



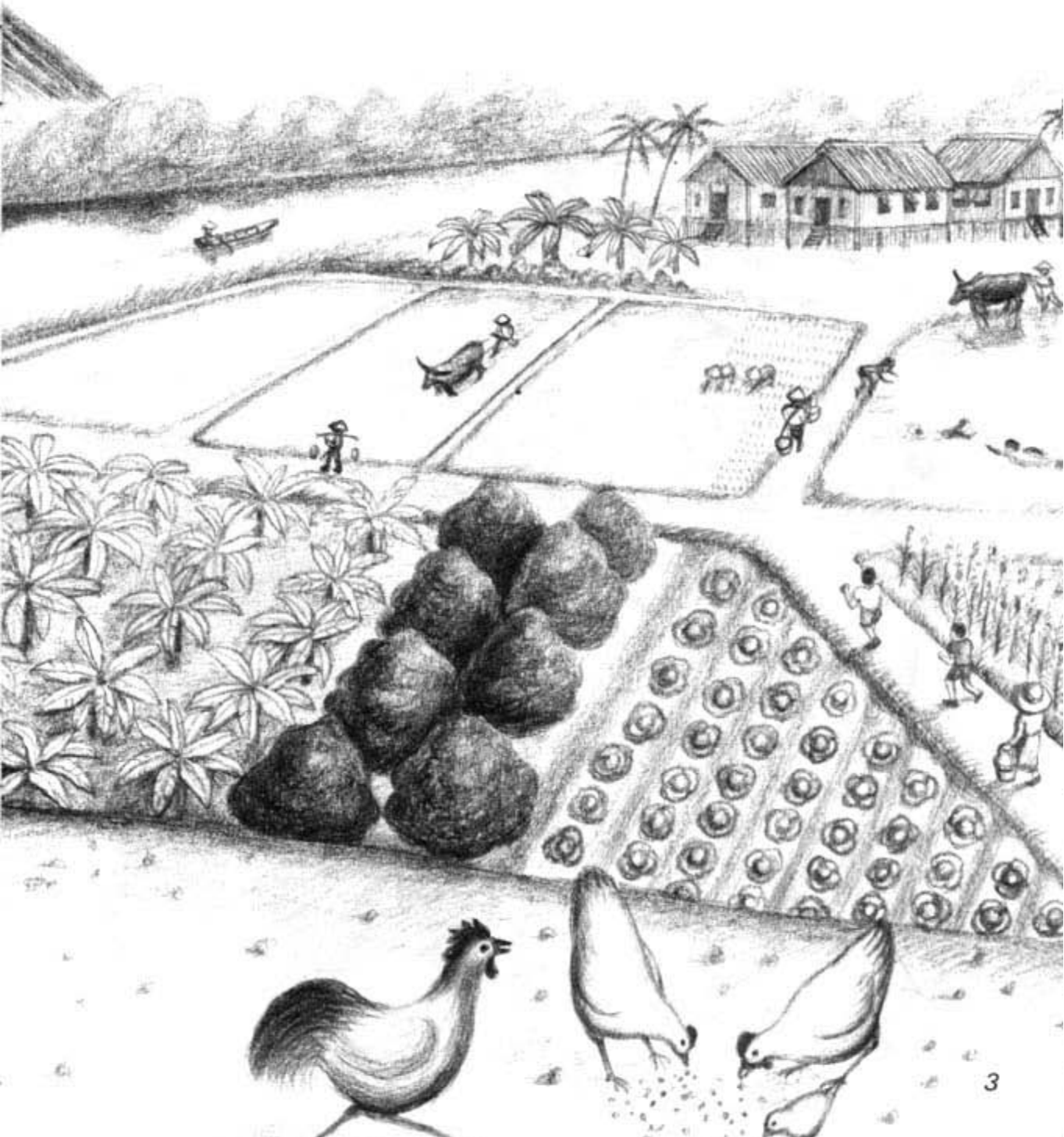
# **BABY'S FOOD**

## **FOR GOOD HEALTH**

**Asia/Pacific Cultural Centre for UNESCO (ACCU)**



A young farmer and his wife lived in a village. It was far from the town. They loved each other very much. Their first child was born, adding to their happiness. The young mother enjoyed breast-feeding her baby. There is no better food for a new-born baby than Mother's milk.

