



Farming for Resilience (F4R)

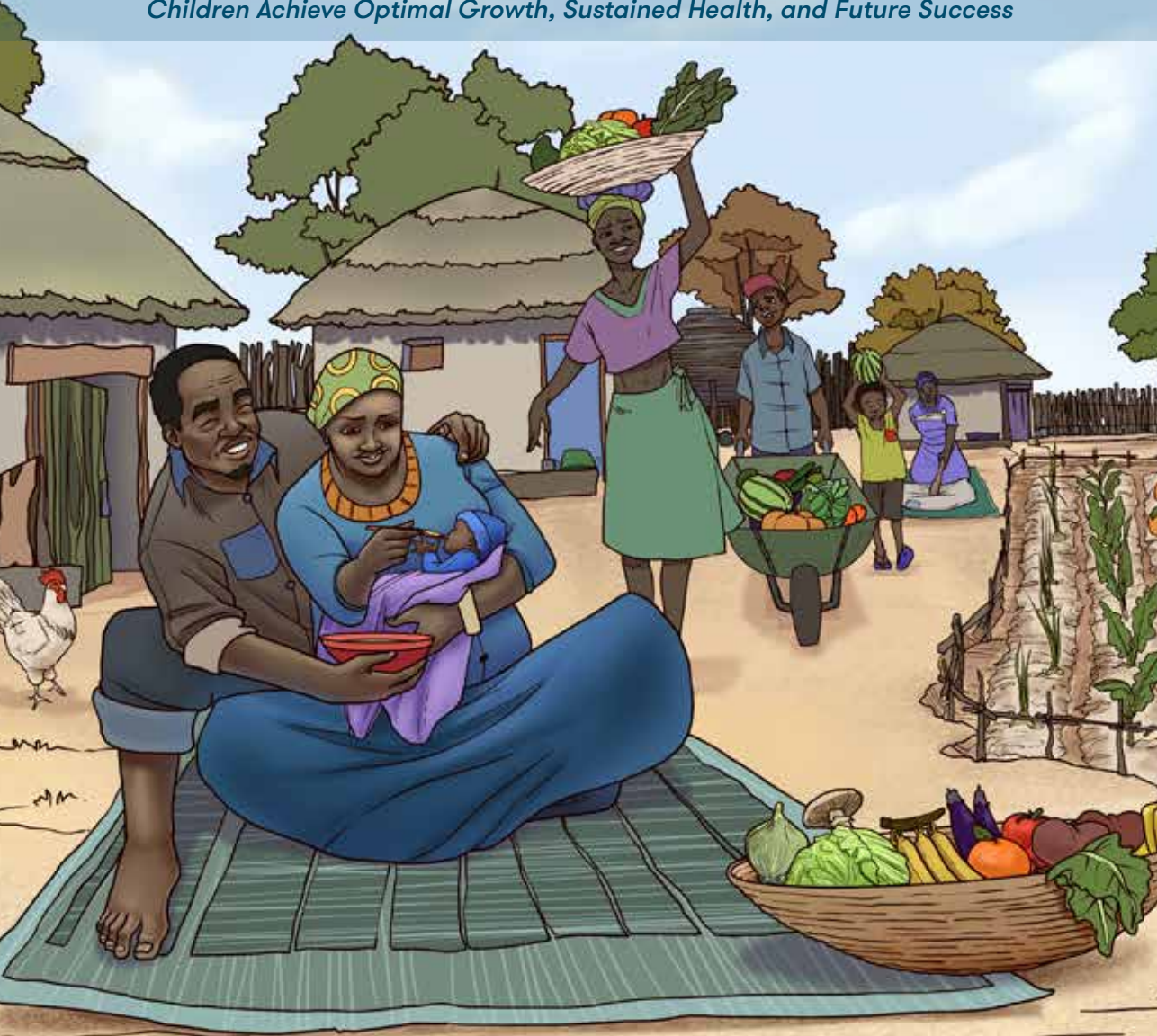


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NOURISHING THE NAMIBIAN CHILD

A Complementary Feeding Guide to Support Parents and Caregivers in Helping Children Achieve Optimal Growth, Sustained Health, and Future Success



NOURISHING

THE NAMIBIAN CHILD

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This complementary feeding guide was developed with resource materials adapted from the Right Start Campaign, UNICEF and WHO guidelines and frameworks for use by mothers and caregivers in homes, health facilities and Early Childhood Development (ECD) centers across Namibia.



NOURISHING THE NAMIBIAN CHILD



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INTRODUCTION

As defined by the World Health Organization (WHO), complementary feeding is the process of feeding babies solid food and water along with breastmilk. It is recommended that this starts at 6 months as it is at this stage that breastmilk alone does not adequately meet a baby's nutritional requirements. This stage is crucial as it determines babies' overall nutritional status and health. A combination of foods from different food groups needs to be sourced to meet the child's increasing nutritional needs. If a child is undernourished between conception (when dependent on maternal nutrition in utero) and the age of two years, the child is at risk of physical and mental impairment and is also more susceptible to chronic illnesses, factors which may in future negatively impact his or her performance at school.

The period in which the baby is introduced to complementary feeding offers a valuable opportunity to prevent different forms of child malnutrition and its associated conditions, such as wasting, stunting, obesity, being overweight, and developing micronutrient deficiencies and non-communicable diseases that are diet related. Child growth deficits and stunting are difficult to reverse, while deficits in cognition can be permanent after two years.

Therefore, how, and what the baby is fed determines not only their physical condition, but also contributes to their emotional well-being and likelihood of success in life. Early or late introduction of complementary foods to babies can have adverse effects: Early introduction of solid foods leads to inadequate nutrient intake, and the reduced offering of breastmilk is associated with low weight gain and in turn negatively affects breastmilk production. The introduction of solids at an early stage can also lead to diarrhoea and puts the child at risk of bacterial infections and allergies which can cause undernutrition, digestive disorders, and possibly even eating disorders later in life.

The late introduction of complementary feeding at 7 months or later causes undernutrition due to the likelihood of the child's energy and nutrient requirements not being met, delays in their adoption of new food flavors and textures, and because their skills (such as chewing) may not fully develop as they should. Thus, secure your child's future and the future of your grandchildren by feeding your child the right foods at the right time.

The guide aims to provide information on the:

- Age at which complementary feeding should be introduced.
- Meal frequencies for different age groups.
- Meal amounts (quantities) for different age groups.
- Meal consistencies for different age groups.
- Different food groups from which complementary foods can be formulated.
- Preservation of foods for complementary feeding in the absence of refrigerators.
- Food storage procedures to avoid spoilage and waste.
- Hygiene measures and practices, and
- Accessibility of nutritious foods at household level.



RESULTS OF TIMELY, ADEQUATE AND NUTRITIOUS COMPLEMENTARY FEEDING

The consequences of inadequate nutrition are severe in children who do not benefit from complementary feeding. Malnourishment increases the risk of both physical and cognitive deficits, and according to research, children who experience this may in adulthood earn 20% less than their peers who have benefited from balanced nutrition. A compromised workforce has wider implications for the country's productivity and economic well-being.



Timely and appropriate introduction of complementary feeding.



Good health and improved performance at school.



Increased productivity and economic status.



RESPONSIVE FEEDING

Caregivers should feed their infants and young children responsively, this means:

- Pay attention to when your child seems hungry and gently encourage them to eat, but without forcing them.
- Make sure that the food is offered to the child in accordance with their signal of appetite and hunger, while also taking into consideration age- appropriate meal frequency and consistency.
- Young children should not be left alone to feed themselves or eat from one plate with a group of other children as this puts them at risk of not getting enough food.
- Make mealtimes fun for the child so that it becomes a bonding and nurturing session and prevents future eating problems.





CONTINUATION OF BREASTFEEDING: The introduction of complementary foods does not replace breastfeeding; in fact, breastfeeding should continue to be as frequent as possible. It is recommended to continue breastfeeding at least until the age of 2 years, and, if possible, beyond. Continuation during this time ensures that the required fats, proteins, and nutrients that are essential for babies' growth are obtained.

FEEDING: After preparing food for the baby, put the amount to be fed at that moment into a separate bowl for feeding. Leftover food in the bowl from feeding should not be stored for later use and should be discarded as it tends to spoil quickly having been in contact with the baby's saliva.

SERVING QUANTITIES AND CONSISTENCIES: The amounts to be served for different age groups at different meals are specified at the beginning of every chapter. Although babies have increasing nutritional needs as they get older, their stomachs can only hold small amounts of food, therefore it is recommended to prepare the food in appropriate consistencies and give it in amounts as specified for the different age groups.

