# STARFISH ECD
## COOKBOOK USER-MANUAL

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# INTRODUCTION

**Early childhood development nutrition is a crucial aspect of ensuring the optimal growth, health, and well-being of young children during their formative years, typically spanning from birth to six years old.**

Starfish supports nutrition in ECD with a commitment to providing children with a balanced and nutritious diet, the meals are culturally consistent and contain ingredients widely available in South Africa. Combining nutritious meals with holistic development ensures that children have the essential building blocks for physical, emotional, and cognitive growth. It recognizes the importance of a supportive community, education, and family involvement in nurturing the next generation.

We aim to ensure that every child gets essential daily nutrients such as vitamins, minerals, proteins, fats, and carbohydrates that are necessary for the development of organs, bones, muscles, and the nervous system.

# MEAL PLAN

## Week 1 Meal Plan

| Meal Times | Part | Serving | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Starch dish | 1-2 cups | Maize meal porridge(pg. 9) | Maltabella porridge (pg. 10) | Maize Meal porridge(pg. 9) | Maltabella porridge (pg .10) | Oats porridge(pg .11) |
| | Milk | ½ cup | Milk (add to porridge) | Milk (add to porridge) | Milk (add to porridge) | Milk (add to porridge) | Milk (add to porridge) |
| | Sugar | 1 teaspoon | Sugar | Sugar | sugar | Sugar | Sugar |
| **MidMorning Snack** | Starch | 2 slices | Brown bread | Brown bread | Brown bread | Brown bread | Brown bread |
| | Filling spread | 2 teaspoons | Margarine | Scrambled egg | Peanut butter | Margarine | Peanut butter |
| | Milk | 1 cup (250 ml) | Milk | Milk | Milk | Milk | Milk |
| | Beverage | Not less than 1 cup | Water | Water | Water | Water | Water |
| **Lunch** | Protein | 1 cup | Chicken stew (pg. 17) | Savoury Samp and Beans (pg. 21) | Savoury mince (pg. 14) | Chicken livers in sauce(pg. 16) | Pilchard fish(pg. 20) |
| | Starch dish | ½ cup | Rice (pg. 34) | n/a | Spaghetti (pg. 35) | Pap (pg. 33) | Potatoes mashed (pg. 32) |
| | Vegetables | 1 cup | Sweet potato (pg. 29) | Cooked carrots(pg. 26) | Green beans with potatoes(pg. 28) | Morogo/ Spinach(pg. 23) | Beetroot salad (pg. 24) |
| | Beverage | Not less than 1 cup | Water | Water | Water | Water | Water |
| **Afternoon snack** | Snack | Cut into pieces ½ - whole fruit | Fruit | Fruit | Fruit | Fruit | Fruit |

# NUTRITION PROGRAM

## Week 2 Meal Plan

| Meal Times | Part | Serving | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|---|---|
| **Breakfast** | Starch dish | 1-2 cups | Maize meal porridge(pg. 9) | Maltabella porridge(pg. 10) | Maize Meal porridge(pg. 9) | Maltabella porridge(pg. 10 | Oats porridge(pg. 11) |
| | Milk | ½cup | Milk (add to porridge) | Milk (add to porridge) | Milk (add to porridge) | Milk (add to porridge) | Milk (add to porridge) |
| | Sugar | 1 teaspoon | Sugar | Sugar | sugar | Sugar | Sugar |
| **MidMorning Snack** | Starch | 2 slices | Brown bread | Brown bread | Brown bread | Brown bread | Brown bread |
| | Filling/topping/spread | 2 teaspoons | Margarine | Peanut butter | Margarine | Scrambled egg | Peanut butter |
| | Milk | 1 cup (250 ml) | Milk | Milk | Milk | Milk | Milk |
| | Beverage | Not less than 1 cup | Water | Water | Water | Water | Water |
| **Lunch** | Meat dish | 1 cup | Bolo cube beef stew (pg. 13) | Lentil stew (pg. 18) | Beef and soya mince stew (pg. 15) | Savoury Samp and Bean (pg. 21) | Macaroni and cheese (pg. 19) |
| | Starch dish | ½ cup | Pap (pg. 33) | Rice (pg. 34) | Mashed potatoes (pg. 32) | n/a | n/a |
| | Vegetables | 1 cup | Cooked cabbage(pg. 27) | Pumpkin (no sugar added)(pg. 25) | Cucumber and tomato slices(pg. 30) | Cooked morogo/spinach(pg. 23) | Cooked carrots(pg. 26) |
| | Beverage | Not less than 1 cup | Water | Water | Water | Water | Water |
| **Afternoon snack** | Snack | Cut into pieces ½ - whole fruit | Fruit | Fruit | Fruit | Fruit | Fruit |

