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Feed the Future

Rohu
(*Labeo rohita*)



Eating fish, from 6 months of age promotes good growth and development, as well as cognition in young children



Fried Rohu



- From 6 months of age, the child needs nutritious food, in addition to breast milk, for optimal development.
- Fried rohu with boiled rice and cooked vegetables is a nutritious meal for the young child.

Rohu Preparation

- Rohu is cleaned and cut into pieces.
- Mixed spices and salt are added to the fish pieces.
- The fish pieces are fried in oil.

Serving Suggestion for Children

- A piece of rohu is mashed with boiled rice and cooked vegetables, for example (spinach, pumpkin, tomato, bean, pea).
- This mixture, as a “kichuree” is fed to the child from 6 months of age.
- The 6-9 months’ old child is fed 2-3 tablespoons of “kichuree”, 2-3 times per day.
- The amount of mixed food, “kichuree” per meal, and number of meals per day increase with the age of the child.
- Raw foods should be washed properly, using clean water.
- Hands must be washed with water and soap before preparing the meal and feeding the child.



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Mola

(*Amblypharyngodon mola*)



Eating small fish, from 6 months of age promotes good growth and development, as well as cognition in young children



Mola Curry



- From 6 months of age, the child needs nutritious food, in addition to breast milk, for optimal development.
- Mola curry with boiled rice is a nutritious meal for the young child.

Mola Preparation

- Mola are cleaned and kept whole, with head.
- Seasonal vegetables (shak, pumpkin, tomato, bean, pea) are washed, cleaned and cut into pieces.
- Mola, vegetables, mixed spices and oil are cooked in a curry.

Serving Suggestion for Children

- The mola curry is mashed on a “sill pata” and mixed with boiled rice.
- This mixture, as a “kichuree” is fed to the child from 6 months of age.
- The 6-9 months’ old child is fed 2-3 tablespoons of “kichuree”, 2-3 times per day.
- The amount of mixed food, “kichuree” per meal, and number of meals per day increase with the age of the child.
- Raw foods should be washed properly, using clean water.
- Hands must be washed with water and soap before preparing the meal and feeding the child.



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Mixed Small Fish



Eating small fish, from 6 months of age promotes good growth and development, as well as cognition in young children



Mixed Small Fish Curry



- From 6 months of age, the child needs nutritious food, in addition to breast milk, for optimal development.
- Mixed small fish curry with boiled rice is a nutritious meal for the young child.

Mixed Small Fish Preparation

- Mixed small fish are cleaned and kept whole, with head.
- Seasonal vegetables (shak, pumpkin, tomato, bean, pea) are washed, cleaned and cut into pieces.
- Mixed small fish, vegetables, mixed spices and oil are cooked in a curry.

Serving Suggestion for Children

- The mixed small fish curry is mashed on a “sill pata” and mixed with boiled rice.
- This mixture, as a “kichuree” is fed to the child from 6 months of age.
- The 6-9 months’ old child is fed 2-3 tablespoons of “kichuree”, 2-3 times per day.
- The amount of mixed food, “kichuree” per meal, and number of meals per day increase with the age of the child.
- Raw foods should be washed properly, using clean water.
- Hands must be washed with water and soap before preparing the meal and feeding the child.