

# CHILDHOOD NUTRITION

Preventing Obesity

Facilitator's Guide: Volumes 1 & 2



**Volume 1:  
Feeding Your Baby**  
(Birth to Age 1)

**Volume 2:  
Young Children  
Eating Right**  
(Ages 1-5)



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# CHILDHOOD NUTRITION

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Preventing Obesity

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In today's fast-paced, drive-through world of eating, children and their parents face a challenge when it comes to nutrition: incorporate healthy habits into their lifestyles now, or deal with the consequences of poor eating later on. This two-volume set encourages parents to make improvements in their family's eating and physical activity habits. Both videos present the most current nutrition information available while modeling and acknowledging parents' natural ability to nurture their children.

Broken down into short segments, these two videos give educators the flexibility to either send the message in bite-sized bits at home, or all at once in the clinic or classroom.

**Volume One: *Feeding Your Baby (Birth to 1)*** shows parents how to feed first-year babies in the most nutritious, safe and nurturing way, including when to start solids and the progression of textures.

**Volume Two: *Young Children Eating Right (Ages 1 to 5)*** explains the USDA's MyPlate, helps parents deal with common feeding issues, and encourages more play and less TV.

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# The Importance of Preventing Childhood Obesity

According to the Centers for Disease Control and Prevention, 17 percent of all children are overweight. By some estimates, the percentage of overweight children has tripled since the 1960s. Experts think that inactive lifestyles (too much TV and computer games, and not enough physical activity) and excessive calories (diets consisting of too many calories from processed foods, high-fat snacks, fast foods and larger portion sizes, and not enough fruits, vegetables and whole grains) are contributing to this increase in obesity. As a result, experts are seeing a rise in type 2 diabetes, high cholesterol, and hypertension among overweight children. Parents need to establish healthy habits early in life, as life-long healthy behaviors will ultimately help prevent chronic adult diseases, such as heart disease, diabetes, certain types of cancer, and obesity.

## Suggested Facilitator Presentation

- Review appropriate video volume and corresponding facilitator's guide section
- Gather supplies needed for suggested activities
- Make copies of participant handouts
- Show all or part of program
- Facilitate discussion using Discussion Questions
- Involve students in chosen activity
- Pass out and review handouts



# Feeding Your Baby (Birth to 1)

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## Intended Audience

This video is intended to be shown to a diverse group of parents with babies in their first year. It explains how to feed babies in the most nutritious, safe, and nurturing way possible.

## Audience Objectives

After watching this video and participating in discussion and activities, your audience should be able to:

- Understand the benefits of breastfeeding, safe and nurturing bottle feeding, and signs of hunger and satiation
- Know when baby is ready for solids and how to introduce them; signs of satiation
- Be able to introduce and prepare strained and puréed foods appropriately
- Prepare safe and healthy finger foods at the appropriate time; take precautions against choking; brush baby's teeth
- Offer appropriately prepared table foods at family meals; encourage healthy habits such as being active; use quiet time activities such as art, books and music instead of television

# Vol. 1 Program Overview

## 1. Breastmilk and Formula

- Benefits of breastmilk
- Formula and bottle safety
- Signs of hunger and fullness
- Frequency and amounts

## 2. Starting Solids

- Signs of readiness
- How and what to feed
- Frequency and amounts
- Signs of fullness

## 3. Baby Food Basics

- How and what to feed
- Portion sizes and food texture
- Store-bought vs. homemade baby food
- Signs of allergies

## 4. Self-feeding

- Signs of readiness
- Finger food examples
- Safety (choking)
- Brushing teeth

## 5. Family Meals

- Table foods
- Frequency and amounts
- Whole milk at 12 months
- Breastmilk as long as you want
- No television
- One hour of active playtime every day



# Discussion Questions

## **Breastmilk and Formula**

1. Why is breastmilk considered the perfect food for babies and mothers?
2. What are some important things to remember when bottle feeding?

## **Starting Solids**

1. What are the signs that a baby is ready to start solids?
2. What iron-rich foods should baby start with?

## **Baby Food Basics**

1. Why is it important to wait one week before introducing a new food?
2. What if a baby makes a face when a new food is introduced?

