

## Annex I

### Workshop Programme for Training TIPs Implementers

Date	Topic	Potential Presenter/ Facilitator
<b>Day 1</b>		
08:00-08:15	Registration	
08:15-08:45	Welcoming remarks and introduction of persons present	
08:45-09:30	Project orientation: Project objectives and project components	
09:30-10:15	Workshop objectives, methodologies and programme, and participants expectations (Use Session 1 Guiding Notes – participants expectations)	
10:15-10:30	Tea Break	
10:30-11:15	Revised implementation strategy of project's nutrition component and TORs of district TIPs implementers, community nutrition promoters and provincial supervisors	
11:15-12:15	<b>Basic Nutrition I:</b> The food we eat – what, why and how; and how the foods can be classified or combined to make healthy family meals (Use Session 2 Guiding Notes)	
12:15-13:15	Lunch Break	
13:15-13:30	Review of Guiding Notes on how to facilitate Basic Nutrition 1 session when training community nutrition promoters (Use Session 2 Guiding Notes)	
13:30-13:45	Feedback on the participants' Expectations (Use Session 1 Guiding Notes)	
13:45-15:45	<b>Basic Nutrition 2:</b> Special food needs infants and small children (IYC), i.e., breastfeeding, complementary feeding, feeding children aged 2-5 years; nutritional needs of pregnant and lactating women; and nutritional needs of sick children (with common childhood illnesses). (Use Session 3 Guiding Notes)	
15:45-16:00	Review of Guiding Notes and materials to use when facilitating the Basic Nutrition 2 training session during the training community nutrition promoters (Session 3 G. Notes)	
16:00-17:00	Brief presentations on seasonal food availability patterns and their importance to nutritional wellbeing of households (Use Session 4 Guiding Notes)	
<b>Day 2</b>		
08:00-08:15	<b>Summary of outcomes of the previous day's deliberations</b>	
08:15-10:00	Working Group Session 1: Development of food availability/Access calendar in project districts/village and their implication on nutritional wellbeing	
10:00-10:15	Tea Break	
10:15-10:45	Presentation of outcome of group discussions and discussion on implications on Nutrition	
10:45-11:00	Review of Guiding Notes and materials to use when facilitating the session on development of simple food availability calendar during training community nutrition promoters (Use Session 4 Guiding Notes)	
11:00-12:00	Plenary Discussions Session 1: Development of gender-based activities calendar in project districts/village and their implication on nutritional wellbeing (Use Session 5 Guiding Notes)	
12:00-13:00	Lunch Break	

<b>Date</b>	<b>Topic</b>	<b>Potential Presenter/ Facilitator</b>
<b>13:00-13:15</b>	Review of Guiding Notes and materials to use when facilitating the session on development of simple gender-based activity calendar during training community nutrition promoters	
<b>13:15-14:00</b>	Facilitation: What is it? How to facilitate, including qualities of a good facilitator <i>(Use Session 6 Guiding Notes)</i>	
<b>14:00-14:15</b>	Review of Guiding Notes and materials to use when facilitating the session on “Facilitation: What and how?” during the training community nutrition promoters <i>(Use Session 6 Guiding Notes)</i>	
<b>14:15-15:30</b>	What is TIPs, What, Why and How? and Procedures to Follow <i>(Use Session 7 Guiding Notes)</i>	
<b>16:00-17:00</b>	Summary of TIPs Tools and In-depth review of Checklist for Initial Assessment Home Visit <i>(Use Session 8 Guiding Notes)</i>	
<b>Day 3</b>		
<b>08:00-08:15</b>	Summary of the Previous Day’s Deliberations	
<b>08:15-10:00</b>	Field Work 1: Participatory Development of SFA Calendar in nearby community <i>(Use Session 4 Guiding Notes, part B)</i>	
<b>10:00-10:15</b>	Tea Break	
<b>10:15-12:00</b>	Field Work 2: Field-testing of TIPs Tool 1 - Initial Assessment Household Visit; Classification of Observed Feeding Practices Using Tool 2.A; Summarizing Outcome of Field Visit on Tool 2.B and Identification of Possible Improvements <i>(Use Session 9 Guiding Notes)</i>	
<b>12:00-13:00</b>	Lunch Break	
<b>13:00-13:15</b>	Plenary discussion on SFAC by community members compared to SFAC by participants working group the day before	
<b>13:15-14:30</b>	Group presentations of outcomes of field-work and completed TIPs Tools 2.A and 2.B.	
<b>14:30-16:00</b>	Presentation on “Nutrition Counselling” and in-depth review of Part I of the Counselling Guide – TIPs Tool 3 <i>(Use Session 10 Guiding Notes)</i>	
<b>16:00-17:00</b>	Role play on Counselling Visit and Discussion on How to Prepare for the Counselling Visit (second home visit) using TIPs Tool 2.B and Tool 3 <i>(Use Session 10 Guiding Notes)</i>	
<b>Day 4</b>		
<b>08:00-08:15</b>	Summary of the Previous Day’s Deliberations	
<b>08:15-09:45</b>	TIPs on development of improved complementary feeding recipes and in-depth review of draft list of improved CF recipes: Part II of the Counselling Guide – TIPs Tool 3 <i>(Use Session 11 Guiding Notes)</i>	
<b>09:45-10:00</b>	Review of Guiding Notes and materials to use when facilitating this session during the training community nutrition promoters	
<b>10:00-10:15</b>	Tea Break	
<b>10:15-11:45</b>	Food safety hygiene <i>(Use Session 12 Guiding Notes)</i>	
<b>11:45-12:00</b>	Review of Guiding Notes and materials to use when facilitating this session during the training community nutrition promoters <i>(Use Session 12 Guiding Notes)</i>	

