

Micronutrients are vitamins and minerals that people need to keep their minds strong, and their bodies healthy to fight off diseases and have healthy babies. If you do not have enough of even one micronutrient, you will get a deficiency (having too little) and become sick.

Most South Africans do not have enough money to eat enough of a variety of foods to provide all the micronutrients they need. The only way that they can get extra micronutrients is if they eat foods that have been fortified (strengthened).

All maize meal and white and brown bread flour (and bread baked with this flour) are fortified with the following micronutrients: **vitamin A, thiamin, riboflavin, niacin, pyridoxine, folic acid, iron and zinc.**



Starchy foods should be the biggest part of each mixed meal.

You should eat more of the starchy foods than of the other foods in a mixed meal.



Starchy food is not fattening as long as you don't eat too much of it and it is not prepared with lots of fat and sugar. If you do lots of physical activity during the day you need more starchy food than if you are inactive. Starchy food does not give your body everything that it needs. Therefore, mix starchy foods with other foods.

Hints

Other foods that can be mixed with starchy foods are:
Vegetables and fruit,
Dry beans, Soya,
Meat, Fish,
Chicken, Eggs, Milk,
Milk products, such as maas.
Remember to use fat and salt sparingly with these foods.



How much do you know?

What does the word 'starchy' mean to you?
Which starchy foods do you and your family usually eat?
Which other foods do you eat with your starchy foods?
Why do you think starchy foods are healthy?

For more information, contact:
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Photos: UNICEF/Giacomo Pirozzi
and J de Klerk

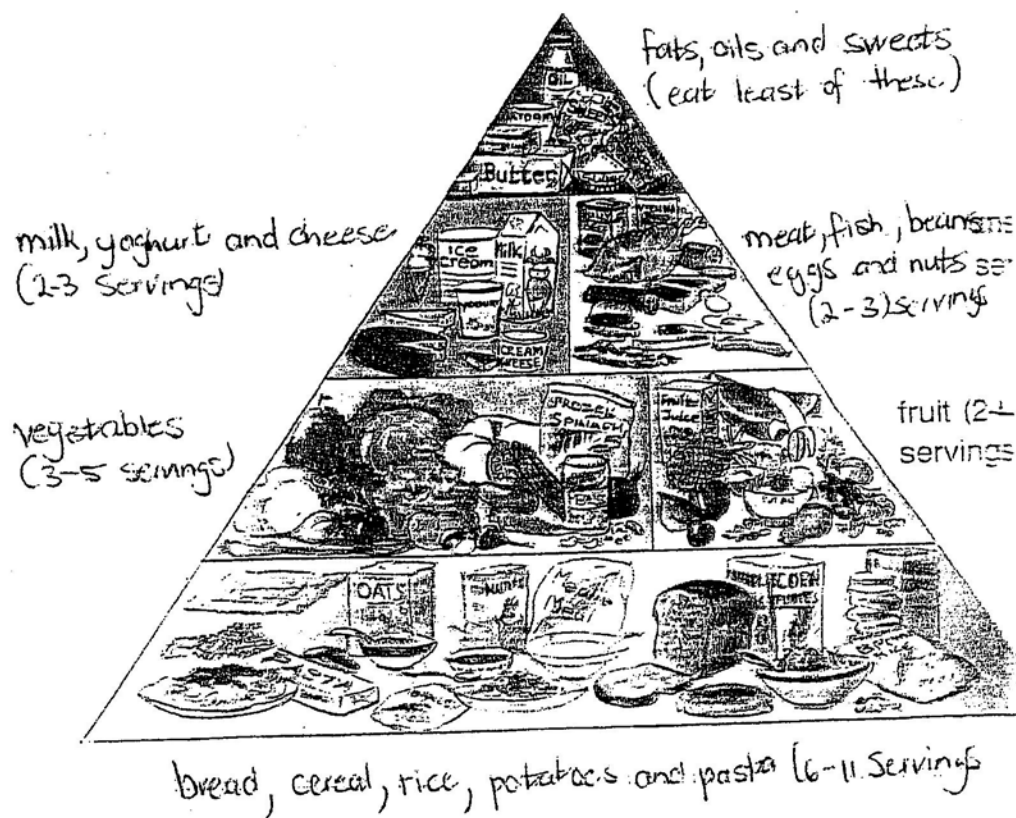
Unit 6

Word wall

diet
balanced
delicious
crunchy
vines
capacity
liquid
boil



The food pyramid



NUTRITION

66

The child needs a nutritious and well-balanced meal. Planning of the menu, whether for babies or pre-school children, must be done in consultation with an expert, since the needs of children differ.

