

## Eating Smart throughout the Lifecycle

# Children



### RECIPE

Quick Pizza

### HANDOUT

Encourage Your  
Child to Eat Smart  
and Move More

### OPTIONAL ACTIVITY

"Pass It On" game

### MATERIALS NEEDED

- Copies of the handout for this lesson for all participants
- Ingredients and equipment to make the recipe for this lesson
- Laptop or phone
- Dance music CD, or play approved downloaded music from laptop or phone
- One 8" paper plate,  
One 6" paper plate

### KEY MESSAGES

- A parent's role is to decide the what, when and where food is eaten; the child's role is to decide how much of a food is eaten.
- Parents should be good role models for finding the balance between healthy eating and physical activity.

### OBJECTIVES

Participants will be able to:

1. describe the parent's role and the child's role in eating;
2. describe ways to encourage their child to try new foods; and
3. describe ways to encourage their child to be physically active.

## LESSON OVERVIEW

### PREPARING FOR THE LESSON

1. Determine lesson format most appropriate for setting.
2. Purchase food needed for recipe from safe sources.
3. Secure all needed cooking demonstration supplies, safe food transportation supplies, and teaching materials.
4. Dice ham and shred cheese in advance.
5. Arrive early. Wash your hands thoroughly. Clean and sanitize your demonstration or food preparation area.
6. If handwashing facilities are located in the restroom only, have hand sanitizer available for added protection when participants return to room after washing their hands.

LESSON FORMATS	<b>30 minutes</b> This is the minimum amount of time for a lesson. This lesson format is appropriate for on-site delivery in WIC offices, Medical Clinics, Worksites, etc.	<b>45–60 minutes</b> This is an ideal lesson time frame. All elements of the entire lesson can be delivered in this timeframe.	<b>90 minutes–2 hours</b> Choose this format when you have participants that want a more rigorous cooking experience and the facility has a preparation kitchen. This format allows you to have everyone involved in the preparation. Discuss with partners how to cover costs of food. Recruit and train volunteers to help.
SLIDES	Use all.	Use all.	Use all.
FOOD PREPARATION	Tasting with Recipe Video	Live Demonstration and Tasting	Recipe Video and Hands-On Preparation by Participants
PHYSICAL ACTIVITY	Included activities only	Included activities only	Included activities only
OPTIONAL ACTIVITIES	None	None	“Pass it On” game

### ENGAGING PARTNERS

- Partner with Headstart and/or childcare centers to deliver parent education at their facility.
- If the center would like to review their policies and environmental supports for healthy eating and physical activity, introduce the FCS Agent and/or Health Educator to the Center Director.
- Connect interested centers with staff training conducted by FCS Agents or other professionals in teaching nutrition to children.
- Connect interested centers and schools in the community where your participants live to Extension and other resources who can help implement a community or school garden. Check to see if this is a focus of your SNAP-Ed program as they may have additional resources to help.
- If children are under the age of five and participants are not receiving WIC, connect them to a WIC Nutritionist to determine eligibility for the program.
- If participants need additional assistance beyond their WIC or SNAP eligibility, connect them to a local food pantry for help.
- Connect your families to programs like the Summer Feeding Program and Napsack or similar programs that provide healthy meals to school-age children during summer breaks and weekends.



## Media Moments

*The following options are suggestions to post on program social media site and/or send text message or email:*

### PRIOR TO CLASS

- Looking forward to sharing a new recipe with you this week. See you (day, date, and time) at (location).
- What is your funniest memory of your child trying a new food? Did they wear spaghetti on their head like my child did?

### FOLLOWING CLASS

- Both parents and children need to stay active for a healthy body. Engaging your child in active play can be fun for you and your child. What are some of your family's favorite activities?
- What's your favorite song to sing or game to play to help your children learn good handwashing? Share your favorite on our page. If you would like, you can even post a video of the two of you singing it.
- Even young children like to help in the kitchen. Young children can help by stirring ingredients together, tearing lettuce, or even placing toppings on a homemade pizza. Do you have healthy kid-friendly recipes your family likes to make together? Share your ideas on our page.

What are some of your family's favorite activities?

Family soccer matches

Fun!





# Encourage Your Child to Eat Smart and Move More

### BE PATIENT

Young children may not be interested in trying new foods. Offer a new food more than once. It sometimes takes up to ten tries before a child will like a new food.

### BE A PLANNER

Most children need a snack or two in addition to three regular daily meals. Plan and schedule meals and snacks so that children have a routine.

### BE ADVENTUROUS

At the grocery store, ask your child to choose a new vegetable or fruit. At home let them help wash and prepare the food. Encourage all family members to enjoy a variety of foods.

### BE CREATIVE

Get your children involved in food preparation. Children are more likely to try new foods if they help get them to the table.



### BE A GOOD ROLE MODEL

What you do can mean more than what you say. Your child learns from you about what to eat and how to move. Eat meals with your children whenever possible. Walk, run, and play with your children, don't just sit on the side lines. A family that is physically active together has lots of fun!

### TURN OFF THE TV

One way to encourage your children to be more active is to limit the amount of TV and video games to no more than 2 hours per day. When you do watch, move around or stretch during the commercials.


### MAKE IT FUN!

Being physically active should be fun. Physical activity can be as simple as moving around, dancing, or just free play. Help your child find some form of activity they enjoy and help them do it or better yet, do it with them. Make family time active time. Plan activities together such as a walk after dinner or a trip to the park.



# Quick Pizza

Makes 4 servings | Serving Size: 1 piece

 **Look for Local:** Using small sliced veggies as a pizza topping is an easy way to introduce new veggies to your young child. Choose a fresh, in-season veggie of your choice to add as a topping to this pizza.


## Nutrition information

### Per Serving

270 calories	
Total Fat	6 g
Saturated Fat	2.5 g
Protein	12 g
Total Carbohydrate	40 g
Dietary Fiber	9 g
Sodium	390 mg

 **Excellent Source of Vitamin C**

 **Good Source of Calcium**

 **Good Source of Iron**

## Ingredients

- 4 slices whole-wheat bread or 2 English muffins, halved
- 1/2 cup low-sodium spaghetti sauce
- 1/2 cup pineapple tidbits in own juice, drained
- 1/2 cup lean diced ham
- 1/2 cup reduced-fat mozzarella cheese, shredded

## Directions

1. Toast bread or muffin until very lightly browned.
2. Preheat oven to 350°F.
3. Place toasted bread or muffin on a baking sheet.
4. Spread 1/4 of the spaghetti sauce onto each slice of bread or muffin half.
5. Place 1/4 of the pineapple tidbits and 1/4 of the diced ham on top of the spaghetti sauce on each slice of bread or muffin half.
6. Sprinkle 2 tablespoons of cheese on top of pineapple and ham on each slice of bread or muffin half.
7. Bake at 350°F for 4-6 minutes or until cheese melts and bread or muffins are thoroughly heated.