Date	Topic	Potential Presenter/ Facilitator
		<b>Presenter/ Facilitator</b>
12:00-13:00	Lunch Break	
13:00-13:45	Briefing on CF Food Preparation Practicals brief review of relevant sections of draft list of improved CF recipes –TIPs Tool 3, Part II. <i>(Use Session 13 Guiding Notes)</i>	
13:45-14:00	Participants go into the nearby community to undertake practicals in food preparation	
14:00-16:30	Preparation of some of the improved complementary feeding recipes in a nearby community <i>(Use Session 13 Guiding Notes)</i> and TIPs Tool 3 Part II – List of Improved Recipes	
16:30-17:00	Tasting of prepared dishes and evaluating them (children and adults) and list suggestions for improvements, where necessary <i>(Use Session 13 Guiding Notes)</i>	
Day 5		
08:00-08:15	Summary of the Previous Day’s Deliberations	
08:15-09:00	Conducting a food preparation demonstration: Why and Key Issues <i>(Use Session 14 Guiding Notes)</i>	
09:00-09:15	Review of Guiding Notes and materials to use when training community nutrition promoters on how to conduct food preparation demonstrations in communities <i>(Use Session 14 Guiding Notes)</i>	
09:15-10:00	Community Mobilization: Why, how and when to conduct community mobilization/orientation for TIPs implementation <i>(Use Session 15 Guiding Notes)</i>	
10:00-10:15	Tea Break	
10:15-10:30	Community Mobilization (continues): detailing “when to undertake agreed actions” <i>(Use Session 15 Guiding Notes)</i>	
10:30-12:00	Discussion in sample size per TIPs village and finalizing the number of children to cover in each age group <i>(Use Session 16 Guiding Notes)</i>	
12:00-13:00	Lunch Break	
13:00-13:45	Discussion on draft workplan and fine-tune the entire TIPs implementation workplan including monitoring visits and evaluation <i>(Use Session 16 Guiding Notes)</i>	
13:45-16:15	In-depth review of all Monitoring Tools and issues to look for during monitoring <i>(Use Session 16 Guiding Notes)</i>	
16:15-16:30	Administrative Announcements	
16:30-17:00	Workshop Evaluation and Closing remarks	

## Annex II

# Proposed Improved Complementary Feeding Recipes (Adapted to the Cambodia Situation)

### Proportion of ingredients

Traditional rice-based recipes can be improved by adding fish, eggs, meat, or groundnut to the dish. Sweet potatoes and taro can also be used in the preparation of complementary foods. The initial list of improved complementary feeding recipes which will be field-tested during TIPs therefore include:

- Rice with fish and vegetable porridge
- Rice with egg and vegetable porridge
- Rice with meat and vegetable porridge
- Rice with groundnuts and vegetable porridge
- Sweet potato or taro with fish and vegetable porridge
- Sweet potato or taro with egg and vegetable porridge
- Sweet potato or taro with meat and vegetable porridge
- Sweet potato or taro with groundnuts and vegetable porridge

- NB:**
1. Sweet potatoes can be mixed with or replaced with taro.
  2. Mashed boiled fish can be replaced with dry fish flour (reduced half of the quantity)

Through trials we now know that:

- Cereal : mashed fish or chopped meat = 1 : ½ (boiled fish or raw meat chopped)
- Cereal : legume = 1 : ½ (pounded legume)
- Cereal : fish flour = 1 : ¼ (dry fish)
- Finely chopped or pounded leafy vegetable = 1-2 tablespoons per feed
- Oil per feed = 1 teaspoon to ½ tablespoon per feed
- Salt (iodized) = 1 light 2-finger pinch per feed

We therefore use these proportions and measures as practical guide when developing improved recipes.

