

Integrating Gender and Nutrition within Agricultural Extension Services

Fact Sheet
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Nutrition for 6-9 Month Old Infants

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Target population: Parents with a 6-9 month-old infant

Time:
60 minutes

Materials Needed:

- Flip chart or drawing board
- Color markers
- 7-10 large pictures of food items (for demonstration)
- 50 small pictures of food items (for group activity; there can be repeats of food items)
- Small dish (5-6 total)

References:

¹ American Academy of Pediatrics (2012). *Starting Solid Foods*. Retrieved from www.healthychildren.org/English/age-stages/baby/feeding-nutrition/Pages/Switching-To-Solid-Foods.aspx on Aug. 11, 2016

² La Leche League International (2016). *When should my Baby Start Solids?* Retrieved from www.la lecheleague.org/faq/solids.html on Aug 11, 2016

³ Ministry of Agriculture, Animal Industry and Fisheries (2015). *Food and Nutrition Handbook for Extension Workers*. Fanta

Introduction

Introducing solid foods, also known as complementary feeding, to infants is an important part of their growth and development. The purpose of the “Nutrition for 6-9 month old Infants” Activity Sheet is to explain how to properly introduce solid foods to children.

Objectives

At the end of the session, the participants will be able to:

1. Recognize when an infant is ready to eat solid foods
2. Explain how to prepare solid foods for an infant to eat
3. Create a meal for an infant

Guide

Use the information below to know when a 6-9-month old infant is ready for solid foods^{1,2}. Remind participants every infant is different and will develop at their own rate:

- Sit up with no help; Hold his/her head up
- Open his/her mouth when food comes near it; Does not push food back out of his/her mouth

Use Table I below to guide the participants about feeding their infants. Remind participants they should feed their infant 1 new food every 2-3 days to see if their infant can handle that food.¹⁻³

Table I. Recommendations on the food groups, amount, frequency, and preparing solid foods for 6-9 month old infants.			
Food Groups	Amount	Frequency	Preparing Foods
Breastmilk	Breastfeed before giving solid foods.	6-8 times per day	
Staples: Porridge, Sweet Potatoes, Cooked Rice	Gradually increase to 60-125 mls (1/4-1/2 cup) per feeding (by 9 months)	2-3 times per day	-Mix the cooked staples with 4-5 tablespoons of breastmilk. -When first providing the staples to an infant, the staples need to be thin.
Fruits & Vegetables: Mango, banana, peas, carrots	3-4 tablespoons	2-3 times per day	-Cook the vegetables -Mash both fruits and vegetables before feeding the infant



Mashed sweet potato

<http://newparent.com/baby/category/nutritionrecipes/P10>



Mashed apples

<http://bit.ly/2eJlTj0>



Lentil and apple puree

<http://blog.homemade-baby-food-recipes.com/babys-lentil-and-apple-puree/>

Animal Products: Eggs, chicken	2-3 tablespoons	1-2 times per day	-Mince/mash the meats
Legumes: Chickpeas, cowpeas, lentils	2-3 tablespoons	1-2 times per day	-Mince/mash the legumes

Active Learning Exercise

1) Prompt and awareness.

- a. Prior to teaching participants about feeding infants solid foods, ask them to raise their hands if they know (signs of readiness) when an infant is ready to eat solid foods. (~5 minutes)
- b. Explain to the participants the signs an infant is ready to eat solid foods (objective 1). (~5 minutes)
- c. Prior to teaching participants about the types, amounts, frequency, and preparing solid foods for their infants, ask them to raise their hands if they know how to feed infants solid foods. (~5 minutes)
- d. Write on the board the different food groups. Place pictures of foods under each food group of how the foods should be prepared (e.g. mashed fruits/vegetables). Also, write on the board the amount and how often an infant should eat these foods (objective 2). (~10 minutes)

2) Group activity: Create an infant's meal. Participants will make a meal for an infant including different food groups and amounts following instructions.

- a. Arrange groups of no more than 4 people and provide them with a small dish. (~5 minutes).
- b. Using pictures of food items, have each group create an infant's meal using the different food groups (objective 3). (~10 minutes)
- c. Elect one group member to discuss the meal they created for an infant. Ask them if they will provide these food items and these amounts to their infants. If yes, why (they should explain to help their infant grow and develop). If no, then why not (maybe they will explain barriers to feeding a variety of foods or the amounts on a daily basis). (~10 minutes)

3) Take home and conclusion. End the session with asking the participants to indicate the signs that an infant is ready for solid foods, what foods, the amounts, frequency, and how to prepare foods for an infant. Emphasize not to overfeed the infant and to continue to breastfeed in between meals (objectives 1-3). (~10 minutes)