

Child Care Training and Resource Kit

What's Cookin'?

Handouts

1 **What's Cookin' ?**

Partners in Child Care
Snohomish Health District

2 **What is Nutrition
for Children?**

- Foundation for growth
- Enhancement of development and learning
- Development of lifelong eating patterns
- Opportunities for building trust, security and safety

3 **Outline**

- The Meal Pattern
- Kid's Food Guide Pyramid
- Specific Nutrient Needs for Children
- Serving Safe Food

4

- "My mother's menu consisted of two choices: Take it or leave it."
» Buddy Hackett

5 **Nutrition Basics**

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7 **Nutrition Basics**

8

9 **Balance**

- Food combinations improve nutrient density
- Allows more choices
- Provides a model for children

10 **Nutrient Needs for Kids**

- Calories
- Carbohydrates
 - Fat

- Protein
- 2 • Calcium
- Iron
- Vitamin A
- Vitamin C

11 ☐ Calories, Solving the Mystery

- Bulk from carbohydrates
 - Foundation of the Food Guide Pyramid
- Serve nutrient dense foods
 - Kids have tiny tummies
 - Minimize high fat/sugar foods
- All foods can fit into a child's diet

12 ☐ A Close Look at Fat

We need some fat!

- ø Essential fatty acids = brain development
- ø Make up our cell walls and give energy

13 ☐ A Close Look at Fat

- After 2 years of age limit fat to 30% or less of total caloric intake
 - *Read food labels*
 - Look for ≤ 3 grams of fat per 100 calories
 - Serve 2% milk
- Vegetable sources are preferred
 - Use olive and canola oil in cooking

14 ☐ Balance high fat foods with low fat foods

Chicken nuggets =

high fat lunch entrée

Serve with:

- cantaloupe
- steamed broccoli
- whole wheat roll
- low fat milk

15 ☐ Protein

- Essential for normal growth and development
- Needs are higher when growth is greater
- Recommend 10 -15% calories from protein

16 ☐ Protein

- Serve 2 sources daily
 - Plant foods = grains, legumes, vegetables
 - Animal foods = meat, fish, poultry, dairy
 - Consider making one food component at PM snack a protein source

17 ☐ Calcium

- Builds strong bones and teeth
- Serve at least twice daily
 - Washington State allows any dairy products
 - USDA Food Program requires milk
 - 2% milk for kids > 2 years of age or older
 - Yogurt, smoothies, cheese, pudding, cottage cheese
- Use non-dairy calcium rich alternates for food milk allergy or lactose intolerance

18 ☐ Iron

- Necessary for transporting oxygen to blood
- Adequate levels are necessary for learning
- Needs increase during rapid growth periods
 - *Iron deficiency is more prevalent in American children than any other nutrient*

19 ☐ Iron

- Serve at least one iron rich food daily
- Iron comes in two varieties
 - Animal sources/muscle meats, fish, poultry
 - Plant sources/nuts, legumes, green leafies, fortified grain products
 - Vitamin C rich foods help absorb iron

20 ☐ Vitamin A

- Maintains cell structure and healthy eyes
- Plant form (beta-carotene) is a strong anti-oxidant and decreases risk for disease
- Serve Vitamin A (beta-carotene) rich foods 3x a week
- Think red, yellow, orange (& some green veggies)

21 ☐ Vitamin C

- Helps maintain healthy bones, teeth, skin and tendons
- Helps with healing and resists infection
- Serve Vitamin C rich foods daily
- Think beyond oranges (cauliflower is a good source!)

22 ☐ Sodium

- Keep salt to \leq 1 teaspoon per day (2400 mg)
- Balance salty foods with low salt foods
- High salt intake is associated with high blood pressure and other chronic diseases

23 ☐ Food Safety

- Promote good hand washing
- Avoid cross contamination through proper cleaning and sanitizing
- Control the temperature on potentially hazardous foods; keep hot foods hot above 140F and cold foods cold below 45F

24 ☐ Mealtime Safety

- Know the choke foods and avoid them
 - nuts, berries, carrots/celery, grapes,
 - raisins, hotdogs, popcorn, candy
- Establish a policy for food allergies
 - Peanut allergies are on the rise!
- Adults should eat with children!
 - Safety first
 - Role modeling