DRINKS: Introducing solids must be accompanied by the giving of water, which must be provided as part of a meal or between meals in a cup so that the infant can learn how to sip. Make sure the water is safe (clean) by boiling it for 2-3 minutes and cooling and storing it in a clean container and place. Drinks between meals should be confined to water, breastmilk, or formula. Avoid giving drinks with a low nutrient value such as coffee, teas, energy drinks and soft drinks. The introduction of fruit juices is recommended from one year, but it is important to mix the juice with water in 50:50 ratio.

WATER: The amount of water used in the recipes might vary, depending on the type of cooking equipment used and the strength thereof. The estimate amounts of water in the guide can be added or reduced accordingly to ensure the food is cooked thoroughly.

MILK: Milk from goats and sheep should not be considered a replacement of breastmilk or formula and should also not be given to the baby as the main drink; it can, however, be used as an ingredient to improve nutritional value of the food between six months and one year, but most preferably delay until after 12 months. From one year of age, babies can be given at least one cup and even up to two cups of milk per day. Babies under one year should not be given cow's milk as their digestive systems are not mature enough to digest the large amounts of proteins and minerals found in cow's milk.



FRUITS: Fruits such as bananas and apples should be served as quickly as possible after preparation, as their exposure to oxygen for any length of time will affect their appearance, taste, and nutritional quality.

SUGAR: When introducing complementary feeding to babies at the age of six months, the addition of sugar is not necessary at this stage. However, sugar can be added in moderate amounts from one year. The addition of sugar can contribute to excessive energy intake, reduced intake of nutritious foods, and contribute to the development of dental cavities at a later stage. The introduction of foods and drinks high in sugar could also contribute to the development of a preference for such foods later in life, with potentially negative health implications.

SALT: Salt is important for taste; however, it is recommended that only small to moderate amounts of salt are added to baby foods once the baby reaches one year of age. Breastmilk contains enough of the iodine required for the development of the baby's brain and the nervous system. The kidneys of babies younger than one year are still immature and unable to efficiently filter out excessive amounts of salt. Offering salty foods can also encourage a preference later in life for foods that increase the risk of developing non-communicable diseases, such as hypertension.

FATS AND OILS: The addition of oil (linseed and marula oil), butter, or ghee to soft porridge serves as a source of extra energy for the baby. Introducing babies to foods such as fried foods (e.g., French fries), which tend to be rich in trans-fatty acids, should be avoided due to their low nutrient value.

ILLNESSES AND DISEASES: During times of illness, babies usually tend to lose their appetite, thereby reducing their intake of nutritious foods. However, it is during this time that it is recommended to increase babies' fluid intake, especially through breastfeeding more frequently. When they are sick, babies must be encouraged to eat more by offering soft, appetising, and nutritious foods as frequently as possible.

ALLERGIES: Recipes that include peanuts, cowpeas and milk might cause allergic reactions, especially if either parent is allergic to these products or is lactose intolerant. Discontinue giving the baby meals formulated from those ingredients once any allergic reaction is observed and seek medical attention. Although highly nutritious, these ingredients can be delayed until after 12 months.

COOKING EQUIPMENT AND DURATION: The recipes in this guide were prepared using basic cooking equipment that can easily be found in every household. Estimated cooking durations for each recipe are provided; however, the cooking times may differ from what is specified depending on whether one is cooking on an outdoor fire using coal or wood, or in an indoor kitchen using a stove.



HONEY: Avoid giving honey before 12 months as it can cause serious type of food poisoning called botulism. Honey should not be added to your child's food, water or infant formula.

UNPASTEURIZED DRINKS AND FOODS: Includes juices, milks, yoghurts or cheeses which may contain harmful bacteria that can cause severe diarrhea. Avoid these products before 12 months.

FOODS WITH ADDED SUGARS OR LOW-CALORIE SWEETENERS: For example foods such as muffins, flavored yoghurts and cookies. It is recommended to always check the labels of the foods for more information before feeding the baby, especially before 12 months.

FISH HIGH IN MERCURY: Some fish like king mackerel and shark, have too much mercury which can harm the brain and nervous system. Although it is crucial to limit the intake of mercury in children's diet, many other fish varieties have low amounts and provide essential nutrients that promote brain development, boost the immune system, and contribute to a balanced diet.

JUICE: It is recommended that children do not drink any fruit or vegetable juice before 12 months as it is not necessary at this stage if the baby is having a balanced diet.

CAFFEINATED DRINKS: Caffeinated drinks like coffee, tea, and soda should be avoided for children under 12 months old. There is no safe limit for caffeine in young kids.



DIFFERENT FOOD GROUPS

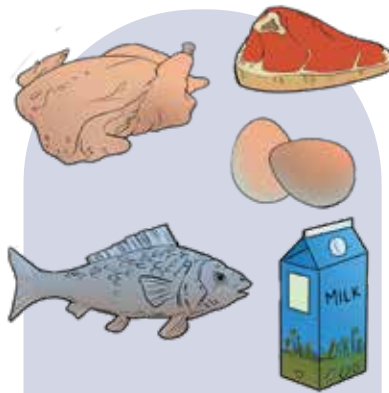
Foods given to babies provide different nutrients which stimulate different functions in the body. There is no one specific food that provides all the nutrients needed by the body, thus it is imperative to use food from at least 3-4 food groups when preparing food. Babies can eat any type of food if it is formulated in a form that is easily digestible.



Staple foods

Wheat, rice, oats, maize, mahangu, sorghum

Staple foods, also known as the energy providing foods, are required to perform daily activities and to maintain normal physiological processes.



Animal foods

Meat, poultry, mopane worms, milk and milk products, fish, eggs

Food from the animal group, which is also known as body building or GROW foods due to their high protein content, are essential for growth, strengthening of the body's immune system against infections and diseases, as well as cell and wound repair.



Fats and oils

Canola, corn, olive, soybean, palm, sunflower, ondjove (Marula) oil

Fats and oils are sources of energy, and they are used by the body for insulation and to cushion vital organs. They are also essential for the absorption and utilisation of fat-soluble vitamins A, D, E and K in the body.





There is no single food that can supply all the nutrients in the amounts needed. Eating foods from all food groups helps you to obtain nutrients for good health.



Legumes, oilseeds and nuts

Red/brown beans, cowpeas, sunflower seeds, pumpkin seeds, groundnuts, marula seeds

They promote good health and reduce the risk of contracting lifestyle diseases. They are also a good source of protein, fibre, vitamins, and minerals (iron, zinc, folic acid, calcium, magnesium, potassium).



Fruits

Guavas, mangoes, bird plum fruits, bananas, grapes, oranges

These are also known as GLOW foods and are rich in the vitamins and minerals required by the body for the strengthening of the immune/defence system. They also help maintain water balance in the body and prevent conditions such as anaemia and night blindness.



Vegetables

Wild spinach, truffles, waterlily bulbs, carrots, pumpkin, butternuts, mushrooms, cabbage

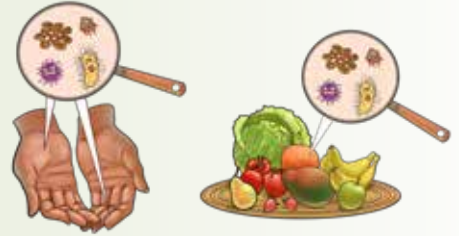
These are also protective or GLOW foods. They are high in fibre, flavonoids, vitamins, and minerals that improve overall health and reduce the risk of diseases in the body.



HYGIENE MEASURES AND PRACTICES

Diarrhoeal diseases are common amongst children and result from poor food hygiene practices such as the use of contaminated water, poor/improper storage of foods after preparation, the use of unclean utensils, and poor personal hygiene.

Although they are invisible, microorganisms such as bacteria and germs are everywhere (in the air, soil, on surfaces, hands, foods), which is why it is important to work under hygienic conditions. Wash your hands thoroughly under clean running water before preparing food for the baby.



Wash your hands with clean water and soap prior to food preparation.

Wash your fruits and vegetables after harvesting because they could be contaminated by soil particles and microorganisms which can harm your baby.



Wash all cooking utensils (knives, pots, spoons, bowls, and cups) with soap and clean water.

Make sure to store all your fresh and dry ingredients in clean containers prior to cooking.

After cooking and feeding your baby, it is also important to store the leftover food covered for use later during the day.



PRESERVATION OF FOODS FOR COMPLEMENTARY FEEDING

Food preservation is the process of using different methods to prolong the shelf life of food. Mothers, fathers, and caregivers introducing complementary feeding are highly encouraged to preserve their fresh fruits and vegetables to increase the availability of nutritious foods for complementary feeding throughout the year, especially in the absence of cold storage and when these fruits and vegetables are out of season. Most of the fruits, vegetables, grains, fish, meat and even nuts can be preserved by sun drying under hygienic conditions and grinding into powder form, and thereafter storing in airtight containers in a place safe from insects and rodents. Complementary foods are initially prepared in a soft form in the early stages and made firmer as the child grows. The addition of preserved ground foods when preparing meals helps with obtaining a smooth consistency for the intended meals, while also making the preparation process much easier.