## Suggestion

Create delicious pizza varieties by replacing the pineapple and ham in this recipe with other vegetables and lean meat choices.



# Dance Creation

Put on some good music and dance! Let your child create a new dance and give it a name. You could create one together and name it after your family. Take one day this week to create a new dance.

# EATING SMART THROUGHOUT THE LIFECYCLE

## Children

### SLIDE 1



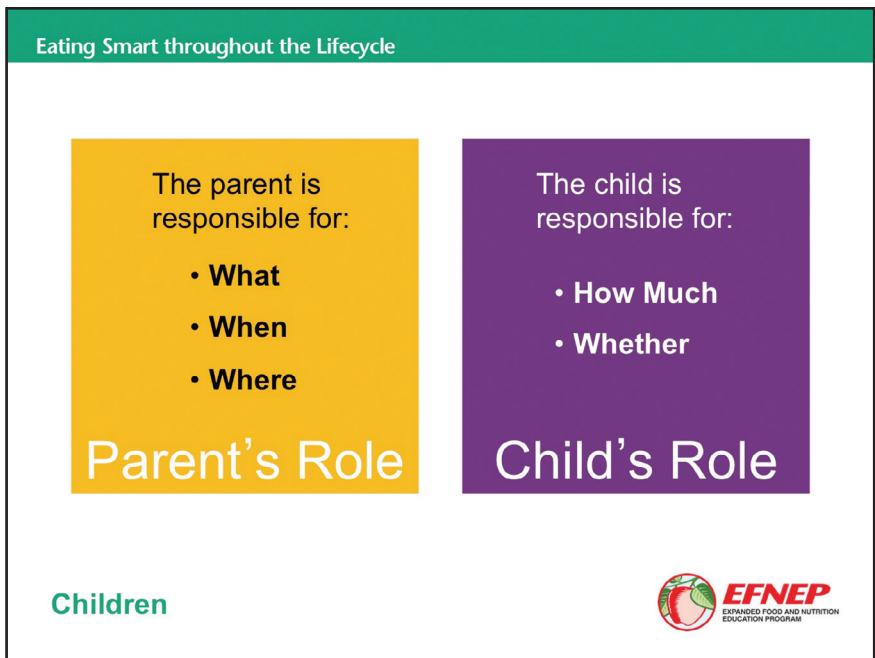
**Before you start this lesson, review the key messages from the previous lesson with the participants. Ask them if they were able to try any of the suggestions and/or about the challenge from the previous lesson for Eating Smart and Moving More.**

Do you remember when you were young? Perhaps you remember learning to subtract for the first time. Before you were able to learn subtraction, you first had to learn to count and then to add. Just as you had to have a good foundation to be able to do subtraction, you also must have a good foundation to maintain good health throughout your life. Today's lesson will help you learn how to give your child a healthy start by Eating Smart and Moving More.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 2



Did you know that both you and your child have a role in Eating Smart? Children are born wanting to eat and knowing how much to eat. What we do as parents is help children foster these habits. To do that, it is important that everyone knows their role in the feeding process.

Parents are responsible for choosing and preparing the food, providing regular meals and snacks, and making eating times pleasant. They are responsible for offering food to children at regular times throughout the day. The most important role for the parent is to trust the child to do their part. If parents do their jobs with feeding, children will do their jobs with eating.

Children will eat the amount they need and eat an increasing variety of foods. Children should decide whether they eat a food or not. Children will follow our lead. If we are willing to try a new food, it encourages our children to try new foods. If we choose milk or water to drink, it encourages our children to make the same choices.



**Script for this slide continued on next page...**

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 2

CONTINUED

Eating Smart throughout the Lifecycle

The parent is responsible for:

- What
- When
- Where


Parent's Role

The child is responsible for:

- How Much
- Whether

Child's Role

Children





...script for this slide continued from previous page.

Problems can occur when these lines of responsibility are crossed. Trying to control whether or how much a child eats or letting the child dictate the family menu causes problems with feeding.

Let's look at some specific recommendations for different age children.

Reference: Ellyn Satter, *How to Get Your Kid to Eat but Not too Much*, 1987 Bull Publishing, Bolder, Co.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 3

#### Eating Smart throughout the Lifecycle

### TIPS for Toddlers

- Provide structure and limits.
- Don't be a short order cook.
- Schedule meals and snacks.
- Serve small portions.



Children



Toddlers do best when you provide them with structure and limits, especially when it comes to food.

Don't become a short order cook. Remember your role as a parent is to provide the food and the child's role is to decide if he or she will eat or not. Your toddler will test limits with you; stand firm!

Schedule meals and snacks. Serve small portions (1-2 tablespoons of two or three foods) and allow them to have more if they choose.



*Do any of you have a toddler?*

**Allow participants to share answers.**



*What could you add to this list that would be helpful for other parents?*

**Allow participants to share answers.**



## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 4

#### Eating Smart throughout the Lifecycle



Children

### TIPS for Preschoolers

- Provide structure and limits.
- Let your preschoolers serve themselves.
- Teach good table behavior.
- Help them learn when their bodies are full or hungry.



As your child becomes a preschooler, keep up all the good things you started when they were a toddler. Structure and a schedule for eating times is still very important. Your preschooler will continue to do best when you provide them with structure and limits. Begin allowing them to serve themselves. Encourage them to take small portions and get more later if they are still hungry. Help them learn ways to know if their bodies are hungry or full. Now is a good time to begin to teach good table behavior so the entire family can have an enjoyable meal.

If your child attends child care, Head Start, or a preschool program, ask them about what new foods they tried and enjoyed.



***Do any of you have a preschooler?***

**Allow participants to share answers.**



***What could you add to this list that would be helpful for other parents?***

**Allow participants to share answers.**



## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

SLIDE 5

Eating Smart throughout the Lifecycle



Children

### TIPS for School-Age Children

- Provide structure and limits.
- Provide guidance for foods eaten away from home.
- Let them help with meal planning.
- Remind them to listen to their bodies.



As your child gets older and enters school, it is still important for you as the parent to provide structure and limits during mealtime. You will also need to provide guidance as to how they should eat when they are away from your care. When children are at school, they can participate in the school lunch program. They are old enough now to help you with meal planning and can make suggestions for family meals. You can help them listen to their bodies so that they recognize when they are hungry and when they are full.



*Do any of you have a school-age child?*

**Allow participants to share answers.**



*What could you add to this list that would be helpful to other parents?*

**Allow participants to share answers.**

**Note:** Healthy choices of foods for parties or school events are also important. Parents can involve children in helping to make healthy choices for important school events.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 6

#### Eating Smart throughout the Lifecycle



Children

### TIPS for Adolescents

- Provide some structure.
- Provide guidance for foods eaten away from home.
- Let them help with meal preparation.
- Remind them to listen to their bodies.