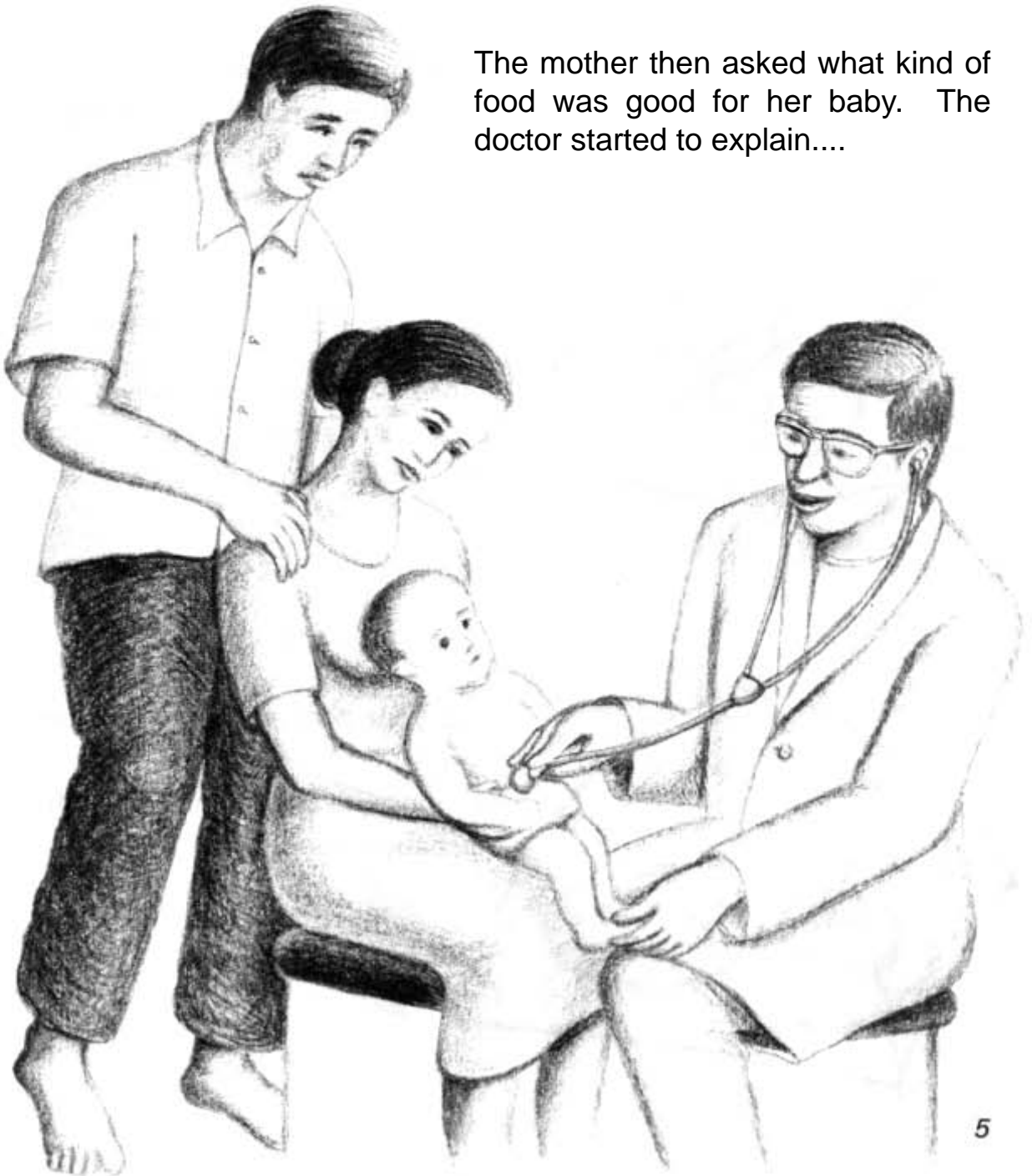


After a few months, the mother noticed that the baby was losing weight, and had become irritable and was often sick. The couple became worried about the baby's health.



One morning, the couple took their baby to a doctor. The doctor said that the baby looked undernourished. He said that although mother's milk is best for a new-born baby, after four months other supplementary food is also needed for healthy growth.