Sun drying under hygienic conditions.



Grinding dried foods (e.g., spinach, butternut, carrots, meat) into powder form.



Proper storage of powdered foods for use when preparing complementary foods.



The ingredients used to formulate complementary foods in this book are composed of suitable locally available and indigenous foods. The vegetables can be grown in backyard gardens for easy accessibility in terms of preparing nutritious complementary foods. The combination of the foods for each recipe is specifically formulated to provide the energy and nutrient quality to meet the nutritional needs of the growing child. This guide shows how to prepare food for the different age groups (puréed, mashed, finely chopped, and family foods).



ACCESSIBILITY OF NUTRITIOUS FOODS AT THE HOUSEHOLD LEVEL

Multiple strategies are employed to address food and nutrition security at household level; amid others, three interventions discussed below have the potential to increase food and nutrition security, improve the nutritional status and overall well-being of the growing baby and benefit other members of the household.

PLANT SOURCE

HOME GARDENS

Home gardening refers to producing food on a small scale on a small portion of land located around the household, or within walking distance from the home. It can be implemented both in rural and urban areas. Vegetables and fruits used in this guide can easily be grown at home. To increase the accessibility of fresh produce and to prepare nutritious complementary meals for your baby, if possible, it is advisable to have a home garden as it reduces the cost of buying food. Home gardens are essential supplemental sources which contribute to food and nutrition security at household level. It usually involves cultivating a diversity of plants such as vegetables, fruits, herbs, spices, plantation crops and medicinal plants that can be used as a source of nutritious foods to supplement the diet of the family.

Additionally, there are highly nutritious superfoods such as moringa that can be added in relatively small amounts when preparing food for your baby. Moringa trees are easy to grow and easily adapted to harsh climatic conditions. In the event of surplus harvest, preserved produce can later be sold for extra income to further purchase other nutritious foods of higher value that are not sourced from the garden.



ANIMAL SOURCE

Animal-based foods are essential in the diet of the growing baby as well as the rest of the members of the household as they provide micronutrients that cannot be obtained in adequate quantities from plant sources alone. Essential minerals such as zinc and iron are also found in plant products, including staple cereals; however, their bioavailability (how easy and how much of a certain nutrient can be absorbed in the body) is low due to the presence of inhibitors such as phytate that interfere with optimal absorption.

POULTRY FARMING

Small-scale poultry farming is usually practiced in rural areas and has the potential to contribute to food and nutrition security even at household level. Indigenous chicken breeds are adaptive to even unfavourable environmental conditions. Poultry products including meat, organs and eggs are rich in high-quality protein and micronutrients with the possibility of even improving the nutritional status of families whose diets comprise mainly staple crops. Eggs serve as an important source of vitamins A and B12, essential fatty acids, choline, and high-quality protein. In addition to protein, lean chicken meat is a source of vitamins (B6 and B12) and minerals, including magnesium, zinc, and selenium. Zinc and magnesium are essential nutrients responsible for heart, nerve, and bone health. High-quality protein in eggs and lean chicken meat contributes to the development, growth, and the normal body functions of the growing baby. However, babies should consume no more than 4 eggs a week, as overconsumption can lead to a high intake of fat and cholesterol.



LIVESTOCK FARMING

Farming with livestock is another pathway to increasing the availability and the accessibility of animal-source foods. This includes goats, sheep, and cattle. Livestock is a source of milk, which is rich in calcium. Calcium is required in adequate amounts in the diet of a growing baby for healthy teeth and bones. The milk should always be safe for consumption, free of any animal hair, foreign objects, or foul smell. Additionally, red meat is a very important source of iron, protein, B vitamins, choline, and zinc.



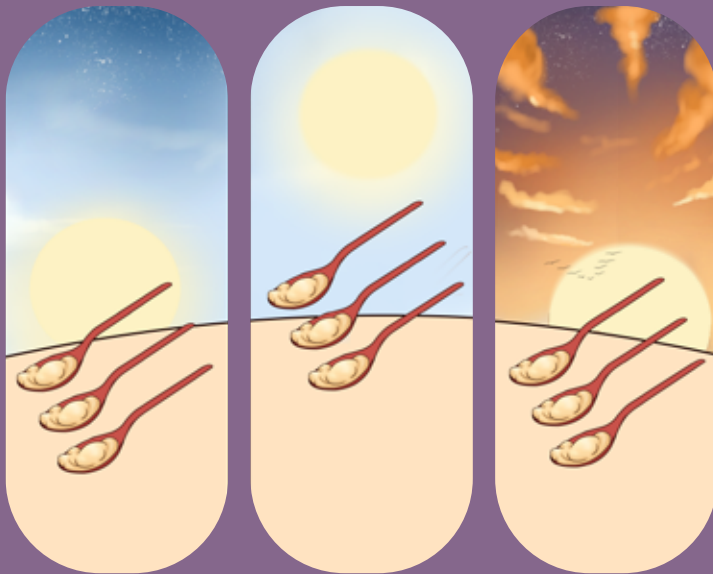
“ Avoid relying solely on a single production system and instead, partake in a range of agricultural activities such as vegetable farming, fruit cultivation, and poultry raising. This diversified approach can effectively enhance income and broaden the dietary options for your family at the household level. ”



6 months



PURÉE



2-3 tablespoons
per serving



3 servings a day:
1 in the morning,
1 in the afternoon and
1 in the evening

At the age of 6 months, when complementary feeding is introduced, it is important to start with very soft porridge and puréed foods made from a single or minimal main ingredients. Fruits and vegetables should also be introduced at this stage in a puréed form. Alternatively, in the absence of proper storage and refrigeration facilities, fruits and vegetables can be dried under hygienic conditions and ground into a powder form.

Instead of just giving soft porridges, the enrichment of soft porridges with other nutritious foods in powder form is highly encouraged. The puréed foods and soft porridges should not be too thin and watery so that they spill off the spoon, but should be of the appropriate consistency as shown below. The recipes in this section use maize or mahangu as the base for a soft porridge, but rice porridge can also be used as a replacement. However, it is important to ensure at this stage that a very smooth consistency is obtained and that there are no lumps or whole pieces.

At 6 months feed the baby at least 2-3 tablespoons in the morning, afternoon, and evening daily. Porridges and purées served warm should be served at room or no higher than body temperature. Be sure to stir the porridge or purée well before serving to ensure there are no hot spots that may burn baby's mouth; hold the back of the spoon used to stir against your lips to check that the temperature of the food offering is not too hot.



PEANUT BUTTER ENRICHED SOFT PORRIDGE

INGREDIENTS

Maize or mahangu ▶ 250ml (1 full cup)

Peanut butter ▶ 45ml (3 tablespoons)

Fresh milk ▶ 125ml (½ cup)

Cooking oil ▶ 15ml (1 tablespoon)

Water ▶ 625ml (2½ cups)



METHOD

1. Boil 2 cups of water in a pot.
2. In a separate bowl, add the maize or mahangu and half a cup of water to make a paste/slurry.
3. Add the maize or mahangu slurry to the pot with boiling water.
4. Stir until it thickens, add the cooking oil, and cook for 5-10 minutes.
5. Add the peanut butter or groundnut flour.
6. Add the milk and stir on low heat for 2 minutes.
7. Serve warm.



2 SPINACH ENRICHED SOFT PORRIDGE

INGREDIENTS

- Maize or mahangu ▶ 250ml (1 full cup)
- Spinach powder ▶ 30ml (2 tablespoons)
- Cooking oil ▶ 15ml (1 tablespoon)
- Fresh milk ▶ 125ml (½ cup)
- Water ▶ 625ml (2½ full cups)



METHOD

1. Boil 2 cups of water in a pot.
2. In a separate bowl, add the maize or mahangu and half a cup of water to make a paste/slurry.
3. Add the maize or mahangu slurry to the pot with boiling water.
4. Add the cooking oil and milk and cook for 5-10 minutes.
5. Add the spinach powder and cook for 2-3 minutes on low heat.
6. Serve warm.



3 EGG ENRICHED SOFT PORRIDGE

INGREDIENTS

- Maize or mahangu ▶ 250ml (1 full cup)
- Fresh milk ▶ 125ml (½ cup)
- Egg ▶ 1
- Cooking oil ▶ 15ml (1 tablespoon)
- Water ▶ 625ml (2½ cups)



METHOD

- 1 Boil 2 cups of water in a pot.
- 2 In a separate bowl, add the maize or mahangu and half a cup of water to make a paste/slurry.
- 3 Add the maize or mahangu slurry to the pot with boiling water.
- 4 Add the cooking oil and milk, stir, and cook for 3 minutes.
- 5 Crack an egg in a separate bowl and beat/swirl the egg.
- 6 Remove the pot with the boiling porridge from the stove and immediately add the egg mixture to the hot porridge — the temperature of the hot porridge is sufficient to cook the protein in the egg.
- 7 Serve warm.