## **Self-feeding**

1. Why do babies like to touch their food?
2. What are some choking hazards to watch out for when baby is eating?

## **Family Meals**

1. Why is it important to include baby at the table for family meals?
2. What are the AAP recommendations about playtime and television? Why?



# **Young Children Eating Right (Ages 1 to 5)**

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## **Intended Audience**

This video is intended to be shown to a diversity of parents with children between the ages of one and six. It explains USDA's MyPlate, helps parents deal with common feeding issues, and encourages less TV and more play.

## **Audience Objectives**

After watching this video and participating in discussion and activities, your audience should be able to:

- Understand the new food guidance system, know what foods are okay for everyday eating, and how to determine food portion sizes for young children.
- Make meals and snacks a nurturing and healthy routine.
- Know how to include children in the entire process of eating healthy, from shopping to meal preparation to making healthy snacks fun.
- Understand why it's best for children (and their families) to have more playtime and less television.

# Vol. 2 Program Overview

## 1. Variety

- Introduction to the USDA's MyPlate, food groups, and nutrients
- More fruits and vegetables
- Whole-fat dairy for children under two
- Occasional treats vs. everyday foods
- Healthy snack ideas
- Choking hazards

## 2. Reduce Mealtime Conflicts

- Offer healthy meals and snacks at regularly scheduled times
- Child-sized portions, plates, cups, and utensils
- Allow your child to choose when or whether to eat
- Offer new foods 10-15 times
- Don't force, punish, or bribe your child to eat

## 3. Food Adventures

- Include your child in shopping and meal preparation
- Eat meals together while sitting down
- Allow your child to explore food
- Make fun, healthy foods together

## 4. Healthy Habits

- One hour total of playtime
- One-two hours or less of screen time/day
- Wise fast-food choices
- Quick and healthy homemade meals
- Be active together as a family



## Discussion Questions

### Variety

1. What are the five food groups in USDA's MyPlate? What are nutrients that each group provides?
2. Why is it important to eat more fruits and vegetables?
3. What are some examples of occasional treats and everyday foods?

### Reduce Mealtime Conflicts

1. Why is it important to remain calm and nurturing at meal and snacktimes?
2. What can you do if your child refuses to eat a new food?

### Food Adventures

1. How can you include your child in the preparation of meals?
2. How often do you eat with your family? How can you do that more often?

### Healthy Habits

1. What are some ways to be active as a family for at least 30 minutes a day?
2. What are some quiet-time activities you can substitute for television?
3. List some healthy fast-food choices you could make the next time you eat out.

# Feeding Your Baby

## Breastmilk and Formula



Free, ready-to-use, perfect food for baby



Requires preparation, costly, acceptable food for baby

## Beginning Solids

Start with iron-fortified rice cereal and/or well-pureed meats when baby shows signs of readiness.



### Signs of Readiness

- Holds head steady
- Opens mouth for a spoon
- Sits up alone
- Closes lips over spoon
- Reaches for objects
- Swallows without choking

## Do Not Feed Until 12 Months of Age

- Honey
- Cow's milk



## Choking Hazards

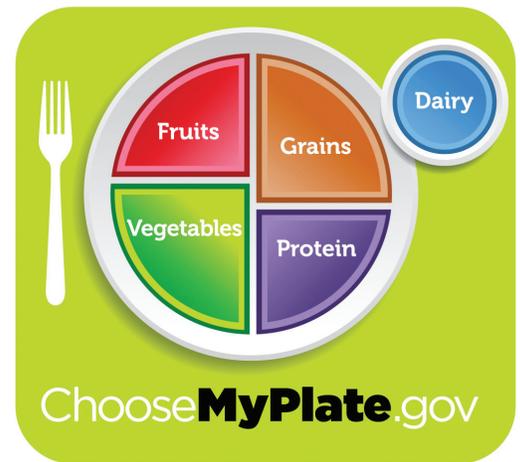
- Babies who are feeding themselves must be sitting down and supervised at all times.
- Skin all fruit. Cut food into pea-sized chunks to start, and then small strips as she gets older. Toast bread before feeding.
- Avoid hard round foods: grapes, carrot coins, popcorn, olives, chips, hard candy, nuts, and hot dogs pieces.
- Avoid sticky thick food: peanut butter, wads of bread, and melted cheese.



