

Child Care Training and Resource Training Kit What's Cookin'? Overheads

What's Cookin'?



Partners in Child Care

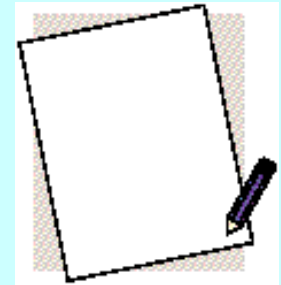
Snohomish Health District



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

Outline



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

•“My mother’s menu consisted of two choices: Take it or leave it.”

»Buddy Hackett

Nutrition Basics

Washington State Meal Pattern; Ages 1 to 3

Breakfast

- | | |
|---------------------|-------------------------------------|
| 1/4 cup | Fruit, juice or vegetable |
| 1/2 slice OR | Bread or bread alternate; OR |
| 1/4 cup | dry, cold cereal or cooked cereal |
| 1/2 cup | Milk and other dairy products |



Nutrition Basics

Washington State Meal Pattern; Ages 1 to 3

Lunch/Dinner

1/4 cup/ 4 Tbsp.. Fruit and vegetable (or 2 of each)

1/2 slice **OR** Bread or bread alternate; **OR**

1/4 cup Cooked pasta, noodles or rice

1/2 cup Milk or other dairy products

1 ounce Meat or meat alternate

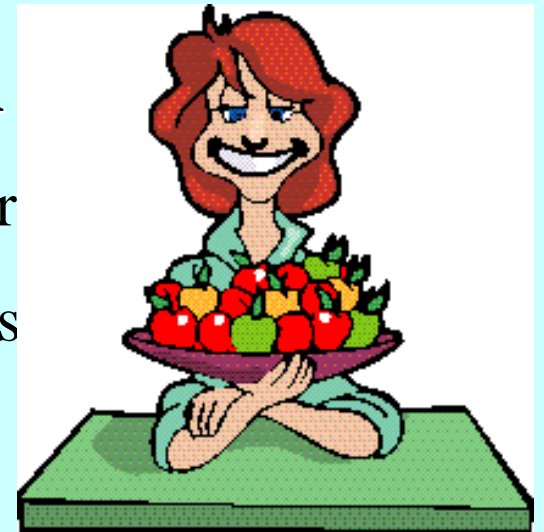


Nutrition Basics

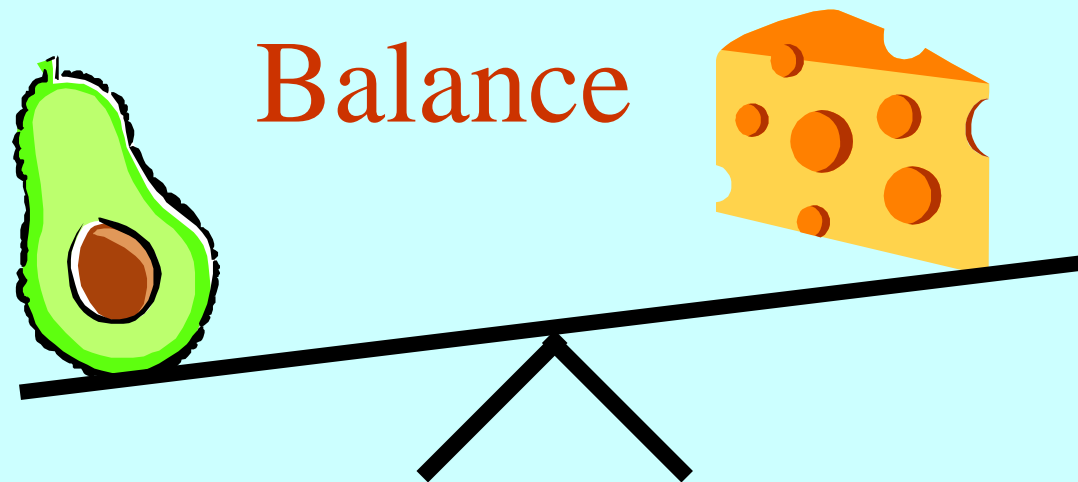
Washington State Meal Pattern; Ages 1 to 3

Snacks (Plan foods from at least 2 different food groups)

1/2 cup	Fruit, juice or vegetable
1/2 slice OR	Bread or bread alternate; OR
1/4 cup	dry, cold cereal or cooked cereal
1/2 cup	Milk and other dairy products
1/2 ounce	Meat or meat alternate