Adolescents still need some structure. It will be up to you to find a balance between being too controlling and giving up all control. They still should eat during family meal times and eat what is served. You will have to give them guidance about the foods they eat away from home. Adolescence is a good time to teach basic food preparation. Older children may even be able to prepare a meal on their own. This is a very important time for you to remind them to listen to their bodies about how much food they should eat.



***Do any of you have an adolescent?***

**Allow participants to share answers.**



***What could you add to this list that would be helpful to other parents?***

**Allow participants to share answers.**

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 7

Eating Smart throughout the Lifecycle

Parents Want to Know



How can I keep  
mealtime from  
being an argument  
over food?

Children



Let's look at a few common questions about feeding children of all ages.

### **How can I keep mealtime from being an argument over food?**

For many families, sitting down for a meal together may mean fighting over the foods that are served. Family members may disagree about what is being served or how much they are being served. To avoid mealtime arguments, try not to talk about food at the table. Just serve the meal without a lot of comment. Even if you have a picky eater, let them decide how much they are going to eat and whether they are going to eat. Don't harp on their eating patterns throughout dinner. Don't try to entice children to eat their meal by offering them a "treat" if they do. Talk about fun things that happened during the day to support a calm mealtime atmosphere.



**Script for this slide continued on next page...**

EATING SMART  
THROUGHOUT THE  
LIFECYCLE

Children

SLIDE 7

CONTINUED

Eating Smart throughout the Lifecycle

## Parents Want to Know



How can I keep  
mealtime from  
being an argument  
over food?

Children



...script for this slide continued from previous page.



*What methods have you tried to keep mealtime at your house calm?*

[Allow participants to share answers.]

Do you have a picky eater at home? Would you like more ideas for how to keep mealtime from turning into a battle between you and your preschooler?



Visit: <http://www.choosemyplate.gov/preschoolers-picky-eating> for research-based strategies you can try at home.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 8

Eating Smart throughout the Lifecycle

### Parents Want to Know

What do I do if  
my child refuses  
to eat what I offer  
for dinner?



Children



### **What do I do if my child refuses to eat what I offer for dinner?**

Remember, your role as a parent is to decide what to serve at meals and snacks. Do not turn your kitchen into a restaurant by fixing different meals for different family members. Decide what you are having and offer it to all family members.

It is the child's role to decide how much of the food to eat. Try serving at least one food you know your child likes and encourage them to try others. Don't force your children to "clean their plate" or reward them with dessert for eating all their dinner. If you are serving dessert, let your child have a small serving regardless of what they consumed during dinner. Vary what you serve for meals and dessert.

Desserts should be healthy choices that are a part of an Eating Smart plan for your child. Serve a yogurt parfait or fresh fruit.



*What are some other strategies you've tried when your child refuses to eat?*

**Allow participants to share answers.**

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 9

Eating Smart throughout the Lifecycle

### Parents Want to Know

How can I tell  
if my child is  
eating enough?



Children



### How can I tell if my child is eating enough?

As we have said, children are responsible for how much and whether they eat. If you decide for your child when he is hungry or when he is full, he will not learn to recognize hunger and fullness on his own. This may set them up for eating problems later in life. Children are very good at self regulation. They may eat very little one day and the next day eat a lot. As long as you are offering a variety of foods at scheduled meals and snacks, you can relax—your child will be just fine!



*Does anyone have other strategies for knowing if your child is eating enough?*

**Allow participants to share answers.**


Eating Smart throughout the Lifecycle

## Parents Want to Know

What are some of the foods that can cause choking in my child?

- Nuts
- Popcorn
- Unpeeled fruit or vegetable
- Hard candy
- Hot dogs
- Raw carrots
- Grapes

Children



### **Are there foods that I should not feed my child to avoid choking?**

From a safety point of view, toddlers can eat the same foods served to the family. Offer a variety of foods including foods from the vegetable, fruit, grain, milk and protein groups. Your pediatrician or nutritionist can help you with a plan for introducing foods to your toddler.

The shapes and sizes of some foods may make choking more likely. Avoid giving your toddler or preschooler foods like nuts, seeds, popcorn, unpeeled fruits or vegetables, marshmallows, gum, hard candy, hot dogs, sausages, chunks of meat, or whole grapes. Stringy foods or raw foods may be difficult for young children to properly chew such as raw apples or carrots.

Peanut butter on white bread can also be a choking hazard. Even though these foods are soft, they are difficult for young children to swallow easily. Serve thinly-spread peanut butter with fruit spread on whole-grain bread to keep this kids' favorite safe to eat.



## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 11

Eating Smart throughout the Lifecycle

### Parents Want to Know

What size  
serving should  
I offer  
my child?



Children



### What size serving should I offer my child?

Variety is key for the whole family. Offer a variety of foods from all of the food groups and let your child decide how much to eat. Offer small servings and allow them to ask for more if they want. A good rule of thumb is 1 tablespoon for each year of life. So, if you are serving applesauce to a 3 year old, start with about 3 tablespoons. Offer new foods to your toddler in small “try me” portions of 1-2 tablespoons.

Older children will eat larger servings of each food. Preschoolers can have approximately 1/2 cup of each food. Older children can have even more.

## EATING SMART THROUGHOUT THE LIFECYCLE

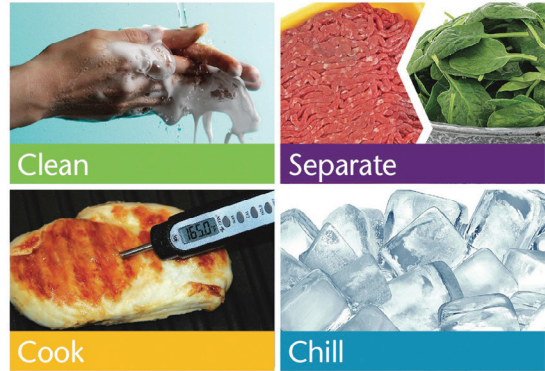
### Children

#### SLIDE 12

Eating Smart throughout the Lifecycle

### Parents Want to Know

Should I be concerned about food safety when I am feeding my child?



Children



### Should I be concerned about food safety when I am feeding my child?

One key to making food experiences good is to be sure to follow food safety rules. Food safety is important at every stage of life. The guidelines for Clean, Separate, Cook, and Chill apply to all ages.

#### Clean

Wash your hands often, especially after touching raw meat or eggs, changing diapers or caring for animals. Additionally, wash your kitchen counters and/or cutting boards as needed to remove contamination.

#### Separate

Avoid spreading bacteria from foods, hands, utensils, and surfaces from one place to another. For example, don't put cooked foods back on platters that have been used for raw foods, or don't use the same side of the cutting board for both raw meat and fresh vegetables. Keep hot foods hot and cold foods cold.