Washington State: Meal Pattern and Portion Sizes

Types of Meal and foods to Be Served	Ages		
	1-3	3-6	6-12
Breakfast			
Fruit or Juice or Vegetable	1¼Cup or 2 oz.	¼Cup or 2 oz.	½ Cup or 4oz.
Bread or Bread Alternatives	½slice	½slice	1 slice
Dry , Cold Cereal	¼ Cup	¼ Cup	½ cup
Cooked Cereal	¼ Cup	¼ Cup	½ Cup
Milk and other Dairy Products	½ cup or 4oz.	½ cup or 4oz.	¾Cup or 6 oz.
Lunch/Supper			
Meat (Beef, Lamb, Poultry , Fish)	1 oz.	1-½oz.	2 oz.
Peanut Butter	2 Tbsp	3 Tbsp	4 Tbsp
Beans, dry cooked	¼ cup	3/8 cup	½ cup
Nuts, Seeds	½ oz.	¾ oz.	1 oz.
Tofu	4 oz.	6 oz.	8 oz.
Cheese	1 oz.	1-½oz.	2 oz.
Egg	1	1	1
Vegetables or Fruit (2 fruits or 2 vegetables or 1 fruit and 1 vegetable to = total amount required)	¼ Cup or 4 Tbs.	1/2 Cup or 8 Tbs.	¾Cup
Bread or Bread Alternatives	½slice	½slice	1 slice
Cooked Pasta/Noodles/Rice	¼ Cup	¼ Cup	½ cup
Tortilla, corn 6 diameter	½ Tortilla	½ Tortilla	1 Tortilla
Milk and other Dairy Products	½ Cup or 4oz.	½ Cup or 4oz.	¾Cup or 6 oz.
Snacks or Supplements (Plan foods from at least 2 different food groups)			
Meat (Beef, Lamb, Poultry, Fish)	½oz.	½oz.	1 oz.
Peanut Butter	1 Tbsp	1 Tbsp	2 Tbsp
Beans, dry cooked	2 Tbsp.	2 Tbsp	¼ cup
Nuts, Seeds	¼ oz.	¼ oz.	½ oz.
Tofu	2 oz.	2 oz.	4 oz.
Cheese	½ oz.	½ oz.	1 oz.
Egg	½	½	1
Vegetables or Fruit or Juice	½Cup or 4 oz.	½Cup or 4 oz.	¾Cup or 6 oz.
Bread or Bread Alternatives	½slice	½slice	1 slice
Crackers, Soda/Saltine	4 Squares	4 Squares	7 Squares
Crackers, Graham	2 squares	2 Squares	3 squares
Tortilla, corn 6" diameter	½ Tortilla	½Tortilla	1 Tortilla
Milk and other Dairy Products	½ Cup or 4oz.	½ Cup or 4oz.	¾Cup or 6 oz.

The amounts listed above are the minimum amounts to be served. You may find that you will want, or need to serve more to meet the needs of the children in your care. It is best to not serve both juice and fluid milk at breakfast as that is a lot of liquid on a little stomach. You cannot serve both milk and juice at snack time.

Adapted from Washington State Department of Health "Meal Pattern and Portion Size"



Food Chart



BREAKFAST

	1 up to 3	Ages (years) 3 up to 6	6 up to 12
fluid milk	1/2 cup	3/4 cup	1 cup
juice fruit or vegetable	1/4 cup	1/2 cup	1/2 cup
Bread or bread alternate	1/2 slice	1/2 slice	1 slice
or cooked cereal	1/4 cup	1/4 cup	1/4 cup
or cooked cereal	1/4 cup	1/4 cup	1/4 cup

SNACK

Select two of the following components**

fluid milk	1/2 cup	1/2 cup	1 cup
juice fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Meat or meat alternate	1 ounce	1 ounce	1 ounce
Bread or bread alternate	1/2 slice *	1/2 slice*	1 slice*

Lunch/Supper

fluid milk	1/2 cup	3/4 cup	1 cup
Meat or poultry or fish	1 ounce	1-1/2 ounce	2 ounce
Or Cheese	1 ounce	1-1/2 ounces	2 ounces
Or cottage cheese, cheese food, or cheese spread	2 ounces	3 ounces	4 ounces
Or egg	1	1	1
Or cooked dry beans or peas	1/4 cup	1/3 cup	1/2 cup
Or peanut butter, soy nut butter or seed butters	2 T	3T	4T
Or peanuts, or soy nuts, tree nuts or seeds	1/2. = 50%	3/4oz. = 50%	1 oz. = 50%
Or an equivalent quantity of any combination of the above meat/meat alternates			
Vegetables &/or fruits (2 or more)	1/4 cup	1/2 cup	1/2 cup
Bread or bread alternate	1/2 slice	1/2 slice	1 slice

Points to Remember

- 1Keep menu records
- The required amount of each food must be offered

* or an equivalent serving of bread alternate such as cornbread, biscuits, muffins, cooked whole grain or enriched rice, or cooked pasta products

** For snacks, juice may not be served when milk is being offered.

FOOD Guide PYRAMID

for Young Children

A Daily Guide for
2- to 6-Year-Olds



U.S. DEPARTMENT OF AGRICULTURE
CENTER FOR NUTRITION POLICY AND PROMOTION

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Center for Nutrition Policy and Promotion
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FOOD IS FUN and learning about food is fun, too. Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong.

