**Table 6.3 Ideal feeding practices to be utilised by caregivers**

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| **Group 1** | **Group 2** | **Group 3** | **Consensus for Question 2** |
| Eliminate non-nutritious foods from the diet, e.g., Jiggies,  Maheu, Sweets,  Maputi, Freezits, Fizzy drinks | Morning  Porridge with peanut butter or powdered matemba (fish) | Fortified porridge with peanut butter | Porridge with peanut butter  Do not give non-nutritious foods like jiggies |
| Health educates caregivers on certain myths and misconceptions, e.g., children not to be given eggs for fear of getting epilepsy. Adults get more meat portions than children to the extent that, at times, children only get broth. | Macimbi (Mopani worms)  Roasted powdered seeds/oil  Margarine  Fruits, e.g., bananas, oranges, mangoes, guavas | Supervise feeds  Allow enough time to eat  Assist in feeding  Teach them to feed themselves | Prioritise children in feeding  Assist in feeding, avoid myths and misconceptions in feeding of children  Supervise feeds  Teach independent feeding |

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| **Group 1** | **Group 2** | **Group 3** | **Consensus for Question 2** |
| Children 2-5 years to be fed a balanced diet of carbohydrates, proteins, minerals and fats | Milk  Marula fruit milkshake Bread with peanut butter  Melon or pumpkin porridge  Eggs  Sweet potatoes  Fat cakes  Include all food groups' variety with each meal | Healthy drinks e.g.  Milk, Fruit juices | A balanced diet with proteins and carbohydrates, fruits, vegetables |
| 4-6 meals a day | 5-6 meals a day | 5-6 meals a day | 5-6 meals a day |
| Avoid giving snacks before meal times. | Lunch (Afternoon)  Sadza  Rice  Pasta  Potatoes  Chicken  Beef  Mincemeat  Sour milk  Yoghurt  Fruits | Balanced diet | Healthy drinks such as milk |
|  | Mopane worms  Dried fish/Fresh fish  Pork  Goat meat  Ants  Local insects  Chunks  Vegetables | Prioritise children in  Feeding | Dairy products such as yoghurt  Prioritise children in feeding |
|  | Butternut mixed with milk.  Maheu, Maputi | Healthy snacks e.g.  Peanuts | Role modelling good feeding practices |
|  | Evening  As for lunch but with variations from afternoon plus snack | Proteins in every meal, e.g., Meat  Soya mince  Beans | Healthy snacks |
|  | Role modelling what they observe adults eating | Indigenous fruits in season |  |
|  |  | Dairy foods  Lacto  Yoghurt for micronutrients |  |
|  |  | Fruits and vegetables |  |