Script for this slide continued on next page...

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 12

CONTINUED

Eating Smart throughout the Lifecycle

### Parents Want to Know

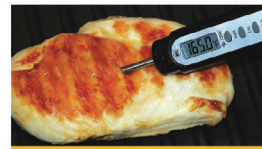
Should I be concerned about food safety when I am feeding my child?



Clean



Separate



Cook



Chill

Children



...script for this slide continued from previous page.

### Cook

Cook your food to the correct internal temperatures.

**Note:** As a reminder, a safe internal temperature reference is listed below. Remind participants of what they learned about safe internal temperatures during the Fix it Safe lesson.

#### USDA Recommended Safe Minimum Internal Temperatures

- Steaks and Roasts: 145°F for medium rare; 160°F for medium or 170°F for well done
- Ground beef: 160°F
- Chicken: 165°F
- Pork: 145°F
- Fish: 145°F
- Eggs and egg dishes: 160°F
- Reheat leftovers: 165°F

### Chill

Refrigerate leftovers promptly. Throw out any food left at room temperature for more than two hours.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 13

Eating Smart throughout the Lifecycle

### Parents Want to Know



How can I help my child learn to wash their hands well before eating?

Children



Proper hand washing helps prevent the spread of many unfriendly bacteria that can make us sick.

Children learn so much from us every day. Learning how to wash hands properly is something you can teach your child to do. An easy and fun way to teach your child to wash his hands properly is to have him sing his ABC's while washing his hands.

Begin by helping your child apply soap to his hands. Check the temperature of water to make sure it is warm, but not too hot for your child. Sing with your child as he washes his hands. Help your child learn all the times he should wash his hands: after visiting the bathroom, after playing, after petting the family pet, after sneezing or coughing, and before eating.

Children learn through repetition, so repeat this activity with them until you see them doing it on their own.

You can make a game of teaching them all the times they need to remember to wash their hands by asking them questions like, "After I pet the dog, what should I do?"



**Ask volunteer to help demonstrate handwashing as you describe.  
You can act as parent and have volunteer pretend to be the child.**

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 14

Eating Smart throughout the Lifecycle

**Moving More:** Let's take  
a break and get moving.



Children



We've been sitting for awhile; let's get moving with a fun activity you can also do with your child. As a reminder, you should only move in ways that feel comfortable to you, and you should stop doing the activity immediately if you experience any pain.



### ***Moving More Break***

***BUILD A DANCE: A fun aerobic activity to do with your children***



Ask volunteer to help demonstrate.

This is an activity adults can do with friends or something they can do with their children as a family.

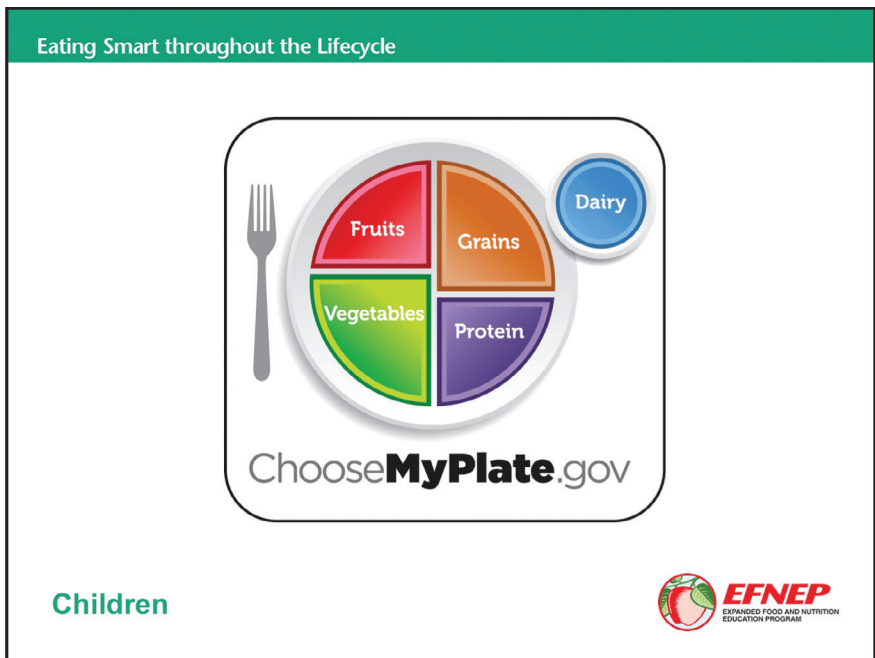
Use a dance CD, or downloaded music that is appropriate for your group. Turn on music. Ask participants to stand and form a circle. If your group is larger than 10 people, form two groups.

To begin the Build a Dance, make up a move and ask all of the participants to do the move with you. Then, one by one ask each participant to make up a move to add to the one(s) before until you have a complete dance. Every participant gets the opportunity to make up a move and all participants do each of the moves as they are added (first move; first and second move; first, second and third moves; etc.). All the moves together make up the dance.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 15



MyPlate encourages children, ages 2 and older, to build a healthy plate. As parents, we need to help our children find their balance between healthy eating and fun, playful physical activity.

Notice that there is no difference in the way the plate looks for adults or children. Proportionately, both adults and children should have half of the plate covered with fruits and vegetables, one-fourth of their plate with grain (preferably whole grain), one-fourth of their plate with a lean protein and include a low-fat or non-fat dairy food with each meal. The size of the plate should take into account the age of your child. For instance, a 5-year-old child would use a smaller plate than a 25-year-old adult.

**Show an 8- or 9-inch paper plate as the size for adults and a 6-inch dessert plate as the size for a child.**

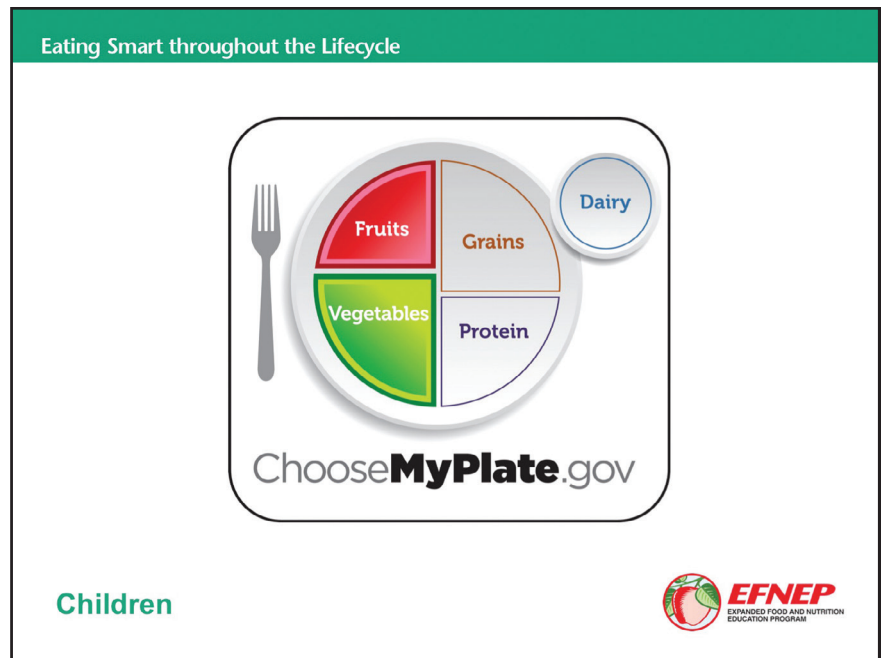
**Note:** Parents don't need to use two different plates, but do need to be aware that children portions will be smaller than adult portions.



## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 16



MyPlate makes a lot of great suggestions that are good for all family members. The largest part of the plate is for fruits and vegetables. Make half your plate fruits and vegetables. Make half your child's plate fruits and vegetables. Fruits and vegetables give us energy and many nutrients that are important to our children's health. Encourage your children to eat a variety of colorful fruits and vegetables by making it fun.



*What are some fun ways you might encourage your children to eat a variety of colorful fruits and vegetables?*

Allow participants to respond. Be sure to bring out the following ideas: Fruit smoothies; fruit and/or vegetables with dip; critter creations with fruits and/or vegetables such as ants on a log; personal pizzas; frozen fruit popsicles; homemade trail mix; letting children help with naming a fruit and/or vegetable creation; letting children help select fruits and vegetables to try; and involving children in simple fruit and vegetable preparations for family meals.



Script for this slide continued on next page...

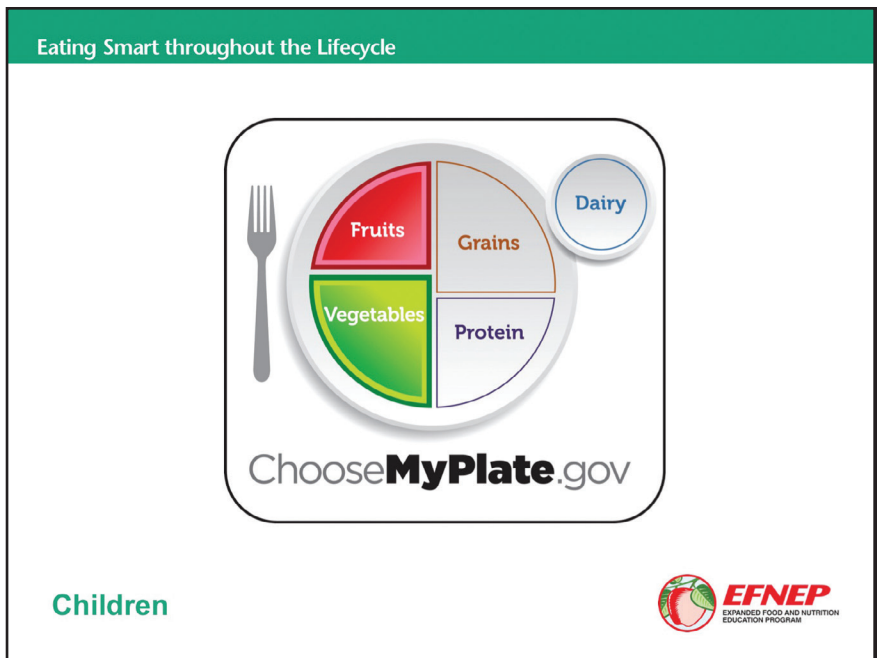


## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 16

CONTINUED



...script for this slide continued from previous page.

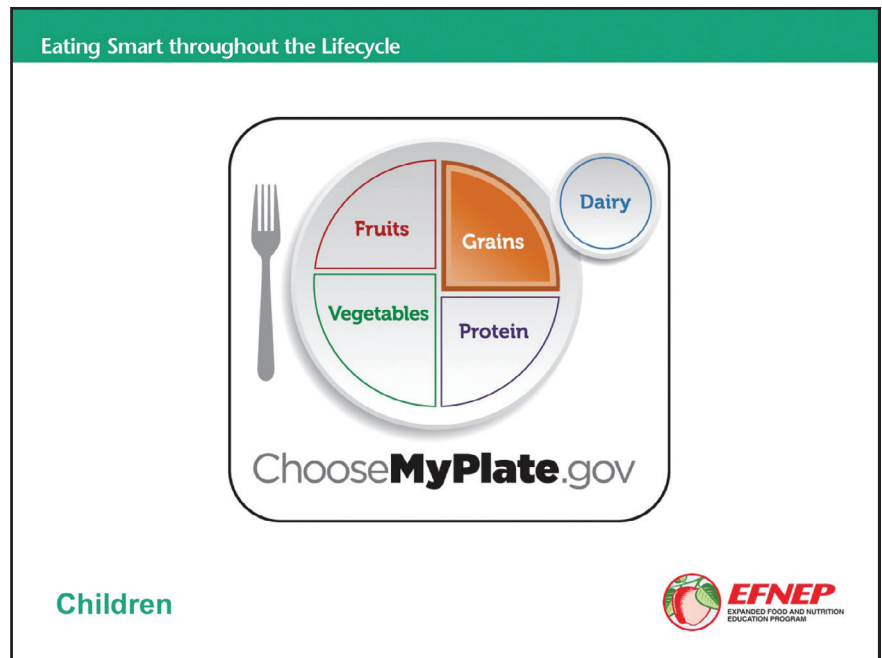
To build a healthy plate, encourage your children to:

- Increase their fruit and vegetable intake—be a good role model in encouraging your children to eat fruits and vegetables. Try a new fruit or vegetable or prepare some favorites different ways than you have in the past.
- Vary their veggies—especially dark-green, red and orange vegetables and beans and peas.
- Focus on fruits—eat fruit at meals and at snack time. Choose fresh, frozen, canned (in juice) or dried. Choose 100% fruit juice and limit to 4-6 ounces each day. Make fruit the everyday dessert.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 17



MyPlate shows us that grain foods should cover about one-fourth of our plate.

Make at least half of your grains whole-grain choices. To increase whole grains, choose foods like whole-wheat bread, oatmeal, whole-grain pasta, brown rice and low-fat popcorn.



