

# 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

- Offer a variety of foods from all food groups.
- Children choose whether they will eat and how much.
- Model healthy eating and physical activity for children.

### OBJECTIVES

Participants will be able to:

1. Describe strategies to encourage their child at every age to choose a variety of foods from all food groups;
2. Recognize hunger and fullness cues in younger children and encourage older children to continue to listen to their body's cues for hunger and fullness; and
3. Describe ways to model both healthy eating and physical activity and encourage children to adopt healthy eating and physical activity behaviors.

## LESSON OVERVIEW

### PREPARING FOR THE LESSON

1. Determine the lesson format most appropriate for the setting. Face-to-face delivery is the most ideal way to deliver this lesson, however, there may be circumstances that require that the lesson be delivered remotely. Refer to the Guidance for Remote Delivery section for assistance in planning the lesson.
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.
7. For programs using WebNEERS for evaluation, consider using questions specific to feeding young children found in the question database.

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

## GUIDANCE FOR REMOTE DELIVERY

1. This lesson will naturally generate a lot of discussion and questions. Be mindful of time management. Refer questions beyond the content of this lesson to a dietician or nutritionist.
2. Utilize a remote registration system.
3. Work with your Extension professionals, the program partner, and a local food pantry to secure food supplies for a lesson kit if possible for each participant and one for demonstration purposes.
4. Set aside time to assemble lesson kits. Include all handouts, *Cook with Me!* equipment and ingredients list, brochures, and food supplies (if secured) for completing the recipe.
5. Determine the best strategy for distribution. If delivery is not possible, consider a curbside pickup at the partner organization's location or another location that is close to where participants live.
6. Determine what platform you will use.
  - If using a social media platform, set up a closed group. Social media platforms are not conducive to using slides. If using a social media platform, share an electronic copy of any handouts or visuals with participants prior to the lesson. If a lesson kit is distributed, you could include these pieces in the kit and refer to them during your remote lesson.
  - Remote meeting platforms generally allow you to shift between slides and action pretty easily. It may be easier, however, to work with

a partner with one person delivering the lesson content and one person leading the recipe and activity sections. An abbreviated slide set is designated within the lesson by the *Remote Delivery* symbol. Hide slides/script that do not have this symbol for a remote delivery format. These slides/script are the minimum content to meet the objectives of the lesson. You can divide the lesson into segments and offer over a period of several days if needed to keep the time online shorter for participants.



7. Do not post lesson link publicly. Send a welcome email (see appendix) to registered participants that includes a link to a narrated, digital version of the Food and Physical Activity Behavior Questionnaire and the lesson link.
8. If you are unable to secure food supplies for the lesson kits, use either the lesson recipe video or do a live demonstration. If completing a live demonstration, prep your recipe and check camera angles.
9. Choose one or two alternate physical activities that you can easily lead or show one segment from *Walk Indoors! with Leslie Sansone*.
10. Record a practice lesson. Review to assess any needed adjustments.
11. Remember that remote delivery requires you to demonstrate your warmth and excitement for your participants in your voice inflection and facial expressions.

## LESSON OVERVIEW

### ENGAGING PARTNERS

- Partner with Headstart and/or 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.
- Encourage FCS Agent to complete the Go NAPSACC training. Follow up with assessment of the center if requested. Utilize NAPSACC toolkit to aid initiation of environmental changes to support healthy eating and physical activity. To learn more: <https://gonapsacc.org>.
- Connect interested centers not currently enrolled in CACFP with state agency contacts. To learn more: [www.fns.usda.gov/cacfp/child-and-adult-care-food-program](http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program).
- 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 or other organizations offering food assistance for help.
- Connect your families to programs like the Summer Food Service Program, Backpack Buddies 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 or farmers' market, 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.

### LET CHILDREN HELP

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!

### LIMIT SCREEN TIME

Recreational use of screen time (TV, phones, tablets, computers) can be entertaining, but too much can result in your child not getting enough physical activity during the day. Up until the age of 18 months, limit screen time to video chatting with an adult. For children, ages 2 to 5, limit screen time to about 1 hour per day. For children older than 5, help your child adopt healthy habits that include limits on screen time. Decide on "screen free" times such as mealtime and one hour prior to bedtime. Encourage your children to be physically active and when you do watch TV, watch together and take breaks to move around, stretch, or dance.

Source: [www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Watching-TV-054.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx)


### 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.

 **Tip:** Fill freezer tray with pineapple juice and use for a delicious, flavored water.

## 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, low-sugar spaghetti sauce
- 1/2 cup pineapple tidbits in 100% 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.

## Suggestions

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

Serve with a salad on the side for more vegetables.



# Dance Creation

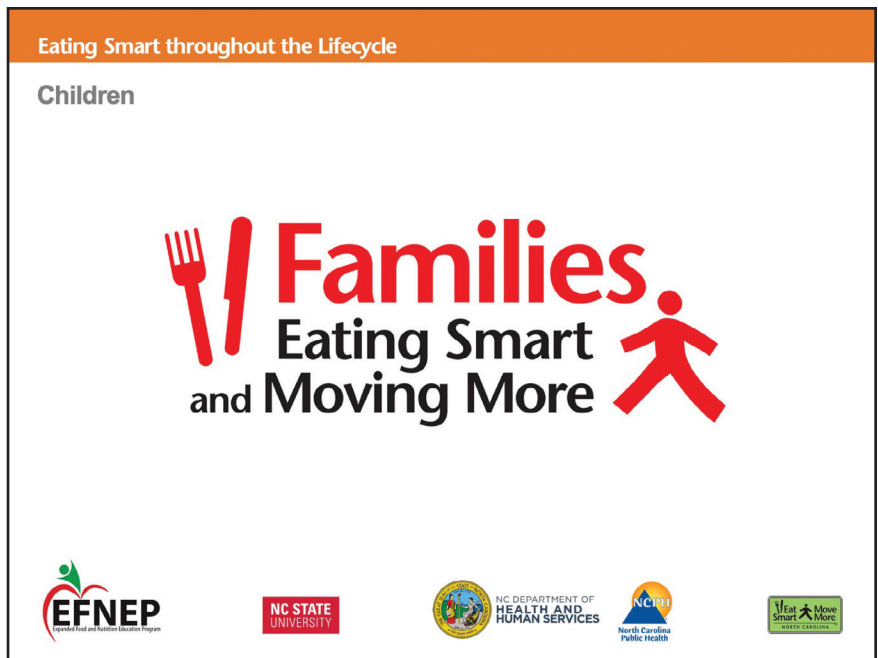
Put on some good music and dance! Let your child create a new dance and give it a name. You could create one together and name it after your family. Take one day this week to create a new dance.