# GROCERY LIST

## ITEMS YOU NEED FOR THE COOKBOOK RECIPES:

- Beans, dry
- Beef Mince
- Beetroot
- Brown Bread
- Butternut
- Cabbage
- Carrots
- Chicken livers
- Chicken spice
- Chickens, whole, with giblets
- Cooking oil
- Cucumber
- Cumin
- Dry parsley
- Eggs
- Flour
- Fresh Fruit
- Garlic
- Green beans
- Lentils
- Macaroni
- Maize meal
- Margarine
- Milk
- Morogo/spinach
- Oats
- Oats
- Oil
- Onion
- Orange juice
- Peanut butter
- Pilchards
- Porridge
- Potatoes
- Pumpkin
- Rice
- Salt
- Samp
- Shredded cheddar cheese
- Soup, cream of chicken
- Soup, tomato
- Soya mince, beef
- Spaghetti
- Sugar
- Sweet potatoes
- Tomato, fresh
- Tomato, paste
- Tomato, tinned
- Topside, cubes
- Vinegar, white
- Water

# CALCULATING FOR YOUR SCHOOL SIZE

## Calculation Example – Chicken Stew

### Ingredients

| For 10 Portions | |
|---|---|
| Chickens, whole, with giblets | 800 g |
| Oil | 50 ml |
| Onions | 120 g |
| Potatoes | 500 g |
| Carrots | 170 g |
| Green beans | 180 g |
| Soup, cream of chicken | 30 g /1/2 pkt |

### ECD Factor

| | |
|---|---|
| How many children are in your school? | 23 |
| Divide number of kids by 10 to get factor | 2.3 |

| Ingredient | Amount for 10 kids | | Factor for ECD | | Amount for your ECD |
|---|---|---|---|---|---|
| Chicken | 800 g | X | 2.3 | = | 1820g |
| Oil | 50 ml | X | 2.3 | = | 115ml |
| Onions | 120 g | X | 2.3 | = | 270g |

Starfish
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# Breakfast

# SOFT MEALIE MEAL PORRIDGE

## Ingredients

|  | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Mealie meal | 250g |  |  |
| Water | 750ml |  |  |

## Directions

1. Mix mealie meal with a little cold water to make a paste.
2. Bring rest of water to the boil in a pot.
3. Stir mealie meal paste into boiling water.
4. Simmer until cooked, 45 – 60 minutes.
5. Serve.

South African mielie meal is fortified with valuable micronutrients: 1) Iron – helps prevents iron deficiency anaemia. 2) Vitamin A – helps maintain the health of eyes, mouth, gut and lungs as well as fighting infections. 3) B vitamins – help to regulate metabolism and release energy.

**FUN FACT**

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# MALTABELLA PORRIDGE

## Ingredients

|  | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Porridge | 250g |  |  |
| Water | 50 ml |  |  |
| salt | 120 g |  |  |

## Directions

1. Mix porridge with a little cold water to make a paste.
2. Bring rest of water to the boil in a pot.
3. Stir porridge paste into boiling water.
4. Simmer on low heat for one hour.
5. Serve.

**Serve with:**
Milk
Sugar

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# SOFT OATS PORRIDGE

## Ingredients

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Oats | 250g | | |
| Water | 750ml | | |

## Directions

1. Bring water to the boil in a pot.
2. Stir oats into the boiling water.
3. Simmer until cooked, on low heat for one hour.
4. Serve.

