

Safe-to-swallow,
cookingbook for children with
cerebral palsy, in Malawi



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cerebral palsy, in Malawi**

By CP Clinic Mangochi

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Year: 2025

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Some of the information was derived from the Ubuntu manual.

With special thanks to Lara Chikuse for all the love she put into this project.

For all the mothers and children in Malawi that have Cerebral Palsy.

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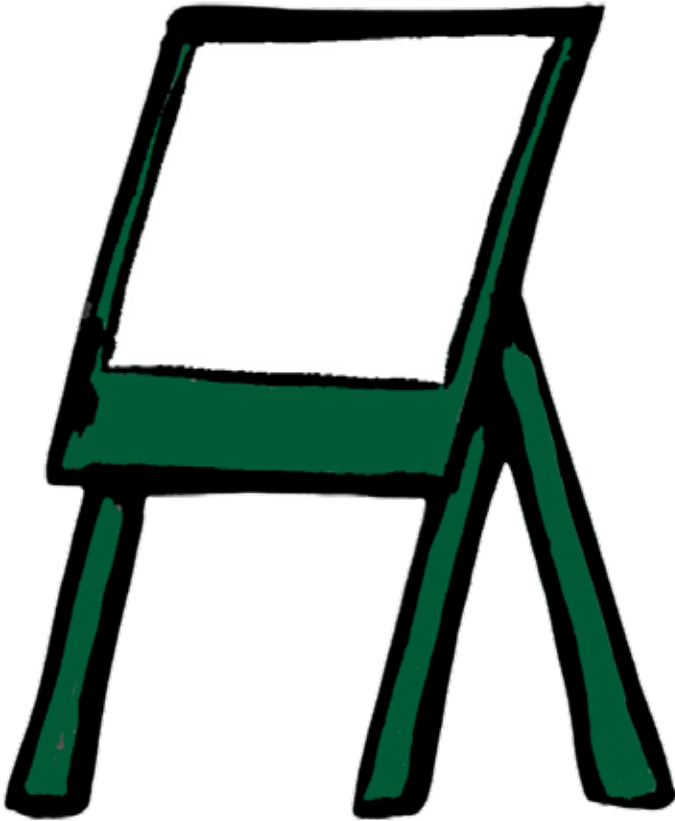


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This book contains recipes suitable for children with Cerebral Palsy (CP), using ingredients that are affordable and readily available in Malawi.

It is important to have special recipes for children with CP as 85% of the children with CP have difficulties with eating and drinking and puts them at high risk of developing malnutrition. Swallowing difficulties can also lead to choking and frequent infections of the chest. Children with CP also have motor and muscle difficulties which can cause problems with eating, for example difficulty holding utensils. In these cases, mealtimes may be long and tiring, and a child may give up before consuming adequate amount of food.

Making foods easier to eat, using adaptive equipment, and having smaller meals more frequently can help. Children with CP can also have other digestion problems like constipation or reflux which makes eating unpleasant and many children may refuse to eat because of the discomfort it causes.

These recipes have been selected especially for children with CP. A smooth consistency without hard lumps and chunks reduces the risk of choking and aspiration, and can improve nutrition and growth for children with swallowing difficulties. It is important that you adapt the size of the chunks of food, and the amount of water, so that the texture of the recipe is suitable for your child. Some children require very watery, smooth food, and others will be able to chew soft chunks of food, or thicker foods.

These recipes have been designed to include a range of nutrients that are important for your child to grow, develop, and be healthy. It is important to offer a range of different foods each week, so we recommend selecting at least 3 different recipes in a week, if possible.

The ingredients in the recipes have been chosen to support different aspects of your child’s health. It is therefore important to include all the elements and not leave anything out. For example:

- The fish, nuts, or beans in some recipes are important for growth and strength.
- The vegetables such as tomato, sweet potato, and green leaves, are important for preventing sickness.

Feeding times can be periods of learning and love, so it is important to talk and smile to your child during feeding, with eye-to-eye contact.



Responsive feeding

Feeding children in a healthy way

Eating and drinking are important for growth and health. Eating and drinking are also important for exercising parts of the mouth that are helpful for learning to talk.

Feeding children sometimes requires patience and creativity from the caregiver to ensure that the child eats adequate amounts of food. Here are some tips to assist caregivers in feeding children (responsive feeding).

- Give more attention when the child eats well and less when he or she refuses food. Otherwise, a child may try to gain attention by refusing food.
- Make mealtimes peaceful and happy times. Children who are stressed may eat less food than those who are happy and relaxed. Feed the child slowly without rushing.
- Put the child's food on a separate plate to ensure the child gets his/her share, or make sure the child can reach all the foods in a meal.
- Feed when the child is hungry and not tired.
- Give a variety of foods and mix the foods together so that the child does not pick out and eat only his/her favorite ones.
- Do not force the child to eat. If the child refuses food, take it away, cover it and offer it later.
- A thirsty child eats less. Make sure the child is not thirsty, but do not give a child too much drink before a meal.
- Feed the child in a clean and quiet environment to avoid distractions and food contamination.
- Give priority to children when serving food, because they are growing, and their nutritional needs are high.
- Caregivers, including men, should take part in feeding the child in order to encourage the child to eat more.
- Talk to children during feeding.

Responsive feeding

- Feed infants directly and assist older children when they feed themselves. Feed slowly and patiently, and encourage children to eat, but do not force them.

- If children refuse many foods, experiment with different food combinations, tastes, textures, and methods of encouragement.
- Minimize distractions during meals if the child loses interest easily.
- Remember that feeding times are periods of learning and love—talk to children during feeding, with eye-to-eye contact.