# 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, it's also important to give your child a good foundation to develop healthy eating and physical activity patterns. This foundation can help to maintain good health throughout your child's life.

Today's lesson will help you learn how to give your child a healthy start to eat smart and move more.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



#### SLIDE 2

#### Eating Smart throughout the Lifecycle

##### Hunger Signs

- Uses words or sounds for specific foods
- Uses hand motions to let you know he or she is hungry

##### Full Signs

- Eating slows down, clenches mouth shut, pushes food away, shakes head to say “no more”
- Pushes food away
- Uses words, hand motions, or sounds to let you know he or she is full
- Turns head away from food

Children



As a young toddler, your child will continue to give you cues on when they are hungry and full. Some of the same cues that were present at the age of 9–12 months will still be present as your child moves past the age of 1 year. As your child approaches age 2, you may see new cues such as hand motions or even one syllable cues like “eat” for hungry or “no” for full.

Our role is to be responsive to our child’s cues. Children are born wanting to eat and knowing how much to eat. By responding to our child’s cues for when they are hungry and when they are full, we can help our child learn to manage their own intake. This is an important skill for healthy weight management throughout their life.

At two years of age, your child will consume much less human milk and formula is not recommended. Offer a variety of foods from all food groups. As you introduce new foods to your child, offer the food several times before giving up. Be patient. Young children may not be interested in trying new foods. It can take as many as 7 to 10 exposures to a food before we can truly know whether or not the child will accept the food.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



#### SLIDE 3

#### Eating Smart throughout the Lifecycle



Children

#### Tips for Toddlers

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



Be a planner. Most toddlers need three meals and two snacks on a regular schedule throughout the day every day of the week. Offer foods full of nutrients from a variety of fruits, vegetables, grains, proteins and dairy. Choose foods from each group that have no added sugars and are low in saturated fats and sodium. MyPlate Plan ([www.myplate.gov/myplate-plan](http://www.myplate.gov/myplate-plan)) can also be a good tool for planning for your toddler. Use MyPlate Plan to help guide you with the right amount of food from each food group for your young toddler.

Serve two to three foods for meals and snacks. Offer 1–2 tablespoons of each of the foods. Your toddler will let you know if they are still hungry and want more. Offering smaller initial portions will help you avoid food waste.

As parents, we want to make our children happy, but there are some choices that could end up causing us more stress. Don't be a short-order cook. Your home is not a restaurant where everyone can order something different at each meal. Plan meals using the MyPlate as a guide so that you are offering your family, including your toddler, the best nutrition possible.



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# EATING SMART THROUGHOUT THE LIFECYCLE

## Children



SLIDE 3

CONTINUED

Eating Smart throughout the Lifecycle



Children

### Tips for Toddlers

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



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*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

### 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?

Your toddler may not eat the same amounts of foods every day. They may eat a little one day and the next day eat a lot. Remember to serve small portions and let your child provide you cues if they want more. Try serving 1–2 tablespoons of 2–3 different foods at meals and snacks. Try to balance the amounts over a few days or a week. As long as you are offering a variety of foods at scheduled meals and snacks, your child will choose how much they need to eat at a given period of time.

Additionally, your health care provider will monitor your child's growth. Discuss any concerns you have with your child's health care provider.

**NOTE:** If time permits, and internet is available, show participants how to access MyPlate Plan to use to get a general idea of how much food their toddler needs each day. [www.myplate.gov/myplate-plan](http://www.myplate.gov/myplate-plan)



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

**Allow participants to share answers.**

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children

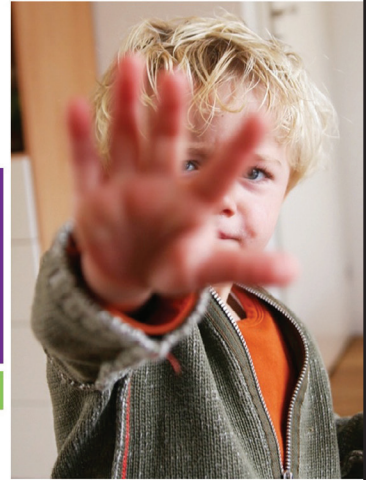


SLIDE 5

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?**

Children can sometimes be hesitant to try a new food at this age. Try serving at least one food familiar to your child alongside of the new food. Offer a variety of foods from all food groups. Remember, don't be discouraged if they don't like a food the first time. Offer a small amount of the food at different intervals 8–10 times before deciding whether or not your child will accept it.

Even young children like to help with food preparation. Often, this is a strategy that works across age groups to interest a child in a new food. If you are able, introduce a new food to your toddler by taking them to a farm or a farmers' market. Talk with your toddler about the new food you want to try. Let them help you make a selection. When you get home, you can set your toddler up at a table to "help" you prepare the dinner by stirring ingredients together for a recipe with your help. Encourage your child by sharing with them what a good job they did and how delicious the new recipe will be.



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## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



**SLIDE 5**

CONTINUED

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





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

Allow participants to share answers.