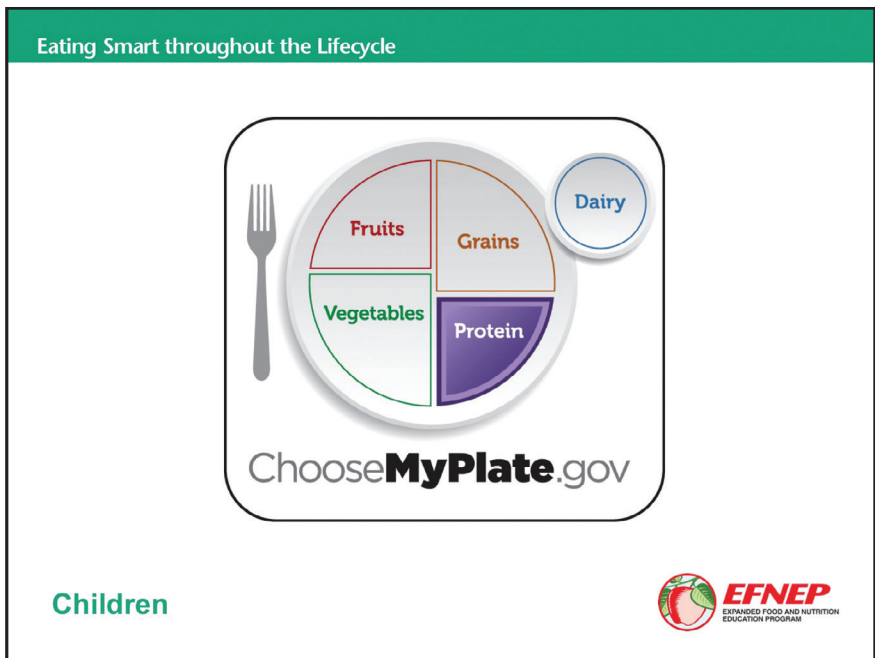
*How can we teach our children to be good food detectives and select whole grains?*

**Read labels carefully to be sure a whole grain is the first ingredient in the food. Don't be fooled by the color of the food.**

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 18



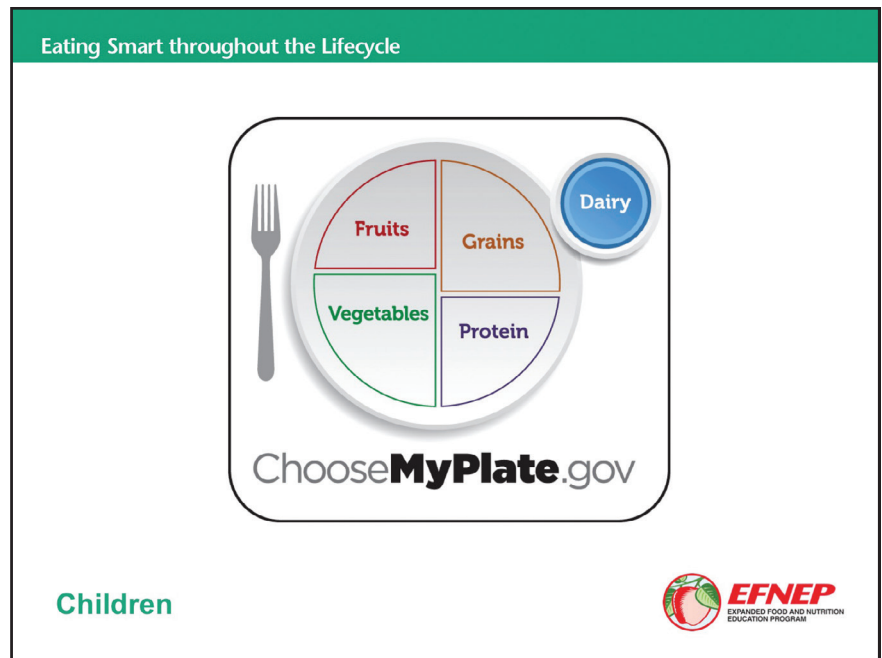
MyPlate show us that one-fourth of our plate should be protein. Encourage your children to eat a variety of lean protein foods such as lean meats, poultry, seafood, eggs, beans, peas, and soy products. Choose low-mercury seafood such as shrimp, tilapia and salmon.

Prepare protein foods using low-fat or no-fat cooking methods such as baking, broiling, grilling or roasting.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 19

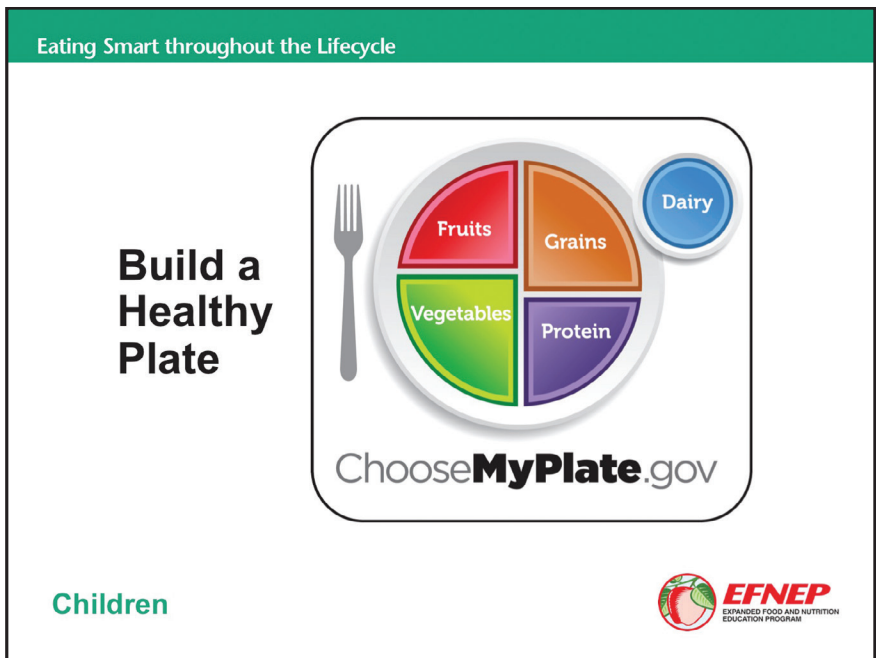


Dairy food choices should be included with every meal. Low-fat or fat-free milk, yogurt, cheese, fortified soy beverages, or lactose-free milk are all good dairy choices. To build strong bones, serve a fat-free or low-fat dairy or dairy product with every meal.

EATING SMART  
THROUGHOUT THE  
LIFECYCLE

Children

SLIDE 20



MyPlate reminds us to choose foods from each of the food groups in the right portions.



*What types of foods are missing from the MyPlate visual of a healthy plate?*

Allow participants to respond. Be sure to bring out that sugary, fatty foods did not make the plate.



*Why is it important to build your child's meals and snacks around healthy fruits, vegetables, whole grains, lean proteins and low-fat or fat-free dairy foods rather than cookies, cakes and soda?*

Allow participants to respond. Be sure to bring out that sugar and fat contribute calories, but not nutrients.



