



Creative, Healthy Mealtimes

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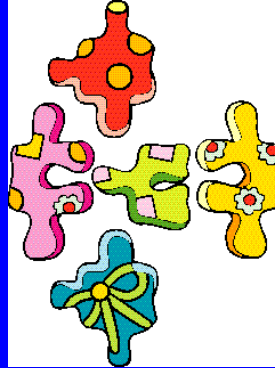
Child Care Training and Resources Kit - Creative Healthy Mealtimes Overheads

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Child Care Feeding Puzzle

- Nutrition
- Food Safety
- Mealtime



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Think of feeding children as a 3 part puzzle:

Nutrition = meeting nutrient needs

- use the meal pattern (WA state or CACFP) as guidance for which food groups to serve at meals and snacks and how much food to prepare (portion sizes)

- use Vitamin A and C lists

Consider menu planning tips: attention to color, texture, temperature, age appropriate aspects of foods on the menu

- Attend Nutrition for children and ABCs of menu planning

Food Safety-

Prevent food borne illnesses

Prevent choking

Prevent passing germs

Healthy mealtimes- What the best practices are for a healthy mealtime environment

Topic of this presentation



Mealtime Safety Issues Food Safety

- Promote hand washing
- Avoid contamination
- Keep a clean eating environment



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Goal of food safety is to prevent food borne illness and minimize passing germs from provider to child and child to child. For the non-cook the guidelines are the same;

Handwashing for the kids minimizes cold/flu, conjunctivitis, both viral and bacterial (pink eye)- direct and indirect,,glasses, towels, wiping germs)

Handwashing for the staff minimizes Hep A, salmonella, e.coli, Transient bacteria-getting it from contaminated items/surfaces) Staphylococcus from ready to eat foods and uncooked foods (from wiping nose, touching cuts and open sores, immediate (1-8 hours) etc.



Mealtime Safety Issues

- Know the choke foods and avoid them
 - nuts, berries, carrots/celery, grapes,
 - raisins, hotdogs, popcorn, candy
- Know guidelines for minimizing choking
- Establish a policy for food allergies
 - Peanut allergies are on the rise!



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Choking Hazards Handout:

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



Division of labor during meal times

- Caregivers are responsible for providing appropriate foods in a safe and nurturing environment.
- Children are responsible for how much and even whether they eat.





Overview

Creative Healthy Mealtimes

- Adults eat with children
- Adults set the feeding environment
- Children serve themselves
- Children decide how much/what to eat





Adults Eat With Children

- Safety
 - Prevent disaster
 - Promote: “Yours, Mine, Ours”
- Role modeling
 - Model etiquette
 - Model eating variety and portion size
- Foster skill development
 - Communication
 - Socialization





Adults set the eating environment.

- Determine where children eat
- Regulate when children eat
- Make meal times pleasant (age dependent)
 - Minimize waiting time
 - Maintain standards of behavior
 - Introduce appropriate utensils
 - Provide enough time and space
 - Facilitate conversation



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Children **serve** Themselves

- Children pass the food around
- Boosts self esteem
 - Giving feels good!
- Develops motor skills
 - Fine and gross
 - Spatial arrangement
- Improves nutrient intake



"long term benefits"

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Children Serving Themselves

- Practice good hand washing
- Use proper serving utensils to minimize contamination of foods
- Avoid bare hand contact
- Practice prior to real meal service
- Have adult role models



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Children choose how much/what to eat.

- Self Regulation
 - Babies do it!
- Stay in touch with “internal cues”
 - Eat when **hungry**
 - Stop when **full**
- Minimize meal time stress
- Contributes to healthy eating habits
 - Obesity and eating disorders are on the rise



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Self regulation = what infants do if they are not put on a schedule. Infants have an innate ability to determine hunger and fullness. Ask providers for the cues infants give for both

Hunger: crying, fussy, irritable, anxious

Fullness: pulling away, turning head, easily distracted, crying, decreased pull from sucking, less frequency of swallows, spitting up

Parents can continue to stay tuned into cues during transition period:

Slowing down the feeding of solid foods when baby turns away head, thrusts out the tongue, begins playing with food, throwing food on the floor

And...as toddlers by allowing children to determine how much to eat.

And...as early preschoolers (and toddlers) by allowing children to determine which foods to eat by asking



Review

Caregivers are responsible for

- Serving healthy, appealing foods
- Meeting nutritional guidelines
- Providing balance and variety in menus





Review

Caregivers are responsible for

- Making mealtimes safe
- Eating with children
- Helping children enjoy eating



Let' Em Help





And Remember

Children are responsible for:

- How much food is eaten
- What foods are chosen
- Eating or not eating



Think "long term benefits"