

The food we used to demonstrate together for preparation of different recipes

Colored vegetables such as Tomatos, ladiesfinger, Carrots , Onions , Corainder, Cabage,Spinach, greenchills,Greenpepper.

Fruits: Bananas, Watermelon, lemon.

Legume: Kidney Beans

Cereal: Wheat

Meat: Goat meat

ANNEX...



FIG 1: Conducting of local food demonstration session.



FIG 2: Mothers and IYCF counselor Halima are preparing and cutting the fruits and the vegetables.



FIG 3: explaining to the mothers they can have small amount of food with different variety