

**Illustrated guide to making good porridge: preventing illness in children in Uganda. Colour lithograph by Ministry of Health, 2002.**

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# HOW TO MAKE GOOD PORRIDGE.



Clever Kate says, to prepare a good bowl of porridge take the following steps:

1▶ Take a handful of flour.

millet  
sorghum  
soya  
maize



2▶ Mix the flour with one large tumpeco of milk or water



3▶ Add an egg to the mixture or pounded groundnuts or pounded simsim



4▶ Boil the mixture for 10-15 minutes until cooked



5▶ Add a little honey or sugar and oil or ghee.



Sugar or honey makes the porridge taste good and oil or ghee gives the child energy.



• For your child to grow healthy and strong, make sure you prepare thick porridge with milk, eggs, groundnuts or simsim for extra goodness.