

4. HOW TO GIVE “BOBOR KHAP KROP KROEUNG” (THICK AND MULTI-INGREDIENTS PORRIDGE) TO CHILDREN

“BOBOR KHAP KROP KROEUNG” (Thick and Multi-Ingredients Porridge) should be given in addition to breastfeeding, with the right quantity and frequency depending of their age group:

6 Months



- 2 times per day
- 2-3 tablespoons at a time
- Breastfeed at least 8 times per day

7-8 Months



- 3 times per day
- Half bowl (Chan Chang Koeh) at a time
- Breastfeed at least 8 times per day

9-11 months



- 3 times per day
- ¾ bowl (Chan Chang Keoh) at a time
- A snack between meals
- Breastfeed at least 6 times per day

12-24 months



- 3 times per day
- 1 bowl (Chan Chang Keoh) at a time
- 2 snacks between meals
- Breastfeed at least 3 times per day

FOR CHILDREN AGED FROM

6 TO 24 MONTHS, MOTHERS/CARE-

TAKERS MUST FEED THEIR CHILDREN

WITH “BOBOR KHAP KROP KROEUNG”

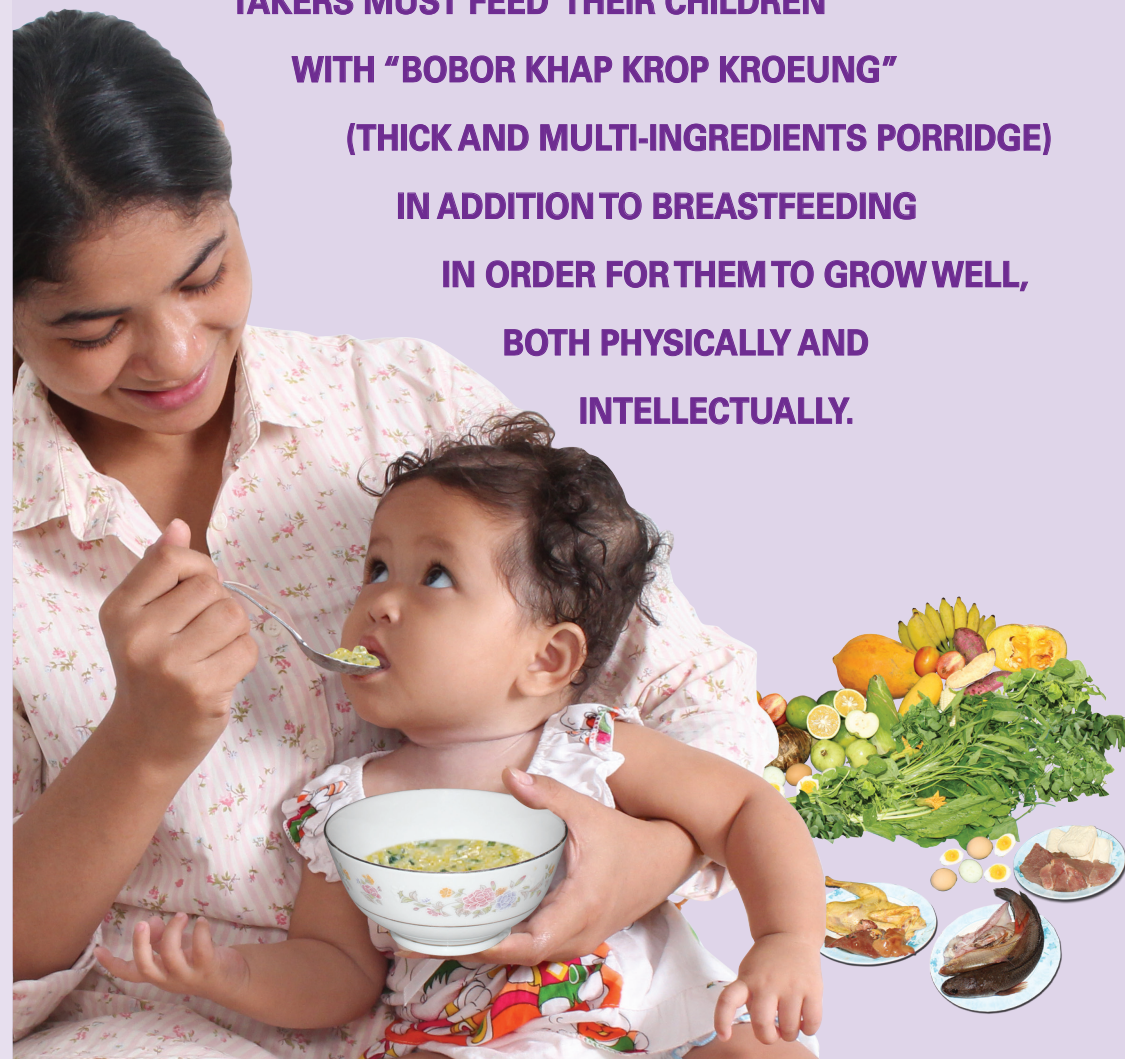
(THICK AND MULTI-INGREDIENTS PORRIDGE)