The mother then asked what kind of food was good for her baby. The doctor started to explain....



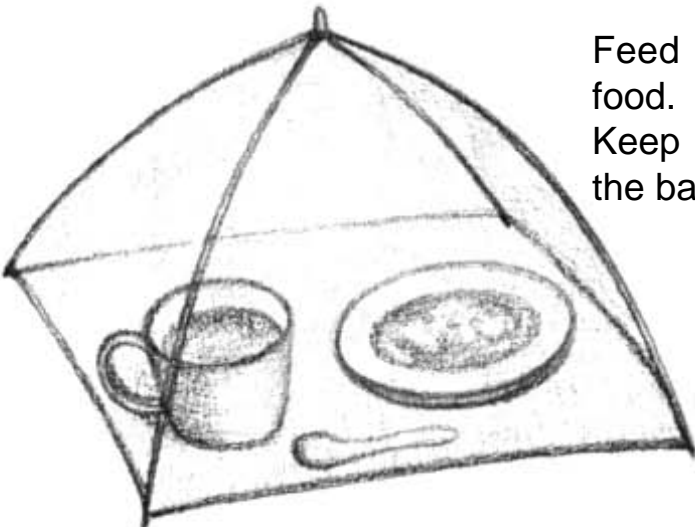


As a baby has no teeth, and his stomach and bowels are not yet accustomed to any solid food, a mother should start feeding her baby very small amounts of liquid or soft food.

For example, fruit juice, mashed boiled egg and beans are good supplementary foods for the baby.



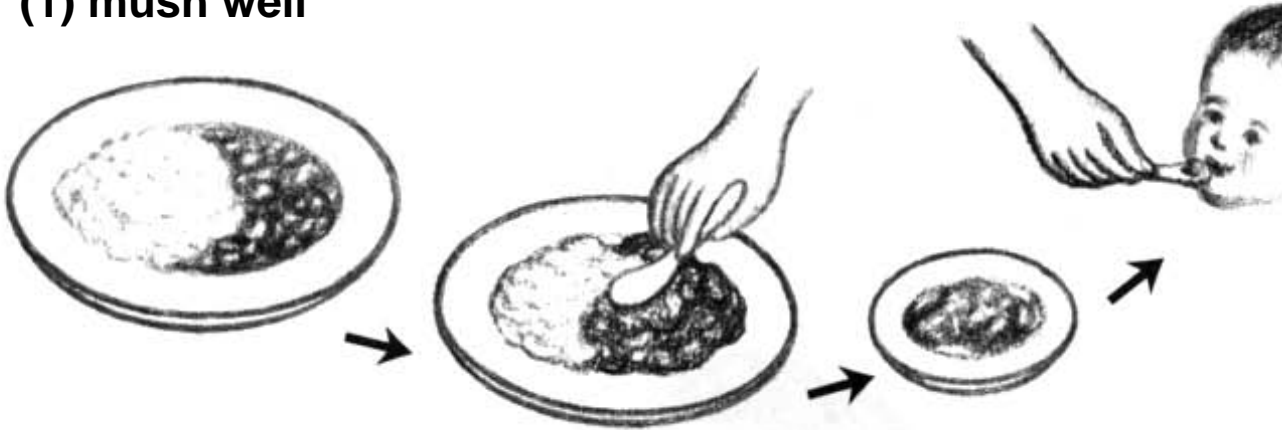
Before cooking your baby's food, you should carefully wash your hands and kitchen utensils with clean water.



Feed your baby only freshly cooked food.

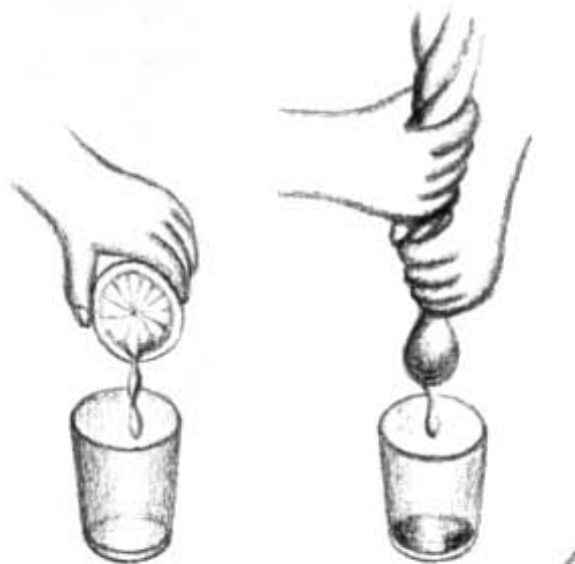
Keep insects and animals away from the baby's food.