Hygiene

Good hygiene (cleanliness) is important to avoid diarrhea and other illnesses.¹

- Use a clean spoon or cup to give foods or liquids to your child.
- Store the foods in a safe and clean place. Food should not be left in the sun or in a place where flies or other animals are able to touch it. Food should be kept in a dry place.
- Wash your hands with soap and water before preparing food and feeding child.
- Wash your hands and your child's hands before eating.
- Wash your hands with soap and water after using the toilet and washing or cleaning child's bottom.

Wash your hands with soap after going to the toilet, cleaning the child and before cooking and have your child wash their hands with soap before eating.

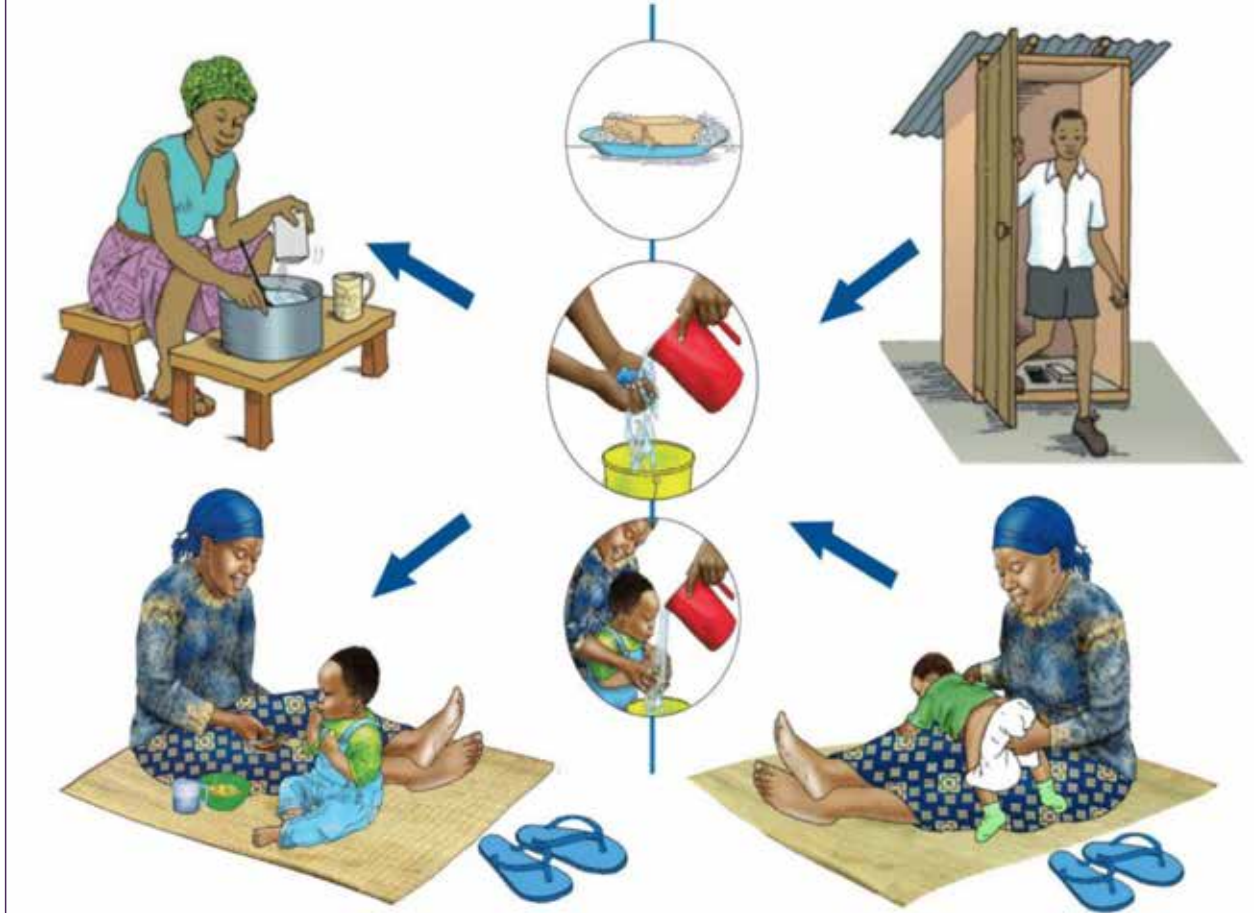


Figure 1. Hygiene

Food groups

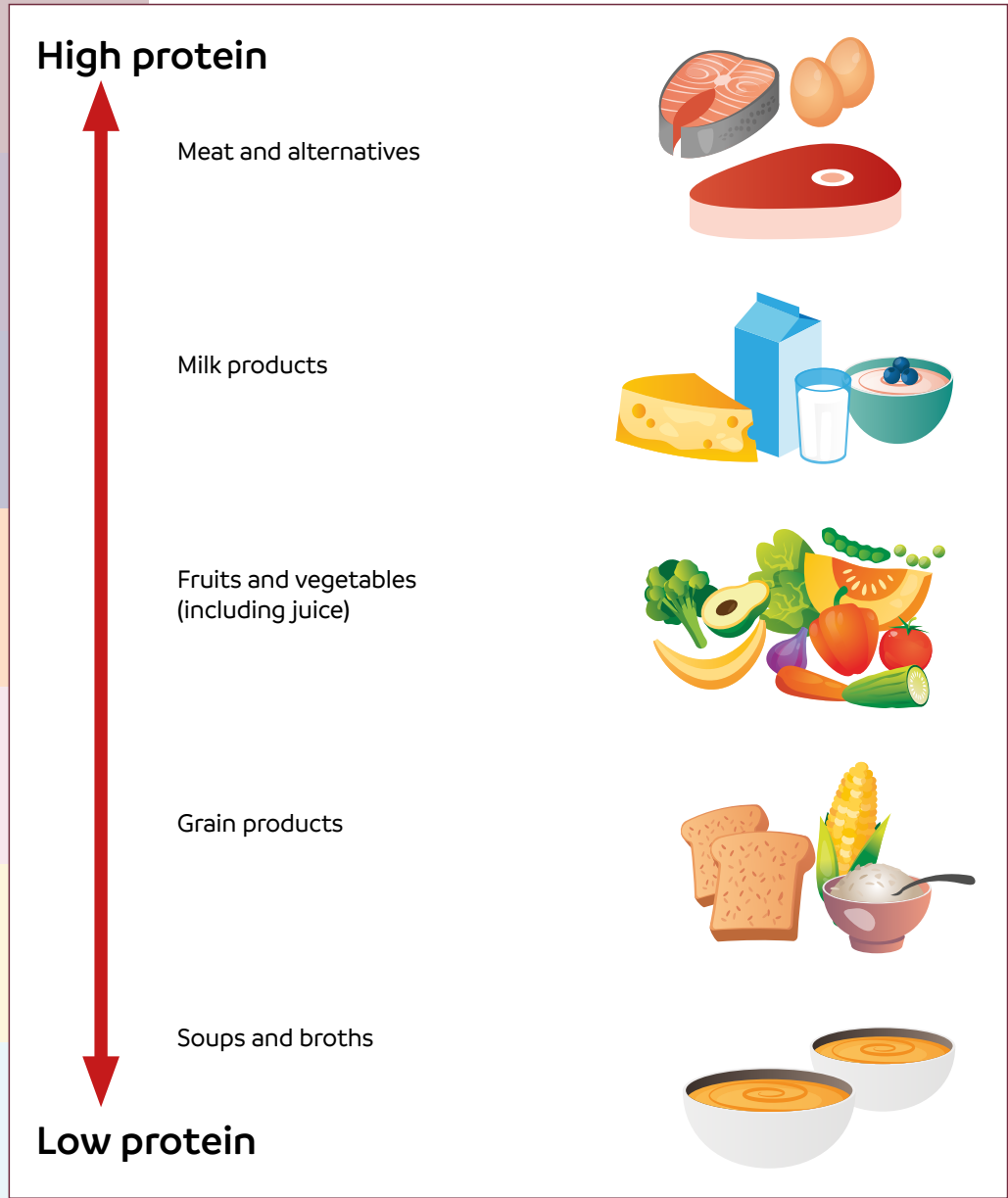


Figure 2. High in energy up and low in energy down.

It is important to feed your child with a variety of food to help him grow and stay healthy. Children need food that is high in energy, which comes from fat and oil, especially children with developmental difficulties such as CP. In the

