

Picky Eaters

Lots of children seem to live on macaroni, then scream at the sight of a vegetable. What's a parent to do?

It's natural to worry that your child isn't getting enough to eat when she seems to turn down every dish you offer. However children are the best judges of how much food they need. Children's calorie needs vary widely according to their activity levels and rates of growth.

Activity 1 Feeding Infants and Toddlers

Directions: All of the statements below are true. Please read each statement and place a check mark (✓) next to all that are new information to you.

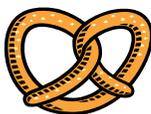
- New foods may require many repeated exposures, 5 to 20 times, before the child accepts it.
- Parents and children have responsibilities in the eating relationship. Parents decide when to fix food, what to fix and how to fix it. The child decides how much to eat, whether or not to eat.
- The American Academy of Pediatrics state, results of studies on children's eating habits show that they are born with the ability to eat the amount of food according to their need.
- When involving children in food activities, such as shopping, preparing and serving, they are more likely to try new foods.

Activity 2 Super Snacking

Directions: Using the four lists below, circle 2 to 3 foods to create a healthy snack.

Grain Group
(for energy)

- Pretzels
- WIC cereals
- Corn tortilla
- Bread
- Graham crackers



Meat Group
(for growth)

- Hardboiled egg
- Cold chicken or turkey
- Tuna salad
- Peanut butter



Milk Group
(for bones & teeth)

- Milk
- Cheese slice/stick
- Yogurt
- Cottage cheese
- Soy milk



Fruits & Vegetables
(for good health)

- Fresh or canned: apple, orange, banana
- Carrot &, celery sticks



Healthy Snacks

Wheat crackers with cheese
Yogurt with fruit
Peaches and cottage cheese
Chicken salad with apples
Baked apple
English muffin pizzas
Peanut butter and banana
on a graham cracker



Celery with peanut butter
Crackers with tuna salad
Turkey rolls with carrot sticks
Toast with peanut butter and banana slices
Baby carrots with ranch dip
Homemade fruit and juice ice pops
Cereal snack mix

Activity 3 Tips for Healthy Children

Circle your answers

1. What essential nutrient, that has no caffeine, sugar or calories, helps the body:
 - move nutrients and oxygen throughout the body
 - prevents constipation
 - with circulation and mental function (the brain is 90% water)

a. Calcium b. Water c. Protein
2. Children have small stomachs so they need to eat how often a day?
 - a. Three meals.
 - b. Three meals and two to three snacks.
 - c. Have food available for them to eat all day.
3. Check items that would help a child become a better eater.
 - a. Develop a routine eating schedule. Offer meals and snacks at the same time daily.
 - b. Make meals pleasant. Don't make food a battle.
 - c. Involve children in food activities, such as shopping, preparing and serving.
 - d. Limit milk to 2 to 3 cups, juice no more then 4 ounces in a day to be sure he does not fill up on beverage instead of eating solid foods.

Answer: Answers: 1.b, 2. b, 3. a, b, c, d.

Check out www.sbcounty.gov/wic/internetclasses/PickyEaterClass.htm