## (1) mush well

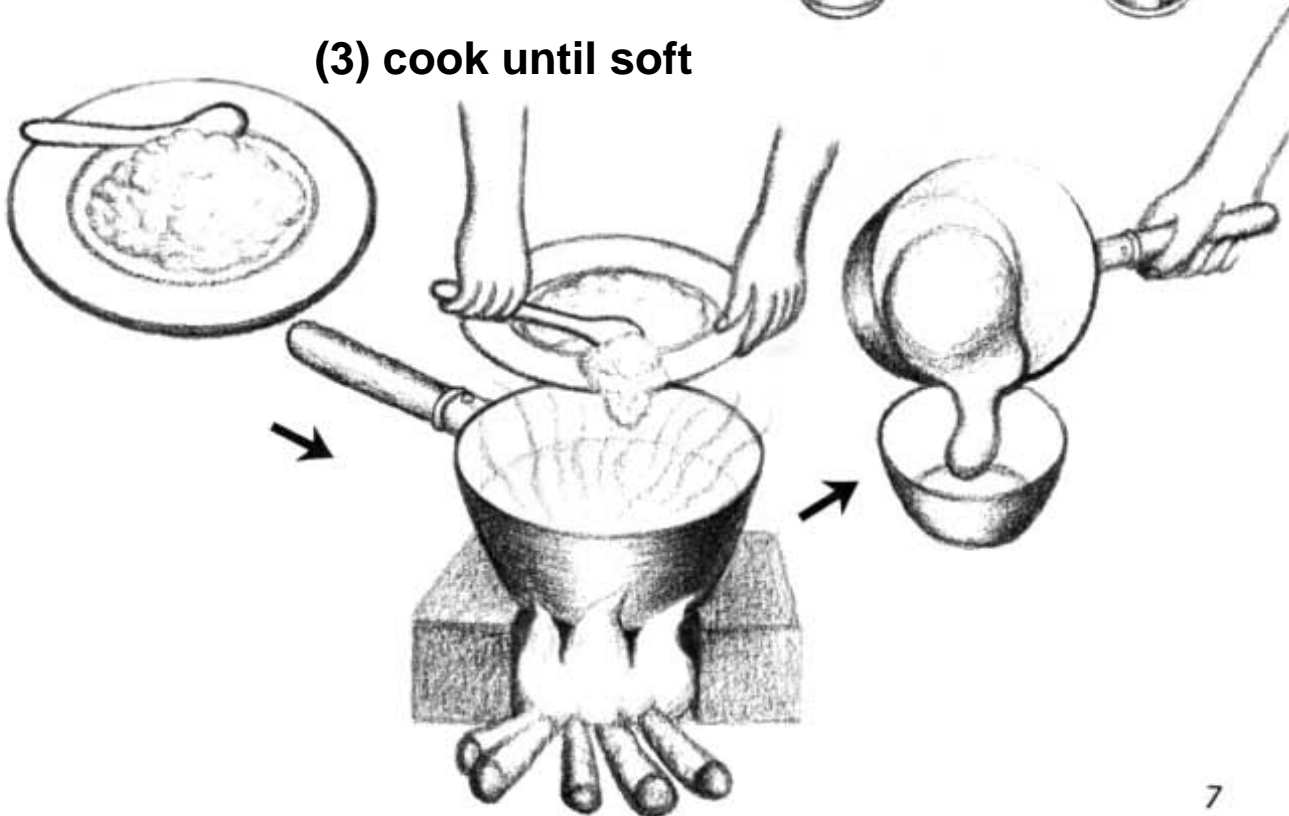


## (2) squeeze well to extract juice

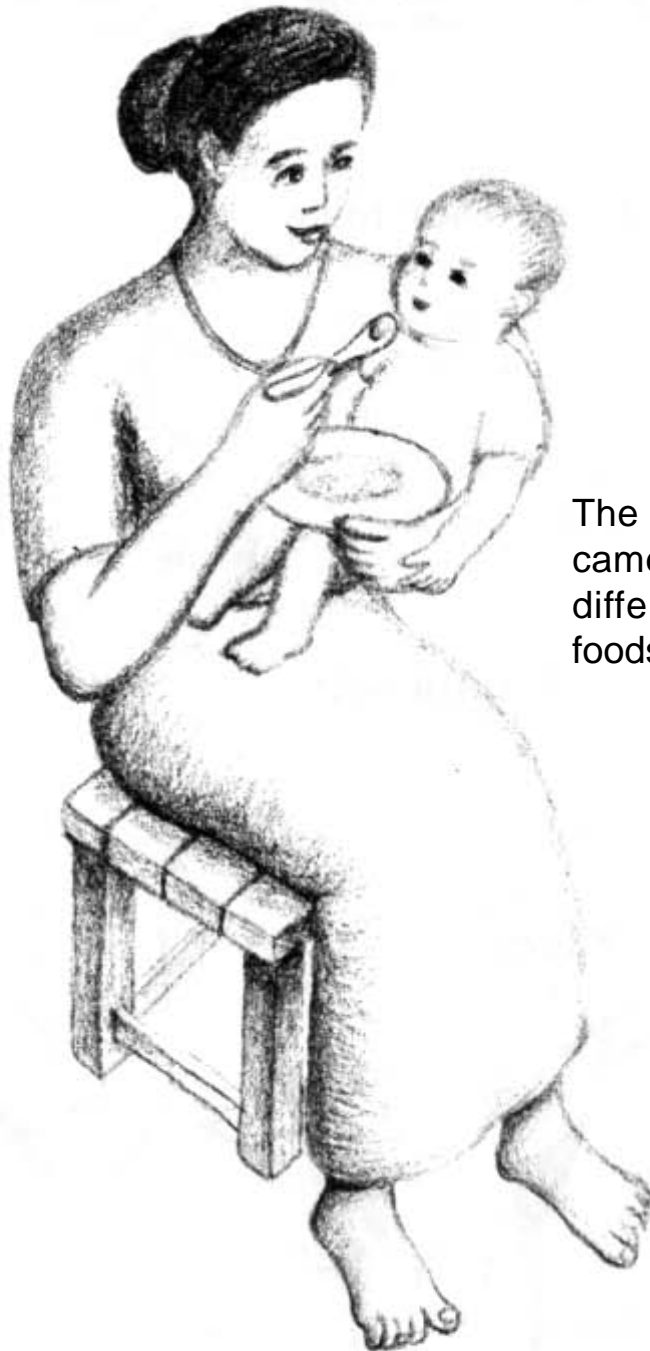
You can easily prepare your baby's food from dishes cooked for adults in your family. Choose nutritious foods which are not too spicy, too salty, or too sweet. Make them softer for your baby by mashing or further cooking.