# What Should I Feed My Child?

Calorie Levels for Young Children							
	MALES				FEMALES		
Activity Level*	Sedentary	Mod. Active	Active	Activity Level	Sedentary	Mod. Active	Active
AGE				AGE			
2	1000	1000	1000	2	1000	1000	1000
3	1000	1400	1400	3	1000	1200	1400
4	1200	1400	1600	4	1200	1400	1400
5	1200	1400	1600	5	1200	1400	1600

\***Sedentary** means a lifestyle that includes only the light physical activity associated with typical day-to-day life. **Moderately active** means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. **Active** means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.



Daily Amounts of Food From Each Group				
Calorie Level	1000	1200	1400	1600
Fruits <sup>1</sup>	1 cup	1 cup	1.5 cups	1.5 cups
Vegetables <sup>2</sup>	1 cup	1.5 cups	1.5 cups	2 cups
Grains <sup>3</sup>	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq
Protein <sup>4</sup>	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq
Dairy <sup>5</sup>	2 cups	2 cups	2 cups	3 cups

**1. Fruit Group** includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.

**2. Vegetable Group** includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

**3. Grains Group** includes all foods made from wheat, rice, oats, cornmeal, and barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of whole-wheat bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. At least half of all grains consumed should be whole grains.

**4. Protein Group** In general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the protein group.

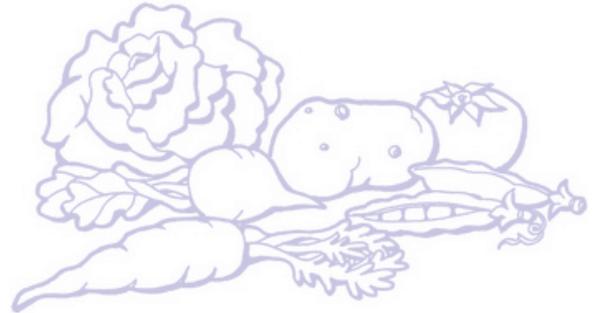
**5. Dairy Group** includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most dairy group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the dairy group.

# Food Activities With Children

- Wash hands with soap under warm water for as long as it takes to sing “Happy Birthday.”
- Do not leave children alone around water, knives, or hot stoves.
- Let children do what they can; don’t expect too much from them.

## Younger Children (2-3)

- Wash greens, fruit, and vegetables
- Tear/break lettuce or vegetables
- Sprinkle cheese
- Pour in ingredients
- Set table



## Older Children (3-5)

- Pour liquids
- Stir mixes
- Spread soft spreads
- Beat eggs
- Squeeze oranges
- Roll-out dough