It is important to offer a range of different foods each week, so we recommend selecting at least 3 different recipes in a week, if possible. It is important for the child to eat food from every food group to grow, develop and gain weight. Try to give your child a variety of food from at least 4 food groups per day.

Your child may get tired easily when eating and this will increase the risk of choking. It will also mean that he/she can't eat a large amount of food at one time. He/she therefore needs small meals given more often (for example 6 small meals instead of 3 bigger meals).¹

Eat/feed a variety/combination of foods from the 6 food groups of Malawi



1. **Staples** - provide carbohydrates and, depending on the food and on how it is processed, protein, fibre, vitamins and minerals

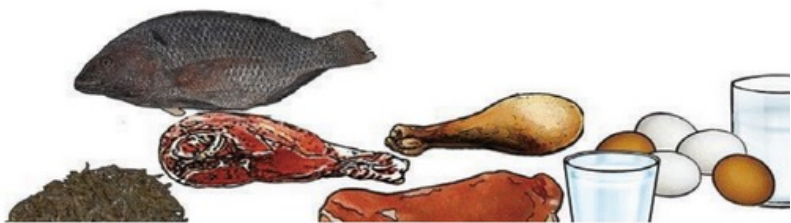


2. **Vegetables** – provide the body with vitamins, minerals, water and dietary fibre

3. **Fruits** – provide the body with vitamins, minerals, water, energy and dietary fibre



4. **Legumes and nuts** – provide protein, fibre and energy and soybeans and nuts also contain healthy fats



5. **Animal foods** – provide the body with important protein, vitamins and minerals