For more tips on feeding your toddler go to:  
[www.myplate.gov/life-stages/toddlers](http://www.myplate.gov/life-stages/toddlers)

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



#### SLIDE 6

Eating Smart throughout the Lifecycle



Children

### Tips for Preschoolers

- Offer choices.
- Let your preschooler serve themselves.
- Teach good table behavior.
- Involve your preschooler in food preparation.



Your preschooler will exhibit some of the same eating behaviors they did as a toddler. Keep up all the good things you started when they were a toddler. There will be days when they eat less and when they eat more. They may be a “picky eater.” It is important at this stage of development to give your child some choices about what they eat.

Let’s say that it is snack time. Offer your child a choice between two healthy options. For example, “Would you like an apple or a banana today?”

Keep track of new foods your child eats. If your preschooler attends child care, Head Start, or a preschool program, talk with their teacher to learn if your child tried any new foods and whether or not they enjoyed them.



**For more tips to deal with picky eaters, share this resource with participants:**

**[https://myplate-prod.azureedge.net/sites/default/files/2020-12/HealthyTipsforPickyEaters\\_031418\\_508.pdf](https://myplate-prod.azureedge.net/sites/default/files/2020-12/HealthyTipsforPickyEaters_031418_508.pdf)**



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## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



#### SLIDE 6

CONTINUED

Eating Smart throughout the Lifecycle



Children

#### Tips for Preschoolers

- Offer choices.
- Let your preschooler serve themselves.
- Teach good table behavior.
- Involve your preschooler in food preparation.



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During family meals, allow children to serve themselves. Encourage your preschooler to take small portions of the foods they want first and if they want more, they can serve themselves another small portion. Be mindful of the beverages your child drinks with meals and snacks. The healthiest choice for your preschooler is water, low-fat milk or fortified soymilk.

Family meals are also an opportune time to help your child learn good table behavior and conversation. Teach your child about your culture. Talk about fun things that happened during the day.

Involve your preschooler in food selection and preparation. At this age, your child can help you rinse off fresh fruits and vegetables, mix ingredients, tear greens for salads, and set the table. Your preschooler will also like helping you shop. This is a good opportunity to teach your preschooler how to shop smart. Provide your preschooler with a list of foods that they help you select. Talk about the foods while you shop. If your preschooler gets distracted by a food that is not on the list, share that sticking to the list helps you have money to do other things.



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# EATING SMART THROUGHOUT THE LIFECYCLE

## Children



SLIDE 6

CONTINUED

Eating Smart throughout the Lifecycle



Children

### Tips for Preschoolers

- Offer choices.
- Let your preschooler serve themselves.
- Teach good table behavior.
- Involve your preschooler in food preparation.



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*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 7

Eating Smart throughout the Lifecycle



**Parents Want to Know**  
  
**How can I keep  
mealtime from  
being an argument  
over food?**

Children



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

Rather than center the conversation on food at the table, talk about the day. Give everyone a turn to share.

Serve meals family-style. Family-style meals can be a great way to keep mealtime pleasant. Place food in the center of the table and then pass food around to each person who then chooses whether or not they will eat the food and what amount they would like. A few benefits to family-style are:

1. Parents decide what is on the table.
2. The child decides whether or not they will eat the food and how much. Serving themselves based on how hungry or satisfied they are will help your child continue to manage their own appetite levels. They will recognize what portion of food they need at that time.



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## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



**SLIDE 7**

CONTINUED



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3. Children are able to practice positive table manners. They can practice saying “please” and “thank you” when passing items around the table. This also helps them with fine motor skills such as balancing bowls or platters and carefully passing the items to the next person. They can become more watchful of potential spills.



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

[ Allow participants to share answers.



[ For more information on feeding your preschooler, visit:  
[www.myplate.gov/life-stages/preschoolers](http://www.myplate.gov/life-stages/preschoolers)

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



#### SLIDE 8

Eating Smart throughout the Lifecycle

### Parents Want to Know

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

- Peanuts and other whole nuts
- Popcorn
- Whole grapes
- Whole cherry tomatoes
- Hard candy
- Hot dogs

Children



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

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. Cut foods that are hard to swallow into small pieces.

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. Take measures to prevent choking, such as having your child sit at a table to eat meals and snacks.


## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



SLIDE 9


Eating Smart throughout the Lifecycle



### Tips for School-Age Children

- Provide guidance for foods eaten away from home.
- Let your child help with meal planning.
- Let your child help with food preparation.

Children





As your child gets older and enters school, provide guidance to help them make healthy choices away from home. MyPlate ([www.myplate.gov/life-stages/kids](http://www.myplate.gov/life-stages/kids)) has useful tools to help you encourage your school-aged child to choose a variety of foods. Children this age are ready to learn some basics of nutrition. Make learning about new foods an adventure.

When your child enters school, they can participate in the school breakfast and school lunch programs. There is an application process that your child's teacher will share with you. School lunch and school breakfast are low-cost or free nutritionally balanced meals. Some schools participate in the Fresh Fruit and Vegetable Program. This program allows all children in the school to receive fresh fruits and vegetables throughout the day. Check with your child's school to learn about what programs are available.



**For more information on school food programs including summer and after-school programs, go to: <https://childnutrition.ncpublicschools.gov/programs> or search for your local public school information.**



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## EATING SMART THROUGHOUT THE LIFECYCLE


### Children



SLIDE 9

CONTINUED


Eating Smart throughout the Lifecycle



Children

### Tips for School-Age Children

- Provide guidance for foods eaten away from home.
- Let your child help with meal planning.
- Let your child help with food preparation.





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Your school-aged child is old enough to help you plan meals and snacks. Involve your child in planning their snacks. Offer guidance such as choose foods without added sugar, saturated fat and sodium. Use MyPlate and have your child help plan the menu for a family meal using foods from all five food groups. You can direct your child to use something in the meal that you already have on hand such as spaghetti noodles, identify this as being a food from the grain group, and work together to plan out a menu that includes foods from all other groups.