## Playtime is Good for Everyone

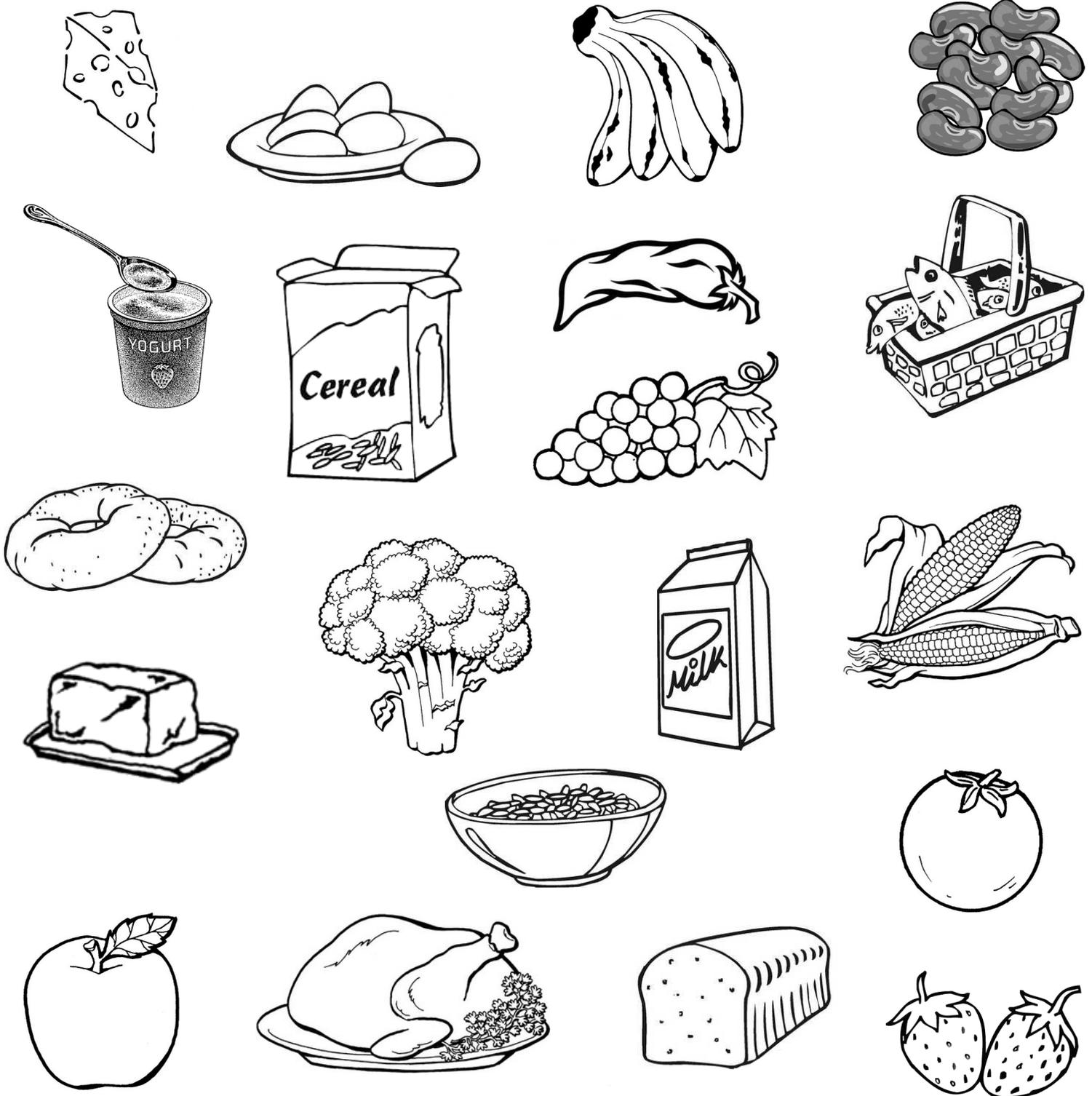
Plan active playtime for you and your child every day. Although there is not a recommended amount of active playtime for children under six, older kids and adults need about 60 minutes of active playtime a day.

- Go for a walk
- Play
- Kick a ball
- Chase bubbles or falling leaves
- Go to a playground



# Food Group Cut Out Sheet

Have students place food in the appropriate food groups on the Food Group Activity Sheet.



# Food Group Activity Sheet

## Fruits

Provides vitamins & minerals

## Vegetables

Provides vitamins & minerals

## Grains

Provides energy

## Dairy

Provides calcium

## Protein

Provides the body's building blocks

# Healthy Breakfasts

## Cereal with Banana

### Ingredients:

- cereal (whole grain)
- 1 banana
- milk

### Directions:

1. Put cereal in a bowl.
2. Cut banana into slices and put them in the bowl.
3. Pour milk into the bowl.
4. Eat and enjoy your healthy breakfast.



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## Peanut Butter Bagel with Apple

### Ingredients:

- 1 bagel
- peanut butter
- 1 apple

### Directions:

1. Toast the bagel.
2. Spread peanut butter on the bagel.
3. Wash apple and cut the apple into slices.
4. Eat and enjoy your healthy breakfast.

