



FOOD AND NUTRITION 3 – 5 YEARS - NURSERY 1, 2 AND KINDERGARTEN

S/N	ISSUES	PARENT & CAREGIVER	
1	Adequate Feeding	<ul style="list-style-type: none"> - Train/show the child good practices/ habits while eating. - Expose child to available food types in the community. 	
2	Meat at a Centre/ School	<ul style="list-style-type: none"> - Advise parents on healthy food from the various food groups to meet nutritional needs of the child. - Encourage children to bring snacks to the centre/school. - Supervise group eating at a centre/school. 	
3	Basic Food Functions	<p>Educate parents on basic functions of food.</p> <ul style="list-style-type: none"> • Protein – Growth and body building 	



		<p>food e.g. fish, beans, egg, milk, liver, etc.</p> <ul style="list-style-type: none"> • Carbohydrates – Energy giving food e.g. yam, cocoyam, bread, rice, solid pap, liquid pap, noodles, porridge etc. • Vitamins – Protective and disease fighting food e.g. Vegetables – lettuce, spinach, uguwu, okra, ewedu, water-leaf, bitter leaf etc. Fruits – orange, carrot, apple, water-melon, 	
--	--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--



		<p>banana, mango, pineapple, pawpaw etc.</p> <ul style="list-style-type: none"> • Fats & Oil – Butter, palm-oil, groundnut oil, peanut butter, etc. • Mineral – Boiled plantain. • Water – Boiled water, natural fruit juice, beverages, milk. 	
4	Self Feeding	<p>- Give food in manageable portion to the child. - Supervise children while eating with spoon or fork in the school.</p>	
5	Good Eating Habits	<p>- Expose the child to good table manners. - Guide the child to correct bad table</p>	



		<p>manners.</p> <ul style="list-style-type: none"> - Train the child to eat in a socially acceptable manner. - Train the child on good sitting posture while eating, proper usage of plastic cutlery – fork, spoon and knife. <p><u>Note:</u> Parents are to be advised to give one egg per day per child.</p>	
6	Nutrition Deficiency	<ul style="list-style-type: none"> - Discuss nutrition deficient diseases among children e.g. night blindness, kwashiorkor, rickets, dental crisis etc. - Food related disorder among children e.g. obesity, kwashiorkor. 	
7	Food Hygiene	<ul style="list-style-type: none"> - Prepare food for children under hygienic conditions. 	



		<ul style="list-style-type: none"> - Encourage children to wash hands after using toilet, wash hands before and after every meal, cover leftover food, wash fruit before eating, avoid eating unripe fruit. 	
8	Food Safety	<p>Discuss some simple tips on food safety with parents e.g. cover food when not eating, do not eat very hot or chew very cold food.</p>	
9	Food Storage	<p>Educate parents on proper storage of food for the children.</p>	
10	Harmful Practices	<p>Parents are to discourage children on eating unhealthy food, e.g. excessive intake of sugar, candies, sweets, chewing gum.</p>	
11	Food Etiquette	<p>Train children on some</p>	



		food etiquette in the community.	
12	Food taboo	<ul style="list-style-type: none"> - Identify harmful food taboos and practices within the community and their effects e.g. not giving meat, fish or egg to children while eating. - Discuss the danger of giving pre-lacteals and administration of local concoction to children. 	
13	Feeding during illness	<ul style="list-style-type: none"> - Identify the sick child in the class. - Train and encourage the child to express himself/herself when ill. - Give small portion of food at a time to the sick child. - Encourage mothers to continue with breast-feeding for sucking babies during illness. 	



		<ul style="list-style-type: none"> - Give variety of food acceptable to the child. - Encourage child to eat more chosen or desired nutritious food. <p>Note: Inform and encourage parent(s)/guardian to care for the sick child at home.</p>	
14	ORT/SSS Preparation	<ul style="list-style-type: none"> - Sugar + Salt + clean water = Sugar Salt Solution (SSS), it tastes like coconut water. - Prepare ORT/SSS Solution for the sick child when the need arises. <p>Note:</p> <ol style="list-style-type: none"> No caregiver or teacher is allowed to prescribe or administer medicine on any child that is ill. School should be 	



		registered in a nearby clinic or hospital (approved by government) for referral case if it emerges.	
15	Harmful Feeding Practices	Train children to recognise and separate the good food from bad food. *This can be identified by sight and smell.	
16	Food Supplements	Types of food supplements e.g. Vitamin A, Vitamin D – early morning sun, biscuit bones (cartilage).	