



EAT RIGHT, GROW STRONG

Nutrition for Young Children



UTAH DEPARTMENT OF
HEALTH



NAP

SACC

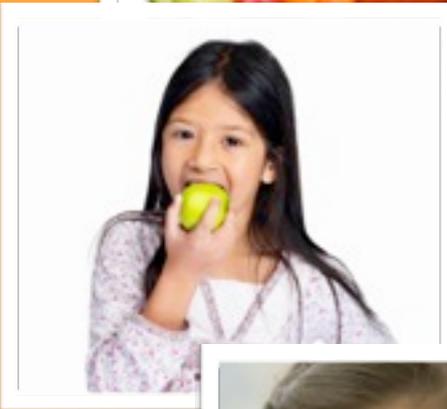


TOP

Star

Targeting Obesity
in Preschool Settings

OBJECTIVES



- At the end of this workshop participants will be able to...
- Describe why good nutrition is so important to young children.
- Explain in detail the components of a child care environment that promote healthy eating.
- Describe the role of child care staff in helping shape children's eating behaviors.
- List some things staff can do in their classroom to help children develop healthy eating behaviors.

LET'S REVIEW

- More than 1 in 4 preschoolers are overweight or obese
- Being overweight is a risk to physical and mental health
- Poor nutrition contributes to weight gain
- Child care providers can help children develop healthy habits and grow in a healthy way





NUTRITION

- Children may receive between 50% and 75% of their daily calories at their child care facility
- Young children need to eat nutritious foods because their bodies are growing rapidly
- Children learn healthy (or unhealthy) eating habits at a very young age.

DISCUSSION

What have you noticed about the eating habits of children in your center?



Have they changed over time?

WHAT DOES ALL THIS MEAN FOR CHILD CARE PROVIDERS?

- Providers have an important influence on children's eating habits:
 - *The development of early eating habits and attitudes*
- Children look up to their teachers and often “model” their own eating habits based on watching others.
- Providers can make changes to create a better “food environment” so it's easier for children and staff to make healthier choices.



NUTRITION ACTIVITY



- Child care providers are role models for healthy eating.
- How can you be a good role model for the children?

ACTIVITY

Locate and complete the handout:
“Are you a Good Role Model?”

Take a minute to complete this handout; it will help you determine ways you can be an example in the classroom.

Are You A Good Role Model?

Think about each statement and whether it's *A lot like me* (2 points), *Sometimes like me* (1 points), or *Hardly ever like me* (0 points). Add up your score to determine if you are a good role model. Then, write down two things you can do to make yourself a better role model.



I don't drink soda in front of the children.	2	1	0
I sit at the table and eat with the children.	2	1	0
I stop eating when I'm full.	2	1	0
I'm willing to try new foods in front of the children.	2	1	0
I eat and drink the same foods as the children at my facility	2	1	0
I bring healthy snacks for celebrations at my facility.	2	1	0
I drink water instead of sweetened beverages when thirsty.	2	1	0
I try to avoid high fat, fried foods.	2	1	0
Total Points	<input type="text"/>		

13-16 points: EXCELLENT ROLE MODEL!!!!
9-12 points: GOOD, but there's room for improvement!
9 or fewer: It's a good thing you're at this workshop!