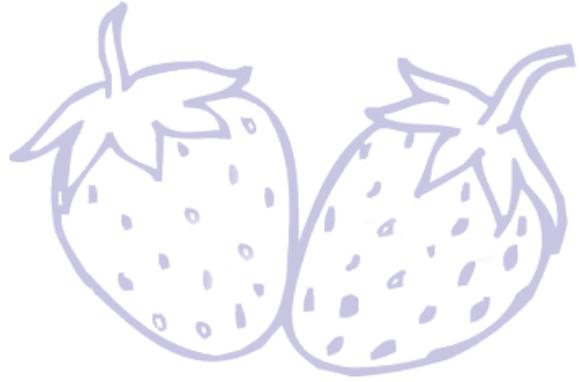


# Healthy Snacks

## Yogurt and Fruit Smoothie

### Ingredients:

- yogurt
- frozen berries



### Directions:

1. Put yogurt in a blender.
2. Add the frozen berries.
3. Turn on the blender.
4. Drink and enjoy your healthy snack.

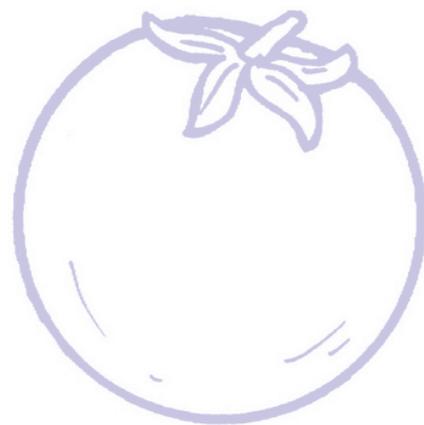
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## Vegetables with Dip

### Ingredients:

Choose one or more:

- celery
- carrots
- cherry tomatoes
- cucumber
- low-fat salad dressing



### Directions:

1. Wash the vegetables.
2. Cut up the vegetables.
3. Put them on a plate.
4. Add some dip to the plate.
5. Dip, eat and enjoy your healthy snack.

# Easy Meal Ideas!

## Hamburgers

### Ingredients:

- 1 pound ground beef
- 1 package of hamburger buns
- Sliced tomato and lettuce

### Directions:

Form ground beef into 2-4 oz. patties. BBQ, pan fry, or indoor grill the burgers. Place on bun. Add lettuce, tomato, ketchup, and mustard, as you like.



## Steamed Broccoli

### Ingredients:

- 1 pound of broccoli (fresh or frozen)

### Microwave Directions:

Cut broccoli into bite-size florets and place in microwave-safe bowl.

Add water for one pound of fresh broccoli (about one head), add 2-3 tablespoons of water (Add less for frozen broccoli).

Cover tightly with lid (avoid using plastic wrap when microwaving).

Microwave on HIGH (regular power) for approximately 3-4 minutes. Depending on your microwave's strength this cooks tender, yet still crisp broccoli—not mushy. Check at 2 1/2 minutes, re-cover, and continue cooking if it's not done.

Remove lid carefully! Take the lid off, but be careful; the steam is hot and can burn you.

### Stovetop Directions:

Use a folding metal steaming basket or place directly in pan. Use a pan that has a tightly fitting lid.

Fill the base of the pan with one inch of water.

Set the stove burner to high. Bring water to a boil. Place the broccoli loosely in the steamer or pan.

Cover the pan.

Allow the broccoli to cook three to five minutes. If the pan is really full, you may need additional time.

Remove lid carefully! Make sure to remove the pan from the heat source and to remove the lid once the broccoli is done or it will continue to cook.

## Roasted Potatoes

### Ingredients:

- 6 medium potatoes (Approx. 2 pounds)
- 4 tablespoons of olive oil
- 2 teaspoons of dried rosemary (optional)
- Salt and pepper to taste
- A pinch of garlic powder and onion powder (optional)

### Directions:

Before pre-heating oven, move rack to a low position.