## Benefits of Oats porridge

- Oats are incredibly nutritious
- Whole oats are rich in antioxidants
- Oats contain a powerful soluble fiber
- Oats can lower cholesterol levels
- Oats can improve blood sugar
- Oatmeal is very filling and may help you lose weight
- Finely ground oats may help with skin care.

# Mains & Protein!

# BOLO CUBE BEEF STEW

## Ingredients

ECD factor = Number of children in ECD divide by 10

| For 10 Portions | | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Onions | 50g | | |
| Potatoes | 90g | | |
| Cooking oil | 18ml | | |
| Topside cubes | 155g | | |
| Salt | 2g | | |
| Water | 36ml | | |
| Tomatoes | 50g | | |

## Directions

1. Peel vegetables and chop coarsely,
2. Heat the oil in a steam pot
3. Add beef cubes to heated oil and fry
4. Add onions, potatoes and tomatoes, fry and stir occasionally
5. Add water to the meat mixture and bring to boil.
6. Simmer until nearly tender: 20 min
7. Serve

**Serve with:**
- Rice – pg. 34
- Pap – pg. 33

# SAVOURY MINCE

## Ingredients

ECD factor = Number of children in ECD divide by 10

| For 10 Portions | | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Onions | 60g | | |
| Cooking oil | 6ml | | |
| Mince | 400g | | |
| Water | 119ml | | |
| Salt | 3g | | |

## Directions

1. Peel and finely chop onions
2. Heat cooking oil in pot, add onions and Fry
3. Add mince to onions and fry
4. Once browned, add curry and salt to taste, add water and simmer for 20minutes.
5. Serve

**Serve with:**
- Spaghetti – pg. 35

# BEEF AND SOYA MINCE STEW

## Ingredients

| For 10 Portions | | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Soya mince, beef /savoury | 180g | | |
| Water (amount according to manufacturer directions) | – | | |
| Oil | 20 ml | | |
| Beef mince | 500g | | |

## Directions

1. Place soya mince in a pot and cover with water.
2. Gently heat and bring to simmer, stir now and then, and cook for 20 minutes.
3. Heat oil in a pot.
4. Add mince and brown, cook for 15 minutes.
5. Add soya mince and cook together for 15 minutes, stir every 5 minutes.
6. Add extra water if needed to keep moist, but not runny.

**Serve with:**
- Mashed Potato – pg. 32
- Cucumber and tomato slices – pg. 30

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# CHICKEN LIVERS

ECD factor = Number of children in ECD divide by 10

## Ingredients

| For 10 Portions | | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Onions | 300g | | |
| Chicken Livers | 1 Can | | |
| Tomato tinned | 1 Can | | |
| Salt | 5g | | |
| Oil | 40ml | | |

## Directions

1. Peel and finely chop onions
2. Heat cooking oil in pot, add onions and Fry
3. Add tomatoes and a little water, allow to cook fully
4. Once cooked, add curry and salt to taste, allow to simmer for 3 minutes.
5. Add pilchards and seasoning if desired
6. Serve

**Serve with:**
- Mashed Potato – pg. 32
- Beetroot Salad – pg. 24

# CHICKEN STEW

## Ingredients

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Chickens, whole, with giblets | 800 g | | |
| Oil | 50 ml | | |
| Onions | 120 g | | |
| Potatoes | 500 g | | |
| Carrots | 170 g | | |
| Green beans | 180 g | | |
| Soup, cream of chicken | 30 g /1/2 pkt | | |

## Directions

1. Remove giblets from chickens, place aside.
2. Clean chickens and remove excess fat.
3. Place chickens in a pot with just enough water to cover, bring to boil and cook until meat is cooked.
4. Drain chickens, and reserve cooking water. Cool chickens.
5. Prepare vegetables; peel and chop onion, peel and slice potato, peel and chop carrots, top and tail and chop green beans.
6. Remove meat from chickens and cut big pieces smaller.
7. Add oil to pot and heat, add onion and brown.
8. Add other vegetables and prepared chicken and simmer.
9. While chicken is cooking clean giblets and chop / mince them. Cook in a small pan, then add to the chicken stew.
10. Mix soup with cold water, add to the chicken and simmer for 5 minutes.

