

NUTRITION

1. **processing of food:** the process of absorbing nutrients from food and processing them in the body in order to keep healthy or to grow
2. **science of food:** the science that deals with foods and their effects on health
3. **FOOD foods:** foods, or the minerals, vitamins, and other nourishing substances that they contain

microsoft® Encarta® 2007. © 1993-2006 Microsoft Corporation. All rights reserved.

- ❖ Nutrition is a basic human need. It is of utmost important for life, growth and development, the maintenance of health and continued survival of man. Nutrition is eating habits. Good nutrition (eating the right food in the right quantities) is very important for a child's physical health and strength, as well as their ability to pay attention and learn.
- ❖ Adults need to provide the correct kinds of food for children. A child's diet may be influenced by their culture or be allergies they may have to eat certain kinds of food.
- ❖ As an ECD practitioner, you need to understand what a healthy diet entails, and you need to be aware of what children may or may not eat.
- In other words, **NUTRITION** is the total of all the processes whereby the living organism ingests substances which are necessary for survival and growth.
- The **intake** of nutrients (water, proteins, carbohydrates, mineral salts, fats and vitamins)
- The **digestion** (breaking down of food by enzymes in the stomach and small intestines)
- **Absorption** (digested food from the small intestine into the blood stream)
- **Transportation** of nutrients (to al the cells of the body)
- The **utilization** of substances by the cells

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

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

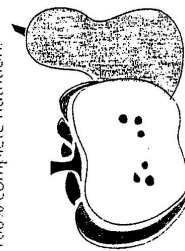
The American Academy of Pediatrics recommends that all babies should be introduced to iron-fortified cereals at 6 months. Cereal based foods are internationally recommended as being appropriate because they are energy-rich and happily accepted by babies. Nestlé CERELAC and Nestlé NESTUM provide energy,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

Introduce new foods repeatedly

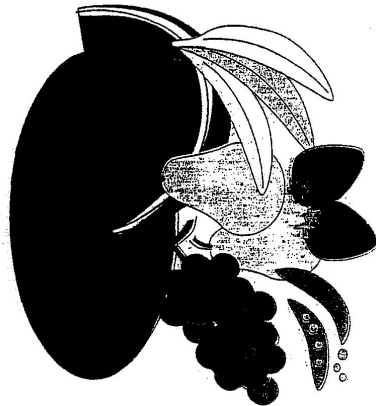
Baby might not accept food after the first try, but should accept it once the food becomes more familiar – the new food might even become a "favourite" food after a few attempts. Remember that all of these new tastes and textures are still very new to baby. Like us, they might need some time to grow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

MENU 6-7 months

MENU 8-9 months

MENU 9-12 months

Breakfast
Baby's usual milk¹
1-2 teaspoons* of Nestlé Stage 1 cereal
(single ingredient cereal, made up as directed on pack)

Mid-morning
Baby's usual milk¹

Lunch

30g (±2 tablespoons) of pureed vegetables
Vegetable purées such as carrots, butternut,
pumpkin, sweet potato

Afternoon
Baby's usual milk¹

1-2 teaspoons¹ of a pureed fruit can be offered
after baby has been introduced to the
above-mentioned vegetables. Options are banana,
steamed apple/pear, paw paw, peaches

Dinner

Baby's usual milk¹
1-2 teaspoons¹ of Nestlé Stage 1 cereal
(single ingredient cereal,
made up as directed on pack)

Bedtime

Baby's usual milk¹

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.

* One level teaspoon of cereal = approximately 5g

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

Baby can now start with solid foods before a milk feed

Breakfast

4 tablespoons of Nestlé Stage 2 cereal
Baby's usual milk¹

Mid-morning
Baby's usual milk¹

Lunch

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

Afternoon
Baby's usual milk¹

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 milk¹

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.

* 1 teaspoon of blended meat or fish = approximately 5g
† Breastmilk or follow-up formula made up as per instructions
on the tin with boiled, cooled water.

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 milk¹

½ chopped apple/pear

2-3 tablespoons cooked starch

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

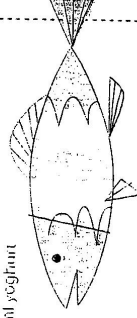
100g, 125g (½ cup) cooked vegetables

Baby's usual milk¹

1-2 fingers of dry toast

1 serving of Nestlé Stage 3 cereal

100ml yoghurt



Baby's usual milk¹

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;
2 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.