WHAT COUNTS AS ONE SERVING?

GRAIN GROUP

1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready-to-eat cereal

VEGETABLE GROUP

1/2 cup of chopped raw or cooked vegetables
1 cup of raw leafy vegetables

FRUIT GROUP

1 piece of fruit or melon wedge
3/4 cup of juice
1/2 cup of canned fruit
1/4 cup of dried fruit

MILK GROUP

1 cup of milk or yogurt
2 ounces of cheese

MEAT GROUP

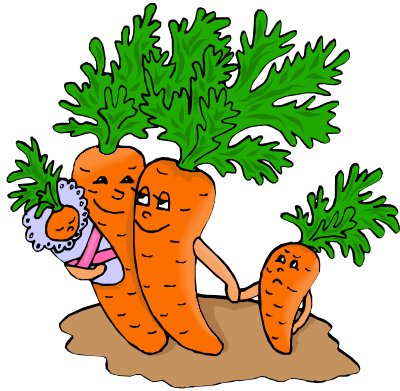
2 to 3 ounces of cooked lean meat, poultry, or fish.
1/2 cup of cooked dry beans, or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter count as 1 ounce of meat.

FATS AND SWEETS

Limit calories from these.

Four- to 6-year-olds can eat these serving sizes. Offer 2- to 3-year-olds less, except for milk. Two- to 6-year-old children need a total of 2 servings from the milk group each day.

EAT a variety of **FOODS** AND **ENJOY!**



Vitamin A Sources

Major Role in the Body

- Promotes good vision, strong bones and healthy skin
- Helps prevent some types of cancers
- Dark green leafy, dark yellow and orange fruits and vegetables supply beta-carotene. The body changes beta-carotene into active vitamin A.
- About half the vitamin A we eat daily comes from fruits and vegetables, the other half comes from milk, cheese, eggs and a few meats such as liver.

Best Sources

- Apricots
- Cantaloupe
- Mango
- Papaya
- Persimmon (Japanese)
- Carrots
- Chili Peppers
- Dark leafy greens (beets, mustard, collard, chicory, chard, kale, endive)
- Mixed vegetables
- Pumpkin
- Spinach
- Sweet Potatoes
- Vegetable juice and soup
- Winter Squash

Fair Sources

- Broccoli
- Green onions
- Lettuce (dark varieties-romaine, leaf)
- Parsley
- Tomato Juice
- Tomatoes



Vitamin C Sources

Major Role in the Body

- Helps heal cuts, scrapes, burns and infections
- Helps form collagen - our connective tissue
- Promotes healthy bones, teeth, skin and blood vessels
- Prevents the growth and progression of some types of cancers
- Vitamin C is a water-soluble vitamin

Best Sources

- Cantaloupe
- Grapefruit
- Juices fortified with Vitamin C
- Kiwifruit
- Lemons
- Mangos
- Oranges
- Papaya
- Strawberries
- Tangerines/Tangelos
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Chili peppers
- Kohlrabi
- Red and green peppers
- Snow peas
- Tomatoes
- Tomato juice

Fair Sources

- Elderberries
- Mulberries
- Asparagus
- Cabbage
- Dark leafy greens (collard, chicory, kale)
- Green onions

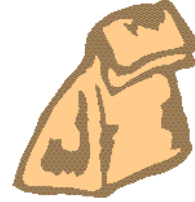
PACK FACTS



Wash hands with soap and running water before eating and before food preparation.

Foods that must be kept cold in a packed lunch:

- Anything taken out of the refrigerator and put into the lunch box
- Sliced meat sandwich
- Tuna, egg or chicken salad sandwich
- Milk, cheese and yogurt



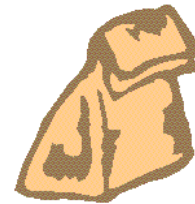
Always prepare food with clean hands, clean equipment and in a clean work area.

Foods that don't need to be kept cold in a packed lunch:

- Cookies, crackers, chips
- Breads and cereals
- Fresh fruit in the peel
- Canned fruit or vegetables
- Canned pudding or applesauce
- Peanut butter and jelly sandwich



Chill foods to be kept cold before packing with a freezer pack.



Add a "freezer pack" to keep cold foods cold until lunch.

To keep a lunch cold without refrigeration:

- Buy a commercial gel freezer pack. Several types and sizes are available.
- Freeze water in a rigid, leak proof plastic container. Leave room for the water to expand.
- Put ice cubes in a leak proof freezer container.
- Freeze an 8 oz. Juice box. It will keep the lunch cold and be thawed enough to drink by lunchtime.
- Pack cold and frozen foods together to keep them cold longer.



Pack your food in a clean container or plastic bags. Use only clean paper bags

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