**Serve with:**
- Rice – pg. 34
- Sweet Potato – pg. 29

# LENTIL STEW

## Ingredients

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Lentils | 200 g | | |
| Onion | 300 g | | |
| Carrots | 200 g | | |
| Garlic | 6 cloves | | |
| Water | 1/2 cup | | |
| Cumin | 10 ml | | |
| Tomato paste | 50 g | | |
| Tomatoes (fresh or tinned) | 200 g | | |

## Directions

1. Cover lentils with hot water, and leave to soak while preparing other ingredients.
2. Peel and chop onion, peel and grate carrot, peel and crush garlic. Combine with water and cook over medium heat until onion is soft.
3. Stir in the cumin and cook for 1 – 2 minutes, stirring all the time.
4. Add tomato paste and continue to stir for 1 – 2 minutes.
5. Add chopped tomatoes.
6. Drain lentils and add to soup mix and add enough water to cover.
7. Simmer for about 20 – 30 minutes, or until lentils are cooked.
8. Mix soup powder with a little cold water; pour into the lentil mix, stirring all the time. Simmer for 3 minutes.
9. Add extra hot water if needed.

**Serve with:**
- Rice – pg. 34
- Pumpkin – pg. 25

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# MACARONI AND CHEESE

## Ingredients

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Macaroni | 224g | | |
| Flour | 27g | | |
| Oil | 120 ml | | |
| Salt | 2.5 g | | |
| Milk | 480ml | | |
| Shredded cheddar cheese | 180 g | | |
| Water | 200ml | | |

## Directions

1. Cook the macaroni in salted water until tender.
2. In medium saucepan, add oil, heat in medium heat;
3. Stir in flour, salt and slowly add milk.
4. Cook and stir until bubbly.
5. Stir in cheese until melted.
6. Drain macaroni; add to cheese sauce; stir to coat.
7. Serve.

**Serve with:**
- Cooked Carrot – pg. 26

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# PILCHARDS

## Ingredients

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Onions | 300g | | |
| Pilchards | 1 Can | | |
| Tomato tinned | 1 Can | | |
| Salt | 5g | | |
| Oil | 40ml | | |

## Directions

1. Peel and finely chop onions
2. Heat cooking oil in a pot, add onions and Fry
3. Add tomatoes and a little water, allow to cook fully
4. Once cooked, add curry and salt to taste, and allow to simmer for 3 minutes.
5. Add pilchards and seasoning if desired
6. Serve

**Serve with:**
- Mashed Potato – pg. 32
- Beetroot Salad – pg. 24

# SAVOURY SAMP AND BEANS

## Ingredients

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Samp | 600 g | | |
| Beans, dry | 200 g | | |
| Oil | 40 ml | | |
| Onion | 270 g | | |
| Garlic | 3 cloves | | |
| Tomatoes | 380 g | | |
| Chicken spice | 20 ml | | |

## Directions

1. Cover samp with water, set aside to soak overnight.
2. Cover beans with water, set aside to soak overnight.
3. In the morning drain beans and place in a pot with water, bring to the boil. Allow to boil for 20 minutes.
4. Drain samp. Drain beans.
5. Combine samp and beans and water and boil until tender (do not add salt
6. Drain.
7. Heat oil in a pan.
8. Chop onions, garlic, and tomatoes.
9. Add onions to the oil and cook until brown, add garlic and cook until it just starts to turn brown, add tomatoes.
Cook for 5 minutes.
10.Stir seasoning and salt into onion mixture and add this to the samp and beans.
11. Heat through and serve.

