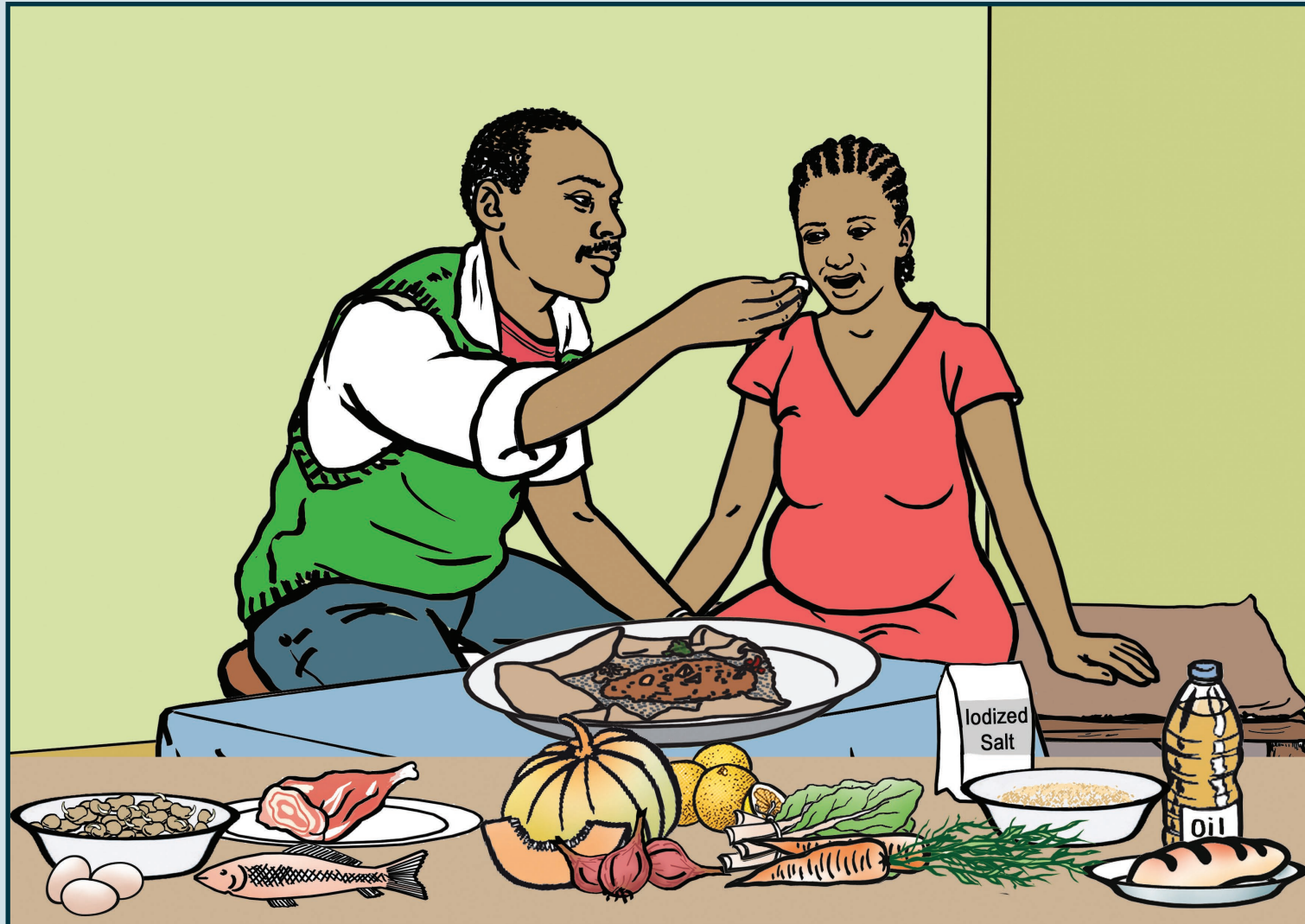
4. Discussion questions

What are some challenges that you would face in feeding this child with a separate plate?

What can you do to overcome these challenges?

3

HEALTHY FAMILY MEALS



3

HEALTHY FAMILY MEALS

1. Opening questions

What is this family eating?

How many different foods do you see?

Do you think that they are eating well?

Do you eat these foods?

Do you grow any of these foods in your garden?

2. Why is it important to eat many different foods?

Different foods provide different things that people need to be healthy:

- Children need a variety of foods to grow well and to be healthy.
- Adults need a variety of foods to have energy and be productive.
- Women who are pregnant or breastfeeding need different foods for the baby and themselves to be healthy and strong.

Eating the same foods every day means that things are missing that your (or your child's) body needs. This may make you (or your child) weak and tired or sick.

3. What can a family do to make sure that they have a healthy diet?

Eat at least four different foods every day—different means from a different food group.

Include vegetables or fruits in every meal.

Eat vegetables from the garden every day.

Spend some of the money from selling vegetables to buy foods that will add to the variety eaten by the family, including fruits, eggs, meat, and poultry.

Each day, eat at least one additional food that is different from your normal diet.

4. Discussion questions

What are some challenges that you would face in trying to have a healthy diet every day?

What can you do to overcome these challenges?

4

FOOD SAFETY



4

FOOD SAFETY

1. Opening questions

What do you see in these pictures?

Do you think that these people are doing healthy things? Why?

2. What might happen to a young child if the food was not washed or the mother did not wash her hands before feeding the child?

The child might get sick with diarrhea.

The child might not grow well.

The child might have to go to the health center.

The child might be crying and inactive.

3. What are things that your family can do to keep food safe for eating?

Wash all utensils (pots, pans, knives) and all work surfaces for cooking—make sure all is clean.

Clean hands with ash and water.

Keep flies and insects away from food.

Cover or wrap leftover cooked food.

Always reheat leftover food.

Wash fresh foods (vegetables, fruits) in clean water.

4. Discussion questions

What are some challenges that you would face in trying to keep food clean and safe to eat?

What can you do to overcome these challenges?

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