- NB:**
- i) Household measures of all the recipes are full up to the brim and NOT Heaped, unless indicated otherwise
  - ii) However, the local bowl used in all the recipes is the common ( 250ml) bowl **NOT** filled to the brim as shown below.



Photo 13

## A. Recipes For One Feed Of Individual Child Aged 6-8 Months

### Complementary Food Recipes

#### A.1 Rice with Fish and Vegetable porridge

##### Ingredients:

- 2 level tablespoons rice
- 1 ½ bowl of water
- 1 tablespoon mashed fish or ½ tablespoon pounded fish flour (small or big fish, but small fish are nutritionally better)
- 1 tablespoon finely chopped green leafy vegetables
- 1 teaspoon oil (or slightly less than ½ of tablespoon if household has no teaspoon)
- 1 light two-finger pinch of salt (iodized)

- a) Boil fish and debone
- b) Mash deboned fish and measure 1 tablespoon
- c) Boil rice with the water
- d) When rice is boiling, reduce and cook on low heat for 10-15 minutes and stir from time to time to make sure that the food does not stick at the bottom of the cooking pot
- e) When rice is soft, add mashed fish, oil and chopped vegetables
- f) Mix well and cook for 2-3 minutes
- g) Add salt to taste

NB: For dried fish, the light roasting of dried fish helps to reduce the fishy smell and makes the pounding easier. Make sure the fish flour is fine.

#### A.2 Rice with Egg and Vegetable porridge

##### Ingredients:

- 2 level tablespoons rice
- 1 ½ bowl of water
- 1 scrambled egg
- 1 tablespoon finely chopped green leafy vegetables
- 1 teaspoon or slightly less than ½ of tablespoon oil
- 1 light two-finger pinch of salt (iodized)

- a) Boil rice with the water
- b) When rice is boiling, reduce and cook on low heat for 10-15 minutes and stir from time to time to make sure that the food does not stick at the bottom of the cooking pot
- c) When the rice is soft, add the well scrambled egg and cook for 2-3 minutes
- d) Add the chopped vegetables and cook for 2-3 minutes
- e) Add salt to taste

##### NB:

- i. When preparing food for two children or food for two meals using rice and egg, do not double the egg, but double the rest of the ingredients.
- ii. The more you scramble the egg well the more smooth porridge you make.

### A.3 Rice with Meat and Vegetable porridge

#### Ingredients:

- 2 level tablespoons rice
- 1 ½ bowl of water
- 1 tablespoon of finely chopped meat (especially liver)
- 1 tablespoon finely chopped green leafy vegetables
- 1 teaspoon or slightly less than ½ of a tablespoon of oil (When using lean meat)
- 1 light two-finger pinch of salt (iodized)

- a) Boil rice with the water
- b) When rice is boiling, reduce the heat and cook on low heat for 10-15 minutes and stir from time to time to make sure that the food does not stick at the bottom of the cooking pot
- c) Add the finely chopped meat and cook for another 5 minutes
- d) Add the oil and chopped vegetables
- e) Mix well and cook for 2-3 minutes
- f) Add salt to taste

### A.4 Rice with Groundnuts and Vegetable porridge

#### Ingredients:

- 2 level tablespoons rice
- 1 ½ bowl of water
- 1 tablespoon pounded groundnuts flour
- 1 tablespoon finely chopped green leafy vegetables
- 1 light two-finger pinch of salt (iodized)

- a) Make groundnuts flour and measure 1 tablespoon of the flour
- b) Boil rice with the water
- c) When rice is boiling, reduce the heat and cook on low heat for 10-15 minutes and stir from time to time to make sure that the food does not stick at the bottom of the cooking pot
- d) When rice is soft, mix a little of rice soup with pounded groundnuts flour to well thicken and add to pot
- e) Add the chopped vegetables
- f) Mix well and cook for 2-3 minutes
- g) Add salt to taste

#### NB:

- i. Raw groundnuts can be pounded and used to get a different flavour
- ii. The pounded groundnuts can be replaced with bean flour if dried beans are available
- iii. Groundnuts contain oil. Therefore, we do not have to add oil to all recipes with groundnuts flour.