**Serve with**
- Cooked Carrots – pg. 26

# Vegetables

# SPINACH (MOROGO)

## Ingredients

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Onions | 300g | | |
| Cooking oil | 10ml | | |
| Spinach (Morogo) | 1 Bundle | | |
| Water | 119ml | | |
| Salt | 3g | | |

ECD factor = Number of children in ECD divide by 10

## Directions

1. Heat the oil in a frying pan and add the onion, seasoning. Fry gently until soft.
2. Add spinach or morogo leaves and a little water. Cook for about 10 minutes, stirring occasionally and adding a little extra water if necessary.
3. Serve

**Serve with:**
- Savoury Samp and Beans – pg. 21
- Pap – pg. 33
- Chicken Livers – pg. 16

# BEETROOT SALAD

## Ingredients

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Beetroot | 500g | | |
| Water | 20ml | | |
| Vinegar, white | 40ml | | |
| Sugar | 40g | | |
| Salt | 3g | | |

## Directions

1. Prepare beetroot by slicing off leaves and long root, but leaving a 1cm stub of each.
2. Place in pot and boil until tender.
3. Peel and grate or slice.
4. Mix other ingredients with beetroot.
5. Chill.

**Serve with:**
- Mashed potato – pg. 32
- Pilchard – pg. 20

# PUMPKIN

## Ingredients

ECD factor = Number of children in ECD divide by 10

| For 10 Portions | | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Butternut | 460g | | |
| Cooking oil | 63ml | | |
| Cinnamon, fine (optional) | 1ml | | |

## Directions

1. Bring small amount of water to boil in pot.
2. Wash butternut, peel, remove seeds, and slice into blocks (20x20x20mm).
3. Add butternut to pot and bring to boil, the water must only just cover the butternut.
4. Cook until just tender.
5. Drain.
6. Add margarine to the butternut and stir.
7. Optional: sprinkle cinnamon on mix and stir OR sprinkle on portions for older children.
8. Serve

**Serve with:**
- Lentil Stew – pg. 18
- Rice – pg. 34

# COOKED CARROTS

## Ingredients

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Fresh carrots | 500g | | |
| Cooking oil | 30ml | | |
| Sugar | 27g | | |

## Directions

1. Wash and scrape carrots as near to cooking time as possible
2. Place peeled, sliced carrots in boiling water, just to cover the base of the pot,
3. Add cooking oil, replace lid and cook for 10 minutes, or until tender.
4. Serve

**Serve with:**
- Savoury Samp and Beans – pg. 21
- Mac and Cheese – pg. 19

# COOKED CABBAGE

## Ingredients

| For 10 Portions | | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Cabbage | 970g | | |
| Cooking oil | 24ml | | |
| Salt | 5g | | |
| Water | 50ml | | |

## Directions

1. Shred the cabbage and put in a pot. Simmer in a little water until soft
2. Add cooking oil and braise the cabbage.
3. Add salt to cabbage and mix lightly
4. Serve

**Serve with:**
- Bolo Cube Beef Stew – pg. 13
- Pap – pg. 33

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# GREEN BEANS WITH POTATO

## Ingredients

ECD factor = Number of children in ECD divide by 10

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Potatoes | 100g | | |
| Onions | 25g | | |
| Green beans | 280g | | |
| Margarine, yellow, brick | 25g | | |

## Directions

1. Bring a pot with a little water to the boil.
2. Wash, peel and dice potatoes.
3. Peel and dice onions.
4. Wash top, tail and slice green beans.
5. Add potatoes and onion to the water and bring to the boil.
6. Boil potato and onion mixture for 5 minutes.
7. Add green beans to potato and onions, and bring to boil.
8. Cook until just tender, then drain.
9. Add margarine to the vegetable mix and stir.
10. Serve.

**Serve with:**
- Savoury Mince – pg. 14
- Spaghetti – pg. 35

# SWEET POTATO

## Ingredients

| For 10 Portions | | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Sweet potatoes | 800 g | | |
| Cooking oil | 50 ml | | |

## Directions

1. Peel and wash as near to cooking time as possible
2. Place peeled, cubed sweet potatoes in boiling water, just to cover,
3. Add cooking oil, replace lid and cook for 25 minutes, or until just tender.
4. Mash together.
5. Serve

## Nutritional Information

One cup, or 200 grams (g), of baked orange sweet potato with skin provides **213% of the Daily Value (DV) of Vitamin A.** Where possible, *ORANGE* sweet potatoes should be used!



