

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

Child Care Training and Resource Kit - What's cookin'? - Overheads.

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What's Cookin'?



Partners in Child Care

Snohomish Health District



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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

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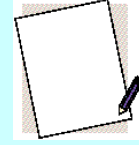
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1. Nutrients are necessary for energy, structure, and function
2. Skills developed: large motor, small motor, communication, social.
3. Staying in touch with internal cues and learning how to self-regulate intake to avoid future eating problems/division of responsibility

EXPLAIN DOR

4. Feeding IS parenting: A positive feeding relationship with parents and caregivers results in rewarding, fullfilling, and enjoyable mealtimes and attitude and about eating.
 - Appropriate feeding is built on trust in the child's ability to eat and grow in the way nature intended.
 - Caregivers must respect feeding cues and trust children to determine their own limits.
 - "The way to get a kid to eat is not to try." Children need to grow into the body shape that is right for him or her, Interfering with a child's growth through feeding controls (restricting or forcing foods) may cause the problems a parent is trying to avoid.
- **We will be discussing the caregiver responsibility to serve children healthy food and what nutrients are important for optimizing children's growth.**

Outline



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

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Make this brief.

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

»Buddy Hackett

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Let’s ensure that what they take is good, healthy food.

Briefly outline division of responsibility during feeding...Adults provide nutritious foods and a nurturing eating environment...the kids decide how much and what they choose to eat.

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



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Handouts:

Washington State Meal Pattern AND CACFP Meal Chart (double sided)

Use rubber food models (or real food) to show portion sizes.

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



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Show food models for portion sizes

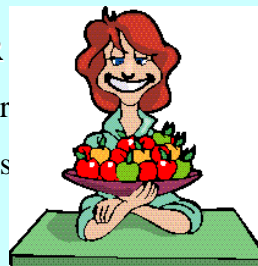
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Nutrition Basics

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



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Show food models for portion sizes

Discuss snack ideas that work



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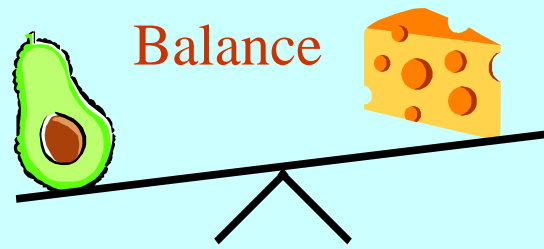
Handouts:

Children's Food Guide Pyramid

ACTIVITY: Use the 3-D plexiglass food guide pyramid

Pass out some food models and ask participants to place them appropriately on the level they belong.

Explain how that food could be used in a days menu plan.



Eat from all food groups

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

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Nutrient Needs for Kids

- Calories
- Carbohydrates
- Fat
- Protein
- Calcium
- Iron
- Vitamin A
- Vitamin C



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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



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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

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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:

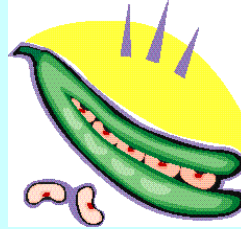
- bun
- navy beans
- kiwi slices
- low fat yogurt

Protein

"Worker Bees"

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

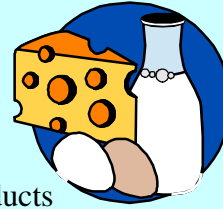
Protein



- 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

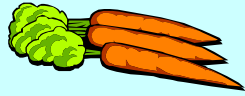
–Iron deficiency is more prevalent in American children than any other nutrient



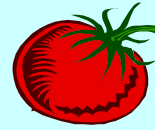
Iron

- 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

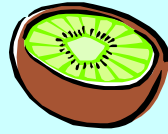




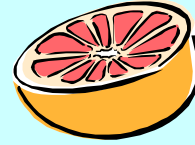
Vitamin A



- 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

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Salt:

Mostly comes from processed foods

Most Americans eat more than they need

Guidelines suggest cutting back



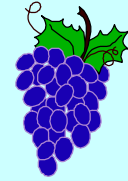
Food Safety



- 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



Choking Hazards Handout:

Pass out to class and discuss guidelines. Show tube to exemplify appropriate diameter of food for toddlers and preschoolers