6. **Fats** – provide energy

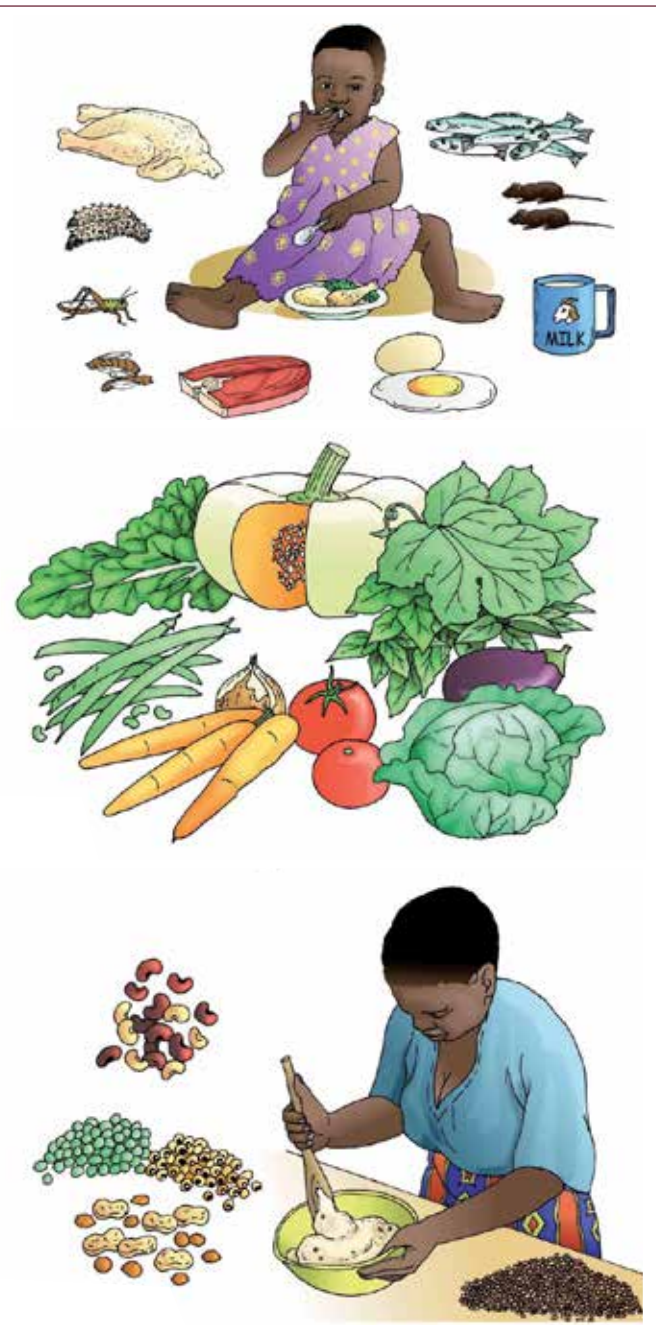
Figure 3. The 6 different foodgroups

*Foods animals help children gain weight,
grow strong and lively*

Give it every day

*Vegetables help keep children healthy
and prevent illness*

*Add beans or soya or groundnuts in
your child's porridge every day*



Food texture

A smooth texture is easier to eat for children with swallowing difficulties. It is important that you adapt the size of the chunks of food, and the amount of water, so that the texture of the recipe is suitable for your child. Some children require very watery, smooth food, and others will be able to chew soft chunks of food, or thicker foods.

Liquids: Liquids are runny and can be difficult to control in the mouth. Liquid runs quickly and can go down the wrong way, into the lungs, if your child cannot control it well. Liquids should therefore be given very carefully or thickened by mixing something with them.

Solids: When we introduce solid food, children must get used to eating food that's firmer than milk, and feels different in their mouths. Your child may have difficulties chewing. This is because she does not have the muscle power or coordination, so we need to make solid food that is wet and soft so the child can manage it.

Hydration

Children need the equivalent of at least 4 cups of liquid per day. As drinking can be difficult, your child will need to take sips throughout the day. This will help reduce constipation and give your child more energy. Constipation is very common in children with developmental disabilities and can cause them pain and discomfort.



