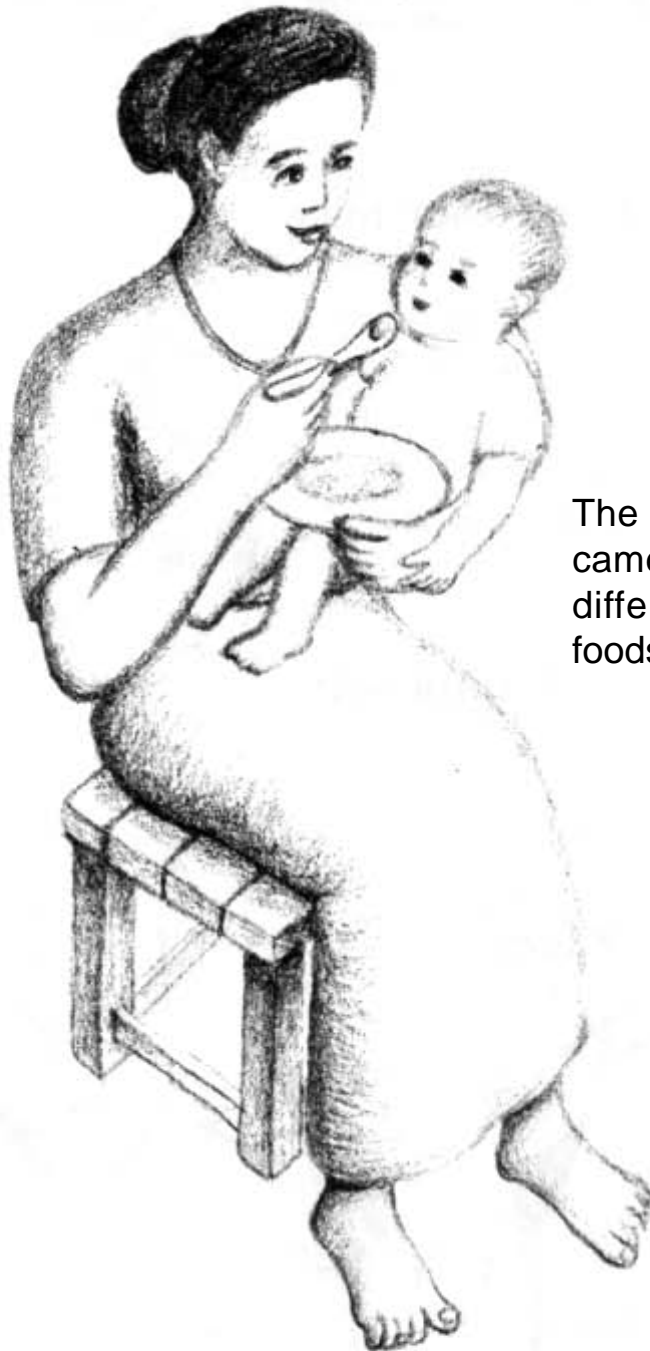