Be adventurous in the kitchen. Teach your child to read a simple recipe such as the one featured in this lesson. It makes a good healthy snack for a school-aged child. Your child should always be supervised in the kitchen, but at this age, they are ready, with help, to follow a simple recipe. You can begin to teach knife skills using a butter or plastic knife and soft fruits or vegetables like bananas or cucumbers.



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# EATING SMART THROUGHOUT THE LIFECYCLE


## Children



SLIDE 9

CONTINUED


Eating Smart throughout the Lifecycle



Children

### Tips for School-Age Children

- Provide guidance for foods eaten away from home.
- Let your child help with meal planning.
- Let your child help with food preparation.



EFNEP  
Expanded Food and Nutrition Education Program



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*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 10

#### Eating Smart throughout the Lifecycle



Children

#### Tips for Adolescents

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



Adolescence is a time in which you can help your teen to take charge of their health. By the time a teen reaches this age, they have had some basic nutrition in school and likely have developed an interest in their own personal health. Help them hone these skills by encouraging the same principles of healthy eating that you have since they were young: Encourage eating a variety of foods from every food group. Using the MyPlate Plan and MyPlate App is one way your teen can take charge and track their healthy eating plan. They can use these tools to make healthy choices away from home.

**NOTE:** Information on MyPlate Plan and MyPlate App can be found at: [www.myplate.gov/resources/tools](http://www.myplate.gov/resources/tools)

Teens are ready to take some responsibility for helping prepare family meals and snacks. Set aside a food prep day to help make getting meals on the table during the week much easier. Involve your teen in helping cook batches of rice or pasta or cut veggies or fruits to be used in meals during the week. Let your teen help you choose some of the recipes to be used and encourage them to make the recipe as you watch and provide guidance



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## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



SLIDE 10

CONTINUED

Eating Smart throughout the Lifecycle



**Tips for Adolescents**

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

Children





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as needed. Teach your teen how to make some of your family's favorite recipes that have been passed down. Your teen can help you make recipes from *Cooking with EFNEP* or you can both check out MyPlate Kitchen for more recipe ideas.  
[www.myplate.gov/myplate-kitchen](http://www.myplate.gov/myplate-kitchen)

Teens and tweens are busy, social and on-the-go. Remind your teens to listen to their bodies and recognize when they are hungry and when they are satisfied. Encourage your teen to keep water handy in a reusable water bottle throughout the day.



*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 11

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

The EFNEP logo, featuring a stylized green and red figure with the text 'EFNEP' and 'Expanded Food and Nutrition Education Program' below it.

### 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.



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## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



#### SLIDE 11

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

The EFNEP logo, which includes a stylized green leaf and the text 'EFNEP' with 'Expanded Food and Nutrition Education Program' below it.



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### 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 12

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 their hands properly is to have them sing the ABC's while washing their hands.

Begin by helping your child apply soap to their hands. Check the temperature of water to make sure it is warm, but not too hot for your child. Sing with your child as they wash their hands. Help your child learn all the times they should wash their 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



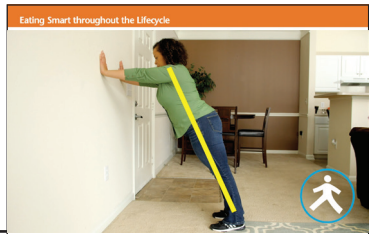
SLIDE 13

Eating Smart throughout the Lifecycle

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

 Click here to play video

Click to continue to next slide



Click to continue to next slide

EFNEP

Let's take a break and Move More! As a reminder, you should only move in ways that feel comfortable to you, and you should stop immediately if you experience any pain.

This video will walk us through each activity and demonstrate some different options that we can build up to and try at home!



### Moving More Break

**PLANK:** An activity with multiple options to build arm and core strength.

In a class setting, this activity may work best against a wall. Do not perform this activity on a table or chair if there are no sturdy options available. If appropriate, this activity can be done on the floor while participants are on their knees but keep in mind a hard floor may not be the best option. Show all options so that participants can try this activity at home.



Ask everyone to stand near a wall if possible. Play video.

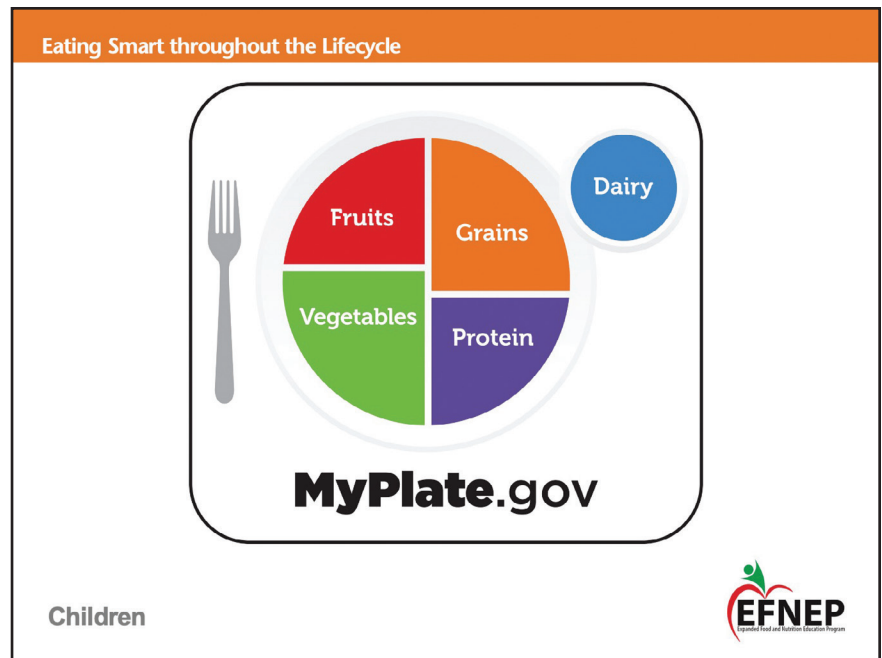


## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



SLIDE 14



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 grains (preferably whole grains), 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.