Eat from all food groups

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

Nutrient Needs for Kids

- Calories

- Carbohydrates

- Fat

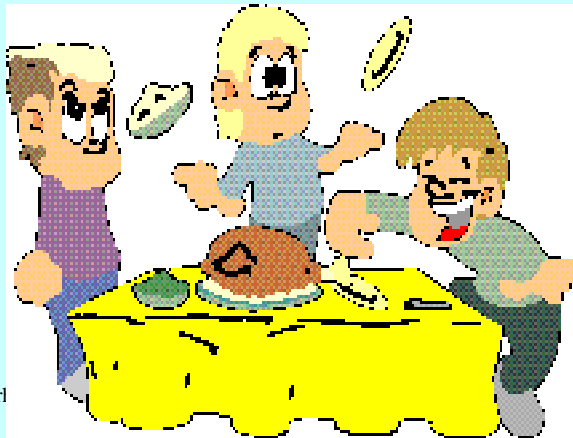
- Protein

- Calcium

- Iron

- Vitamin A

- Vitamin C



Calories, Solving the Mystery

Calories give energy

- 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



A Close Look at Fat

We need some fat!

Essential fatty acids = brain development

Make up our cell walls and give energy

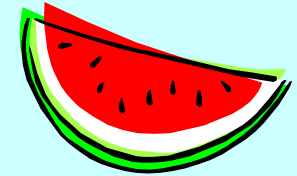


A Close Look at Fat

- 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



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

Hotdog = *high fat*
lunch entrée

Serve with:

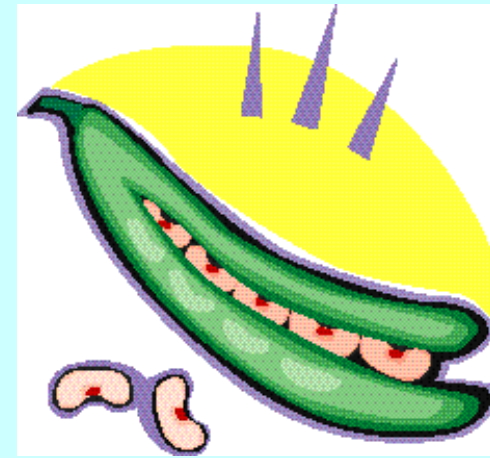
- bun
- navy beans
- kiwi slices
- low fat yogurt

Protein

"Worker Bees"

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

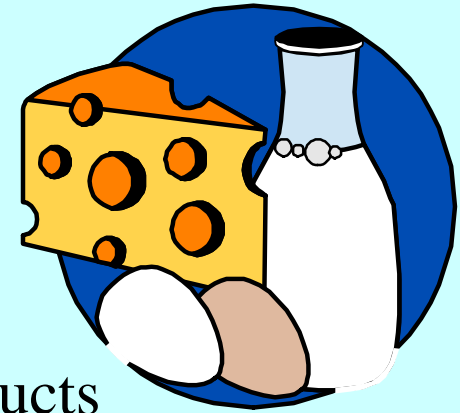
Protein



- 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

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



Iron

- Necessary for transporting oxygen to blood
- Adequate levels are necessary for learning
- Needs increase during rapid growth periods

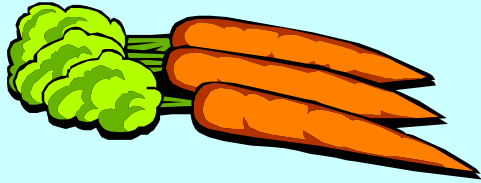
–Iron deficiency is more prevalent in American children than any other nutrient



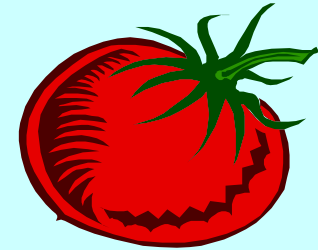
Iron

- 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

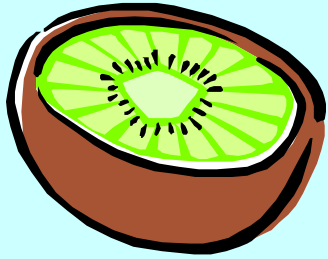




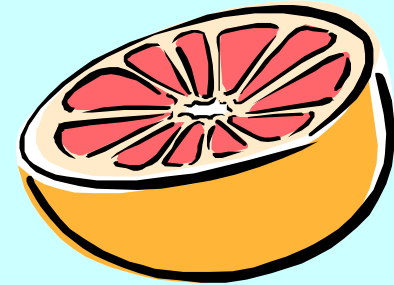
Vitamin A



- 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)

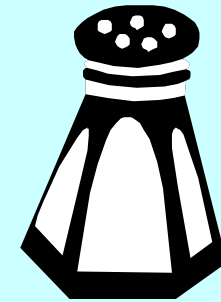


Vitamin C



- 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!)

Sodium



- Keep salt to ≤ 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

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

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