4 BUTTERNUT OR PUMPKIN ENRICHED SOFT PORRIDGE

INGREDIENTS

- Maize or mahangu** ▶ 250ml (1 full cup) maize or mahangu
- Butternut or pumpkin** ▶ 125ml (½ cup) fresh or 3 tablespoons (45ml) powder
- Fresh milk** ▶ 125ml (½ cup)
- Cooking oil** ▶ 15ml (1 tablespoon)
- Water** ▶ 625ml (2½ cups)



METHOD

- 1 Boil 2 cups of water in a pot.
- 2 In a separate bowl, add the maize or mahangu and half a cup of water to make a paste/slurry.
- 3 Add the maize or mahangu slurry to the pot with boiling water.
- 4 Add the milk and cooking oil and cook for 5-10 minutes.
- 5 Add the butternut or pumpkin powder and cook for 2-3 minutes.
- 6 Serve warm.



5 AVOCADO ENRICHED SOFT PORRIDGE

INGREDIENTS

- Maize or mahangu** ▶ 250ml (1 full cup)
- Avocado** ▶ ½ a ripe fruit, well mashed
- Fresh milk** ▶ 125ml (½ cup)
- Apple or pear** ▶ 1
- Water** ▶ 687.5ml (2¾ cups)



METHOD

- 1 Boil 2 cups of water in a pot.
- 2 In a separate bowl, add the maize or mahangu and half a cup of water (125ml) to make a paste/slurry.
- 3 Add the maize or mahangu slurry to the pot with boiling water.
- 4 Cook for 5-10 minutes.
- 5 Add the milk.
- 6 In a separate pot add sliced apple or pear with water (62.5ml) and cook until soft for approximately 3 minutes. Mash in a separate bowl.
- 7 Add avocado and mashed apple or pear to the pot with the soft porridge.
- 8 Mix all the ingredients.
- 9 Serve warm.



6 BEETROOT ENRICHED SOFT PORRIDGE

INGREDIENTS

Maize or mahangu ▶ 250ml (1 full cup)

Beetroot ▶ 125ml (½ cup) fresh or 3 tablespoons (45ml) powder

Fresh milk ▶ 125ml (½ cup)

Cooking oil ▶ 15ml (1 tablespoon)

Water ▶ 625ml (2½ cups)



METHOD

- 1 Boil 2 cups of water in a pot.
- 2 In a separate bowl, add the maize or mahangu and half a cup of water to make a paste/slurry.
- 3 Add the maize or mahangu slurry to the pot with boiling water.
- 4 Add the cooking oil and cook for 5-10 minutes.
- 5 Add the milk.
- 6 Add the beetroot powder or the mash and cook for 2 minutes.
- 7 Serve warm.





KALAHARI MELON ENRICHED SOFT PORRIDGE

INGREDIENTS

- Maize or mahangu** ▶ 250ml (1 full cup)
- Kalahari melon** ▶ 125ml (½ cup) fresh or 3 tablespoons (45ml) powder
- Fresh milk** ▶ 125ml (½ cup)
- Cooking oil** ▶ 15ml (1 tablespoon)
- Water** ▶ 625ml (2½ cups)



METHOD

- 1 Boil 2 cups of water in a pot.
- 2 In a separate bowl, add the maize or mahangu and half a cup of water to make a paste/slurry.
- 3 Add the maize or mahangu slurry to the pot with boiling water.
- 4 Add the cooking oil and cook for 5-10 minutes.
- 5 Add the milk (optional).
- 6 Add the Kalahari melon powder and cook for 2-3 minutes on low heat.
- 7 Serve warm.



8 CARROT ENRICHED SOFT PORRIDGE

INGREDIENTS

Maize or mahangu ▶ 250ml (1 full cup)

Carrot ▶ 125ml (½ cup) if freshly cooked and mashed, or 3 tablespoons (45ml) powder

Fresh milk ▶ 125ml (½ cup)

Cooking oil ▶ 15ml (1 tablespoon)

Water ▶ 625ml (2½ cups)



METHOD

- 1 Boil 2 cups of water in a pot.
- 2 In a separate bowl, add the maize or mahangu and half a cup of water to make a paste/slurry.
- 3 Add the maize or mahangu slurry to the pot with boiling water.
- 4 Add the cooking oil and cook for 5-10 minutes.
- 5 Add the milk.
- 6 Add the carrot powder or mashed carrots and cook for 2 minutes on low heat.
- 7 Serve warm.



9 PEANUT BUTTER AND BANANA OATS

INGREDIENTS

- Oats ▶ 125ml (½ cup)
- Banana ▶ 125ml (½ cup), mashed
- Peanut butter ▶ 10ml (2 teaspoons)
- Milk ▶ 62.5ml (¼ cup)
- Water ▶ 500ml (2 full cups)
- Cooking oil ▶ 15ml (1 tablespoon)



METHOD

- 1 To the pot with boiling water, add the oats and cook for 10-15 minutes.
- 2 Add the cooking oil.
- 3 Add the fresh milk and simmer for 2 minutes.
- 4 Add the mashed banana and peanut butter and simmer for 1 minute.
- 5 Serve warm.



10 APPLE PURÉE

INGREDIENTS

Apple ▶ 1

Water ▶ 45ml (3 tablespoons)



METHOD

- 1 Wash the apple under clean running water.
- 2 Peel the apple, cut it into wedges and remove the seeds.
- 3 Add the apple wedges to the pot with water and cook for 3-5 minutes until the apples are soft.
- 4 Once soft, remove, cool and mash using a masher.



11 BANANA PURÉE

INGREDIENT

Banana ▶ 1



METHOD

- 1 Peel the banana and slice into thin slices.
- 2 Mash the banana using the masher or the back of the spoon/fork.

NOTE: The banana should not have a brown colour or patches and should also not be mushy - that is a sign of a banana that is overripe. A smooth consistency can also be obtained by adding milk (3 tablespoons or 45ml).

12 PAPAYA PURÉE

INGREDIENTS

Papaya ► ½ (half)

METHOD

- 1 Wash the papaya, cut it in half, remove the seeds and scoop the flesh out.
- 2 Mash the papaya using the masher or the back of the spoon or a fork.



13 WATERMELON PURÉE

INGREDIENTS

Watermelon ► ½ cup

METHOD

- 1 Cut the watermelon open and cut out slices.
- 2 Remove the seeds and transfer to the bowl.
- 3 Usually a ripe watermelon is soft, so use the back of the spoon or a fork to mash.



14 PLUM PURÉE

- 1 Wash and peel the ripe plum.
- 2 Remove the pip and cut into small slices.
- 3 Mash the plum slices with the back of a spoon or fork or a masher.
- 4 Serve cool or chilled.



15 KIWI PURÉE

- 1 Wash and peel the ripe kiwi.
- 2 Remove the white core with the seeds at the centre, and cut into small pieces.
- 3 Mash the kiwi flesh with the back of the spoon, a fork, or a masher.
- 4 Serve cool.



16 MANGO PURÉE

- 1 Wash and slice the mango lengthways to remove the pip.
- 2 Peel the mango and cut the flesh into small pieces.
- 3 Mash the mango pieces with the back of a spoon, a fork, or a masher.
- 4 Serve cool.



17 APRICOT PURÉE

- 1 Add the apricot to the pot of boiling water (2 full cups) and boil for 4-5 minutes.
- 2 Remove from the pot, cool and peel.
- 3 Cut in half and remove the kernel.
- 4 Cut into thin slices.
- 5 Mash the slices with the back of a spoon, a fork, or a masher.
- 6 Serve cool.



18 GRAPES

- 1 Add a handful of grapes to a pot of boiling water (2 full cups) and boil for 3 minutes.
- 2 Remove the grapes from the pot, cool and peel. Cut into halves. If not seedless grapes, remove seeds before mashing.
- 4 Mash the grapes with the back of a spoon or a masher.
- 5 Serve cool.



6-9 months



MASHED



2-3 tablespoons
per serving



or half a cup



3 servings a day:
1 in the morning,
1 in the afternoon and
1 in the evening

By now the baby is used to foods with a smooth texture and is slowly developing the skills to chew foods with a thicker consistency. The baby no longer needs only purées and soft porridges enriched with fruits and vegetable powders, but can now be given cooked mashed foods. At this stage, the food should not be as thick as that for family foods, but it must still be easy to chew and easily digestible.