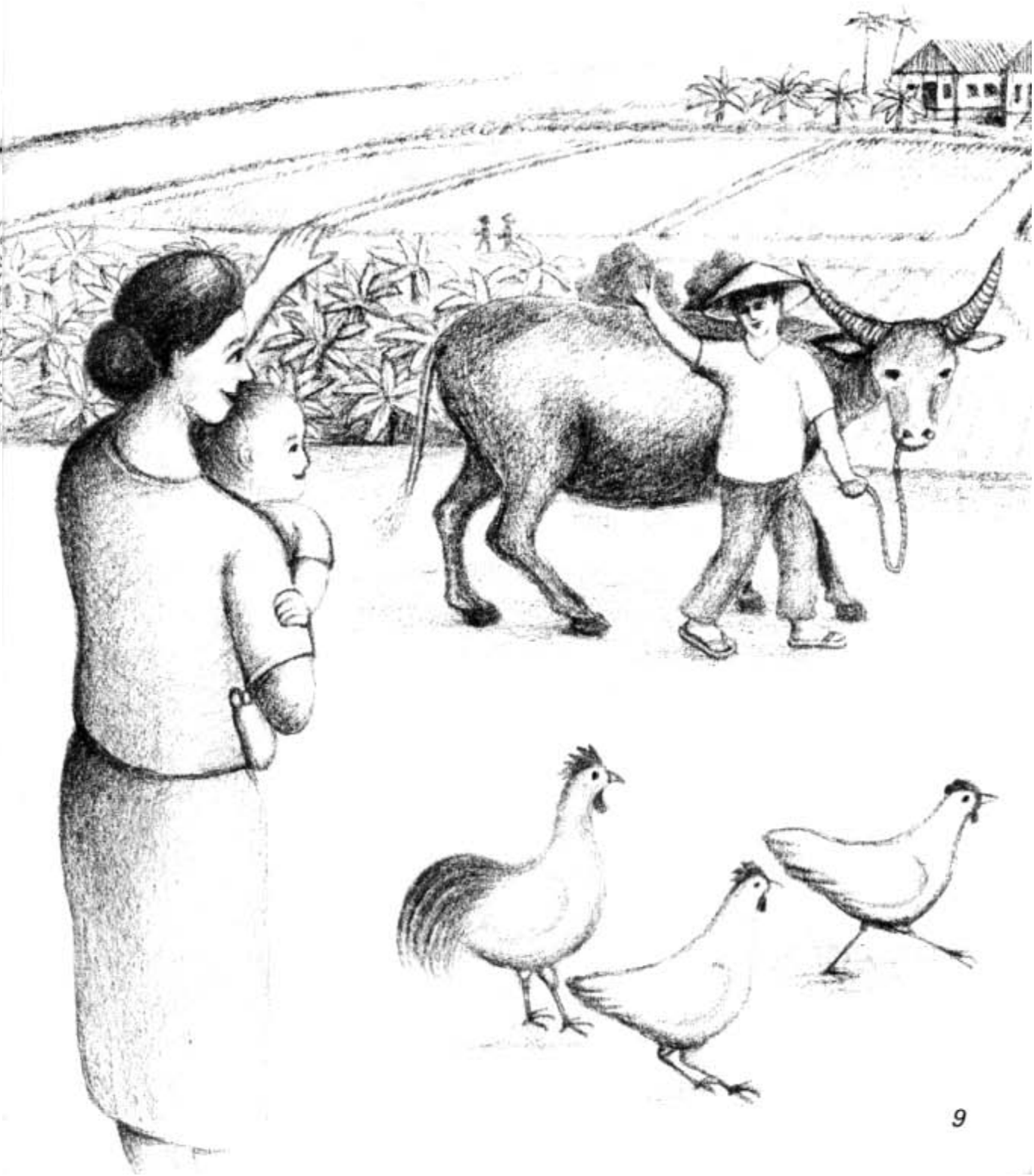