✓ **Choose adequate food**

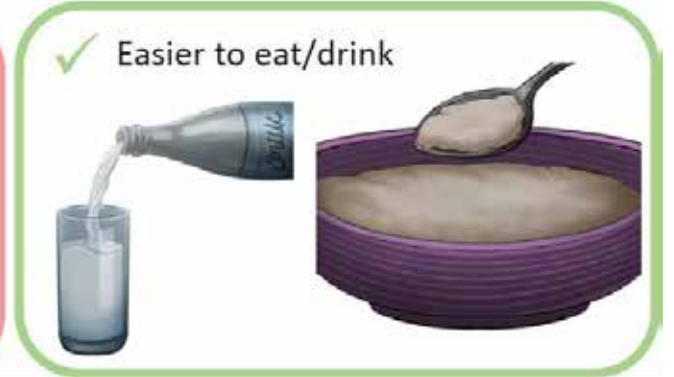


Figure 4. food textures

Positioning

Do's and Dont's positioning

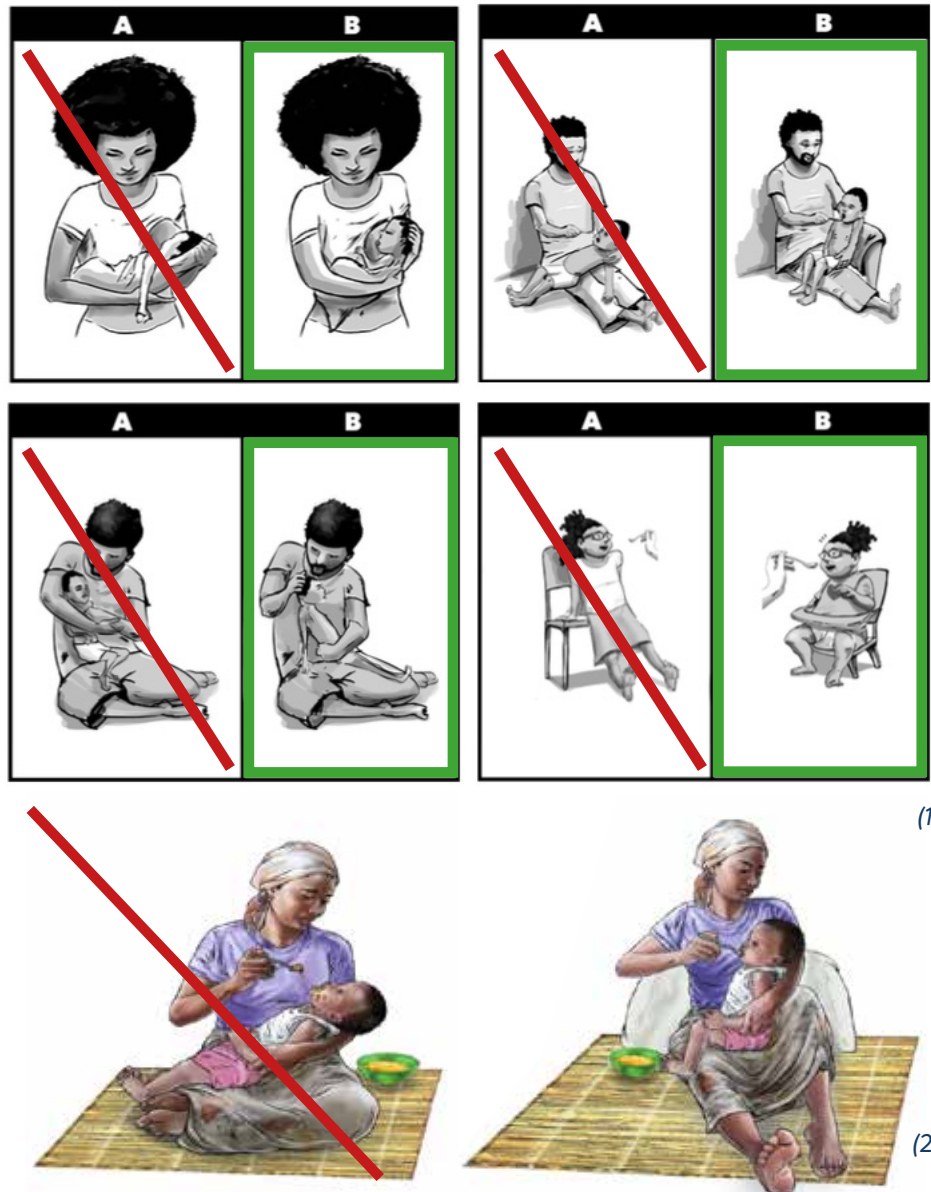


Figure 5. Positioning

Both child and the caregiver need to be positioned well. Children are held in a reclined position when they are breastfed. As they get older, they need to be held more upright to make sure food doesn't go down the wrong way onto their lungs. Lying down is not a 'safe' way to feed an older infant / child. Sitting up also allows children to chew and swallow more easily and to learn to feed themselves. It also reduces the risk of vomiting.²

Good feeding positions are¹:

- Head and body: sitting upright, head facing forwards and neck long.
- Shoulders and arms: forwards
- Legs: hips and knees bent at 90°.

Utensils

Spoon: a good quality plastic teaspoon is best. It gives small mouthfuls (easier and safer for the child), and prevents harm for the child if they bite the spoon.

When using a spoon to feed your child:

- Give food from the front and straight.
- Give food at the right pace for your child, not too fast or too slow.
- Place the spoon with the food touching the top lip so that they can feel it and use their top lip to remove the food from the spoon.
- At first the child might suck on the spoon like she did on the breast/bottle but this will change.
- Your child should bring their jaw up, but if he/she doesn't, place your finger under the jaw and give some support.
- Don't lift the spoon up and drag it against the top gum when taking it out - keep the spoon straight as you take it out of the child's mouth.
- Remember, some children who are breast or bottle-fed may not like to eat from a spoon or drink from a cup at first. Keep gently trying and they will get used to it.
- You can encourage your child in independent feeding by putting their hand on the spoon. You can put your hand over their hand. Together, hand over hand, you can help your child to learn to feed themselves.

Cup: a good option is a plastic cup with one side cut away. This means that the child does not need to put their head back to drink. The child can drink while sitting straight up.

When using a cup to feed:

- Your child needs to be alert and able to suck/sip.
- Position your child upright.
- Present the cup at your child's lips and tilt it a little allowing the liquid to touch the upper lip then wait. Do not pour liquid into the mouth.
- If your child struggles to close her mouth, help her by placing your finger under the jaw and lips for support.
- Give single sips and observe the swallow.

Helping aids

If handling the clothes is difficult, talk with a therapist to see if you can make small, low cost helping aids such as a key chain on the zipper to pull down and up easier, adapted cup or bottle.



Figure 6. Utensils

However, if he uses a **plastic cup with a piece cut out**, he can drink without bending his head back.

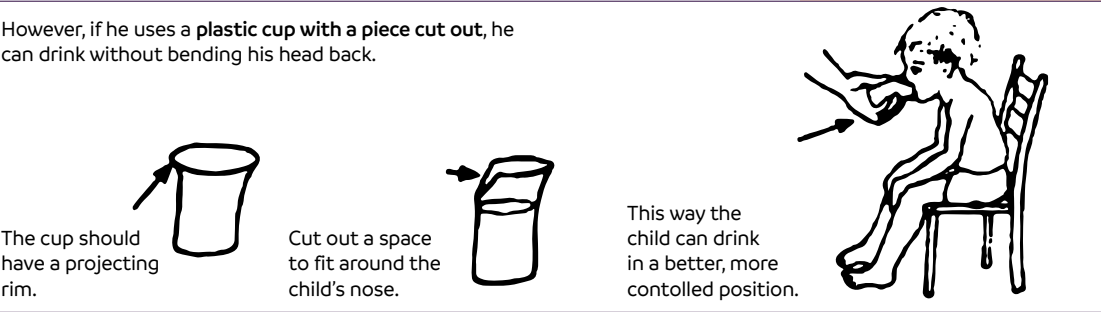


Figure 7. Cut out cup

Groundnut flour

Ingredients:

- ✓ Groundnuts



Preperation:

1. Sort nuts, removing all discolored and moldy nuts.
2. Grind the nuts in mortar.
3. Keep the flour in a container in a dry place.



Likuni phala flour

Preparation:

1. Clean and sort the maize grains.
2. Clean and sort the groundnuts.
3. Clean and sort the soya beans.
4. Roast the soya beans in a pot.
5. Mix the maize, groundnuts, and pulses, and mill into flour.