The baby should be given at least 2-3 meals a day with 2-3 tablespoons at each meal or even up to $\frac{1}{2}$ a cup, with snacks offered between meals in addition to continued breastfeeding. For the recipes in this section, if potatoes are not available, maize or mahangu with a slightly thicker consistency can also be used to replace the potatoes.



19 MASHED FISH AND POTATO

INGREDIENTS

- Potatoes** ▶ 375ml (1½ cups) cubed
- Fish** ▶ 125ml (½ cup) boneless fish e.g. hake fillets
- Cooking oil** ▶ 15ml (1 tablespoon)
- Water** ▶ 250ml (1 full cup)

METHOD

- 1 In a pot with boiling water, add the potatoes and cook for 15 minutes, or until they are soft.
- 2 Add the fish and cook for 5-10 minutes.
- 3 Add the cooking oil and simmer for 3 minutes.
- 4 Mash the ingredients together using a potato masher or cooking stick on low heat for 2 minutes.
- 5 Serve warm.



20 MASHED BUTTERNUT OR PUMPKIN

INGREDIENTS

Butternut or pumpkin ▶ 750ml (3 cups), cubed

Butter ▶ 15ml (1 tablespoon)

Fresh milk ▶ 75ml (5 tablespoons)

Water ▶ 125ml (½ cup)

METHOD

- 1 In a pot with boiling water, add the butternut or pumpkin cubes and cook for 10-15 minutes, or until soft.
- 2 Mash the butternut or pumpkin thoroughly.
- 3 Add butter and fresh milk, stir and simmer for 3 minutes.
- 4 Serve warm.



21 MASHED RICE WITH PEANUT BUTTER AND SPINACH

INGREDIENTS

Rice ▶ 125ml (½ cup) brown or white rice (preferably brown rice as it has more fibre)

Spinach ▶ 125ml (½ cup) finely chopped

Fresh milk ▶ 62.5ml (¼ cup)

Peanut butter ▶ 10ml (2 teaspoons)

Water ▶ 750ml (3 full cups)

Cooking oil ▶ 15ml (1 tablespoon)



METHOD

- 1 In a pot with boiling water, add the cooking oil and rice and cook for 20-15 minutes or until soft.
- 2 Add the spinach and cook for 5 minutes.
- 3 Add the peanut butter.
- 4 Add the milk.
- 5 On low heat, mash the ingredients together using a masher.
- 6 Add milk or water as needed to achieve the right consistency.
- 7 Serve warm.



22 MASHED PEAS WITH RICE

INGREDIENTS

- Rice** ▶ 125ml (½ cup) brown or white rice (preferably brown rice as it has more fibre).
- Peas** ▶ 125ml (½ cup)
- Water** ▶ 875ml (3½ cups)
- Cooking oil** ▶ 15ml (1 tablespoon)
- Milk** ▶ 15ml (1 tablespoon)



METHOD

- 1 In a pot with 3 cups of boiling water and cooking oil, add the rice and cook for 20-25 minutes or until soft.
- 2 In a separate pot, remove the peas from their pods and cook in half a cup of water for 5-10 minutes or until soft.
- 3 Peel the peas by rubbing them between the palms of your hands.
- 4 Add the peas to the pot with rice on medium heat.
- 5 Add the milk.
- 6 Mash the ingredients together with the potato masher.
- 7 Serve warm.



23 MASHED SWEET POTATO WITH VEGETABLES

INGREDIENTS

- Sweet potato ▶ 1 medium size
- Meat ▶ 125ml (½ cup) shredded
- Carrot ▶ 1 grated
- Spinach ▶ 1 finely chopped leaves
- Cooking oil ▶ 15ml (1 tablespoon)
- Water ▶ 250ml (1 full cup)



METHOD

- 1 In a pot with boiling water, add the sweet potato and cook for 10-15 minutes or until soft.
- 2 Add the shredded meat to the pot.
- 3 Add the grated carrot and cook for 5-10 minutes or until soft.
- 4 Add the cooking oil and spinach and cook for 5 minutes.
- 5 Once the potatoes are soft, mash in the pot to mix with the other vegetables.
- 6 Serve warm.



24 MASHED EGGPLANT AND BROCCOLI

INGREDIENTS

- Eggplant ▶ 1 medium size
- Broccoli florets ▶ 5
- Cooking oil ▶ 15ml (1 tablespoon)
- Water ▶ 62.5ml (¼ quarter cup)



METHOD

- 1 In a pot with boiling water, add the eggplant, broccoli florets and cooking oil. Cook for 7-15 minutes or until soft.
- 2 Once soft, mash together using a wooden spoon on medium heat.
- 3 Serve warm.



25 MASHED COWPEAS WITH CARROTS

INGREDIENTS

- Cowpeas ▶ 250ml (1 full cup)
- Carrot ▶ 125ml (½ cup)
- Cooking oil ▶ 15ml (1 tablespoon)
- Water ▶ 1000ml (4 full cups)



METHOD

- 1 Soak the beans in water (2 cups) for 1 hour or overnight, then rub the beans between the palms of your hands to remove the skins.
- 2 Cook the beans in water (2 cups) for 1 hour or until soft.
- 3 Add the carrots and cooking oil and cook for 5 -10 minutes, or until the carrots are soft.
- 4 Mash the beans and carrots thoroughly using a wooden stick or masher.
- 5 Serve warm.



26 CHICKPEAS WITH SAMP

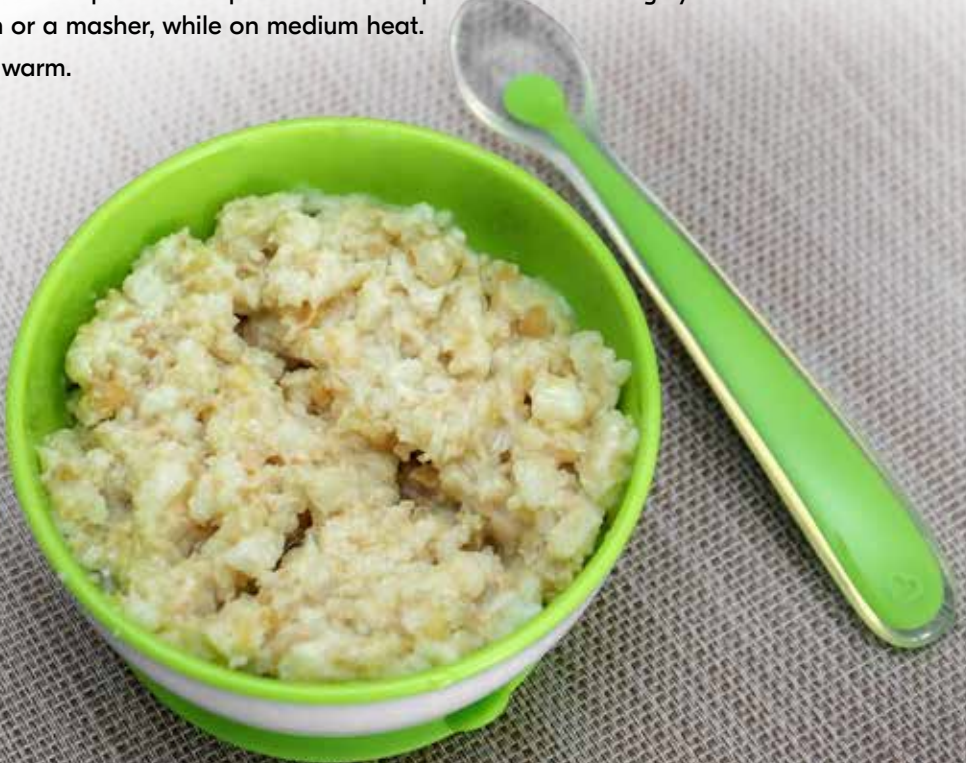
INGREDIENTS

- Chickpeas** ▶ 250ml (1 full cup)
- Samp** ▶ 500ml (2 full cups)
- Fresh milk** ▶ 75ml (5 tablespoons)
- Cooking oil** ▶ 15ml (1 tablespoon)
- Water** ▶ 2250ml (9 full cups)



METHOD

- 1 Add the water and samp to a pot on low heat and cook for 1 hour 30 minutes or until it softens. Rinse twice after every 30 minutes and stir after every 10 minutes to prevent the samp from sticking to the pot. The amount of water used to prepare the samp, including rinsing, will depend on individual preference. The amount of water in the ingredient list is only an estimate.
- 2 When the samp is soft, add the cooking oil and milk and cook for 2 minutes.
- 3 In a separate pot, cook the chickpeas with water (1 cup) and once they are soft, remove the skins.
- 4 Add the chickpeas to the pot with the samp and mash thoroughly with a wooden spoon or a masher, while on medium heat.
- 5 Serve warm.



