

ANSWERS: COLOR CODING

Wrong answers will
be in grey and the
correct ones in
yellow with blue
borders as shown:

A

WRONG

B

CORRECT

1



From what age should food be introduce in children's diet for best growth and development?

A

3 months

B

9 months

C

6 months

D

12 months

1



From what age should food be introduce in children's diet for best growth and development?

A

3 months

B

9 months

C

6 months

D

12 months

2



Why do children under
6 months cry?

A

**They want to
be breastfed**

B

**They are tired
or sleepy**

C

**They need to
have food**

D

**They have their
diaper wet or dirty**

2



Why do children under 6 months cry?

Many correct answers! But It does not mean they need food other than breastmilk.

A

They want to be breastfed

B

They are tired or sleepy

C

They need to have food

D

They have their diaper wet or dirty

3



What can a grandmother do when a child under 6 months cries?

A

Give him some nutritious food

B

Encourage the mother to breastfeed longer at each setting so that each breast is emptied and the baby is full.

C

Ignore him

D

All of the above are correct

3



What can a grandmother do when
a child under 6 months cries?

A

Give him some nutritious food

B

Encourage the mother to breastfeed
longer at each setting so that each
breast is emptied and the baby is full.

C

Ignore him

D

All of the above are correct

4



How can a father help to feed his child from 6 months of dried fish every day?

A

Buying the fish

B

**Saving money
for the fish**

C

**Helping to cook it and
feed it to the child**

D

**All of the above
are correct**

4



How can a father help feed their children from 6 months dried fish every day?

A

Buying the fish

B

**Saving money
for the fish**

C

**Helping to cook it and
feed it to the child**

D

**All of the above
are correct**

5



How can a grandmother help increase the types of food a child from 6 months eats every day?

A

Giving him fruit snacks

B

Adding food to the child's porridge

C

Encouraging the family to add more types of food to his diet

D

All of the above are correct

5



How can a grandmother help increase the types of food a child from 6 months eats every day?

A

Giving him fruit snacks

B

Adding food to the child's porridge

C

Encouraging the family to add more types of food to his diet

D

All of the above are correct



**Children should eat fish,
yogurt or eggs daily to grow
to their full potential.**

**What are some ways that
you can add these to their
daily diet?**



TIPS

- You can make thick PAP with yogurt.
- You can add dried, cray fish, or grasshopper to PAP.

7



**Nutritious porridge for
children from 6 months must
include at least
4 types of foods.**



TRUE



FALSE

7



Nutritious porridge for children from 6 months must include at least 4 types of foods.

Even adding one or two foods to the porridge is very nutritious!
This could be a vegetable in one meal and dried fish in another meal.



TRUE



FALSE



Which of the following that can be grown at home are nutritious food for children from 6 months to 2 years old?

A**Amaranth****B****Cassava****C****Moringa****D****Pumpkin and
sweet potato**



Which of the following that can be grown at home are nutritious food for children from 6 months to 2 years old?

Cassava is fine but is not a star food with nutrients for brain and body development.

A**Amaranth****B****Cassava****C****Moringa****D****Pumpkin and sweet potato**



Children need fathers as much
as mothers to get involved in
their growth and
development.



TRUE



FALSE



Children need fathers as much
as mothers to get involved in
their growth and
development.



TRUE



FALSE



Which 2 of the following are very nutritious for children from 6 months to 2 years?

A**Fruits****B****Biscuits****C****Tea or soda****D****Green vegetables**



Which 2 of the following are very nutritious for children from 6 months to 2 years?

A**Fruits****B****Biscuits****C****Tea or soda****D****Green vegetables**



**What would you say
to convince a family
to feed their children
from 6 months more
types of food?**



TIPS

- **Children growth healthy and stronger.**
- **Our local foods are good for children.**
- **Children will learn to love it.**



What are some benefits of growing vegetables at home?

A**Saving money****B****Chemical free****C****Better health****D****Model skills for children
as they grow up**



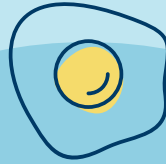
What are some benefits of growing vegetables at home?

All of these
are correct!
Can you name
some other
benefits?

A**Saving money****B****Chemical free****C****Better health****D****Model skills for children
as they grow up**



**What are the benefits
of feeding children
from 6 months fish,
yogurt or eggs daily?**



TIPS

- **They have different sources of nutrients.**
- **They are less likely to get sick**