Ingredients:

- ✓ 1 cup of groundnuts
- ✓ 1 cup of soya beans
- ✓ 4 cups of maize



New likuni phala flour with rice

Ingredients:

- ✓ 1 cup of groundnuts
- ✓ 1 cup of soya beans
- ✓ 1 cup of maize
- ✓ 3 cups of rice



Preparation:

1. Clean and sort the maize grains.



2. Clean and sort the groundnuts.



3. Clean and sort the soya beans.



4. Roast the soya beans in a pot.



5. Mix the maize, groundnuts, and pulses, and mill into flour.



Groundnuts sauce (thendo)

Preparation:

1. Put a pot and add water and groundnuts flour. Let it boil for a few minutes.



2. Chop tomato and onion.



3. Add salt, chopped tomato and onion.



4. Cook for 10-15 minutes.



5. Serve it to your child and serve it warm.



Ingredients:

- ✓ 1 cup of pounded groundnuts
- ✓ 2 cups of water
- ✓ 2 medium tomato
- ✓ 1 medium onion
- ✓ Salt to taste



Moringa (Chamwamba) with groundnuts flour

Ingredients:

- ✓ 1 Cup of Moringa leaves
- ✓ ½ cups of groundnuts flour
- ✓ 2 medium tomatoes
- ✓ Salt to taste



Preparation:

1. Boil water and add salt.



2. Add Moringa leaves into the boiling water and let it cook until tender.



3. Wash and cut the tomato.



4. Turn the leaves and add groundnut flour and tomatoes.



5. Simmer until groundnut flour is cooked.



6. Serve with any staple.



Tomato soup

Preparation:

1. Wash the tomato.



2. Cut the union and tomato in small pieces.



3. Heat a pot on the fire and add oil.



4. Add the union and fry them till goldenbrown.



5. Add the tomatoes and the water.



6. Let this simmer for 5 minutes until everything is soft.



7. Mash the tomato and union.



8. Add the salt and let the mixture simmer for another 5 minutes.



9. Serve the soup while it is warm. You can also eat it with nsima and rice.



Ingredients:

- ✓ 1 medium tomato
- ✓ 1 union
- ✓ ½ teaspoon of salt
- ✓ 1 cup of water
- ✓ 1 cup of cooking oil



Instant cassava and soya flour

Ingredients:

- ✓ 4 cups of cassava
- ✓ 2 cups processed soya bean flour mixed with maize flour
- ✓ Salt
- ✓ Sugar



Preparation:

1. Cut the cassava and put it in a pot with boiling water.



2. Boil cassava and soya been flour in two separate pots.



3. Stir the cassava till it is well cooked.



4. Add salt and sugar to the soya porridge.



5. Smash the cassava till it is puree.



6. Mix the cassava puree together with the soya porridge.



7. Add sugar at the end.



Groundnuts sauce

Preparation:

1. Cut tomato and onion into small pieces and put everything together.



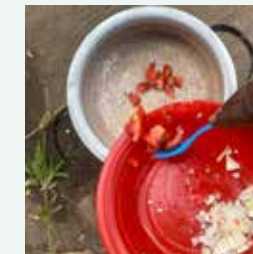
2. Put groundnuts flour into a pot and put it on the fire.



3. Let it cook for 5 minutes and then add 1 teaspoon of salt.



4. After 5 minutes, add tomato to the mixture.



5. Let it cook for another 5 minutes and then add onion to the mixture.



6. Mix it well and its ready to be served.



Ingredients:

- ✓ 1 cup of pounded groundnuts
- ✓ 2 cup of water
- ✓ 2 small tomato
- ✓ 1 small onion and 1 teaspoon salt



Bean and moringa porridge

Ingredients:

- ✓ 1 cup of beans
- ✓ 1 cup of Moring leaves
- ✓ ½ cup of groundnuts flour
- ✓ 1 small Onion
- ✓ 2 Medium Tomato
- ✓ ½ teaspoon of salt
- ✓ A teaspoon of oil
- ✓ Water



Preparation:

1. Sort the beans to remove dirty and wash them.



2. Put the beans on the fire and let it cook up until it is ready.



3. Add salt and cooking oil to the beans when they are ready and let the beans to cook for few minutes for the salt and the cooking oil to mix well and then add tomato and onion to the beans.



4. After the beans are ready, start preparing moringa leaves by boiling water, add soda and salt and moringa leaves to the mixture and let them simmer. After some time add groundnuts flour to the moringa. Let it cook for a few minutes.



5. Put the beans and the moringa together.



6. Mix together and mash the beans with the moringa until they are porridge like.



7. Serve hot.



Bean puree

Preparation:

1. Wash the beans.



2. Cook the beans until they are ready.



3. Add salt and cooking oil to the beans and let them cook for a few minutes for the ingredients to mix well.



4. Mash the beans and add some water if necessary.



5. Serve the meal to your child while warm.



Ingredients:

- ✓ 1 cup of beans
- ✓ Salt (according to the amount of beans)
- ✓ Water
- ✓ Oil



Beans with groundnuts flour

Ingredients:

- ✓ 1 cup of beans
- ✓ ½ cup of groundnuts flour
- ✓ 2 medium sized tomatoes
- ✓ 2 teaspoons of cooking oil
- ✓ 1 teaspoon of salt
- ✓ An onion



Preparation:

1. Sort the beans and wash them.



2. Put the beans on fire and let them cook until they are ready.



3. Add salt and cooking oil into the beans when they are ready and let the boil for a few minutes for the ingredients to mix well.



4. After the beans are ready, put them aside and start preparing tomato soup, start by cutting the onions and the tomatoes.



5. Add cooking oil into a pot and add onions when the cooking oil is heated up Then add tomato to the onions, let them cook for a while until the tomato soup is ready and then add it into the beans.



6. Followed to that, start making groundnuts mixture by adding water into a pot and then add groundnuts flour into the boiling water and let it boil just for a few minutes and then remove it from the fire.



7. Put the beans and the groundnuts flour in one plate and mix them together and mash them until they are porridge like.



8. Serve it warm.

Mashed avocado with milk

Preparation:

1. Wash the avocado.



2. Peel and mash the ripe avocado pear.



3. Mix thoroughly the mashed avocado pear with milk.



End result.



Nutrition information: Rich in energy, protein, vitamin A, vitamin C, iron.

Ingredients:

- ✓ 1 cup of ripe avocado pear
- ✓ ½ cup of milk (boiled)



Mashed banana with milk

Ingredients:

- ✓ 1 cup of ripe banana
- ✓ ½ cup of milk (boiled)



Preparation:

1. Wash the banana.
2. Peel and mash the ripe banana.



3. Mix thoroughly the mashed banana with milk.



4. End result.



Nutrition information: Rich in energy, protein, vitamin A, vitamin C, iron.