After coming back from the doctor's clinic, the mother started feeding her baby small amounts of liquid and soft food from each group of foods in addition to breast-feeding.

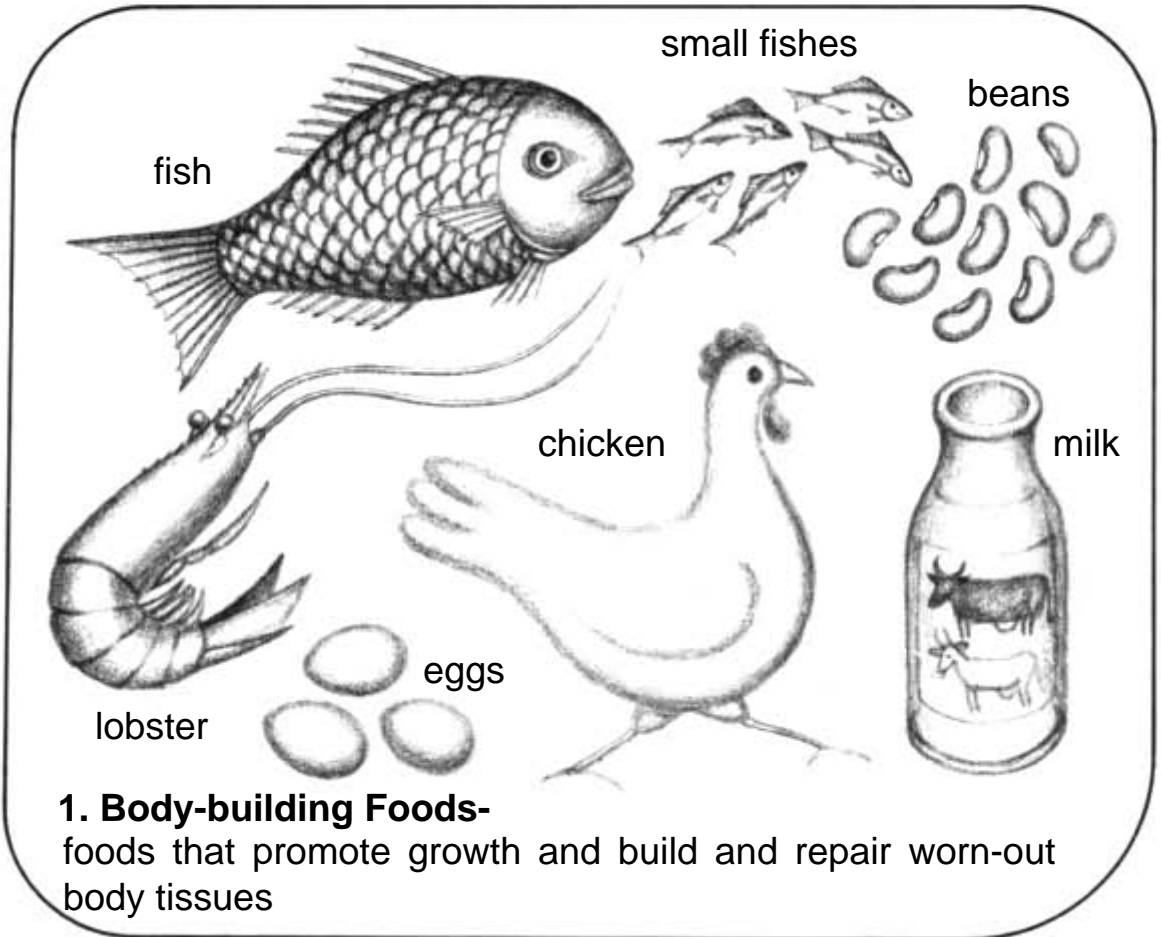


The baby gradually came to like many different kinds of foods.

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.