The menu should be placed in the kitchen where staff, parents and assessment officers may view it at any time.

1. General guidelines for planning the daily menus and for preparing food.
 - Plan menus according to the following basic meal patterns:

BREAKFAST:

Porridge with milk* and sugar

- Skin – milk powder is the cheapest form of milk, mix 100g milk powder with 1 litre of clean water.

MID – MORNING SNACK:

Brown bread with margarine

Milk

MIDDAY MEAL:

Protein – rich food or dish e.g. dry beans, meat, fish, chicken, eggs, cheese.

Starchy food e.g. porridge, samp, maize, rice, potatoes.

Vegetables: preferably dark green or deep yellow in colour, e.g. spinach, green beans, cabbage, carrots, pumpkin.

Fruit: if possible twice a week.

AFTERNOON SNACK:

Brown bread with margarine.

Peanut butter or other spread.

Milk to drink

- a) Do not discard meat bones or the outer leaves of vegetables but use these in soups or stews.
- b) Do not scrape, peel or cut vegetables and potatoes the previous evening and leave them in water. These should all be prepared shortly before they are to be used, as the longer a vegetable (either raw or cooked) is left standing, the more food value gets lost. Do not soak vegetables once cut.
- c) Always put vegetables to be cooked in a small amount of boiling water; more can be added later, if necessary. Cook until just soft and not longer as over cooking diminishes the food value. Any left – over water should be used in soup or gravy.
- d) A protein-rich food or body building food such as dry beans, meat, fish, eggs or cheese or a combination of these, forms part of the main meal everyday, as it is essential for good nutrition. A small amount of fish meat, chicken, egg or cheese, combined with dry beans or other dry legumes, makes a nutritional adequate dish.
- e) Soya beans have a higher nutritional value than any other dry legume. Products made from soya beans, so – called Textured Vegetable Protein (TVP) – products, e.g “Toppers and Sungold”, are much cheaper than animal protein and are good value of money. Serve these products at least once or twice a week.
- f) Peanut butter on brown bread is a good body- building food. It is preferable if milk is served with the same meal.
- g) A meal consisting of vegetable soup with bread pr porridge is not adequate unless a body – building food is served at the same time
- h) Sufficient protective foods, such as vegetables and fruit, have to be included everyday in order to protect children against disease. If fruit is not available, use fresh raw vegetables, e.g. tomatoes, cabbage or carrots.
- i) Skim-milk powder is the cheapest form of milk. If funds permit, full-cream or low-fat (2%) milk should have preference. Milk blends, although much cheaper, are not recommended as these do not have the same nutritional value as milk products. Always look for the “real Dairy” mark before you buy dairy products.
- j) Use measuring spoons and cups and/ or a scale to measure and weigh ingredients for recipes.

Cheap food choices

Meat

- Lentils
- Beans
- Eggs
- Peanutbutter
- Pilchards
- Soya mince
- Meat sauce
- Chicken/beef liver
- Bake beans