Green banana with soya flour

Preparation:

1. Peel the green bananas and put water on the fire.



2. Put the bananas in a pot and let it cool until it is easy to be smashed.



3. Do the same with soya flour, prepare soya porridge in a pot and let it cook for 5 minutes or more.



4. Smash a little bit the bananas and put it together with the soya porridge.



5. Add cooking oil to a pot and mix it together with the bananas and soya porridge.



6. Add sugar and stir if you want to add salt do.



7. Your delicious porridge for your child is ready and serve it while its warm.



Ingredients:

- ✓ Medium bananas
- ✓ 2 cups of water
- ✓ 3 teaspoons of soya flour
- ✓ 1 teaspoon cooking oil
- ✓ 1 teaspoon sugar
- ✓ Salt (if its needed)



Cassava and parboiled usipa fish porridge

Ingredients:

- ✓ 2 teaspoons of usipa fish flour
- ✓ 1 cup of cassava flour
- ✓ 1 teaspoon of pounded leafy vegetables
- ✓ 1 cups of water
- ✓ ½ teaspoon of iodized salt
- ✓ 1 teaspoon of sugar (optional)



Preparation:

1. Put in a pot on the fire and heat the water.



2. Add the cassava flour and let it boil for 5 minutes.



3. Mix the usipa and vegetable flour in a cup of cold water and mix it together in a cup.



4. Mix the usipa and the vegetable flour into the cassava porridge and let the mixture cook while continuously stirring to avoid lumps and let it simmer for 2 minutes.



5. Add iodized salt and sugar to taste (optional).



6. Serve the porridge warm.



Fish soup

Preperation:

1. Put water in a pot and warm it on the fire.



2. Add the soya flour and stir well.



3. In a cup, mix the vegetable and usipa flour to 1 cup of water and mix well. Then add it to the porridge. Let the porridge simmer for 10-15 minutes.



4. Add the salt and sugar.



5. Add another cup of water to make the porridge liquid.



6. Serve the delicious porridge to your child while it is warm.



Ingredients:

- ✓ 1 cup of water
- ✓ 2 teaspoons of whole maize flour
- ✓ Pinch of salt
- ✓ 1 teaspoon of pounded fish flour
- ✓ 1 teaspoon of vegetable flour
- ✓ 1 teaspoon of sugar



Maize, fish and vegetable porridge

Ingredients:

- ✓ 4 teaspoons of pounded fish flour
- ✓ 2 teaspoons of pounded green vegetables
- ✓ 1 teaspoons of cooking oil
- ✓ 1 tomato
- ✓ An onion
- ✓ Salt to taste



Preparation:

1. Wash to tomato and onion.



2. Cut the tomato and onion.



3. Put the oil in a pot and fry the onion and tomato for 3-4 minutes.



4. Add salt.



5. Add the pounded fish and vegetable flour to a cup of cold water and stir well.



6. Add the flour mixture to the pan.



7. Cook for 3-4 minutes.



8. Feed the small child with the fish soup and soft nsima.



Maize, usipa flour and vegetables porridge

Preperation:

1. Add water into a pot and let it warm.



2. Add the maize flour and stir well.



3. In a cup, mix the vegetable and usipa flour to 1 cup of water and mix well. Then add it to the porridge. Let the porridge simmer for 10-15 minutes.



4. Add the salt and sugar.



5. Serve the delicious porridge to your child while it is warm.



Ingredients:

- ✓ 3 teaspoons of usipa fish powder
- ✓ 1 cup of whole maize flour
- ✓ 1 teaspoon of pounded vegetables
- ✓ 2 cups of water
- ✓ 1 teaspoons of sugar
- ✓ ½ teaspoon of salt



Potato with egg

Ingredients:

- ✓ 1 cup of irish potato (peeled and cut into pieces)
- ✓ 1 egg
- ✓ ½ teaspoon of salt
- ✓ 1 cup of water



Preparation:

1. Peel the potato and wash them.



2. Put water into a pot and add the potatoes.



3. Boil the potatoes until soft and add salt.



4. Take out water from the potatoes when they are ready.



5. Put the potatoes in a plate and mash them.



6. Add the egg to the potato and mix well.



7. Put the mixture back in the heated pan and stir well till the egg is fried.



8. Add some water to make the mixture smoother.



9. Serve the potato with egg to your child while its hot.



Orange or white sweet potato and parboiled usipa porridge

Preparation:

1. Peel and boil sweet potatoes.



2. Add the salt.



3. Mash the sweet potatoes, and add water and oil to make a paste.



4. Mix in a cup with cold water the usipa and soya bean flour and add this to the sweet potato.



5. Cook on low heat until well cooked and add more water.



6. Add sugar to taste.



7. Serve warm.



Ingredients:

- ✓ 2 teaspoons of usipa fish flour
- ✓ 1 cup of orange or white sweet potato(peeled)
- ✓ 1/2 cup of soya bean
- ✓ 1 cups of water
- ✓ 1 teaspoon of cooking oil
- ✓ ½ of teaspoon of salt
- ✓ 1 teaspoon of sugar



Usipa porridge

Ingredients:

- ✓ 6 teaspoons of usipa fish flour
- ✓ 1 cup of soya bean flour
- ✓ 1 teaspoon of vegetable flour
- ✓ 2 cups of water
- ✓ 1 teaspoon of sugar
- ✓ ½ teaspoon of salt



Preperation:

1. Put water on the fire and let them warm up in a pot.



2. Add the soya and usipa flour to the warm water and stir well.



3. In a cup, mix the vegetable flour to 1 cup of water and mix well. Then add it to the porridge. Let the porridge simmer for 10-15 minutes.



