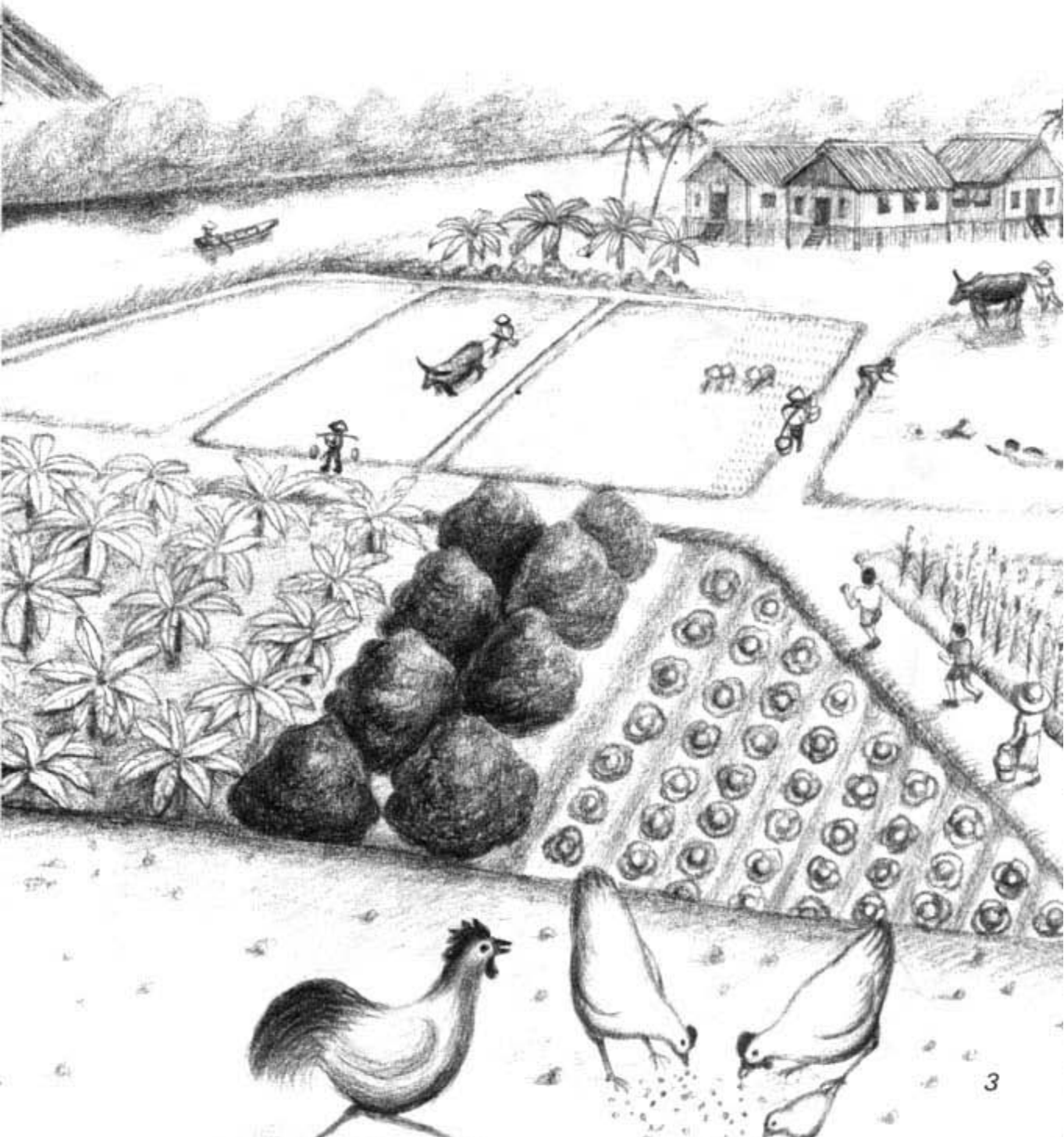


A young farmer and his wife lived in a village. It was far from the town. They loved each other very much. Their first child was born, adding to their happiness. The young mother enjoyed breast-feeding her baby. There is no better food for a new-born baby than Mother's milk.