Pre-heat oven to 425° F. (220° C., Gas Mark 7).

Water wash the potatoes with a vegetable brush or by rubbing the potatoes vigorously with hands.

Dry potatoes with a paper towel.

Cut the potatoes in half, in slices, or in smaller cubes, depending on your preference.

Add spices, potatoes, and olive oil into a clean plastic bag.

Seal the bag tight and gently shake bag to mix. Pour bag of potatoes onto the baking sheet.

Roast potatoes for approximately 20 minutes, then turn using spatula or tongs.

Roast for an additional 20-30 minutes.

They will be very hot! Allow potatoes to cool before eating.

## Chicken and Black Bean Burritos

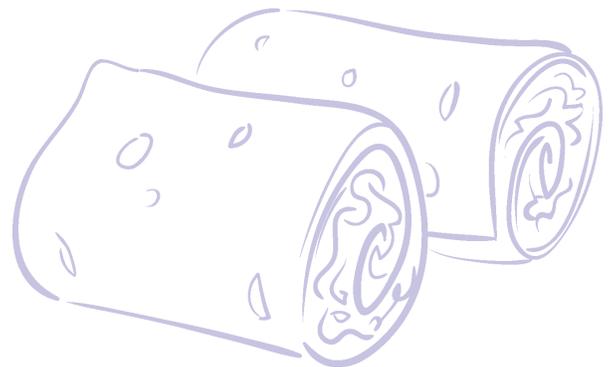
### Ingredients:

- 1 1/2 to 2 cups cooked, shredded chicken
- 1 4 oz can chopped green chilies
- 1 pkg. taco seasoning mix
- 1 can black beans or 1 1/2 cup soaked cooked dry beans
- 1 pkg. flour tortillas
- 1 cup shredded cheese

### Directions:

In skillet combine chicken, taco seasoning, and 1/2 cup water. Cook over medium heat for several minutes. Add beans and chilies. Simmer for 10-20 minutes.

Serve in tortillas with cheese and roasted peppers on top.



## Salmon

### Ingredients:

- 4 - 6 oz salmon filets
- 1 tablespoon of olive oil
- 1 tablespoon of chopped rosemary
- Salt and pepper to taste.

### Directions:

Pour olive oil in a skillet to heat up. Place spiced Heat olive oil in skillet. Place spiced salmon filets in heated pan (skin up to start). Cook over medium heat for several minutes. Turn and cook the other side. Turn again until the fish flakes easily with a fork.

## Collard Greens

### Ingredients:

- 1 tablespoon olive oil
- 8 cups mustard and collard greens, tough stems discarded, rinsed and chopped
- Salt and freshly ground black pepper to taste
- 1 to 2 cups chicken broth

### Directions:

In a large skillet, cook the greens and season with salt and pepper. Toss greens to coat in the oil. Add some broth and cook until wilted. Add more broth, if necessary.

## Easy and Healthy Chicken Salad Wrap

### Ingredients:

- 2 cans chicken (10 ounce cans)
- Low-fat, plain yogurt (8 ounces)
- Red grapes (1 pound)
- Lettuce leaves
- Tortillas

### Directions:

Open and drain canned chicken. Cut grapes in half. Put chicken, grapes and yogurt into a bowl and mix. Place a piece of lettuce onto a tortilla. Put chicken salad on the lettuce and roll up the tortilla. Eat and enjoy!

## My Favorite Healthy Recipe:

### Ingredients:

### Directions:

# Resources

## Websites

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[www.myplate.gov](http://www.myplate.gov)

USDA's interactive food guidance system website

[www.nutritionforkids.com](http://www.nutritionforkids.com)

A website for parents (and others) dealing with issues around children and nutrition

[www.kidshealth.org](http://www.kidshealth.org)

General children's health information for parents and professionals

[www.cnpp.usda.gov](http://www.cnpp.usda.gov)

National Center for Nutrition Policy and Promotion

[www.letsmove.gov](http://www.letsmove.gov)

Program developed by First Lady Michelle Obama to solve the epidemic of childhood obesity within a generation.