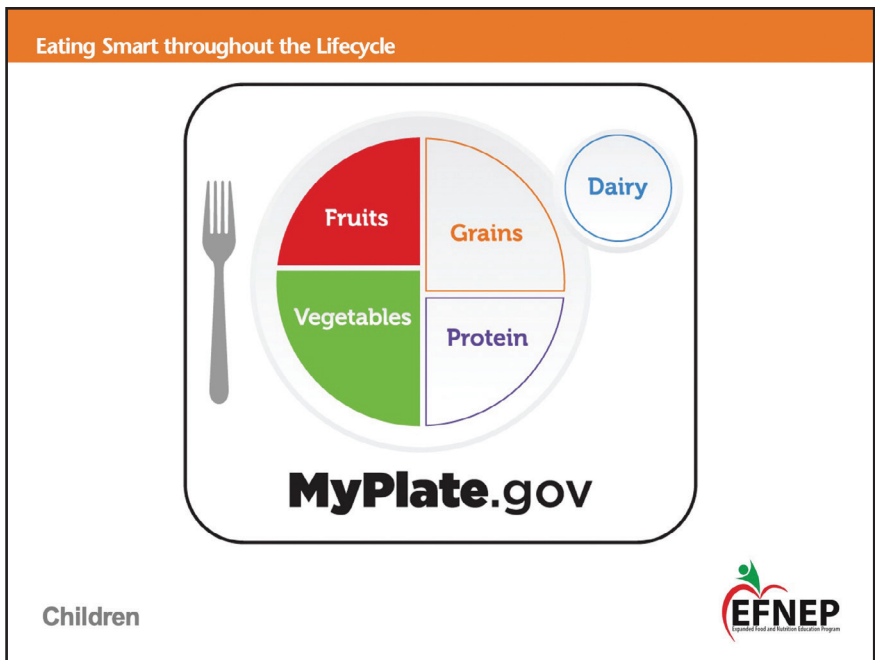
**NOTE:** Parents don't need to use two different plates, but do need to be aware that children's portions will be smaller than adult portions.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



SLIDE 15



Fruits and vegetables take up the largest portion of the plate because they provide us with so many nutrients that are necessary for good health. Encourage your children to eat a variety of colors of fruits and vegetables. Make it fun, by asking your child to help track the colors of the fruits and vegetables in family meals each week. Your child can even help design and color your tracking form and you can place it on the refrigerator so everyone in the family can see how well you meet your goals each week. Choose from green, especially dark leafy greens, red, orange/yellow, blue/purple, and white vegetables each week. Don't forget the beans and peas.



*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.



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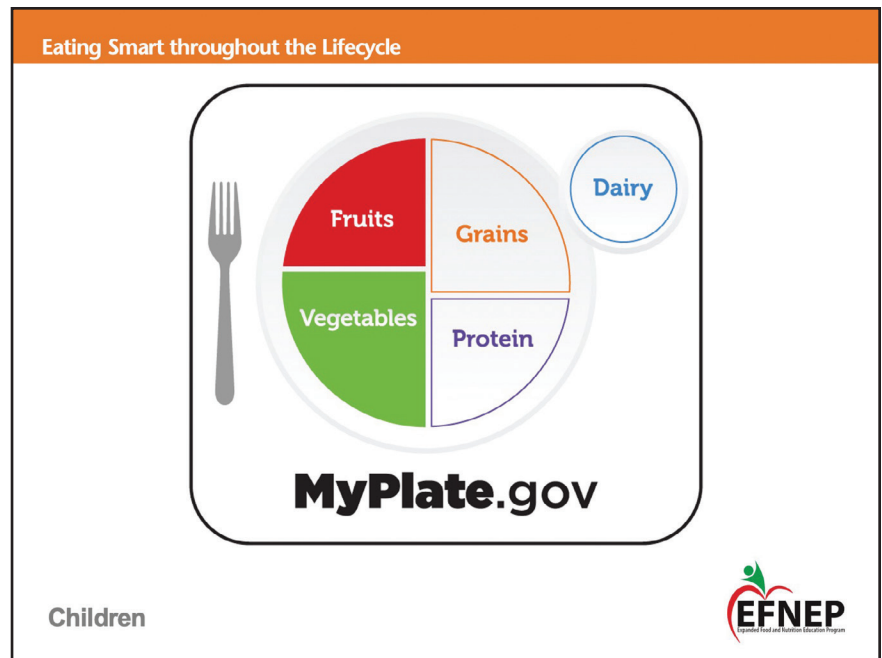
## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



**SLIDE 15**

CONTINUED



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To build a healthy plate, encourage your children to:

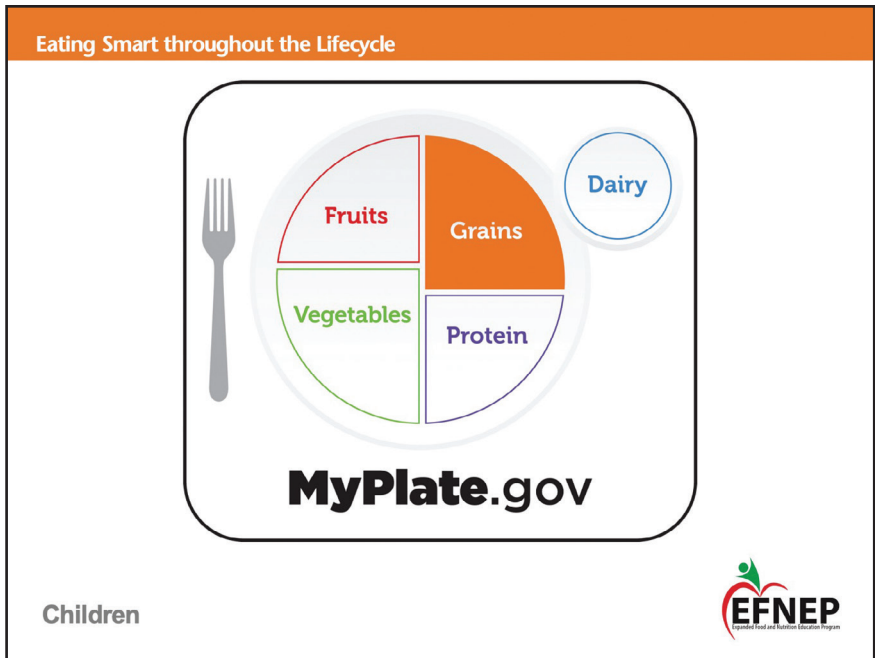
- Increase their fruit and vegetable intake—be a good role model in encouraging your children to eat fruits and vegetables by eating fruits and vegetables yourself.
- Vary their veggies—especially dark-green, red and orange vegetables and beans and peas.
- Focus on fruits—eat fruits with meals and snacks. 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 16