Script for this slide continued on next page...

## EATING SMART THROUGHOUT THE LIFECYCLE

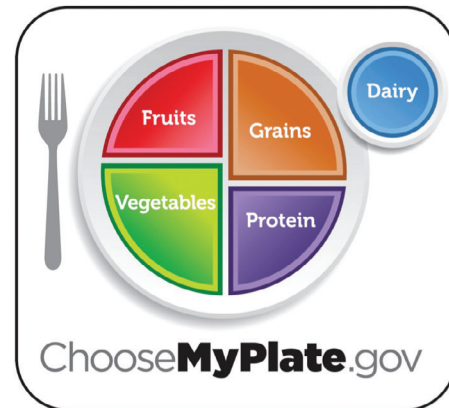
### Children

**SLIDE 20**

CONTINUED

Eating Smart throughout the Lifecycle

**Build a  
Healthy  
Plate**



Children



**...script for this slide continued from previous page.**

Consider the following as you plan meals and snacks for your children:

- Choose foods and beverages that do not have sugar as one of the first ingredients.
- Limit soft drinks. Choose low-fat or fat-free milk or water instead.
- Reward your children with kind words, hugs, stickers or attention rather than food to make them feel special.
- Limit treats to special occasions.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

SLIDE 21

Eating Smart throughout the Lifecycle



**Balance  
healthy  
eating and  
physical  
activity**

Children



Just like adults, children need daily physical activity. They should get about 60 minutes of active play each day. It doesn't have to be all at once. Include a variety of activities that add up to 60 minutes.

One way to encourage physical activity is to make it fun for the whole family. Walk, run and play together. Be a role model by participating with your child. Be sure to also model safety by using safety gear and wearing a bike helmet. Teach your child a favorite game you played when you were their age. You can even act out a story together or play active indoor games like "Simon Says."

Limit the time your child spends watching television, movies or playing computer or video games to no more than 2 hours a day. Do fun movements together during commercials to get a little family physical activity break.



***What is your family's favorite physical activity?  
What new activity could you and your child do together?***

**Allow participants to respond.**



## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

#### SLIDE 22

Eating Smart throughout the Lifecycle

### TIPS to Help Your Child Eat Smart

#### Be Patient



Children



Let's look at a few tips that will help your child develop lifelong habits to Eat Smart.

#### **Be patient!**

Young children may not be interested in trying new foods. Offer a new food many times. It may take some children 10 to 20 tries before they accept a new food.

Show your child how the rest of the family enjoys it. The food may be accepted when it becomes more familiar to your child.

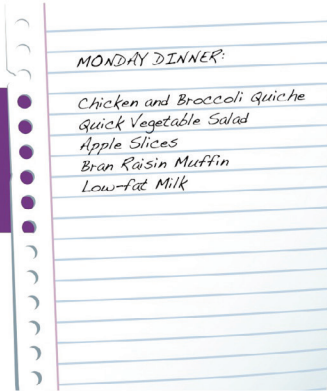
## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

SLIDE 23


Eating Smart throughout the Lifecycle

### TIPS to Help Your Child Eat Smart



Be a Planner

Children



As a review, let's talk about some things you, as a parent, can do to help your child eat smart.

### **Be a planner!**

Most children need a snack or two in addition to three regular daily meals.

Plan and schedule meals and snacks so that children have a routine.

Offer a wide variety of foods for meals and snacks.

Think about MyPlate as you plan foods for your children's meals and snacks. If foods are missing from the plate during a meal, include them as a snack.

Plan snacks so they are not served too close to mealtime.

Have a healthy snack ready for after-school or child care.



*What are some healthy snacks you can plan to serve your children?*

**Allow participants to share answers.**

EATING SMART  
THROUGHOUT THE  
LIFECYCLE

Children

SLIDE 24

Eating Smart throughout the Lifecycle

TIPS to Help Your Child Eat Smart

Be a Good  
Role Model



Children



**Be a good role model!**

What you do can mean more than what you say. Your child learns from you about how and what to eat.

Eat meals with your children whenever possible.

Try new foods and new ways of preparing them with your children. Both you and your children can be healthier by eating more dark-green leafy vegetables, deep-yellow vegetables, fruits, whole grains, lean proteins and fat-free or low-fat dairy foods.

Walk, run, and play with your children, don't just sit on the sidelines. A family that is physically active together has lots of fun!



*What are some fun and safe physical activities you can do with your child?*

**Allow participants to share answers.**

EATING SMART  
THROUGHOUT THE  
LIFECYCLE

Children

SLIDE 25

Eating Smart throughout the Lifecycle

TIPS to Help Your Child Eat Smart

Be Adventurous



Children



**Be adventurous!**

At the grocery store, ask your child to choose a new vegetable or fruit. At home, let them help wash and prepare the food. Encourage all family members to enjoy a variety of foods.



If you shop at a farmers' market, turn your shopping trip into a scavenger hunt! Ask your child to look for fruits and vegetables of different colors, shapes and sizes.

Encourage your child to think about which new fruit or vegetable they would like to try at home. Talk to the farmer selling the fruit or vegetable if you need ideas for how to prepare at home. When you get home, give your child a simple task to help you prepare the new fruit or vegetable for a family meal. Give your new dish a name that includes your child's name.



**Note:** For help finding a farmers' market near you, go to:

**From the USDA:**

<http://www.ams.usda.gov/services/local-regional/food-directories>

**Local Harvest:**

<http://www.localharvest.org/>

EATING SMART  
THROUGHOUT THE  
LIFECYCLE

Children

SLIDE 26

Eating Smart throughout the Lifecycle

TIPS to Help Your Child Eat Smart



Be Creative

Children



**Be creative!**

Encourage your child to invent a new snack or sandwich. Try a new bread or whole-grain cracker. Talk about what food groups the new snack includes and why it tastes good.

Get your children involved in food preparation. Children are more likely to try new foods if they help get them to the table. Everyone should wash their hands before helping fix the meal or set the table.

Salad prep is an easy job where almost all children can help. Ask the youngest family member to wash and tear the lettuce for the salad. Older kids can peel carrots and cucumbers. Teenagers can chop the peeled vegetables. Ask kids to get out the dressing for the salad, set the table with plates, forks, and spoons. Let the adults or older kids handle the knives.

Have kids put ice in glasses and pour beverages. Remember to try skim milk or water for kids over 2 years of age.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

SLIDE 27

Eating Smart throughout the Lifecycle

### TIPS to Help Your Child Move More



Make It Fun

Children



Now let's look at some ways you can encourage your child to be physically active.

### **Make it fun!**

As we've mentioned, children need at least 60 minutes of physical activity every day. Physical activity can be as simple as moving around, dancing, or just free play. Emphasize with your children the importance of being physically active and having fun. You do not have to be an athlete or participate in organized sports to be active. Help your children find some form of activity they enjoy and help them do it or better yet, do it with them. Children will develop the knowledge, attitudes, skills, behaviors, and confidence to be active throughout their lives.