Consumer Services 086 009 6789 or 011 889 6789 or write to us at Nestlé (South Africa) (Pty) Ltd, PO Box 50316, Randburg, 2125

Nestlé

Daily Sample menu for 2 to 6 year olds

Children between the age of 2 through six year olds need 1,000 to 1,400 calories per day with a balanced diet

The calories depends on the activity level.

Offer same varieties but smaller portions to 2 to 3 year olds. We have tried to exemplify here how the variety from each food group should be included as a daily food intake for children.

Grains: 5 ounce, Vegetables: 1½ Cup, Fruits: 1½ Cup, Milk : 2 Cups,
Meat/Beans: 4 Ounce

Breakfast

100% fruit juice: 1 cup

Dalia or Oats: ½ cup

Milk: ½ cup

Mid Morning Snack

Graham Crackers 2 Squares

Milk: ½ cup

Lunch

#1 Meat (Skinless chicken or Fish): 1 ½ oz OR For Vegetarians: 1/3rd Cup Whole Moong Dal

#2 Cooked Brown Rice: ½ cup

#3 Vegetable: ½ cup

\$4 Fruit: ½ cup

#5 Milk or Yogurt: ½ cup

Menu Notes

For Vegetarians, items #1 and #2 could be replaced with Khichri

Items #4 and #5 could be yogurt banana smoothie

Mid-Afternoon

Whole grain crackers: 5

Almond Butter or Peanut butter: 1TBL

Cold water: ½ Cup

Dinner

Meat: 2 oz OR For Vegetarians: ½ Cup Choley

Small Potato: 1

Broccoli: ½ cup

Whole wheat Phulka: 1

Milk: ½ cup

[Daily Sample Menus](#) | [49+](#) | [Children](#) | [Cholesterol](#) | [Constipation](#) | [Diabetes](#) | [Heartburn](#) |

[Hypertension](#) | [Obesity](#) | [FAQ](#)

[Google Group](#) | [Disclaimer](#) | [What do you think!](#)

CYCLE MENU FOR 4-6 YEARS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Apricot juice - 60 ml Oats porridge- 1/2cup. honey 1 teaspoon, milk- 1/2 cup	Orange juice - 60 ml Cornflakes- 1cup. Brown sugar- 1teaspoon. Milk-1/2 cup	Banana - 1/2.mashed Egg- 1poached.toast- 1 slice.margarine- 1 teaspoon.milk- 1/2cup	Apple - 1/2.grated Creamy meal- 1/2cup.honey- 1teaspoon. Yoghurt-1/2 cup	Fruit juice- 60ml Oats porri- 1/2 cup. mil 1/2 cup
MID MORNING SNACK	Yoghurt-1/4 cup Banana-1 Mashed,ripe	Yoghurt-1/2 cup, Oats- cookies-2 Peach-1	Cheese-15g, Apple juice- 60 ml	Milk-1/2 cup Dried fruit-2 tablespoons	Graham crackers 2 squares Milk 1/2cu
LUNCH	Egg-1 boiled. Bread-1 slice,Margarine- 1 teaspoon. Apple-1/2,grated Milk-1/2 cup	Peanut butter-2 teaspoons, Bread-1 slice,margarine- 1 teaspoon, canned peach- 1, milk-1/2 cup	Baked beans- 60-75g. bread-1 slice,margarine- 1teaspoon, sweetcorn- canned. 3 tablespoons, Yoghurt-1/4 cup	Fish finger-1- 2. mashed potatoe-3-4 tablespoons. canned pear- 1. custard- 1/4 cup	Meat(skinl- chicken/fis , cooked brown rice cup, vegetable 1 cup,fruit- 1 cup. milk/yoghu
MID AFTERNOON SNACK	Bread-1 slice, margarine-1 tespoon,marmite- 1 teaspoon,pear juice-60ml	Provitas-1-2, margarine-1 teaspoon, honey-1 teaspoon, canned apricot 60g	Bread-1 slice, margarine- 1teaspoon,jam- 1 tablespoon, mixed juice- 60ml	Peanut butter- 2teaspoons, Crackers-2-3, cranberry juice-60ml	Whole grain crackers- 5, peanut butter-1 tablespoon cold water- 1/2 cup