27 MASHED ZUCCHINI AND GEM SQUASH

INGREDIENTS

- Zucchini ▶ 4 small or 1 large zucchini
- Gem squash ▶ 1
- Cooking oil ▶ 5ml (1 teaspoon)
- Water ▶ 375ml (1½ cup)



METHOD

- 1 In a pot with boiling water (1 full cup), add the gem squash and cook till soft.
- 2 In a separate pot, boil the zucchini in water (½ cup) for 5-7 minutes or until soft.
- 3 Scoop the inside of the gem squash out and add to the pot with the zucchini.
- 4 Add the cooking oil and mash thoroughly with a wooden spoon on low heat.
- 5 Serve warm.



28 MINCED BEEF

INGREDIENTS

Meat ▶ 250ml (1 full cup) freshly cooked and shredded, or dried and ground into powder form.

Cooking oil ▶ 5ml (1 teaspoon)

Water ▶ 62.5 ml (¼ cup)



METHOD

- 1 In a pot with water on medium heat, add the minced beef.
- 2 Stir and cook for 5-10 minutes on medium heat.
- 3 Add cooking oil and simmer for 1 minute or until the water evaporates and the desired consistency is achieved.
- 4 Serve warm.



29 MINCED CHICKEN

INGREDIENTS

Chicken ▶ 250ml (1 full cup) freshly cooked and shredded

Cooking oil ▶ 5ml (1 teaspoon)

Water ▶ 62.5ml (¼ cup)



METHOD

- 1 In a pot add the shredded chicken and water.
- 2 Stir and cook for 10-15 minutes on medium heat.
- 3 Add the cooking oil and simmer for 1 minute or until the water evaporates and the desired consistency is achieved.
- 4 Serve warm.



30 MINCED FISH

INGREDIENTS

- ▶ 250ml (1 full cup) boneless fish
- ▶ 5ml (½ tablespoon) cooking oil
- ▶ 62.5ml (¼ cup) water

METHOD

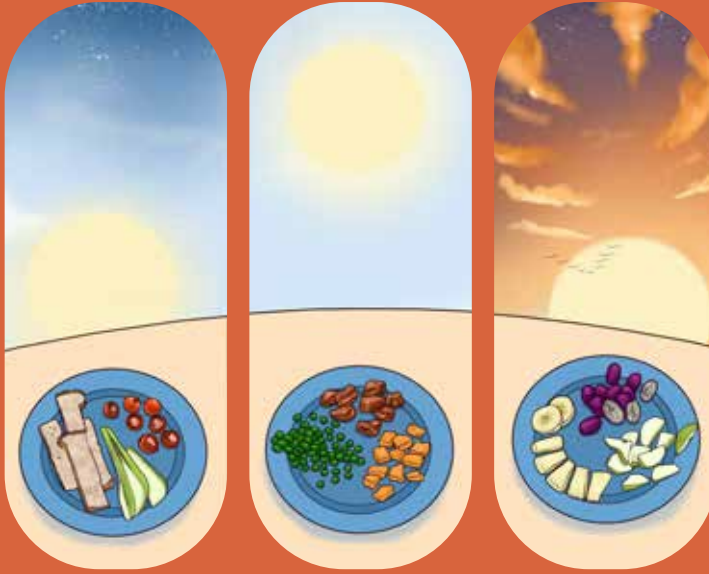
- 1 In a pot with water on medium heat, add the fish.
- 2 Stir and cook for 10-15 minutes on medium heat.
- 3 Add the cooking oil and simmer for 1 minute or until the water evaporates.
- 4 With the back of the fork, mash the fish into very small pieces.
- 5 Serve warm.



9-12 months



FINGER FOOD



half a cup per serving



3 servings a day:
1 in the morning,
1 in the afternoon and 1
in the evening



snack inbetween

Now that your baby is used to smooth and mashed foods with different textures, between 9-12 months is the right time to introduce finger foods. The baby can continue to receive mashed foods in addition to the finger foods. These are the types of foods that your baby can pick up with their hands and bring to their mouths by themselves. Finger foods should be soft, chewable, and easy for the baby to move around in the mouth. Hard vegetables should be cooked or smoked to soften. Be sure not to put too much food on the plate as it can be overwhelming for the baby. It is also very important that the food is not only cut into bite-sized pieces, but that the presentation is also appealing to the baby in order to encourage them to start eating by themselves.

Although the baby is learning to eat by themselves, it is very important that the baby only eats under supervision. This is to ensure that child is sitting in an upright position and is not at risk of choking. The baby needs to be given more time as they are learning to eat and should not be rushed through the process.

Three to four meals or at least one half cup at each meal is recommended, in addition to an inbetween snack and with the continuation of breastfeeding.



31 MEAT STRIPS, POTATO AND GREEN BEANS

INGREDIENTS

- Meat ▶ 125ml (½ cup), cut into strips
- Potatoes ▶ 1 peeled and cubed
- Green beans ▶ 4 fresh
- Pinch of salt
- Cooking oil ▶ 15ml (3 teaspoons)
- Water ▶ 875ml (3½ cups)
- Tomato ▶ ½ chopped
- Green pepper ▶ ½ chopped

METHOD

MEAT

- 1 To a pot with boiling water (1 full cup), add the salt and cooking oil (5ml).
- 2 Add thinly-cut meat strips and cook for 10-15 minutes, or until well cooked. Ensure that the meat is well cooked and is not bloody.
- 3 Add the tomatoes and green pepper.
- 4 Stir and cook for 2 minutes.

POTATOES

- 5 To a pot with boiling water (2 full cups), add cooking oil (5ml) and salt, add the potatoes and cook for 10-15 minutes, or until soft.

GREEN BEANS

- 6 To a pot with boiling water (½ cup), add salt and cooking oil (5ml), add the green beans and cook for 6-10 minutes, or until soft.

Assemble the individually prepared foods on a plate to create a balanced offering, and serve.



32 WHOLEWHEAT BREAD AND AVOCADO

INGREDIENTS

- Wholewheat or brown bread ▶ 1 slice
- Avocado ▶ ½ (half)
- Cherry tomatoes ▶ 3
- Butterfat/cheese ▶ 5ml (1 teaspoon)
- Lettuce ▶ ½ (half), chopped



METHOD

- 1 Spread butterfat/cheese on 1 slice of wholewheat or brown bread and cut into thin strips.
- 2 Peel the avocado and cut into strips.
- 3 Cut the cherry tomatoes into halves.
- 4 Chop the lettuce into medium-sized pieces.

Assemble the individually prepared foods on a plate to create a balanced offering, and serve.



33 CHICKEN WITH EGG AND ASPARAGUS

INGREDIENTS

- Chicken ▶ 125ml (½ cup) cut into strips
- Egg ▶ 1 hard boiled (boiled for 8-10 minutes)
- Asparagus ▶ 5 stalks
- Cooking oil ▶ 10ml (2 teaspoons)
- Pinch of salt
- Water ▶ 375ml (1½ full cups)



METHOD

CHICKEN

- 1 To a pot with boiling water (1 full cup) add the salt and the chicken strips and cook for 10-15 minutes, or until well cooked.
- 2 Add the cooking oil (5ml) and fry the chicken strips until they are slightly browned.

ASPARAGUS

- 3 To a pot with boiling water (½ cup) add cooking oil (5ml), salt, the asparagus stalks and cook for 5-10 minutes, or until soft.

Assemble the individually prepared foods on a plate to create a balanced offering, and serve.



34 BROCCOLI WITH SWEET POTATO AND CHEDDAR CHEESE

INGREDIENTS

- Broccoli ▶ 4 florets
- Sweet potato ▶ 1, peeled and sliced
- Cheddar cheese ▶ three strips
- Cooking oil ▶ 10ml (2 teaspoons)
- Pinch of salt
- Water ▶ 375ml (1½ cups)



METHOD

BROCCOLI

- 1 To a pot with boiling water (½ cup), add the cooking oil (5ml), salt and broccoli and cook for 5-10 minutes, or until soft.

SWEET POTATO

- 2 To a pot with boiling water (1 full cup), add the cooking oil (5ml), salt, and sweet potatoes and cook for 10-15 minutes, or until soft.

Assemble the individually prepared foods on a plate to create a balanced offering, and serve.



35 CAULIFLOWER, FISH AND CUCUMBER

INGREDIENTS

- Cauliflower ▶ 5 florets
- Fish ▶ 1 fillet
- Cucumber or broccoli ▶ cucumber (½) or broccoli (4 florets) - optional
- Cooking oil ▶ 10ml (2 teaspoons)
- Pinch of salt
- Water ▶ 250ml (1 cup)



METHOD

CAULIFLOWER

- 1 To a pot with boiling water (½ cup), add the salt, cooking oil (5ml) and cauliflower and cook for 5 minutes.