Make family time active time. Plan activities together such as a walk after dinner or a trip to the park.



EATING SMART  
THROUGHOUT THE  
LIFECYCLE

Children

SLIDE 28

Eating Smart throughout the Lifecycle

**TIPS to Help Your Child Move More**

**Be a Good  
Role Model**



Children



**Be a good role model!**

It was important for you to be a good role model in helping your child Eat Smart, and it's important to help them Move More as well. Participate with your children in physical activity and set a good example of how we should all move our bodies. Find activities that you all enjoy. Activities can be adapted to fit any need, size, or ability level. Be creative. Provide regular opportunities for active, physical play.




EATING SMART  
THROUGHOUT THE  
LIFECYCLE

Children

SLIDE 29


Eating Smart throughout the Lifecycle

## TIPS to Help Your Child Move More



Turn OFF the TV

Children



### Turn OFF the TV!

One way to encourage your children to be more active is to limit the amount of TV and video games to no more than 2 hours per day. When you do watch, move around or stretch during the commercials.



*Do you think your children watch too much TV?*

Allow participants to share answers.



*What are some things that you could do as a family instead of watching TV?*

Allow participants to share answers.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

SLIDE 30

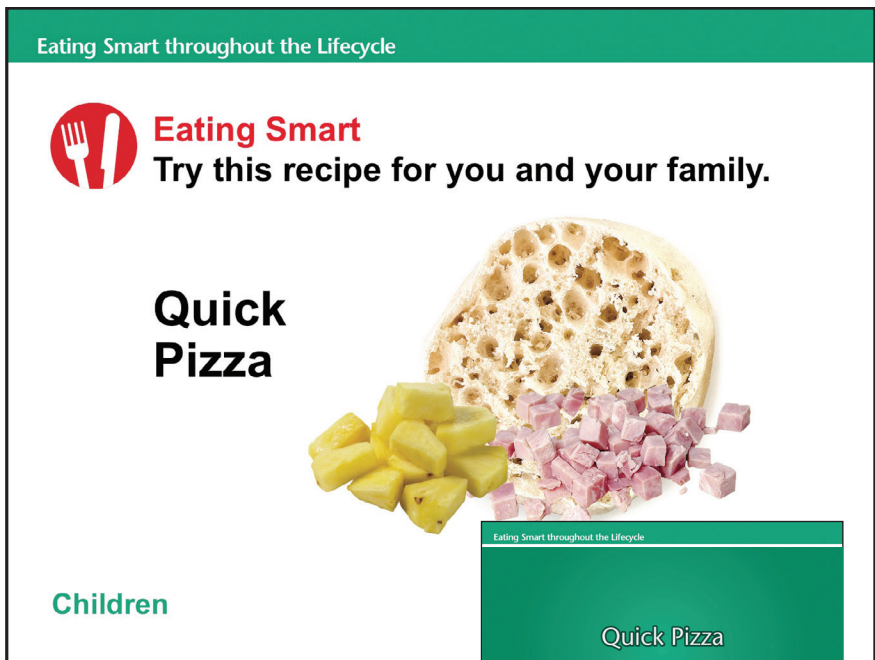


Helping children of all ages develop positive eating and physical activity habits will not only help them now but will also help them later in life. Remember your role as a parent is to choose the foods and say when they are eaten. The child then decides if and how much to eat. Being a good role model for healthy eating and physical activity is the first step towards better health for you and your entire family!

# EATING SMART THROUGHOUT THE LIFECYCLE

## Children

SLIDE 31



### **Eating Smart Recipe**

Pizza is a favorite with everyone. This is a quick, easy, and healthy way to make pizza at home.



After viewing recipe video, taste, demonstrate, or make recipe with participants.

**FOOD PREPARATION TECHNIQUE** — After draining the pineapple, press tidbits with a paper towel to remove more of the juice.

**FOOD SAFETY MESSAGE** — Let the pizzas cool a few minutes before eating. The melted cheese will be very hot and could burn your mouth.

Ask volunteer to help demonstrate.

Using small sliced veggies as a pizza topping is an easy way to introduce new veggies to your young child. Choose a fresh, in-season veggie of your choice to add as a topping to this pizza.



This recipe is on the next page



## QUICK PIZZA

Recipe for Slide #31

Makes 4 servings

Serving Size: 1 piece

### INGREDIENTS

- 4 slices whole-wheat bread or 2 English muffin
- 1/2 cup low-sodium spaghetti sauce
- 1/2 cup pineapple tidbits in own juice, drained
- 1/2 cup lean, diced ham
- 1/2 cup reduced-fat mozzarella cheese, shredded

### DIRECTIONS

1. Toast bread or muffin until very lightly browned.
2. Preheat oven to 350° F.
3. Place toasted bread or muffin on a baking sheet.
4. Spread half of the spaghetti sauce onto each slice of bread or muffin.
5. Place half of the pineapple tidbits and 1/2 of the diced ham on each slice of bread or muffin.
6. Sprinkle 2 tablespoons of cheese on top of pineapple and ham on each slice of bread or muffin.
7. Bake at 350° F for 4 to 6 minutes or until cheese melts and bread or muffin is thoroughly heated.

### Nutrients Per Serving

Calories 270

Total Fat 6 g

Saturated Fat 2.5 g

Protein 12 g

Total Carbohydrate 40 g

Dietary Fiber 9 g

Sodium 390 mg

**Good Source of Calcium**

EATING SMART  
THROUGHOUT THE  
LIFECYCLE

Children

SLIDE 32

Eating Smart throughout the Lifecycle



What is **one change** that you will  
make to help your child balance  
healthy eating and physical activity?



Children



*What is one change that you will make in how you feed  
your child?*

**Allow participants to share answers.**

# EATING SMART THROUGHOUT THE LIFECYCLE

## Children

SLIDE 33

Eating Smart throughout the Lifecycle

What will make  
this hard for you  
and your family?

How will you  
overcome this?

Children



*What will make this hard for you and your family?*

Allow participants to share answers.



*How will you overcome this?*

Allow participants to share answers.



Play "Pass it On" game to review lesson concepts and offer parents an activity they can do at home with their children.

EATING SMART  
THROUGHOUT THE  
LIFECYCLE

Children

SLIDE 34



**Ask** participants if they have any questions about the lesson presented today.



**Remind** them of the key messages from this lesson:

- A parent's role is to decide what, when, and where food is eaten. The child's role is to decide whether and how much of a food is eaten.
- Parents should be good role models for healthy eating and physical activity.

Review time, date, lesson and recipe for next session.

Share how participants can connect with you through social media.

Thank participants for attending.