## A.5 Sweet potato or Taro with Fish and Vegetable porridge

### Ingredients:

½ bowl of chopped pieces of sweet potatoes or taro  
1 bowl of water  
1 tablespoon mashed fish or ½ tablespoon pounded fish flour (small or big fish, but small fish are nutritionally better)  
1 tablespoon finely chopped green leafy vegetables  
1 teaspoon or slightly less than ½ of tablespoon oil  
1 light two-finger pinch of salt (iodized)

- a) Boil fish, debone and mash deboned fish
- b) Peel sweet potato or taro, cut it into small pieces (not too small to waste time)
- c) Boil the sweet potato or taro pieces with the water in a pot. When it is boiling, reduce the heat and cook for 10-15 minutes, or until the sweet potatoes or taro are cooked/soft
- d) Add the mashed fish and cook for 2-3 minutes
- e) Mash the sweet potatoes or taro and mashed fish into a smooth paste with the back of the ladle or spoon
- f) If too thick, add a little water to thin the paste to the right consistence or texture for the child
- g) Add oil and chopped vegetables and cook for 2-3 minutes
- h) Add salt to taste.

## A.6 Sweet potato or Taro with Egg and Vegetable porridge

### Ingredients:

½ bowl of chopped pieces of sweet potatoes or taro  
1 bowl of water  
1 egg  
1 tablespoon finely chopped green leafy vegetables  
1 teaspoon or slightly less than ½ of tablespoon oil  
1 light two-finger pinch of salt (iodized)

- a) Peel sweet potato or taro, cut it into small pieces (not too small to waste time)
- b) Boil the sweet potato or taro pieces with the water in a pot. When it is boiling, reduce the heat and cook for 10-15 minutes or until the sweet potatoes or taro are cooked/soft
- c) Add egg and cook for another 2-3 minutes
- d) Mash the sweet potatoes or taro and egg into a smooth paste with the back of the ladle or spoon
- e) If too thick, add a little water to thin the paste to the right consistence or texture for the child
- f) Add oil and chopped vegetables and cook for 2-3 minutes
- g) Add salt to taste

## A.7 Sweet potato or Taro with Meat and Vegetable porridge

### Ingredients:

- ½ bowl of chopped pieces of sweet potatoes or taro
- 1 bowl of water
- 1 tablespoon finely chopped meat, especially liver
- 1 tablespoon finely chopped green leafy vegetables
- 1 teaspoon or slightly less than ½ of tablespoon oil (when using lean meat)
- 1 light two-finger pinch of salt (iodized)

- a) Peel sweet potato or taro, cut it into small pieces (not too small to waste time)
- b) Boil the sweet potato or taro pieces with the water in a pot. When it is boiling, reduce the heat and cook for 10-15 minutes or until the sweet potatoes or taro are cooked/soft
- c) Add meat and cook for another 5 minutes
- d) Mash the sweet potatoes or taro and meat with the back of the ladle or spoon
- e) If too thick, add a little water to thin the paste to the right consistence or texture for the child
- f) Add oil and chopped vegetables and cook for 2-3 minutes
- g) Add salt to taste

## A.8 Sweet Potato or Taro with Groundnuts and Vegetable porridge

### Ingredients:

- ½ bowl of chopped pieces of sweet potatoes or taro
- 1 bowl of water
- 1 tablespoon fine groundnuts flour
- 1 tablespoon finely chopped green leafy vegetables
- 1 light two-finger pinch of salt (iodized)

- a) Peel sweet potato or taro, cut it into small pieces (not too small to waste time)
- b) Boil the sweet potato or taro pieces with the water in a pot. When it is boiling, reduce the heat and cook for 10-15 minutes or until the sweet potatoes or taro are cooked/soft
- c) Add the groundnut flour and mash the sweet potatoes or taro/groundnut paste into a smooth paste with the back of the ladle or spoon
- d) If too thick, add a little water to thin the paste to the right consistence or texture for the child
- e) Add chopped vegetables and cook for 2-3 minutes
- f) Add salt to taste

