

WEANING BASICS

Breastfeeding allows mothers to provide their babies with all they need for growth and development. Breast milk contains such components as lactose, protein and fat, which are easily digestible¹ as well as growth factors and hormones which help baby's development.

But around four months of age, babies start to produce the enzymes needed to take on such solid foods as cereal and fruit.

When babies start to gain control of their own heads, their neck muscles are strong enough to keep their throat elongated² and help prevent choking.

Rice cereal is generally recommended as the first food since it is bland, it can be thinned and thickened³ as necessary without difficulty, it is not highly allergenic and is easily digested. Other good foods include pears, apple sauce, bananas, and potatoes.

Some babies who start out on cereal can even experience a bit of constipation, so foods like pears and peaches can help alleviate this problem.

At first, babies should eat solid food just once a day. By around six to seven months, two meals a day is the norm. By around eight months, they should be eating solid food three times a day. A typical day's diet at eight months might include a combination of:

- breast milk or iron-fortified formula;
- iron-fortified cereal;
- yellow, orange, and green vegetables;
- fruit;
- small amounts of protein such as lentils and meat.



GLOSSARY

- 1 assimilated by the organism
- 2 stretched out
- 3 made more solid

READING COMPREHENSION

● Answer the following questions.

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| ① What does breast milk contain? | ④ Why is rice cereal recommended at the beginning? |
| ② When is solid food introduced? | ⑤ Which foods prevent constipation? |
| ③ What is the muscular change that makes babies ready to eat solid food? | ⑥ What is a typical day's diet at eight months? |

ACTIVITIES



VOCABULARY

● Find in the text the English equivalents of the following Italian terms and expressions.

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|---------------------|-------|------------------------|-------|
| ① Allattare al seno | | ⑤ Gola | |
| ② Lattosio | | ⑥ Soffocare | |
| ③ Enzimi | | ⑦ Insipido | |
| ④ Collo | | ⑧ Arricchito con ferro | |

TRUE OR FALSE

● Decide if the following statements are true or false and correct the false ones.

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|--|---|---|
| ① Breastfeeding is incomplete from a nutritional point of view. | T | F |
| ② Breast milk is easily digestible. | T | F |
| ③ Babies start to be ready to take on solid food around eight months of age. | T | F |
| ④ For babies, being able to keep their throat elongated avoids the risk of suffocation. | T | F |
| ⑤ Good first solid foods are not the ones that can be easily mashed. | T | F |
| ⑥ At eight months, the ideal diet includes milk, cereal, fruit, vegetables and proteins. | T | F |