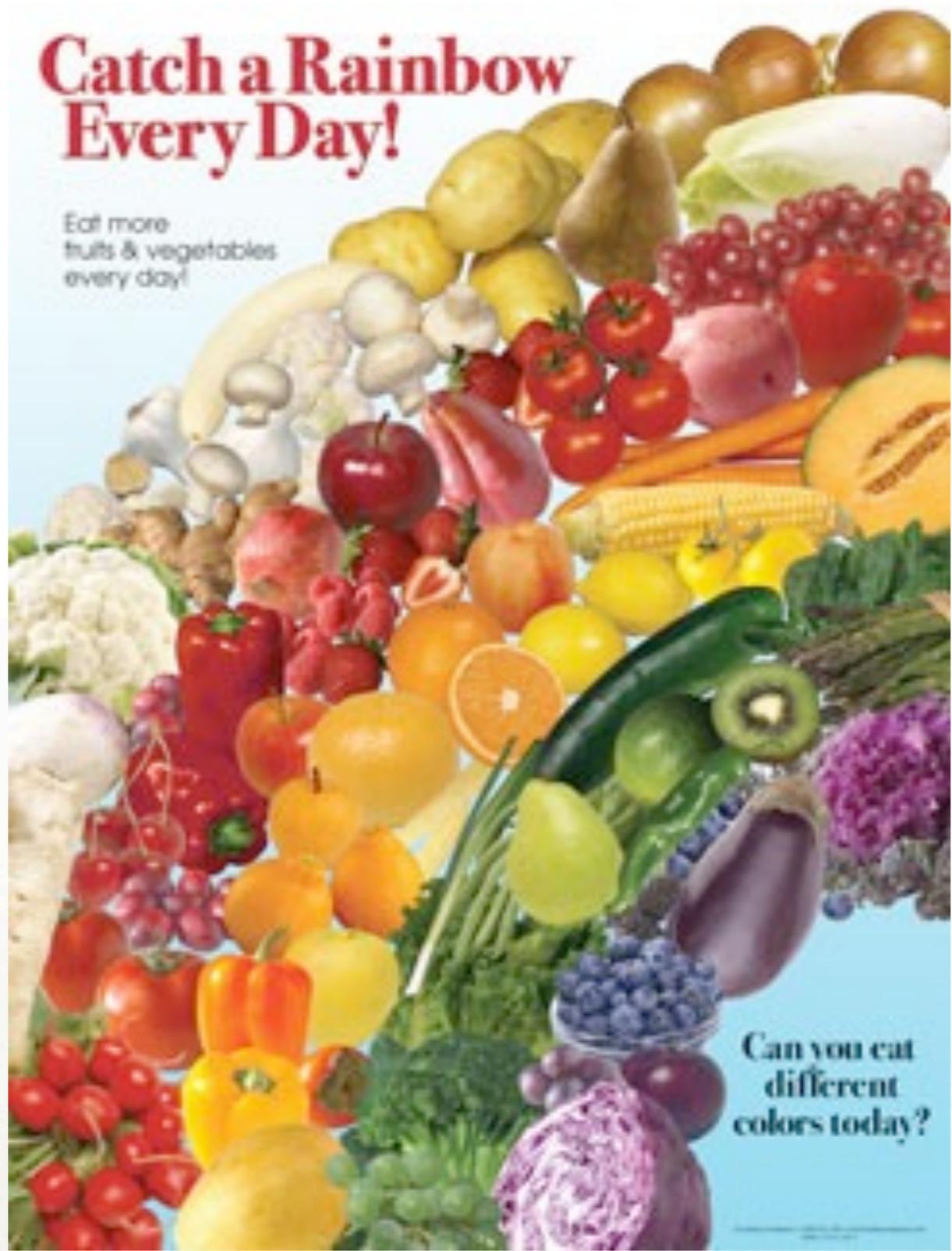
I'm going to:

- 1.
- 2.

FRUITS AND VEGETABLES

- A variety of fruits and vegetables give children vitamins and minerals that keep them healthy and help them grow.
- Fruits and vegetables are “nutrient dense” - lots of nutrients but few calories, unless too much butter, cheese, or meat fat is added.
- 100% fruit and vegetable juices are good but less nutritious and filling than the foods themselves.





Catch a Rainbow Every Day!

Eat more fruits & vegetables every day!

Can you eat different colors today?

MAKE EATING FRUITS AND VEGETABLES FUN!

Ways to get kids to LOVE their fruits and vegetables (or at least try them!)

- Serve them creatively.
- Have a party for your senses.
- Incorporate them into lessons by trying fruits and vegetables from different places around the world.
- Set a good example.





Liz's Childcare

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Lisa's Daycare

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MEATS AND FATS

- Most sausage, bacon, and hot dogs have a lot of fat, sodium, and calories, so consuming too much can lead to future health problems.
 - *Look for lower fat baked options and serve the high fat versions less often.*
- French fries and chicken nuggets are also high in saturated fat and calories.
 - *Kids will also enjoy lower fat foods like baked potatoes and baked chicken.*
- Consider occasionally replacing meat with beans for a low fat option with lots of fiber and protein.





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Building Blocks for Life, Inc.

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GRAINS AND SUGARS

- Fiber aids digestion and helps children feel full. Try and incorporate high-fiber whole grain foods at least once every day.
- Sugary and salty foods have a lot of “empty” calories—they are often high in fat and calories but have little nutritional value. Serve these only occasionally.
- Remember, no added sugars in infant foods or beverages. Sugar should be limited for toddlers and young children.



