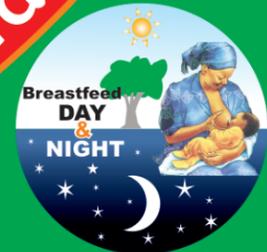


What Foods Can We Feed Our Children Today?



Feeding a Variety of Local Foods Makes our Children STARS

INSTRUCTIONS

The object of the Child Feeding Game is to reinforce the concepts of feeding frequency and food diversity in feeding young children.

- 1 Divide the group into teams of 3-4 people. Each team can choose a name.
- 2 Explain the game board. The bowls represent feedings in one day. The large bowls are meals and the small bowls are snacks. The number of bowls that are filled with food depends on the age of the child.
- 3 Look at the food cards and identify each food with the group. Note, that some cards have STARS and others do not. A few show open circles. Explain these marks: STARS show high value foods; open circle foods have poor value.
- 4 Assign a child to each team. Invite each team to select 4 foods that they might have from their farm or yard then ask mothers to pick foods that they normally can get, already have or eat in their homes.
- 5 The team will then 'feed' their child using their selection of food cards. Fill the bowls appropriate for the child's age with foods for each meal.
- 6 Ask one member of the team to share what is in each bowl and how the food would be prepared.
- 7 The rest of the group will discuss if:
 - the number of meals / snacks for the age of the child are correct
 - a SINGLE STAR food is used at every meal
 - at least one DOUBLE STAR food is used in the menu for the day
 - the preparations are appropriate for the age of the child

Examples of children to assign to a team:

1. James - a 7 month old boy
2. Patricia - a 20 month old girl
3. Mutinta - a 13 month old girl
4. Samuel - a 9 month old boy
5. Beauty - a 17 month old girl
6. Jonas - a 11 month old boy