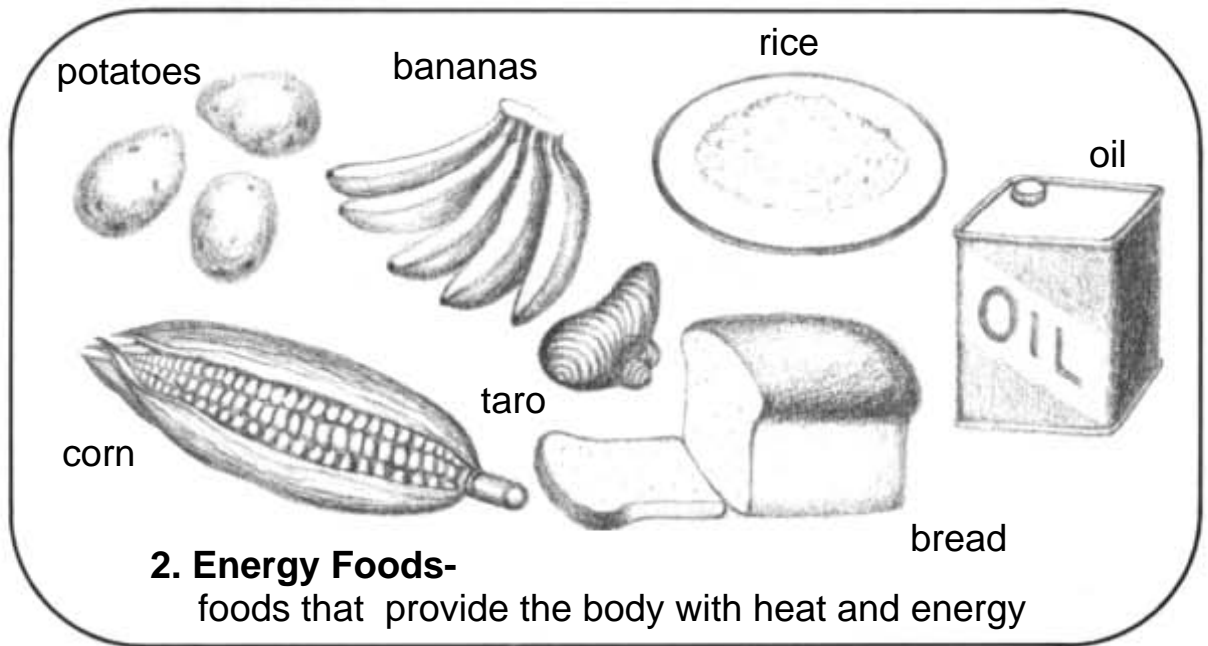


carrots



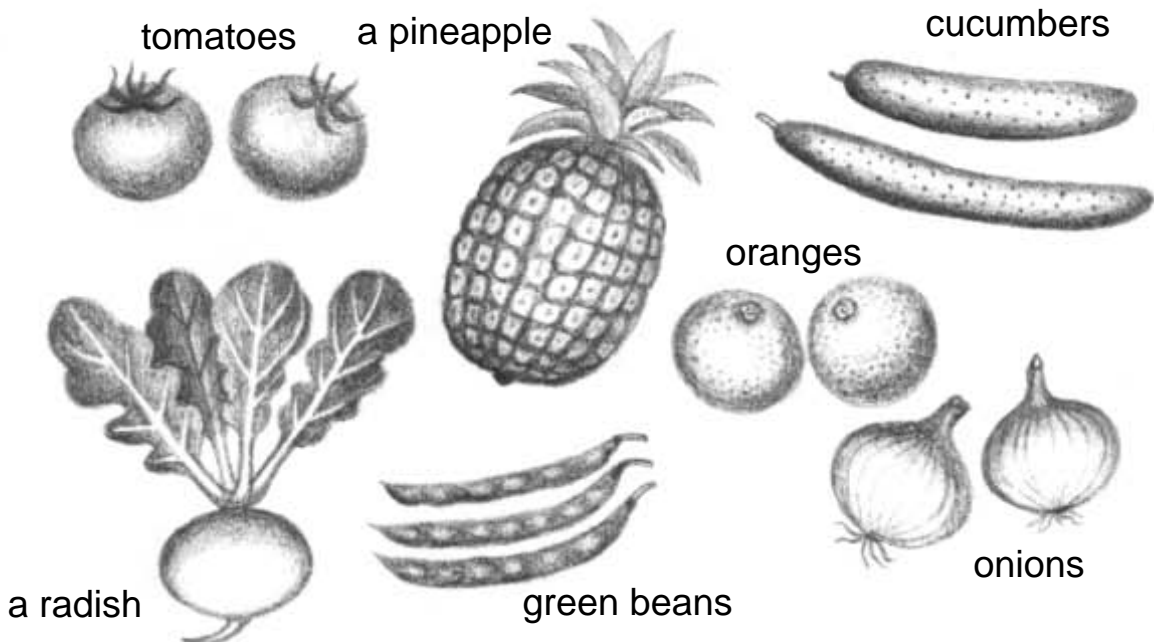
cabbage

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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