**Served with:**
- Chicken Stew – pg. 17
- Rice – pg. 34

# CUCUMBER AND TOMATO SLICES

## Ingredients

ECD factor = Number of children in ECD divide by 10

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Tomatoes | 600g | | |
| Cucumber | 50g | | |
| Orange juice, pure | 25ml | | |

## Directions

1. Wash and slice cucumber and tomatoes,
2. Place in mixing bowl.
3. Mix cucumber and tomatoes pour the orange juice over. OR Add salt to taste
4. Chill until served.

**Served with:**
- Mashed Potato – pg. 32
- Soya Mince – pg. 15

# Carbohydrates

# MASHED POTATOES

## Ingredients

ECD factor = Number of children in ECD divide by 10

| For 10 Portions | | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Potatoes, for boiling. | 1 200 g | | |
| Milk. | 100 ml | | |
| Water, drained from potatoes, if needed. | 100 ml | | |

## Directions

1. Bring water in pot to boil.
2. Wash and peel potatoes, cut into quarters.
3. Add potatoes to boiling water, and cook until tender.
4. Drain water from potatoes, keeping some aside for if needed in mashing.
5. Add milk to potatoes, and mash.
6. Add extra water if needed and mash till consistency is even.
7. Serve.

**Serve with:**
- Soya Mince – pg. 15
- Pilchard Fish – pg. 20

# PAP

## Ingredients

| For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|
| Maize meal | 720g | |
| Water | 1L | |

## Directions

`1. Bring water to boil in a pot
2. add maize meal
3. Stir thoroughly until smooth and cover with a lid
4. Reduce heat and simmer for 35 minutes
5. Stir occasionally
6. Serve

| Average Value | Unit | Per 100g |
|---|---|---|
| Energy | (kJ) | 1457 |
| Protein | (g) | 8.1 |
| Glycaemic Carbohydrate | (g) | 73 |
| Total Fat | (g) | 1.4 |
| Total Dietary Fibre | (g) | 3.0 |
| Total Sodium | (mg) | <1 |
| Vitamin A (mcg RE) | (mcg RE) | 188 |
| Thiamine (Vit B1) | (mg) | 0.3 |
| Riboflavin (Vit B2) | (mg) | 0.2 |
| Niacin (Vit B3) | (mg) | 3.0 |
| Pyridoxine (Vit B6) | (mg) | 0.4 |
| Folic acid | (mcg) | 189 |
| Iron | (mg) | 3.7 |
| Zinc | (mg) | 1.9 |

**Serve with:**
- Mince – pg. 14
- Chicken Stew – pg. 17
- Beef Stew – pg. 13

https://whitestar.africa/products/white-star-super-maize-meal/

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# RICE

## Ingredients

ECD factor = Number of children in ECD divide by 10

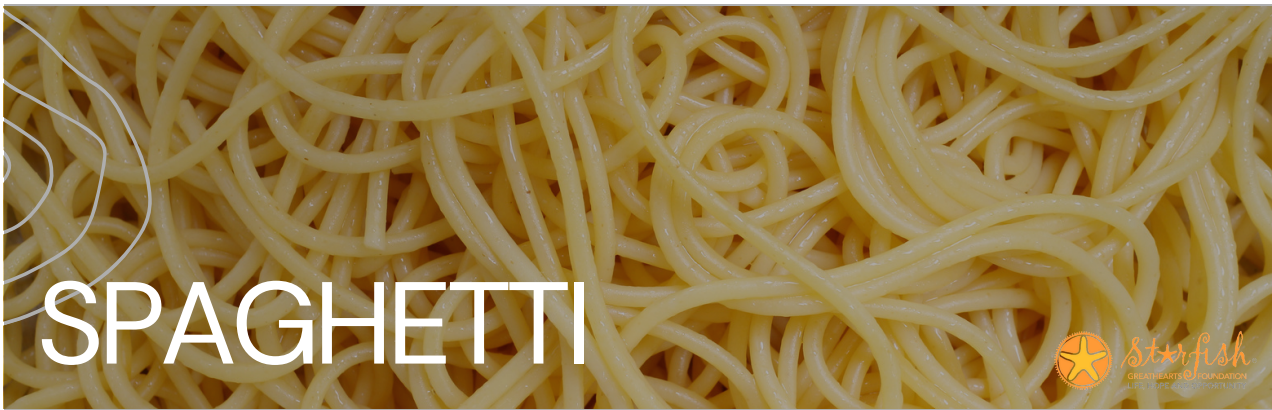| For 10 Portions | | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Cooking oil | 5 ml | | |
| Rice | 250g | | |
| Salt (optional) | 5ml | | |

## Directions

1. In a saucepan with a good fitting lid bring water, salt and butter if desired to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. Remove from heat and fluff with a fork.
7. Serve!