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?*

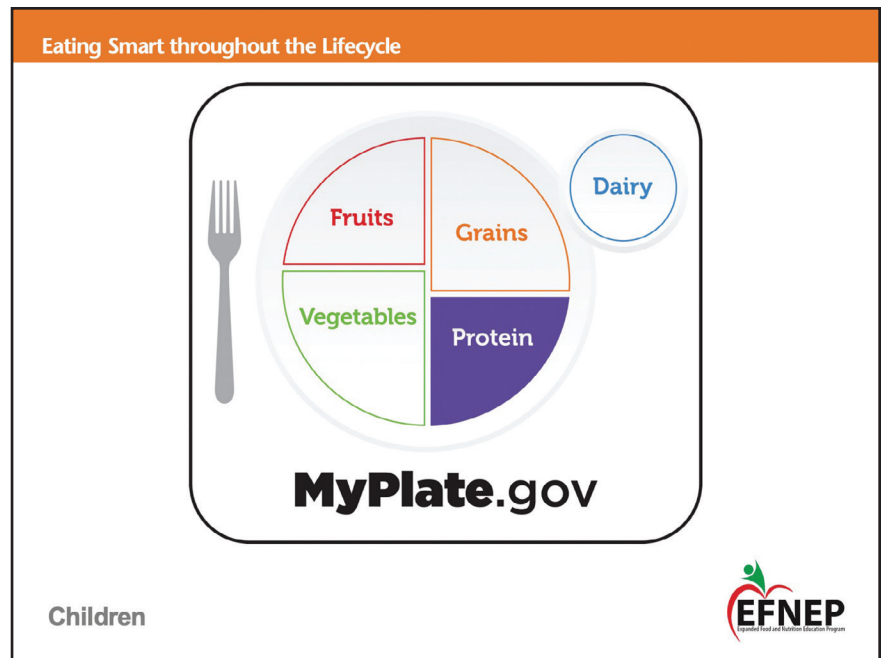
**Read labels carefully to be sure a whole grain is the first ingredient in the food. Don't be fooled by the color of the food.**

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



SLIDE 17



The MyPlate shows 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.

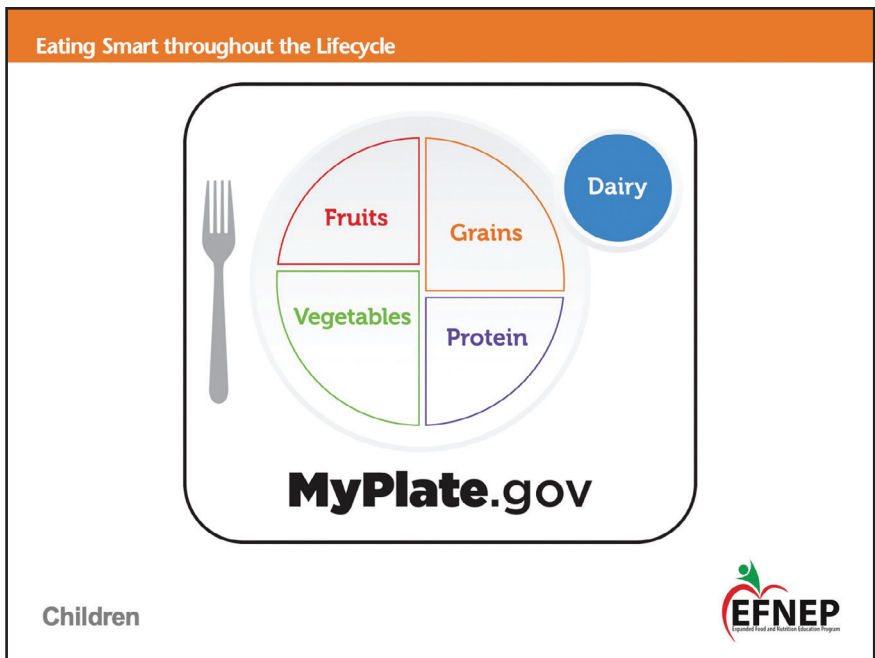
Prepare protein foods using low-fat or no-fat cooking methods such as baking, broiling, grilling or roasting.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



#### SLIDE 18



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.