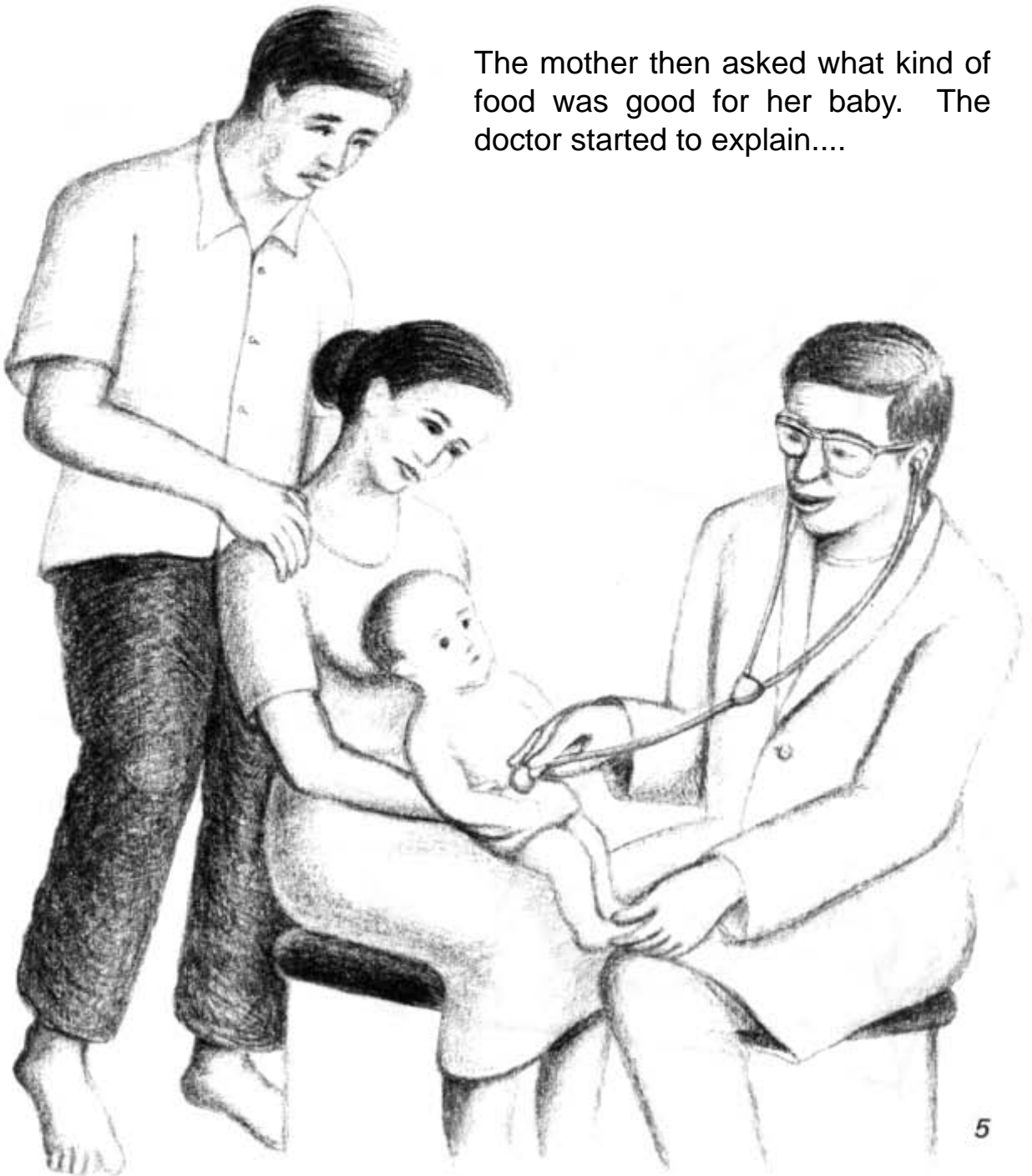


After a few months, the mother noticed that the baby was losing weight, and had become irritable and was often sick. The couple became worried about the baby's health.



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....