4. Add the salt and sugar.



5. Serve the delicious porridge to your child while it is warm.



Mashed sweet potato with milk

Preperation:

1. Peel the sweet potatoes.



2. Boil the sweet potatoes and salt until well cooked.



3. Take the water off the sweet potatoes.



4. Add the milk.



5. Mash potatoes.



6. Feed mixture to the child while it is still warm.



Ingredients:

- ✓ 2 cups of water
- ✓ 1 cup of orange or white sweet potatoes (peeled and cubed)
- ✓ ½ cup of milk
- ✓ Pinch of salt



Mashed sweet potatoes with groundnuts

Ingredients:

- ✓ 1 cup of water
- ✓ 2 medium sweet potatoes
- ✓ 1half cup of groundnuts
- ✓ Salt to taste



Preperation:

1. Wash the sweet potatoes and peel off the skin.



2. Cut into pieces and cook until half cooked or slightly cooked.



3. After boiling for a bit add the groundnut.



4. Add the salt.



5. Cook until soft enough to mash.



6. Mash and serve while warm.



Cassava egg porridge

Preperation:

1. Peel and cut the cassava.



2. Heat a pot with water and cook the cassava till soft.



3. Add the salt.



4. Mash the cassava.



5. Beat the egg.



6. Mix the egg and cassava.



7. Heat water in a pot and add the maize flour.



8. Add the sugar.



9. Add the egg and cassava mixture to the maize four porridge and allow the egg to solidify.



10. Serve the porridge warm.



Ingredients:

- ✓ 1 cup of cassava
- ✓ 1 cup of maize flour
- ✓ 1 egg
- ✓ 1 cup of water
- ✓ 2 teaspoons of sugar
- ✓ ½ teaspoon of salt



Scrambled eggs

Ingredients:

- ✓ 1 egg
- ✓ 2 small tomatoes
- ✓ 1 onion small
- ✓ 1 teaspoon of cooking oil
- ✓ ½ teaspoon of salt



Preparation:

1. Wash the tomatoes and onion.



2. Cut the tomatoes and onion.



3. Heat the oil.



4. Fry the onion and add the tomato and add salt.



5. Crack 1 egg and stir it well.



6. Add the beaten egg to the pan and mix it together till the egg is fried.



7. Serve the scrambled eggs to your child while it is warm.



Sweet potato with egg

Preparation:

1. Peel the sweet potatoes and wash them.



2. Cut the sweet potato in small pieces.



3. Boil water and add the sweet potato, boil till they are soft and add the salt.



4. Mash the potato.



5. Add the egg to the potato and mix well.



6. Put the mixture back in the pan and stir till the egg is fried.



7. Add water to make the mixture smoother.



8. Serve the sweet potato with egg to your child while it is warm.



Ingredients:

- ✓ 1 cup of sweet potato
- ✓ 1 egg
- ✓ ½ teaspoon of salt
- ✓ 1 cup of water



Mashed pumpkin with avocado

Ingredients:

- ✓ 1 cup of chopped pumpkin
- ✓ ½ medium avocado pear
- ✓ 1 cup of water
- ✓ 1 teaspoon of sugar



Preperation:

1. Peel the pumpkins, cut into small pieces and cook in little water until soft.



2. Mash the pumpkins.



3. Peel the skin if the avocado and mash the avocado.



4. Mix the avocado and pumpkin with a little bit of water.



5. Add the sugar.



6. Serve to your child while warm.



Note; pumpkins can be replaced with sweet potato or rice.
Not good for people with diarrhea.

Pumpkin porridge with gorundnut flour

Preparation:

1. Cut the pumpkin in half and remove the seeds.



2. Peel the pumpkin and cut in small pieces.



3. Put in a pot and add water and the pumpkin.



4. Cook until soft (around 30 minutes).



5. Mash the pumpkin in the pan.



6. Add groundnuts, salt and mix well.



7. Simmer for 10–15 minutes.



8. Serve for breakfast or as a snack.



Ingredients:

- ✓ 1 cup of medium size pumpkin. (peeled)
- ✓ ½ cup of groundnuts
- ✓ 1 cup of water
- ✓ Salt to taste
- ✓ Sugar (optional)



Pumpkin porridge

Ingredients:

- ✓ 1 cup of pumpkin
- ✓ 1 onion
- ✓ 1 cup of water
- ✓ 1 teaspoon of oil
- ✓ ½ teaspoon of salt



Preparation:

1. Cut the pumpkin in half and remove the seeds.



2. Peel the pumpkin and cut in small pieces.



3. Put a pan on the fire and heat the oil.



4. Add the onion and fry till golden brown.



5. Add the pumpkin into the onion fry and the water.



6. Let this boil for 30 minutes and add salt.



7. Mash the pumpkin in the pan.



8. Serve the delicious soup warm.



Rice soup

Preparation:

1. Sort and Wash the rice.



2. Boil water on fire and add the salt.



- Put the rice into the boiled water, stir and let it cook for a few minutes.



4. When the rice is ready take out the water from the rice and put it back on the fire.



5. Add the 2 teaspoons of groundnuts into the rice water and stir the mixture and let it boil for a few minutes.



6. End result and serve it warm.



Ingredients:

- ✓ 1 cup of rice
- ✓ 2 cups of rice
- ✓ 2 tablespoons pounded groundnuts
- ✓ A pinch of salt



Thickening of water

Ingredients:

- ✓ 1 cup of water
- ✓ 1 teaspoon of maize flour



Preperation:

1. Boil water in a pot.



2. Put the boiled water in a cup, wait a few minutes for it to cool a little and then add the maize flour.



3. Stir well.



4. Serve the drink when it is cooled down.



NB: This type of water should be given to children with cerebral palsy who are having difficulties with taking/ drinking natural water and as well to children who have the following problems when it comes to drinking:

- Choking when drinking water
- Vomiting during drinking