**For children who may not be able to tolerate dairy products made from cow's milk, share additional information on non-dairy sources of calcium to meet this need.**

**[www.myplate.gov/eat-healthy/dairy](http://www.myplate.gov/eat-healthy/dairy)**

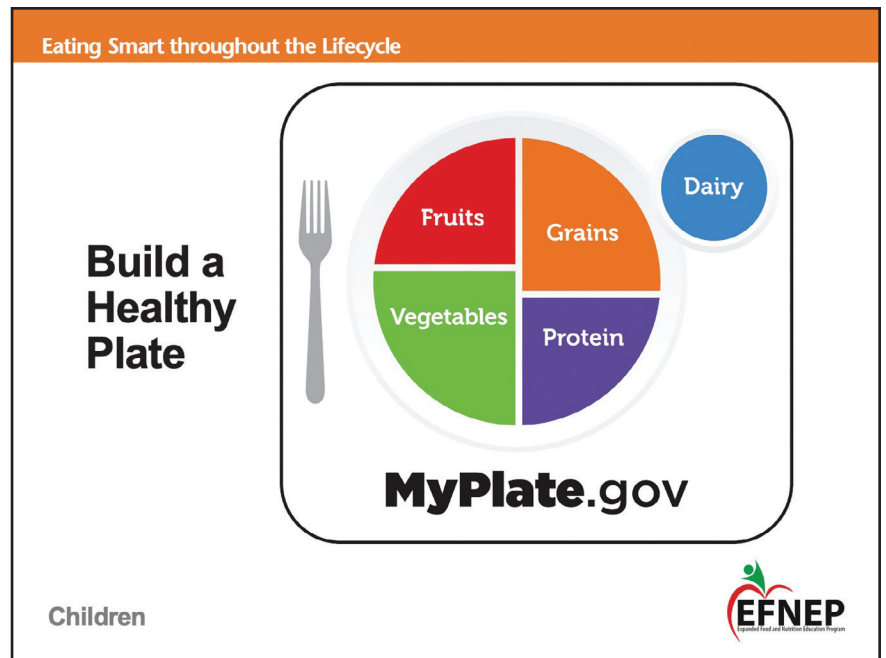


## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



SLIDE 19



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. Emphasis the need to limit added sugars, saturated fat, and sodium as part of a healthy eating plan.



*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.



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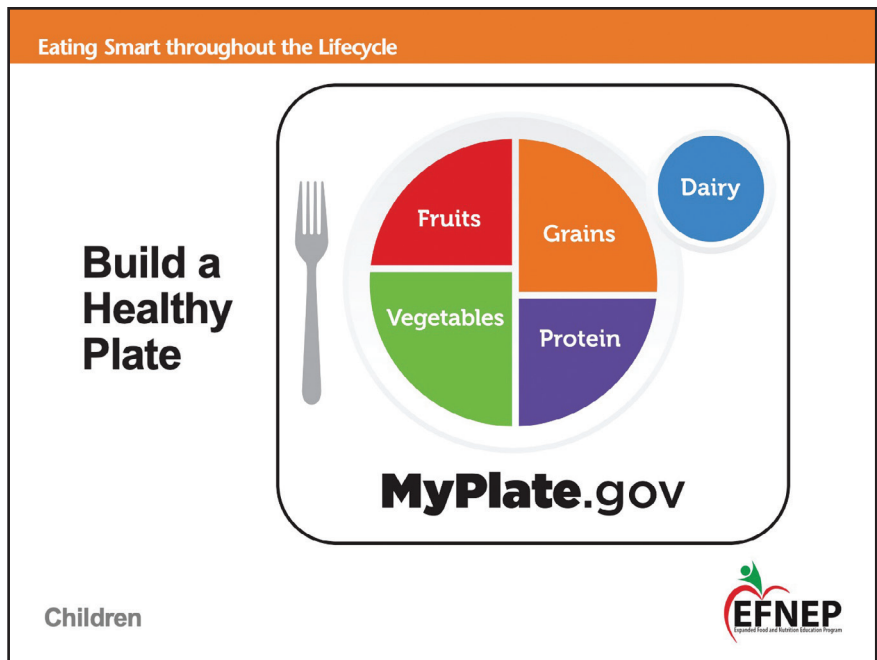
## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



**SLIDE 19**

CONTINUED



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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 20

Eating Smart throughout the Lifecycle

### Balance healthy eating and physical activity



Children



Just like adults, children need daily physical activity. Children should get about 60 minutes of active play each day. As part of their 60 minutes, children should participate in muscle-strengthening and bone-strengthening activities that are appropriate for children. Some examples are climbing a jungle gym, playing tug-of-war, and hopscotch.

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 21



Let's review.

### **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.

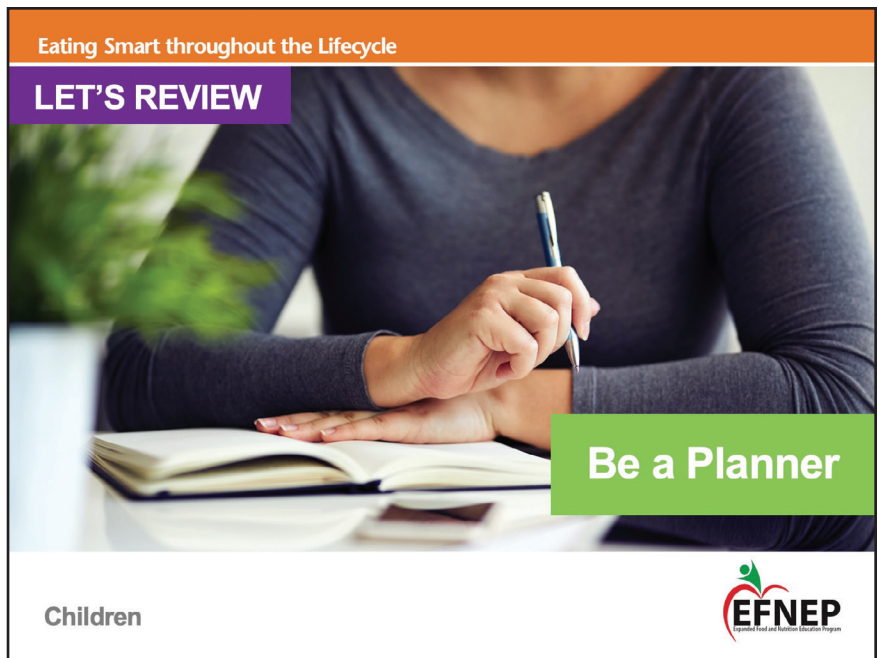
Show your child how the rest of the family enjoys it. The food may be accepted when it becomes more familiar to your child.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



SLIDE 22



### **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 23

Eating Smart throughout the Lifecycle

LET'S REVIEW

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.