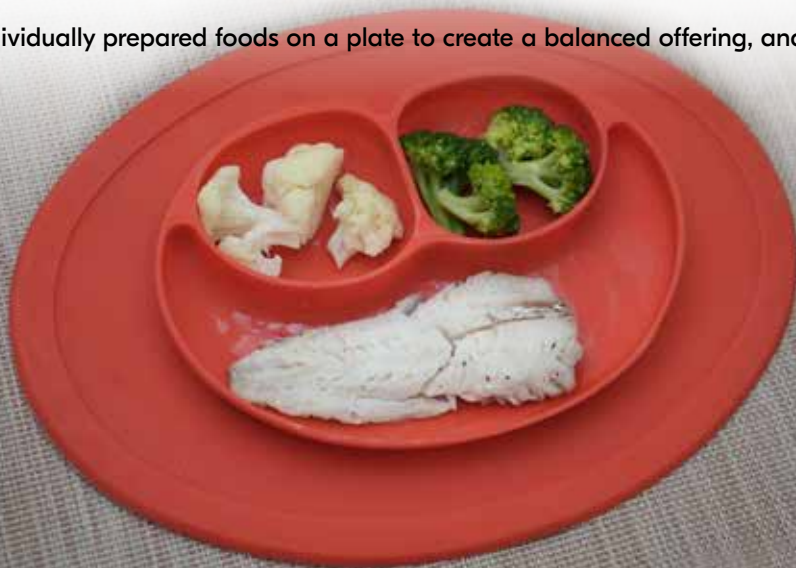
FISH

- 2 To a pot with boiling water (½ cup), add the salt, cooking oil (5ml) and fish fillet and cook for 5-10 minutes, or until the fish is firm.

CUCUMBER

- 3 Take a fresh cucumber, rinse it and cut it into small cubes.

Assemble the individually prepared foods on a plate to create a balanced offering, and serve.



36 PEAS, SWEETCORN, BUTTERNUT AND MEAT

INGREDIENTS

Peas and sweetcorn ▶ 125ml (½ cup) - can also be purchased commercially

Butternut ▶ ½ peeled and cubed

Meat ▶ ½ cup cut into strips

Cooking oil ▶ 15ml (3 teaspoon)

A pinch of salt

Water ▶ 625ml (2½ full cups)



METHOD

PEAS AND SWEETCORN

- 1 To a pot with boiling water (½ cup), add the salt, cooking oil (5ml) and peas mixed with sweetcorn and cook for 8-10 minutes, or until soft.

BUTTERNUT

- 2 To a pot with boiling water (1 full cup), add the salt, cooking oil (5ml) and butternut and cook for 10-15 minutes, or until soft.

MEAT

- 3 To a pot with boiling water (1 full cup), add the salt, cooking oil (5ml) and meat strips and cook for 10-15 minutes, or until ready.
- 4 Add the onions and stir fry.

Assemble the individually prepared foods on a plate to create a balanced offering, and serve.



37 BEETROOT, CHICKEN AND MAIZE

INGREDIENTS

- Beetroot** ▶ 1 sliced
- Chicken** ▶ 125ml (½ cup) cut into strips
- Maize or mahangu** ▶ already cooked stiff porridge
- Cooking oil** ▶ 10ml (2 teaspoon)
- Water** ▶ 750ml (3 cups)
- Pinch of salt



METHOD

BEETROOT

- 1 To a pot of boiling water (2 full cups), add the salt, cooking oil (5ml) and beetroot and cook for approximately 40-50 minutes, or until soft. If necessary, add water as need be while cooking.
- 2 Once cooled, cut into small shapes that can easily be picked up by the baby.

CHICKEN

- 3 To a pot of boiling water (1 full cup), add the salt, cooking oil (5ml) and chicken and cook for 5-10 minutes, or until the chicken is well cooked.

MAIZE PORRIDGE

- 4 Divide the already cooked stiff porridge into small portions and using your hands roll the porridge into balls.

Assemble the individually prepared foods on a plate to create a balanced offering, and serve.



38 CARROT, BAMBARA GROUNDNUTS AND ZUCCHINI

INGREDIENTS

- Carrot ▶ 1 sliced
- Bambara groundnuts ▶ 125ml (½ cup)
- Zucchini ▶ 2
- Pinch of salt
- Cooking oil ▶ 15ml (1 teaspoon each for the carrot, bambara groundnuts and zucchini)
- Water ▶ 1000ml (4 full cups)



METHOD

CARROT

- 1 To a pot of boiling water (½ cup), add the salt, cooking oil (5ml) and carrot and cook for 5-10 minutes, or until soft. Slice or cube the cooked carrot into pieces big enough for the baby to pick up, but not too big to pose a choking hazard.

BAMBARA GROUNDNUTS

- 2 To a pot of boiling water (3 full cups) add bambara groundnuts and cook for 1 hour 30 minutes, then add salt and cooking oil (5ml) and cook for a further 30 minutes, or until they soften. If required, add more water while cooking. When well cooked and soft, squeeze/mash each groundnut using the index finger and the thumb finger to make it easier for the baby to consume.

ZUCCHINI

- 3 To a pot of boiling water (½ cup), add the salt, cooking oil (5ml) and zucchini and cook for 7-10 minutes, or until soft.

Assemble the individually prepared foods on a plate to create a balanced offering, and serve.



39 STRAWBERRIES, APPLE AND PINEAPPLE

- 1 Place 4 strawberry halves, 1 apple cut into slices, and 6 pineapple slices onto a divided plate and serve within 5-10 minutes after preparation.



40 GRAPES, BANANA AND PEAR

- 1 Plate 5 grapes, ½ a sliced banana and ½ a pear cut into smaller pieces, and serve within 5-10 minutes after preparation to prevent discolouration.



41 GUAVA, PLUM AND PAPAYA

- 1 Plate 1 sliced guava, 1 plum with the seed removed and sliced into halves, and papaya pieces and serve within 5-10 minutes after preparation to prevent discolouration.



42 CANTALOUPE, BLUEBERRIES AND NAARTJIE SLICES

- 1 Cut the cantaloupe into desired shapes, take 5 blueberries and 3 naartjie wedges, and serve within 5-10 minutes after preparation to prevent discolouration.



43 PEACH AND AVOCADO

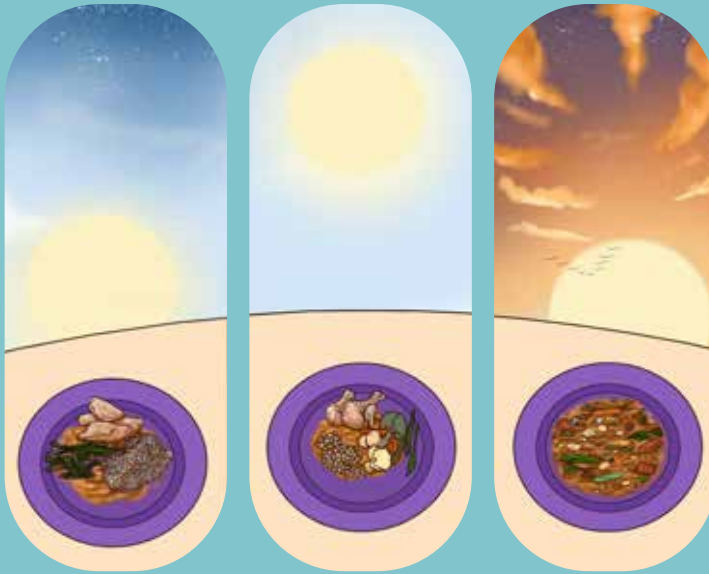
- 1 Cut 1 peach and 1 avocado into wedges or preferred shapes. Serve within 5-10 minutes after preparation to prevent discolouration.



12-24 months



FAMILY FOOD



$\frac{3}{4}$ to a full cup per serving



3 or 4 servings a day, spread throughout the morning, afternoon, and evening



2 snacks a day between meals

At this stage the baby has now developed the basic skills to move foods with different consistencies around the mouth, as well as to pick up food and bring it to the mouth. Being given the opportunity to pick up finger foods and being able to eat under supervision makes for a time of learning. Therefore, now is the time to add a range of different textures and make eating very interesting for the baby. The child can still receive foods prepared in similar consistencies to those in the previous chapters as side dishes or snacks, but between 12- 24 months the baby is ready to be introduced to family foods.

Three-quarters ($\frac{3}{4}$) to a full cup of food three to four times daily is recommended, with at least two in-between snacks.

The recipes as shown in this chapter are simply examples of the consistency and form in which family foods can be presented to babies.