## B. Recipes For Bulk Cooking To Use When Conducting Public Demonstrations of Improved Complementary Dishes

### Complementary Food Recipes

#### B.1 Rice with Fish and Vegetable porridge

##### Ingredients: (20 full bowls)

3 bowls rice ( $\approx 0.9$  kg)  
33-34 bowls water ( $\approx 8.5$  litres)  
2  $\frac{1}{2}$  bowls mashed big or small fish ( $\approx 0.5$  kg)  
4 bowls finely chopped green leafy vegetables  
10 tablespoons oil ( $\approx \frac{1}{2}$  bowl)  
1 full teaspoon salt (iodized) ( $\approx 5$  g)

- a) Boil fish and debone
- b) Mash deboned fish and measure 2  $\frac{1}{2}$  bowl
- c) Boil rice with the water
- d) When rice is boiling, reduce and cook on low heat for 10-15 minutes and stir from time to time to make sure that the food does not stick at the bottom of the cooking pot
- e) When rice is soft, add the mashed fish, oil and chopped vegetables
- f) Mix well and cook for 2-3 minutes
- g) Add salt to taste

**NB:** When using dry fish, the light roasting of dried fish helps to reduce the fishy smell and makes the pounding easier. Make sure the fish flour is fine.

#### B.2 Rice with Egg and Vegetable porridge

##### Ingredients: (20 full bowls)

3 bowls rice  
33-34 bowls water  
6 scrambled eggs  
4 bowls chopped green leafy vegetables  
10 tablespoons oil  
1 full teaspoon salt (iodized)

- a) Boil rice with the water
- b) When rice is boiling, reduce the heat and cook on low heat for 10-15 minutes and stir from time to time to make sure that the food does not stick at the bottom of the cooking pot
- c) When the rice is soft, add the well scrambled eggs, oil and cook for 2-3 minutes
- d) Add the chopped vegetables and cook for 2-3 minutes
- e) Add salt to taste

## B.3 Rice with Meat and Vegetable porridge

### Ingredients: (20 full bowls)

3 bowls rice  
33-34 bowls water  
2½ bowls of finely chopped meat  
4 bowls chopped green leafy vegetables  
10 tablespoons oil (when using lean meat)  
1 full teaspoon salt (iodized)

- a) Boil rice with the water
- b) When rice is boiling, reduce the heat and cook on low heat for 10-15 minutes and stir from time to time to make sure that the food does not stick at the bottom of the cooking pot
- c) Add the finely chopped meat and cook for another 5 minutes
- d) Add the oil and chopped vegetables
- e) Mix well and cook for 2-3 minutes
- f) Add salt to taste

## B.4 Rice with Groundnuts and Vegetable porridge

### Ingredients: (20 full bowls)

3 bowls rice  
33-34 bowls water  
2½ bowls of finely pounded peanuts  
4 bowls chopped green leafy vegetables  
1 full teaspoon salt (iodized)

- a) Make groundnuts flour and measure 2 ½ bowls or 40 tablespoons of the flour
- b) Boil rice with the water
- c) When rice is boiling, reduce the heat and cook on low heat for 10-15 minutes and stir from time to time to make sure that the food does not stick at the bottom of the cooking pot
- d) When rice is soft, mix a little of rice soup with pounded groundnuts flour to well thicken and add to pot
- e) Add the chopped vegetables
- f) Mix well and cook for 2-3 minutes
- g) Add salt to taste

### NB:

- i) Raw groundnuts can be pounded and used to get a different flavour
- ii) The pounded groundnuts can be replaced with bean flour if dried beans are available
- iii) Groundnuts contain oil. Therefore, we do not have to add oil to all recipes with groundnuts flour.

## B.5 Sweet potato or Taro with Fish and Vegetable porridge

### Ingredients: (20 nearly full bowls)

20 bowls of chopped pieces of sweet potatoes or taro  
30 bowls of water  
2 bowls of mashed Fish  
3 bowls finely chopped green leafy vegetables  
10 tablespoons of oil  
1 full teaspoon salt (iodized)

- a) Boil fish and debone
- b) Peel sweet potato or taro, cut it into small pieces
- c) Boil the sweet potato or taro pieces with the water in a pot. When it is boiling, reduce the heat and cook for 10-15 minutes, or until the sweet potatoes or taro are cooked/soft
- d) Add mashed fish and cook for another 2-3 minutes
- e) Mash the sweet potatoes or taro and fish into a smooth paste with the back of the ladle or spoon
- f) If too thick, add a little water to thin the paste to the right consistence or texture for the child
- g) Add oil and chopped vegetables and cook for 2-3 minutes
- h) Add salt to taste