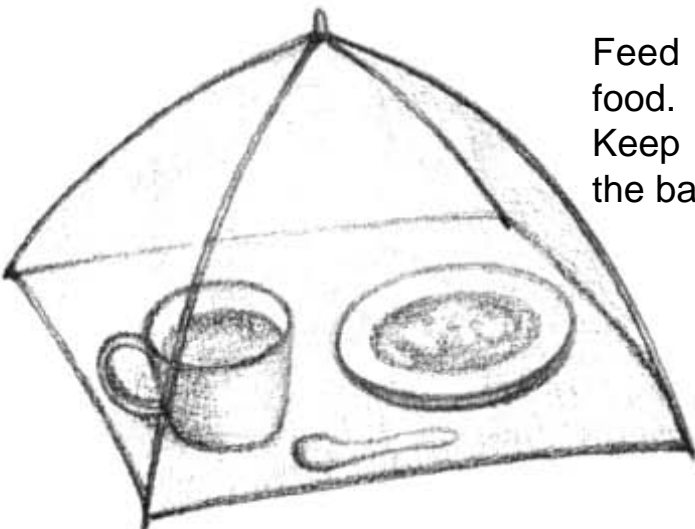


As a baby has no teeth, and his stomach and bowels are not yet accustomed to any solid food, a mother should start feeding her baby very small amounts of liquid or soft food.

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



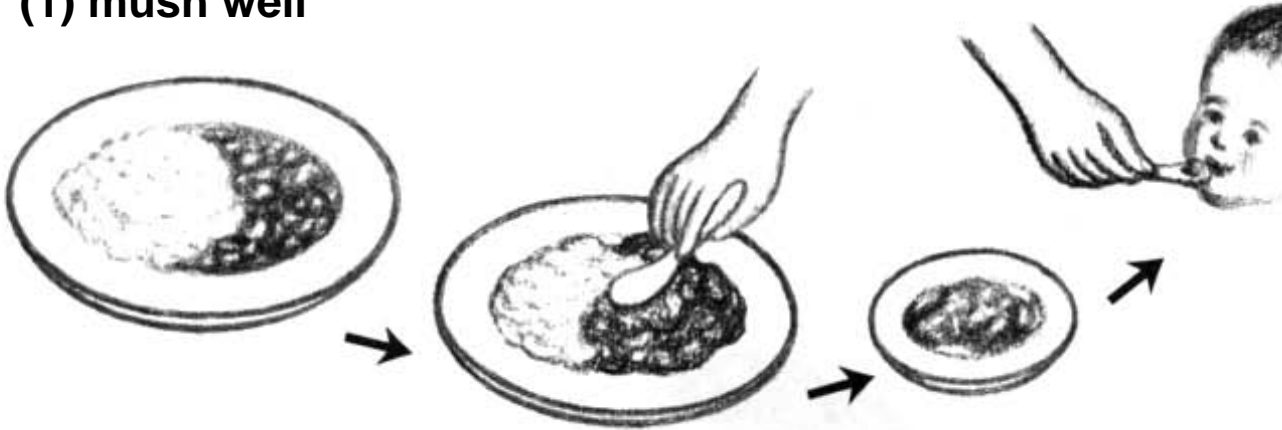
Before cooking your baby's food, you should carefully wash your hands and kitchen utensils with clean water.



Feed your baby only freshly cooked food.

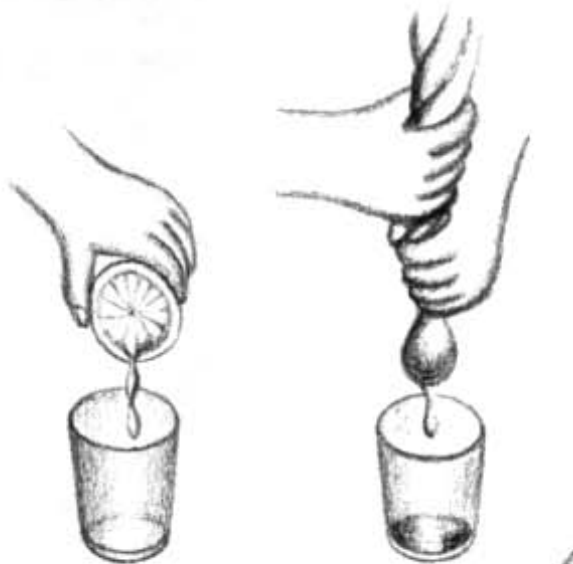
Keep insects and animals away from the baby's food.

(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