Starch

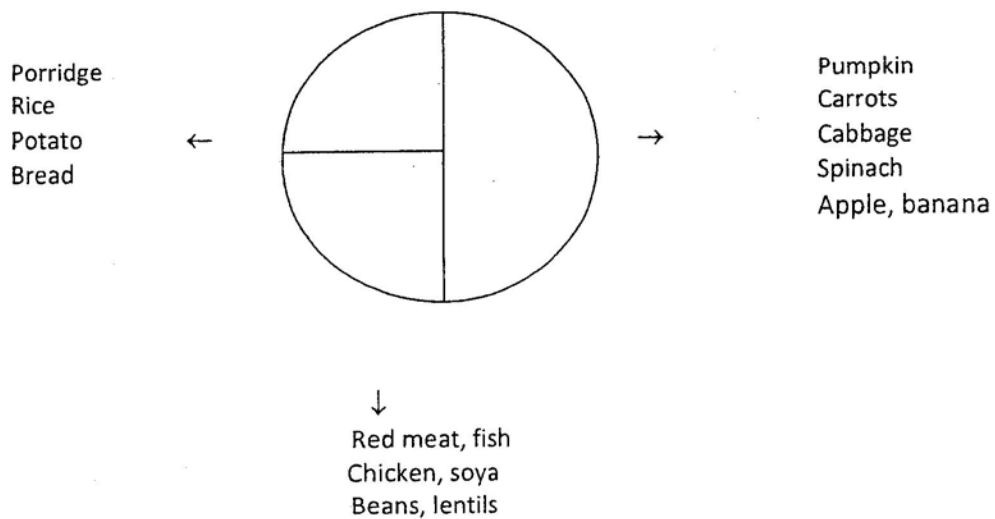
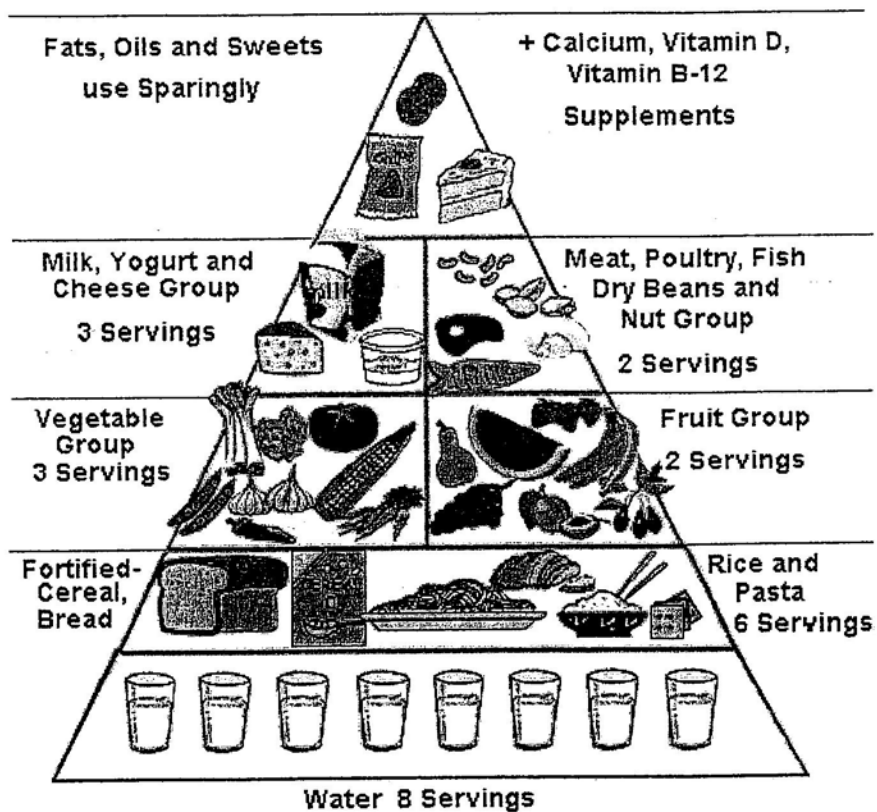
- Maaliemeal
- Oats
- Matabella
- Rice
- Bread
- Pasta
- Beans
- Lentils
- Bake beans

Veggie and fruit

- What is in season
- Veggie garden

IDEAL MENU FOR ONE DAY

07:00 – 08:00	
TEA TIME 10:00	
12:00 – 13:00	2 - 4 snye 30 – 60 g
TEA TIME 15:00	
18:00 – 19:00	60 – 90 g 1 – 1 ½ koppie rys/ Samp/pasta/mielies/ stywe pap FH: December 2001



Draw up a one day meal plan

Breakfast	
Inbetween	
Lunch	
Inbetween	
Supper	

While breastfeeding remains the most important source of nutrition in the first year of life, at around 6 months your baby's milk feeds need to be complemented with other foods.

It is important that every substituted milk feed is replaced by a complete meal that delivers all the nutrients that your baby requires at this important age

What is the right time to introduce solid foods?

