Dietary Diversity in our Families https://vimeo.com/230940957

**SUMMARY**

Gnalen is the mother of a young son in Beindou, Guinea. One morning, her mother comes by and Gnalen asks her to watch her son while she prepares his meal. Gnalen shows her mother a platter of diverse foods that she will feed her son, including peanuts, dried fish, eggs, avocado, and milk, and describes how she will prepare these foods as part of the porridge that she will feed the baby. Gnalen’s mother is impressed at how much Gnalen knows about nutrition and tells her that this must be why the boy is growing up so fast and so strong! Later, the community health worker visits and expresses her joy at seeing such a diverse group of foods. She reminds Gnalen of the importance of animal-source proteins and the need to dry and save leafy greens for the lean season. She also encourages Gnalen and her mother to explain their good practices to their neighbors to improve nutrition in the community.

**TRANSCRIPT**

Gnalen: Good morning, mum.

Grandmother: Good morning, daughter. How are you?

Gnalen: I am fine! How did you sleep?

Grandmother: I am fine. How is the little one?

Gnalen : He has no problems. Yes, we slept well, thank God. How did you spend your night?

Grandmother: Thank God! Did the child sleep well?

Gnalen : Yes, he slept well. Please mum, hold the child; let me cook his food.

Grandmother: Ok, come here, my boy.

Gnalen : Mum, please get out from the sun, I will finish soon.

Grandmother: Gnalen, get out of the sun, the sun is shining.

Grandmother: Ah! Ok, give me the child.

Gnalen: Mum, here are the foods I will give to him. This is peanuts, sugar, dry fish, eggs, potatoes, tomatoes, milk powder, avocado… And I’m not done yet! Here is the rest. After I will mix the cooked leaves and mash to give to the baby.

**First Question: What is food diversification?**

**First Answer: The use of food other than rice and water. Keep trying to increase the foods young children eat, including peanut and fruits, garden crops, meat, and fish**.

Gnalen : Mum, look at this. Here is the potato. I am going to mix it in with this mash that I have already mixed with sweet potato leaves.

Grandmother : Really? We should put sweet potato leaves in the mash?

Gnalen : Yes. Yes, that’s how a child becomes intelligent.

Grandmother: Wow. With its state like mud. In our time, we never knew how to do this.

Gnalen: I am going to mix it with eggs.

Grandmother: The child will eat that too? We didn’t do this in our time of feeding the children. That’s why your children become smarter.

Gnalen: I am going to mix it again with sugar.

Grandmother: All of these will be mixed?

Grandmother: Wow. That’s why your children are growing fast.

Gnalen: Yes.

Grandmother: Hey! Heeeeeeey! Our times are different. In our time we did not know this, that’s why your children are very smart and grow fast. That is wonderful!

Gnalen: Mum, look. I am going to mix it again with milk powder.

Grandmother: Milk powder again? What is that too? This is a change in your time. Our day was not like this. Hey! That’s why this child is quickly growing up from such feeding practices.

**Second Question: When should children eat meat, eggs, milk powder, and fish?**

**Second Answer: If a child is 6 month, he should eat a bit of these foods. That may increase the child’s blood and strengthen him.**

Community health worker (CHW): Good morning Madam, Gnalen.

Gnalen: Good morning. How did you pass the night?

CHW: No problem, what about you?

Gnalen: No problem.

CHW: Did you sleep well?

Gnalen: Yes.

ASC: Madam, Gnalen, I am proud of you about what I see of the food for the child. I am really happy and I believe that you listened to my advice. So I advise all mothers to do as you are doing. But wait, I’m seeing, something missing. I don’t see meat among these foods.

Gnalen: Oh, if I have meat, I will mix it in, but I have fish, so I will pound that and mix it in instead.

CHW: Ok, I am happy. You may find either dry meat or fish to pound and put in his meal.

Grandmother : Oh! Sir, I have a question.

CHW: OK.

Grandmother : Why do we put potato leaves in the mash?

CHW: OK! Madam, I am happy for your question. First, a child should start eating at the age of six months. Before a child is six months old, you should not give him food, only breast feeding. You shouldn’t even give him water. But once he is six months, you can start giving him food. The porridge you will want to give him must not be too liquid or too solid. Once you mix the porridge with that food, it will be very important for the child.

CHW: Again, you know right now potato leaves are in abundance in our area. The time will come when we’ll face the lean season. So, we can pick or tear off the potato leaves, wash them, and lay them out in the sun to dry and after you pound it, you can save it in a bottle or bowl. Because it’s not always like the rainy season. In time we will face to lean season, and you can use some potato leaf powder to mix with the baby’s porridge. So I advise you not to neglect potato leaves. This is a very important the feeding issue. Thank you.

Grandmother: Ah! As you said so, we will advise mothers to do that. In my day, we never knew such feeding practices. Because you have said so, we’ll respect that because each generation has its time. May God bless you. Thank you.

CHW: OK! Because in our village here, you, who listen to and understand me, must help sensitizate the other mothers because most of them may listen to my advice but don’t always take it into account. But if they always see how fast your children grow, the state your children are in, how intelligent they are, they will compare and will know how important it is to follow my advice. So try to do all your best to help give advices to sensitize our people. Anyway I am very happy with how you are doing!

CHW: Hello to the others in Beindou! And to African people and everyone around world, I have some advice to tell everybody: we must diversify the food we give to our children to feed them!

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