IN ADDITION TO BREASTFEEDING

IN ORDER FOR THEM TO GROW WELL,

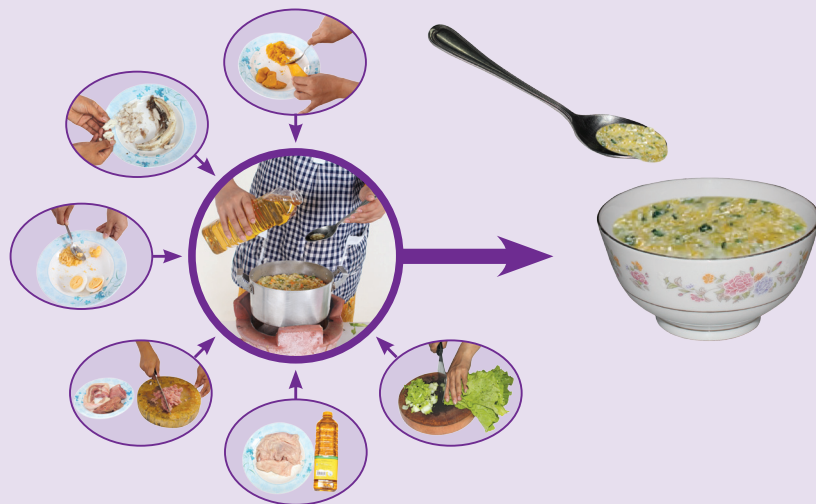
BOTH PHYSICALLY AND

INTELLECTUALLY.



1. HOW TO MAKE “BOBOR KHAP KROP KROEUNG”

(THICK AND MULTI-INGREDIENTS PORRIDGE)



“BOBOR KHAP KROP KROEUNG” (Thick and Multi-Ingredients Porridge) is a complementary food for children, which is well-mashed and hard to fall from the spoon when it is inclined.

“BOBOR KHAP KROP KROEUNG” (Thick and Multi-Ingredients Porridge) is prepared from various food items from the three food groups:

- **Energy Food:** such as rice, noodle, potato and cooking oil. It provides a lot of energy.
- **Construction Food:** such as fish, beef, pork, egg, liver, soya bean and tofu. It helps children to grow well and be strong.
- **Protection Food:** such as vegetable and fruit. It protects children from diseases, helps their brain to develop well, and makes them smart.



2. HYGIENE FOR COOKING AND FEEDING CHILDREN

Mothers and care-takers should follow the below hygiene practices:

- Wash hands with soap before cooking.
- Wash mother’s hands and children’s hands with soap properly before feeding children.
- Wash vegetable and fruit properly before cooking or feeding children.
- Clean kitchen utensils properly and keep them hygienically by covering them properly.
- Cook fish and meat well.
- Cover food to keep it away from flies, insects, dust or other germs.
- Have a separate bowl and spoon for children.



3. HOW TO ACTIVELY FEED “BOBOR KHAP KROP KROEUNG” (THICK AND MULTI-INGREDIENTS PORRIDGE) TO CHILDREN

- Feed your child with “BOBOR KHAP KROP KROEUNG” (Thick and Multi-Ingredients Porridge) and at the same time talk to him/her gently, encourage him/her to eat, look at him/her and spend enough time with him/her for each feeding.
- Choose a bowl and a spoon that are colorful and attractive to your child.
- Establish good habits for your child by encouraging him/her to stay in one place while feeding, or to sit at a table or in a child-dining chair.