## B.6 Sweet potato or Taro with Egg and Vegetable porridge

### Ingredients: (20 nearly full bowls)

20 bowls of chopped pieces of sweet potatoes or taro  
30 bowls of water  
6 scrambled eggs  
3 bowls finely chopped green leafy vegetables  
10 tablespoons of oil  
1 full teaspoon salt (iodized)

- a) Peel sweet potato or taro, cut it into small pieces
- b) Boiled the sweet potato or taro pieces with the water in a pot. When it is boiling, reduce the heat and cook for 10-15 minutes, or until the sweet potatoes or taro are cooked/soft
- c) Add the scrambled eggs and cook for another 2-3 minutes
- d) Mash the sweet potatoes or taro and egg into a smooth paste with the back of the ladle or spoon
- e) If too thick, add a little water to thin the paste to the right texture or consistence for the child
- f) Add the oil and chopped vegetables and cook for 2-3 minutes
- g) Add salt to taste

## **B.7 Sweet potato or Taro with Meat and Vegetable porridge**

### **Ingredients: (20 nearly full bowls)**

20 bowls of chopped pieces of sweet potatoes or taro  
30 bowls of water  
2 bowls of finely chopped meat  
3 bowls finely chopped green leafy vegetables  
10 tablespoons of oil (When using lean meat)  
1 full teaspoon salt (iodized)

- a) Peel sweet potatoes, cut it them into small pieces
- b) Boil the sweet potato or taro pieces with the water in a pot. When it is boiling, reduce the heat and cook for 10-15 minutes or until the sweet potato or taro are cooked/soft
- c) Add the meat and cook for another 5 minutes
- d) Mash the sweet potatoes or taro and meat into a mash with the back of the ladle or spoon
- e) If too thick, add a little water to thin the paste to the right texture or consistence for the child
- f) Add the oil and chopped leafy vegetables and cook for 2-3 minutes
- g) Add salt to taste

## **B.8 Sweet Potato or Taro with Groundnut and Vegetable porridge**

### **Ingredients: (20 nearly full bowls)**

20 bowls of chopped pieces of sweet potatoes or taro  
30 bowls of water  
2 bowls of pounded peanuts flour  
3 bowls finely chopped green leafy vegetables  
1 full teaspoon salt (iodized)

- a) Peel sweet potato or taro, cut it into small pieces
- b) Boil the sweet potato or taro pieces with the water in a pot. When it is boiling, reduce the heat and cook for 10-15 minutes, or until the sweet potatoes or taro are cooked/soft
- c) Add the groundnut flour and mash the sweet potatoes or taro/groundnut paste into a smooth paste with the back of the ladle or spoon
- d) If too thick, add a little water to thin the paste to the right consistence or texture for the child
- e) Add chopped vegetables and cook for 2-3 minutes
- f) Add salt to taste

## Weight or volume equivalent of local household measurements for various ingredients:

Description	Tin	Bowl	Tablespoon	Teaspoon
<b>Rice</b>	1 tin = 1 bowl = 280g 1 tin = 20 tablespoons	1 bowl = 20 tablespoon 1 bowl = 280g	1 tablespoon = 15g	-
<b>Sweet Potato</b>	-	1 bowl = 180g	1 tablespoon = 15g	-
<b>Taro</b>	-	1 bowl = 160g	1 tablespoon = 12g	-
<b>Fish/Meat/ Peanut</b>	-	1 bowl = 14 tablespoons = 200g	1 tablespoon = 15g	-
<b>Vegetable</b>	-	1 bowl = 8 tablespoons = 100g	1 tablespoon = 15g	-
<b>Oil</b>	-	-	1 tablespoon = 10g	1 teaspoon = 2.5
<b>Salt</b>	-	-	1 tablespoon = 10g	1 teaspoon = 4g
<b>Water</b>	1 tin = 300ml	1 bowl = 250ml	1 tablespoon = 15ml	1 teaspoon = 5ml

## Water quantity for preparing improved complementary porridge

Description	6-8 months	9-11 months	12-24 months	Bulk
<b>Rice</b>	2 tablespoons	2.5 tablespoons	3.5 tablespoons	1 bowls
<b>Water</b>	1 ½ bowls	2 bowls	2 ½ bowls	12 bowls
<b>Sweet Potato/ Taro</b>	½ bowl	1 bowl	1 ½ bowls	-
<b>Water</b>	1 bowl	1 ½ bowls	2 bowls	-





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