Moving onto solid foods is like any other developmental milestone and the age differs from one baby to the next. However, if you answer "yes" to all of the following questions, your baby should be ready for solid foods:

Does your baby sit with support?

Does your baby have good head and neck control?

Can your baby push up with the arms when placed on the stomach?

☐ Has your baby doubled his/her birthweight?

☐ Does your baby show interest in other foods when the rest of the family is eating?

The first milk feed to be replaced by solid food is normally the late morning feed and is the ideal time for the first food encounter.



How to introduce the first solid foods

Introduce one food variant at a time

Start with one food at a time over a period of 3 to 5 days. In this way, you can identify any possible allergic reactions to the new food.

What to introduce first

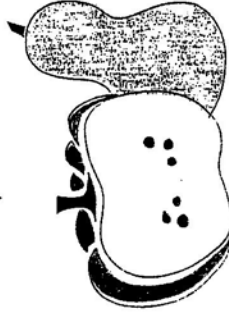
The American Academy of Pediatrics recommends that all babies should be introduced to iron-fortified cereals at 6 months. Cereal based foods are internationally recommended as being appropriate because they are energy-rich and happily accepted by babies. Nestlé CERELAC and Nestlé NESTUM provide energy, protein and all other nutrients needed for your baby to grow.

Introduce new foods repeatedly

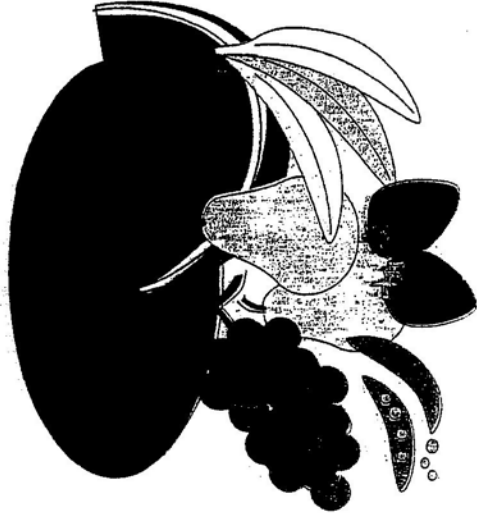
Baby might not accept food after the first try, but should accept it once the food becomes more familiar – the new food might even become a "favourite" food after a few attempts. Remember that all of these new tastes and textures are still very new to baby. Like us, they might need some time to grow accustomed to the new experiences.

Only introduce textures that correspond with your baby's ability to chew

As babies develop, so do their needs for different tastes and textures. This ensures that they are able to swallow and that their senses are stimulated, while still enjoying 100% complete nutrition.



Nestlé
Start Healthy
Stay Healthy



Recommended Menus THE FIRST YEAR AND ONWARDS

Nestlé
Start Healthy
Stay Healthy

Each menu below supplies the recommended energy requirements per day for your baby's developmental needs at each particular age.

RECOMMENDED
MENU 6-7 months

Breakfast

Baby's usual milk[†]
1-2 teaspoons[†] of Nestlé Stage 1 cereal
(single ingredient cereal, made up as directed on pack)

Mid-morning
Baby's usual milk[†]

Lunch

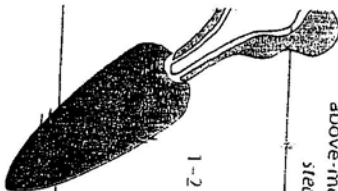
Baby's usual milk[†]
30g (±2 tablespoons) of pureed vegetables
Vegetable purées such as carrots, butternut,
pumpkin, sweet potato

Afternoon
Baby's usual milk[†]

1-2 teaspoons[†] of a pureed fruit can be offered
after baby has been introduced to the
above-mentioned vegetables. Options are banana,
steamed apple/pear, pear puree, peaches

Dinner

Baby's usual milk[†]
1-2 teaspoons[†] of Nestlé Stage 1 cereal
(single ingredient cereal,
made up as directed on pack)



Bedtime
Baby's usual milk[†]

Early introduction of solid foods in your baby's diet
does not make a baby sleep better through the night.
Sleeping through the night is a developmental milestone
and not a feeding matter.

At 7 months, baby can move on to Nestlé Stage 2 cereal.