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BEVERAGES

- Water is the best choice for thirsty children. Practice modeling good habits for the children by choosing water first.
- Soda and fruit drinks are full of sugar and “empty calories”, they have many calories but few nutrients.
- If you have a soda machine at your center, consider stocking it with healthier options like water or juice.



BEVERAGE MYTHS

Myth 1: Whole milk is best for all kids

The truth is:

- Under 1 yr: breast milk or formula is best
- 1 to 2yrs: Whole milk is best, or continue breast milk at parent request
- Over 2 yrs: 1% or skim milk is best



BEVERAGE MYTHS

Myth 2: Juice is always the best option

The truth is:

- Whole fruits have more nutrients
- Juice should not be give to infants under 6 months
- For children 6-12 months- less than 4 oz. only
- For children 1-6 yrs old: 4-6 oz. a day of 100% juice
- Water is always best for quenching thirst



MENUS AND VARIETY

Serving a variety of foods helps to meet a child's nutrition needs.

Cycle menus of 3 weeks or longer may help provide variety.

- Children may need to see a new food at least 10 times before they'll actually try it. Don't give up!
- Including food in your menus from a variety of cultures can make meals more fun and interesting for children.



FEEDING PRACTICES

- Gently encourage, but don't force children to try a bite of a new food.
- Forcing children to clean their plates can lead to overeating and weight problems.
- Offer healthy foods to children and then let them decide if and how much to eat.



FEEDING PRACTICES



- Make meal and snack time as stress free as possible and try to provide enough time to eat.
- Try to avoid using food to reward good behavior or make a child feel better about something.

DISCUSSION

These recommendations are great but how can we put them into practice?

- Scenario 1: You notice that Jose is pushing his food around on his plate, but isn't really eating anything. What do you do?
- Scenario 2: Maya has already had 2 servings of bread and asks for another one. What do you do?
- Scenario 3: Steven quickly eats his French fries and asks for some more before having eaten any of the other food on his plate. What do you do?

FOODS OFFERED OUTSIDE OF REGULAR MEALS AND SNACKS

- Ask parents to help celebrate birthdays, and holidays with healthier options than candy, cake, and ice cream. Healthier sweets like fruit, popsicles, and low-fat muffins are great alternatives.
- If your facility has fundraisers, consider campaigns that involve healthier foods or non-food items. This sends a message that you care about good health.



SUPPORTING HEALTHY EATING



- If possible, serve meals family-style where teachers join the children at the table.
- Teachers can show that healthy eating is fun by modeling healthy choices and helping to create a pleasant social environment around the table.
- Soda machines in your facility send the message that soda is OK, and make it harder for staff and children to choose healthier options

NUTRITION EDUCATION FOR STAFF, CHILDREN, AND PARENTS

If children hear the same health messages from parents and from child care providers, they're more likely to listen.

- There are resources available to help staff incorporate nutrition education into lesson plans
- Look for opportunities to provide nutrition education for staff and earn continuing education credits at the same time.



NUTRITION EDUCATION ACTIVITIES FOR CHILDREN



Preschoolers can cook and learn!!

What they can do

- Measure, stir, beat
- Peel, cut, grate
- Hot vs. cold
- Compare quantities
- Set the table

What they can learn

- Fine motor skills
- Follow directions
- Observing
- Enhance social skills
- Sorting, classifying skills

NUTRITION POLICY

A written policy on food and nutrition:

- Tells parents and staff that these are important issues and that you care about the health of the children in your facility.
- Helps guide decisions and choices your facility makes every day.
- Makes it easier to explain your approach to parents and staff.



CHILD AND ADULT CARE FOOD PROGRAM

- CACFP reimburses centers for eligible meals and snacks served to children who are in need
- A variety of foods meet the guidelines, but reimbursement can be confusing
- If you have questions, talk to your CACFP representative



NUTRITION ACTIVITY

**Locate and complete the handout:
“Our Classroom is Moving Towards Nutrition
Excellence”**

Take some time to brainstorm 3 goals you’d like to set for your facility to improve the nutrition of the young children in your care.

SUMMARY

- Balanced nutrition is important for young children to be healthy and strong.
- The child care environment can encourage and support healthy eating.
- Child care staff are role models who help shape children's eating behaviors.
- Together, we can make a difference!