## (3) cook until soft

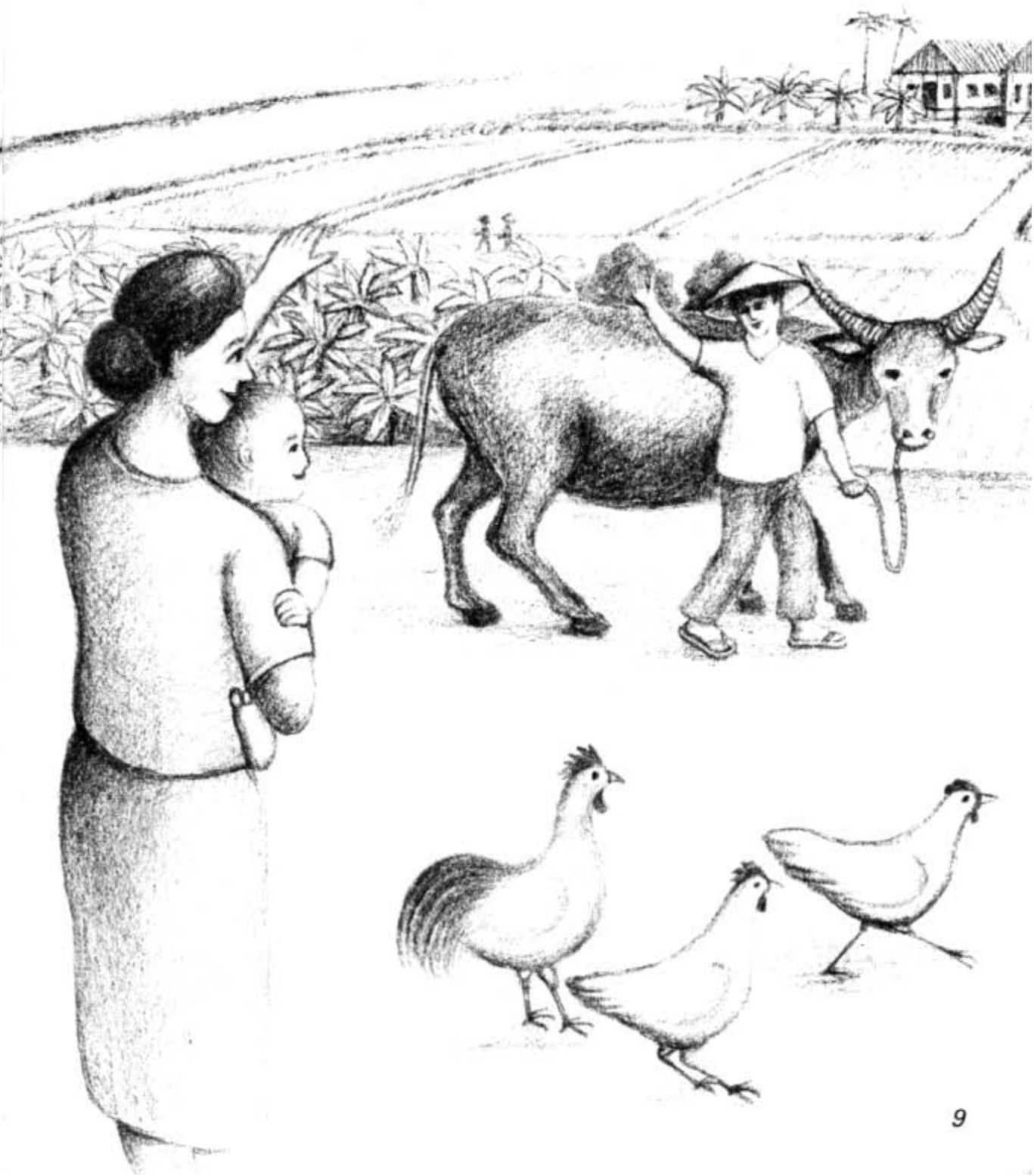


After coming back from the doctor's clinic, the mother started feeding her baby small amounts of liquid and soft food from each group of foods in addition to breast-feeding.

