

ANNEX 12: Infant and Young Child Feeding Cooking demonstration activity

This activity involves a cooking demonstration of dishes that are suitable for infants from 6 months to young children aged 2 years olds.

In order to promote sustainable activities, the foods that are to be used for the cooking demonstration should be available locally.

It is very important to motivate and mobilize participants to contribute a diverse variety of food items for the next activity. The suggested activities below may be able to assist in getting participants motivated for the complementary feeding cooking demonstration in the next activity. You can use either one of these activities

- 1. Walk around the village areas to see home gardens to identify what foods are grown close by – what vegetables and fruits planted, do villagers have chickens or ducks (that can be sources of eggs), do families have a herb garden. Encourage participants to bring some of the food items we see to the cooking demonstration in the next activity.*
 - 2. Write up the name of the 6 foods groups and ask participants to list foods under each category that available to them to be eaten by their families. Once the list is completed, explain that the next activity will be to demonstrate cooking methods for infant and young child feeding. In order to make it sustainable, participants needs to contribute small amounts food for cooking.*
- Local food items, cooking fuel (timber, charcoal) and utensils provided by the community participants, small soup bowls (x 4), tablespoons (x4), equipment, water and soap for hand washing
 - Cooking activity – participants need to be motivated and mobilised to provide locally available food items, fuel (timber or charcoal) and cooking utensils for the cooking activity. For this activity large quantities of food items are not required. But participants should be encouraged to bring small amounts of any leafy green vegetables, mushrooms, melons, pumpkin, fruit, eggs, fish or other locally available and accessible to them. (Use Annex 13 for food safety messages)

Step 1: Cooking demonstration and preparing a snack (60 minutes)

1. The next activity is to prepare porridge dishes and a snack that is suitable for infants and young children. While this is a cooking activity, it is also about encouraging participants to understand that planning the meals for infants is part of the effort to prevent malnutrition.
2. Separate participants in to 4 small groups or pairs. Each group with be responsible for preparing a porridge or other dish and 1 snack that is suitable for a child in a specific age range. The groups to be allocates are listed below:

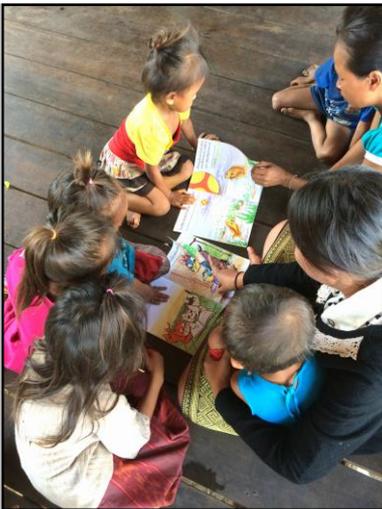
Group number	Age range of child	Thickness required	Amount required
Group 1	6 – 9 months old	Thick	2 -3 table spoons
Group 2	9 – 12 months od	Mashed or purred	½ small soup bowl
Group 3	12 – 24 months	Finely chopped or sliced	¾ small soup bowl

3. Each group responsible for planning and preparing ONE dish and one snack that meets the following criteria as follows:
 - Uses a variety of food items, the dish may look colourful
 - The dish has the right thickness for the specific age range of the child
 - The dish is the right amount for the specific age range of the child
 - The snack is a piece of ripe fruit or cooked sweet potato or pumpkin and so on.
 - The dish adds some oil to provide the extra energy to the dish.
4. Show participants Annex 11. Five ways to food safety. This information is a reminder for participants to have good food hygiene when preparing and cooking food. The five way to food safety are:
 1. Clean hands (with soap and water), plates, utensils and pots
 2. Separate raw and cooked foods
 3. Cook food thoroughly
 4. Keep food at hot temperature before eating
 5. Use safe water and raw materials for cooking
5. Allow 30 minutes for each group to prepare the dish and snack. As participants are preparing the dishes, talk to them about planning the dishes ahead of time for their children. Talk to participants about how can they have the food items on hand to quickly prepare and cook these dishes, how would they keep insects out of the food and how could they prepare snacks for the young children.
6. Talk to participants about how they can make the flavour and texture appeal to children in the allocated age group.
7. Ask each group to present their dish and check that it meets the criteria and have a tasting of the dishes.
8. Reinforce the food hygiene information.
9. Conclude the activity by using the summary below.

With additional preparation and planning, we can see that we are all capable of making sure that there are food items in the household that can be used to make small amounts of food and snack for the children. Remember that infants and young children are not able to eat large amounts, but they do need regular meals and snacks. When you are preparing and cooking it is also important to make sure that food safety and hygiene are maintained. Well done everyone!



1. Food contributed by village participants



1. Wash hands with children, clip nails and have activities ready for children while waiting.



3. Give a small snack while waiting for food to be cooked. Parents do the cooking.



4. Eat together, note that the dish contains a lot of vegetables and is not a porridge.