Both you and your children can be healthier by eating more dark-green leafy vegetables, deep yellow/orange or red 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 24

Eating Smart throughout the Lifecycle

LET'S REVIEW

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.



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# EATING SMART THROUGHOUT THE LIFECYCLE

## Children



**SLIDE 24**

CONTINUED



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Another great way to get kids excited about eating healthy is to plant some vegetables or fruits. If space is a problem, there are several fruits and vegetables that grow well in containers. If you have a garden, encourage your child to help select what to plant and teach them how to plant and manage a garden. This is a good activity at any age and a skill that will last them a lifetime.



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

From the USDA:

[www.ams.usda.gov/services/local-regional/food-directories](http://www.ams.usda.gov/services/local-regional/food-directories)

Local Harvest: [www.localharvest.org](http://www.localharvest.org)



Connect participants to a local master gardener if they want to learn more about growing their own food.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



SLIDE 25

Eating Smart throughout the Lifecycle

LET'S REVIEW

Let Children Help

Children

A photograph of a young child with blonde hair, wearing a pink shirt, grating a yellow cheese on a green grater. The child is looking up and smiling.The EFNEP logo, featuring a green apple and the text 'EFNEP Expanded Food and Nutrition Education Program'.

### Let children help!

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 low-fat or fat-free milk or water for kids over 2 years of age.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



SLIDE 26

Eating Smart throughout the Lifecycle

LET'S REVIEW

Help Your Child Move More

A photograph of a family (father, mother, and two children) dancing and playing on a couch in a living room. The father is on the left, the mother is on the right, and two children are in the center. They are all smiling and have their arms raised. The background shows a well-lit living room with a bookshelf and plants.

Make It Fun

Children

The EFNEP logo, which includes a stylized green figure and the text 'EFNEP' with 'Expanded Food and Nutrition Education Program' below it.

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 27

Eating Smart throughout the Lifecycle

LET'S REVIEW

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 28

Eating Smart throughout the Lifecycle


LET'S REVIEW

Help Your Child Move More



Limit Screen Time

Children



### Limit screen time!

One way to encourage your children to be more physically active is to limit the time they spend watching tv, playing games or watching videos on phones, tablets or computers. Recreational use of screen time can be entertaining, but too much can result in your child not getting enough physical activity during the day. Up until the age of 18 months, limit screen time to video chatting with an adult. For children, ages 2 to 5, limit screen time to about 1 hour per day. For children older than 5, help your child adopt healthy habits that include limits on screen time. Decide on “screen free” times such as mealtime and one hour prior to bedtime. Encourage your children to be physically active and when you do watch TV, watch together and take breaks to move around, stretch, or dance.



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EATING SMART  
THROUGHOUT THE  
LIFECYCLE

## Children




SLIDE 28

CONTINUED

Eating Smart throughout the Lifecycle


LET'S REVIEW

Help Your Child Move More



Limit Screen Time

Children





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*Do you think your children spend too much time watching TV, playing games or watching videos on phones, tablets or computers in your home? How have you seen this affect the amount of activity they get each day?*

[ Allow participants to respond.



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

[ Allow participants to respond.

## EATING SMART THROUGHOUT THE LIFECYCLE

### Children



SLIDE 29



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 30



### ***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

Eating Smart throughout the Lifecycle



**Eating Smart**  
Try this recipe for you and your family.

### **Quick Pizza**



Click to continue to next slide





## QUICK PIZZA

Recipe for Slide #30

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 31

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 32

Eating Smart throughout the Lifecycle	
What will make this hard for you and your family?	How will you overcome this?
<div>Children</div> <div>EFNEP Expanded Food and Nutrition Education Program</div>	



*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.

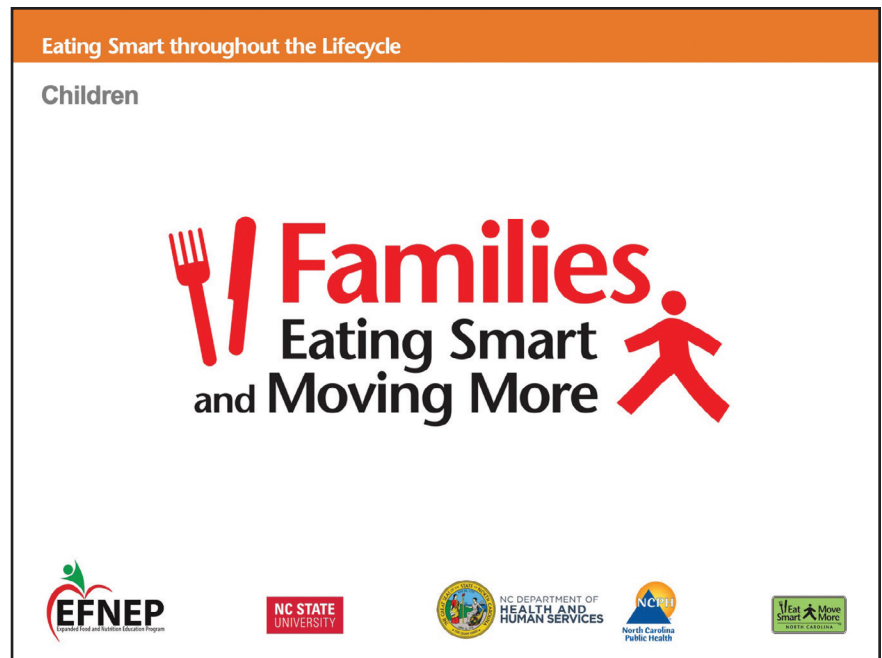


# EATING SMART THROUGHOUT THE LIFECYCLE

## Children



SLIDE 33



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



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

- Offer a variety of foods from all food groups.
- Children choose whether they will eat and how much.
- Model healthy eating and physical activity for children.

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

Share how participants can connect with you through social media.

Thank participants for attending.