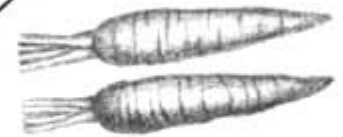
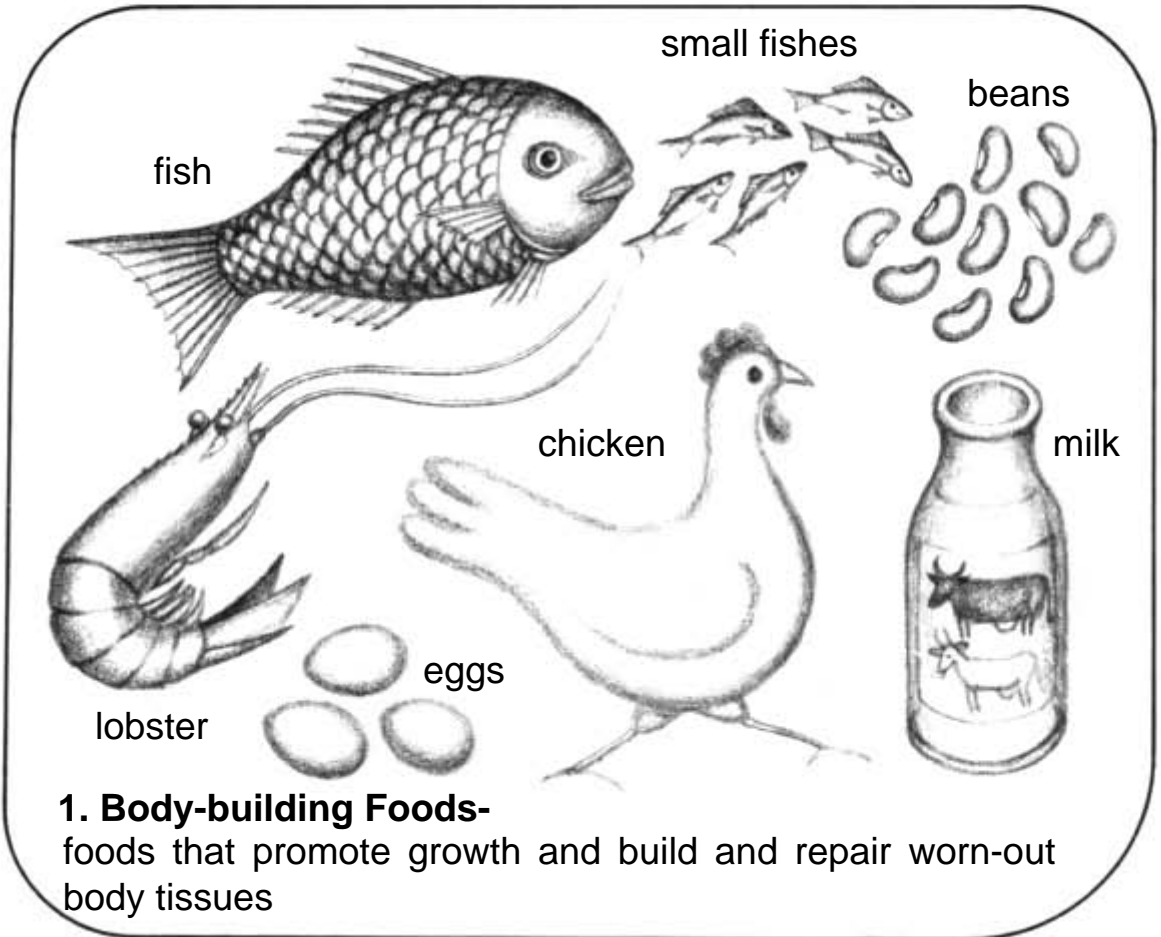


The baby gradually came to like many different kinds of foods.

Before long, their baby became healthy.