RECOMMENDED
MENU 8-9 months

Baby can now start with solid foods before a milk feed

Breakfast

4 tablespoons of Nestlé Stage 2 cereal
Baby's usual milk[†]

Mid-morning
Baby's usual milk[†]

Lunch

2-4 teaspoons of mashed/grated fruit
4 tablespoons of Nestlé Stage 2 cereal

Afternoon
Baby's usual milk[†]

1-2 fingers of dry toast

Dinner

2-4 teaspoons of strained or minced
meat/chicken/fish or cooked egg^{††}
1-2 tablespoons of cooked starch
(potatoes/soft pasta/rice/pap)

90g of mashed vegetables

Vegetables such as peas, green beans and spinach can be introduced

Bedtime
Baby's usual milk[†]

Avoid adding cereal to your baby's milk feed. This can not only
lead to gagging but can also contribute to overfeeding,
resulting in obesity.

At 9 months baby can move on to Nestlé Stage 3 cereal.

RECOMMENDED
MENU 9-12 months

By the age of 9 months baby only needs approximately
3 milk feeds or 750ml milk per day

1 serving of Nestlé Stage 3 cereal
Baby's usual milk[†]

½ chopped apple/pear

4-5 tablespoons cooked starch

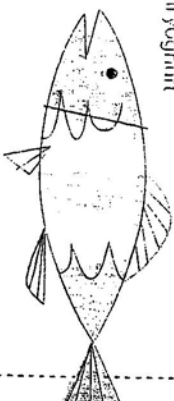
2-3 tablespoons shredded or cubed cooked meat/
chicken/fish/meat substitute or cooked egg

100g-125g (½ cup) cooked vegetables

Baby's usual milk[†]
1-2 fingers of dry toast

1 serving of Nestlé Stage 3 cereal

100ml yoghurt



Baby's usual milk[†]

From the age of 1 year children start to make the big
transition from infancy to childhood, and they start to enjoy
foods in child sized, chewable pieces and follow the family
meal pattern. Be sure to include a healthy variety of foods
from all the food groups: 2 cups of full cream milk;
3 portions of protein; 4-6 portions of vegetables and fruit;
4-6 portions of starch per day

[†] Breastmilk or follow-up formula made up as per instructions
on the tin with boiled, cooled water

* One level teaspoon of cereal = approximately 5g
[†] Breastmilk or follow-up formula made up as per instructions
on the tin with boiled, cooled water

SUGGESTED CONTENTS OF A FIRST AID BOX

The first aid box must be clearly marked as such and stored out of the reach of children. Every ECD practitioner must know where the first aid box is stored.

A list of Emergency numbers must be placed (stuck) inside the first aid box.

2 pairs Latex gloves (or a supply of plastic bags)	For incidents involving blood or bloody fluids
1 Pair of household gloves	For cleaning after blood spills
A small plastic bowl	To hold water and Savlon while cleaning and washing wounds
A small plastic bowl	To hold water and Savlon while cleaning and washing wounds
100ml household bleach (to dilute with with 10 litres of water)	For blood Spills
1 Packet gauze swabs (20)	For covering larger wounds and eye injuries
1 packet cotton wool (or roll of toilet paper)	For cleaning out wounds and covering or compressins wounds
Waterproof plaster (20)	For protecting cuts and Scraps or other break in the skin. Waterproof dressing must be used if a worker works with food or drinks
Safety pins	To secure bandages, dressings and slings
Micropore (or cellotape)	For securing a dressing
75mm Bandages (or long strip of material)	For stopping bleeding, covering wounds, or making a sling
One – way resuscitator (or an airway)	To keep airways open
Plastic bags	For refuse disposal
Scissors	For cutting plasters, bandages and material
Tweasers	For extracting splinters and bee stings
Tissues	For general absorption of liquids

IMPROVISED FIRST AID BOX

2 Litre ice- cream container. Scrap cotton for dressings
 Scrap cotton for bandages. Scrap cotton triangular bandages
 Scrap small pieces of material for nose wipes. Scrap material for face cloths.
 Plastic bags to substitute for rubber gloves. Litre container (to make re-
 hydration drink). Cardboard & padding for rigid splints