

Baby Purees - fresh, homemade and yummy!

ISBN 978-1-942530-14-5 English

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This lesson plan is provided in two different nutrition education methods - facilitated group discussion and learner centered education.

One-on-one Counseling:

One-on-one counseling is a learner-centered approach that focuses on the learners' needs and involves the learner in decision making and problem solving, and can be provided via a bulletin board, display or individual counseling session.

Target Audience:

families with babies ages 0 to 12 months (this lesson plan will also work with pregnant women)

Goals:

This session is offered to encourage caregivers to offer homemade baby purees by:

- providing instruction to families on how to prepare baby purees.
- encouraging families to use fruits, vegetables, meats and lentils to make pureed baby foods.
- introducing new flavors to babies.

Learning Objectives:

- Participants will state how and when to introduce pureed foods to their baby.
- Participants will name 1 or more baby purees they could make for their baby.

Time: 5 to 7 minutes

Time depends upon the amount of discussion with the participant.

Procedure:

Set-up:

Table with bulletin board, flip chart, binder of paper or box.

Title of lesson plan written on the top of the bulletin board, flip chart, binder of paper or box - - "Baby Purees - fresh, homemade and yummy!"

Question written on the bulletin board, flip chart, binder of paper, or box - "Name a pureed baby food you can make for your baby."

Materials:

Baby Purees Booklets

a couple baby purees made from the recipes in the booklet

Methods for sharing participants' ideas (choose one):

- A. Flip chart on a stand or bulletin board, small cards and pins or tape, pens or markers.
- B. Binder of white paper that participants can write their ideas on and pens.
- C. Box for ideas, small cards and pens

Optional ideas:

- A. Pictures of babies eating pureed baby foods to post on bulletin board or flip chart.
- B. Prepare a recipe from the Baby Purees booklet and give samples for taste testing.

C. Put together a cost comparison between commercially prepared baby foods and homemade baby foods.

Key Content Points:

1. It's easy and cost effective to make pureed baby foods for my baby.
2. Homemade baby purees can have more flavor and variety.
3. Baby Purees are a fun way to introduce foods to my baby.

Lesson Overview

1. Welcome

- Introduction of self and session - "Hi, my name is Carol and today we're going to talk about making pureed baby foods for your baby. How old is your baby? Has your baby eaten any pureed foods yet? If yes, what kind?" Let participants share the age of their baby and any experiences their baby has had eating pureed foods.

2. Puree Baby Food guidelines

- Give the Baby Purees booklet to participant. Discuss the index - "the booklet has 5 sections - making your own baby food; spoon feeding; simple fruit and veggie purees; yummy combos; and meat and lentil purees."
- Ask participant to turn to page 2 and discuss how to tell if a baby is ready for pureed foods. Turn to page 3 and discuss what equipment can be used to make purees.
- Discuss food safety guidelines on page 4. Turn to page 5 and discuss the basic three steps to making purees. Discuss storage and warming of purees on pages 6 and 7.
- Ask participant if they have any questions or concerns about making baby food purees. Discuss questions and concerns with participant.

3. Baby Puree ideas

- Ask participant to look through the booklet and choose a couple baby food purees they'd like to try with their baby.
- Ask participant, "What baby purees would you like to offer your baby?" Ask participant to write their idea in the binder, or a small card that can be pinned to the bulletin board, flip chart or placed in the box. Give the participant time to look through and see the ideas that other participants have written.

Evaluation:

Participants will state 1 or more baby food purees that they will prepare at home.

Lesson Plan developed by Cheryl Yarrington, RDN, MS - ©Nutrition Matters Inc. - January 2017