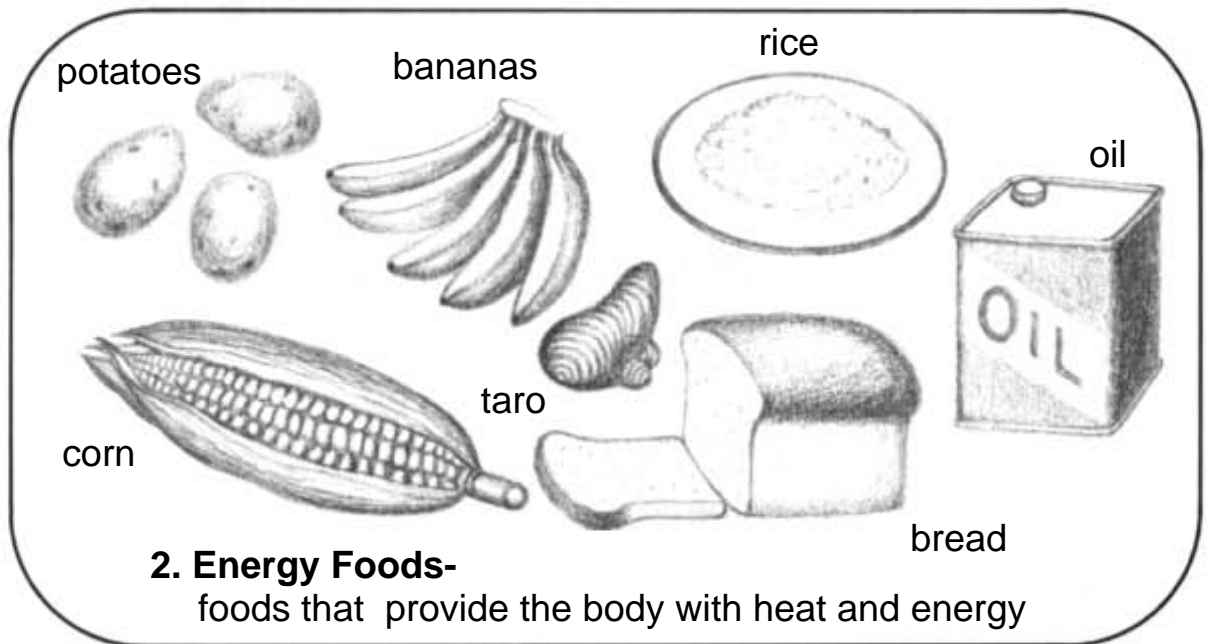


# Three Basic Food Groups



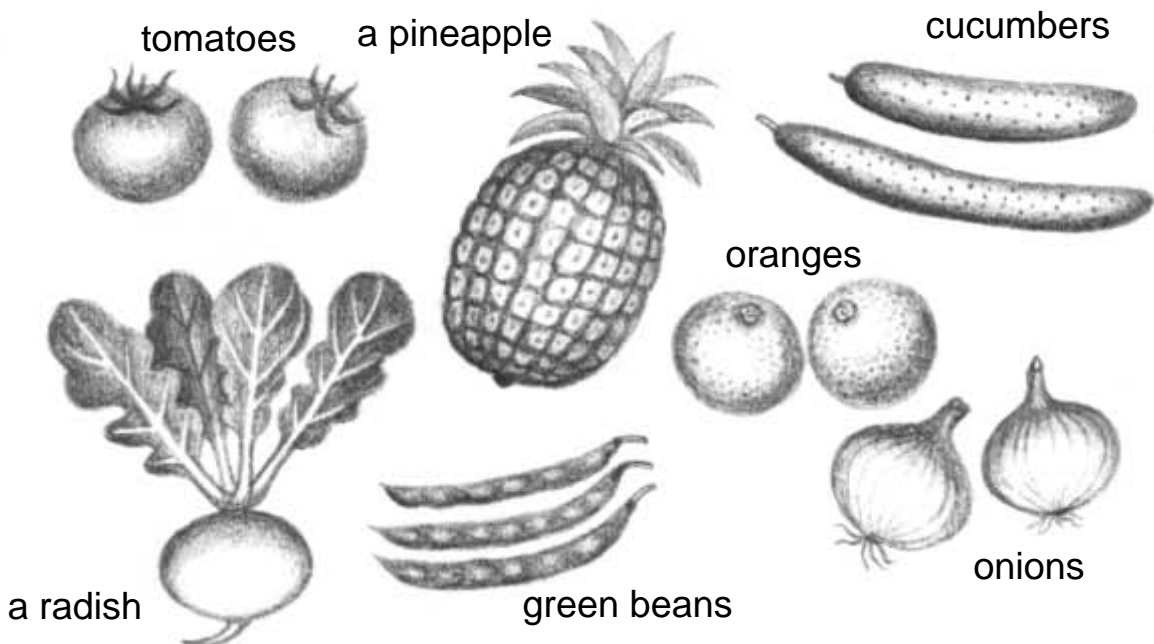
Foods mentioned on this page are given as examples of the basic food groups. Please consider other foods in your area that fit in these food groups.

For people to lead healthy lives, it is necessary to choose and combine in their meals a well-balanced variety of foods from each of the 3 food groups. For a mother to provide good milk for breast-feeding her baby, it is important that she maintains a well-balanced diet.



**3. Regulating Foods-**

foods that protect and regulate body function





## Guide for Utilization

### Objectives:

1. To understand the importance of breast-feeding
2. To understand the importance of beginning to give the baby supplementary food, in addition to breast-feeding, at the proper time (after four months)
3. To introduce basic knowledge about nutritionally balanced meals and health

### Target:

Middle and self-learning level neo-literates in rural areas;  
both men and women (especially young mothers)

### Application:

1. Before distributing booklets to learners, the instructor briefly talks about health and nutrition, especially the importance of nutrition for infants.
2. Booklets are distributed and read. Points of interest and problems are then taken up in question-and-answer and discussion among participants (including instructor).
3. Instructor asks questions such as the following, stimulating discussion on these issues and their importance.
  - a. What made the baby sick?
  - b. How should food for a baby be prepared?
  - c. When should a mother start feeding her baby supplementary foods?
  - d. Can you explain the functions of the three groups of foods?

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