44 LIVER WITH SPINACH AND RICE

INGREDIENTS

- Liver ▶ 250ml (1 full cup)
- Rice ▶ 250ml (1 full cup)
- Spinach ▶ 500ml (2 full cups)
- Mushrooms ▶ 250ml (1 full cup)
- Tomatoes ▶ 1 chopped
- Peppers ▶ 1 chopped
- Onion ▶ 1 chopped
- Cooking oil/odjove ▶ 45ml
- Pinch of salt
- Water ▶ 375ml (2½ full cups)



METHOD

LIVER

- 1 To a pot of boiling water (½ cup), add the liver and cook for 10-15 minutes.
- 2 Add the cooking oil, salt, tomatoes, onions and yellow peppers, stir and cook for 3 minutes.

RICE

- 1 Soak and rinse the rice and then cook it in a pot with fresh water.
- 2 To the pot with boiling water (2 cups), add the salt, cooking oil and rice and cook for 30-45 minutes, or until the rice is soft.

SPINACH AND MUSHROOMS

- 1 To a pot with two tablespoons of cooking oil on low heat, add the mushrooms and sauté until they are soft.
- 2 Once the mushrooms are soft, add the spinach and salt to the pot and cook for 3-5 minutes
- 3 Serve warm.



45 MASHED POTATO WITH FISH AND LENTILS

INGREDIENTS

- Fish ▶ 2 fillets
- Potatoes ▶ 2 peeled and cubed
- Lentils ▶ 250ml (1 full cup)
- Cooking oil ▶ 15ml (3 teaspoons)
- Pinch of salt
- Fresh milk ▶ 45ml (3 tablespoons)
- Pepper ▶ 1 chopped
- Water ▶ 875ml (3½ cups)



METHOD

LENTILS

- 1 To a pot of boiling water (2 full cups), add the lentils and cook for 1 hour.
- 2 Add the cooking oil and salt, and cook for 15 minutes, or until soft.

MASHED POTATO

- 3 Add the potatoes to the pot of boiling water (3 cups of water) and cook for 15-20 minutes, or until soft.
- 4 When the potatoes are ready, put them in a bowl and mash them with a fork or a masher into a purée of the desired consistency.

FISH FILLET BLOCKS

- 5 In a pot with boiling water, add the fish, black pepper and cooking oil.
- 6 Add the pepper.
- 7 Cook for 5-10 minutes.
- 8 Serve warm.



46 RED KIDNEY BEANS WITH PORRIDGE

INGREDIENTS

- Red kidney beans ▶ 250ml (1 full cup)
- Maize ▶ 500ml (2 full cups)
- Cooking oil ▶ 5ml (1 teaspoon)
- Pepper ▶ 1 chopped
- Tomato ▶ 1 chopped
- Onion ▶ 1 chopped
- Water ▶ 1000ml (4 full cups)



METHOD

RED KIDNEY BEANS

- 1 Soak the beans overnight, and discard the water the following morning.
- 2 In a pot of boiling water (4 full cups), add the soaked red kidney beans and cook for 2 hours, or until soft.
- 3 Add the salt and cooking oil and simmer for 2 minutes.
- 4 Add the pepper, tomato and onion,
- 5 Stir and cook for 5 minutes.

MAIZE PORRIDGE

Divide the already cooked stiff porridge into small portions using a spoon and roll the porridge into balls using the palms of your hands. Serve warm.



47 MIXED VEGETABLES WITH CHICKEN

INGREDIENTS

- Broccoli ▶ 4 florets
- Cauliflower ▶ 4 florets
- Chicken breast ▶ ½, cut into strips
- Sweetcorn ▶ 1
- Cooking oil ▶ 10ml (2 teaspoons)
- Pinch salt
- Water ▶ 875ml (3½ cups)



METHOD

BROCCOLI AND CAULIFLOWER

- 1 Cut the cauliflower and broccoli florets into smaller pieces.
- 2 In a pot of boiling water (½ cup), add the cauliflower and broccoli and cook for 5-7 minutes, or until soft.

CHICKEN

- 3 In a pot of boiling water (1 full cup), add the cooking oil, salt, chicken strips and cook for 10-15 minutes.

SWEETCORN

- 4 In a pot of boiling water (2 full cups), add the sweetcorn and cook for 30 minutes, or until soft.
- 5 Serve warm.



48 COWPEA SALAD

INGREDIENTS

- Cowpeas ▶ 125ml (½ cup)
- Cherry tomatoes ▶ 4
- Avocado ▶ 62.5ml (¼ cup)
- Marula oil ▶ 2.5ml (½ teaspoon)
- Green and yellow bell pepper ▶ ½ chopped from each
- Cooking oil ▶ 5ml (1 teaspoon)
- Water ▶ 750ml (3 full cups)
- Lettuce ▶ 125ml (½ cup)



METHOD

- 1 Add the cooking oil to a pot of boiling water and cook the cowpeas for 90 minutes, until soft.
- 2 Wash and cut cherry tomatoes, avocado, lettuce, yellow and green pepper.
- 3 In a bowl add the cowpeas, cherry tomatoes, avocado, yellow and green pepper and mix well.
- 4 Add marula oil as a dressing.



49 RED KIDNEY BEANS, SPINACH AND RICE BALLS

INGREDIENTS

- Red kidney beans ▶ 125ml (½ cup)
- Rice ▶ 250ml (1 full cup)
- Spinach ▶ 125ml (½ cup) chopped
- Cooking oil ▶ 15ml (1 tablespoon)
- Pinch of salt
- Water ▶ 1250ml (5 full cups)



METHOD

RED KIDNEY BEANS

- 1 Soak the beans in water overnight, and discard the water the following morning.
- 2 In a pot of boiling water (3 full cups), add the soaked red kidney beans and cook for 2 hours, or until soft.
- 3 Add the salt and cooking oil and simmer for 5 minutes.

SPINACH

- 4 Add 5ml cooking oil to a pot on low heat and preheat the oil for 1 minute.
- 5 Add the spinach.
- 6 Add the salt.
- 7 Close the pot with the lid and cook for 5-10 minutes, until the spinach is wilted.

RICE

- 8 Soak and rinse the rice with clean water.
- 9 To the pot of boiling water (2 full cups), add the salt, cooking oil and rice and cook until the rice is soft (soft enough to form a ball, but not too mushy).
- 10 Once the rice is cooked, let it cool and then mould it into small balls using the palms of your hands.



50 MACARONI, CABBAGE AND MUSHROOMS

INGREDIENTS

- Macaroni ▶ 250ml (1 full cup)
- Cabbage ▶ 125ml (½ cup), shredded
- Mushrooms ▶ 4 button
- Tomato ▶ 1
- Cooking oil ▶ 15ml (1 tablespoon)
- Pinch of salt
- Water ▶ 500ml (2 full cups)



METHOD

MACARONI

1. In a pot of boiling water (2 full cups), add the macaroni and cook for 15-20 minutes, or until it is soft.
2. Add the salt and cooking oil and simmer for 2 minutes.
3. Drain the excess water.

CABBAGE

4. Add 5ml cooking oil to a pot on low heat and preheat the oil for 1 minute.
5. Add the cabbage and salt and cook for 5-10 minutes.
6. Garnish with yellow and green bell pepper to add colour.

MUSHROOMS

1. Add 5ml cooking oil to a pot on low heat and preheat the oil for 1 minute.
2. Add the mushrooms and tomatoes and stir fry for 10 minutes.
3. Serve warm.



OTHER FACTORS CONTRIBUTING TO THE OVERALL HEALTH AND WELL-BEING OF A GROWING CHILD:

The well-being of a growing child is influenced by a range of interconnected factors spanning physical, mental, emotional, and social development. Alongside proper nutrition, essential contributors to a child's health include:

Physical Activity: Regular physical activity fosters healthy weight management and motor skill development. Activities like tummy time, crawling, and grasping are critical for skill enhancement, requiring supervision during play.

Sleep: Sleep is vital for growth and cognitive functions. Establishing a consistent sleep routine and a safe sleep environment is crucial for optimal development.

Healthcare: Regular clinic or hospital visits and adherence to vaccination schedules are pivotal for the early detection and prevention of health issues, and ensuring long-term well-being.

Social Interaction: Positive peer and adult interactions cultivate social skills, empathy, and a sense of belonging, contributing to emotional wellness and the development of self-esteem.

Emotional and Mental Support: Emotional support is foundational for psychological development, resilience, and effective learning. Strong emotional foundations foster academic success and overall mental health even later in life.

Screen Time and Technology: Excessive screen time negatively impacts babies, leading to risks like obesity, vision problems, sleep disturbances, and hindrances in language development.

These interrelated factors collectively shape a child's holistic well-being. Parents, caregivers, educators, healthcare providers, and communities all play pivotal roles in supporting the healthy development of children.





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**Secure your child's future and the
future of your grandchildren by feeding
your child right at the right time.**