**Serve with:**
- Mince – pg. 14
- Chicken Stew – pg. 17
- Beef Stew – pg. 13

# SPAGHETTI

## Ingredients

| | For 10 Portions | X ECD Factor | = Amount for ECD |
|---|---|---|---|
| Spaghetti | 1kg | | |
| Cooking oil | 30ml | | |
| Water | 250ml | | |
| Salt to taste | 2g | | |

## Directions

1. Add water to the pot, bring to a boil
2. Add cooking oil, then spaghetti
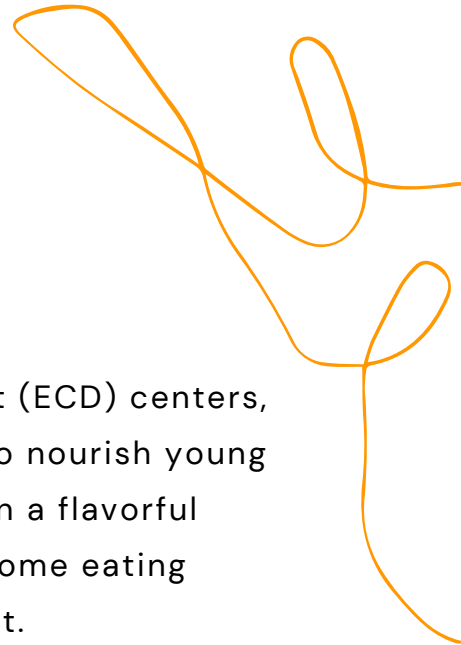3. Bring to a boil for 10 minutes and let simmer for 10 minutes
4. Serve.

**Serve with:**
- Savoury Mince – pg. 14

# CONCLUSION

This cookbook tailored for Early Childhood Development (ECD) centers, it offers a rich tapestry of nutritious recipes designed to nourish young minds and bodies. Through its pages, we've embarked on a flavorful journey, discovering the immense importance of wholesome eating habits in the critical early years of a child's development.

As you go through the meal plan you see there are different dishes for each day which helps expose the child to different tastes and also helps with improving the child's taste buds. This shows that the child must at least have 2 snacks a day, breakfast and lunch, which is really crucial as they spend a long time at the ECD center. The eating routine is very important, which is why the format of the meal plan is designed in this way.

# Frequently Asked Questions

WHAT MAKES THIS COOKBOOK SUITABLE FOR EARLY CHILDHOOD DEVELOPMENT (ECD)?

- This cookbook is specifically tailored for ECD by providing nutritious recipes that cater to the unique dietary needs and tastes of young children. Each recipe is carefully crafted to ensure it contains essential nutrients vital for growth and development, while also appealing to young palates.

HOW DO THESE RECIPES PROMOTE HEALTHY EATING HABITS IN YOUNG CHILDREN?

- These recipes are not only delicious but also serve as valuable teaching tools for promoting healthy eating routines. By incorporating a variety of fruits, vegetables, starch, and proteins, children are exposed to a diverse range of nutrients and flavors, helping to expand their palates and encourage a lifelong love of nutritious foods.

ARE THE RECIPES IN THIS COOKBOOK EASY TO PREPARE?

- Yes, the recipes in this cookbook are designed to be simple and straightforward, making them ideal for busy caregivers and educators. Many of the recipes require minimal ingredients and basic cooking skills, allowing for easy preparation in any kitchen setting.

# ACKNOWLEGDE

All recipes and portion recommendations have been adapted from the South African Department of Health.

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