

FOOD INTAKE JOB AID, 6 – 23 MONTHS

Child's Name:		
Date of Birth:	Age of Child at visit:	
Feeding practice	Yes / Number (where relevant)	Key Message given
Growth curve rising?		
Child receiving breastmilk?		
How many meals of a thickened consistency did the child eat yesterday?		
Child ate an animal-source food yesterday? (meat / fish / offal / poultry / eggs)		
Child ate a dairy product yesterday?		
Child ate pulses (beans), nuts or seeds yesterday?		
Child ate a dark-green or yellow vegetable or yellow fruit yesterday?		
Child ate sufficient number of meals and snacks yesterday for his / her age?		
Quantity of food eaten at main meal yesterday appropriate for child's age?		
Mother assisted child at meal times?		
Child took any vitamin or mineral supplements?		
Child ill or recovering from an illness?		

**Enter ✓ in the 'Yes' column if the practice is in place.
Enter your initials if a message is given.**

*Reference: Infant and Child Feeding Counselling: An Integrated Course, A Trainers Guide.
World Health Organisation. 2006; Section 33, Page 4*

REFERENCE TOOL - FOOD INTAKE JOB AID, 6 – 23 MONTHS

Child's Name:		
Date of Birth:		Age of Child at visit:
Feeding practice	Ideal feeding practice	Key Message to help counsel mothers
Growth curve rising?		<i>Look at the shape of the growth curve of the child: is the child growing?</i>
Child receiving breastmilk?	Yes	<i>Breastfeeding for up to 2 years of age or longer helps a child to develop and grow strong and healthy.</i>
How many meals of a thick consistency did the child eat yesterday?	3 Meals	<i>Foods that are thick enough to stay in the spoon give more energy to the child.</i>
Child ate an animal-source food yesterday? (meat / fish / offal / poultry / eggs)	<i>Animal source foods should be eaten daily</i>	<i>Animal-source foods are especially good for children to help them grow strong and lively.</i>
Child ate a dairy product yesterday?	<i>Try to give dairy products daily</i>	<i>Animal-source foods are especially good for children to help them grow strong and lively.</i>
Child ate pulses (beans), nuts or seeds yesterday?	<i>If meat is not eaten pulses or nuts should be eaten daily, with an iron enhancer such as a vitamin C rich food</i>	<i>Peas, beans, lentils, nuts and seeds are good for children.</i>
Child ate a dark-green or yellow vegetable or yellow fruit yesterday?	<i>A dark-green or yellow vegetable or yellow fruit should be eaten daily</i>	<i>Dark-green leaves and yellow-coloured fruits and vegetables help the child to have healthy eyes and fewer infections.</i>
Child ate sufficient number of meals and snacks yesterday for his / her age?	<i>Child 6 – 8 months: 2 – 3 meals plus 1 – 2 snacks if hungry Child 9 – 23 months: 3 – 4 meals plus 1 – 2 snacks if hungry</i>	<i>A growing child needs 2 – 4 meals a day plus 1 – 2 snacks if hungry: give a variety of foods.</i>
Quantity of food eaten at main meal yesterday appropriate for child's age?	<i>Child 6 – 8 months: gradually increased to approx. ½ cup at each meal Child 9 – 11 months: approx. ½ cup at each meal Child 12 – 23 months: approx. ¾ – 1 cup at each meal</i>	<i>A growing child needs increasing amounts of food.</i>
Mother assisted child at meal times?	<i>Yes, assists with learning to eat.</i>	<i>A young child needs to learn to eat: encourage and give help with lots of patience.</i>
Child took any vitamin or mineral supplements?	<i>Vitamin and mineral supplements may be needed if child's needs are not met by food intake</i>	<i>Explain how to use vitamin and mineral supplements if they are needed.</i>
Child ill or recovering from an illness?	<i>Continue to eat and drink during illness and recovery</i>	<i>Encourage the child to drink and eat during illness and provide extra food after illness to help them recover quickly.</i>