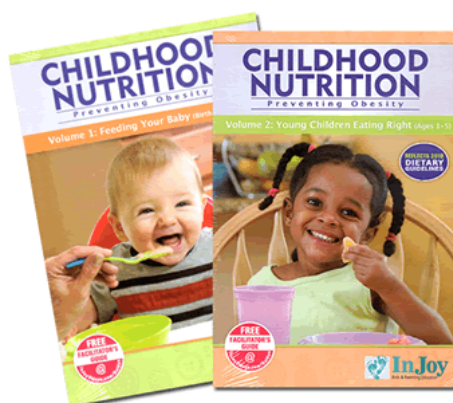




## *Childhood Nutrition: Preventing Obesity (2012 Update)*



*Image courtesy of:  
InJoy Birth & Parenting Education*

**Format(s):**

- DVD
- Curriculum

**Audience(s):**

- Early Childhood (2-5 yrs)
- Paraprofessionals
- Professionals
- Pregnant/ Lactating Women
- Child Care Providers
- Low-Literacy

### **Content (pertains to all materials)**

#### **A. Use of MyPyramid/MyPlate or the Dietary Guidelines for Americans**

Material incorporates and uses some of concepts in MyPyramid or the 2005 Dietary Guidelines for Americans.

#### Comments:

Volume 1 addresses Birth to Age 1 therefore cannot incorporate the DGAs. Volume 2 for children age 2 and older utilizes MyPlate.

#### **B. Scope**

Scope of information appropriate for target audience and essential topics discussed in appropriate detail.

Comments:

Covers a lot of information in reasonable amount of time.

**C. Purpose**

Purpose of material clearly stated in title or introduction.

**D. Organization**

Material well-organized and major points presented clearly.

Comments:

Graphics and footage support audio script well.

**E. Accuracy**

Information is accurate and recommendations current with content of MyPyramid and the 2005 Dietary Guidelines for Americans.

Comments:

Vol. 1 content is for babies birth to age 1 therefore DGAs not applicable. Vol. 2 content is accurate and current.

**F. Learner Background**

Material does not assume that reader has background information.

**G. Learning Objectives**

Not applicable.

**H. Learning Activities, Projects, or Interactive Learning Tools**

Not applicable.

**I. Objectivity/Sponsor Bias**

Subject matter presented objectively and fairly. Company name may be mentioned but product name is not contained in text or illustrations.

Comments:

Subject matter is presented objectively however there are some instances of brand name product visibility of infant cereal and jar food.

**J. Inclusion of learning objectives, learner activities, instructional aids, lesson plans, evaluation component, identification of required instructional materials, web site with additional materials.**

Not applicable.

**K. Recipes (if included)**

No recipes are included.

Comments:

Healthy meals are pictured without recipes.

**L. Recipes (if included)**

No recipes are included.

**M. Instructional Resources**

Instructor resources not needed for this material.

**N. Credits, References and Resources (Including dates, publisher, etc.)**

Credits, references, and resources current but incomplete.

Comments:

MyPlate is shown and the American Academy of Pediatrics is mentioned but there are no formal credits, references or resources listed.

**O. Summary**

All major ideas summarized or reviewed to reinforce key concepts; summaries easily identified.

## Diversity

### A. Role Models

Positive role models are provided in text and illustrations. Role models presented as having many roles, traits, and emotions.

### B. Multi-cultural Representation

Racial, ethnic, and religious groups are represented in a factual manner showing a variety of roles, occupations, and values.

### C. Different lifestyles and food patterns

Material reflects, but does not emphasize, a variety of values, practices, and/or food patterns representative of different lifestyles, cultures, and socioeconomic levels.

#### Comments:

While the "cast" is diverse, the foods are not particularly ethnic in origin.

## Audiovisual Materials

### A. Concept Presentation

Audio and/or visuals are mutually supportive to presentation of concepts.

### B. Pace

Most of the visual presentation progresses at a pace that facilitates comprehension. Pacing of dialogue allows some time for absorbing concepts presented. Limited blank time provided.

#### Comments:

Summary offered at end rather than after each section. There is no "blank time" but there are section transitions.

### C. Auditory Quality

Speaker, voice and music are clear; sound is audible and has good quality.

### D. Visual Quality

Visuals are clear and properly framed; graphics and titles are clearly visible; color, lighting, and editing enhance presentation of content.

### E. Continuity

Continuity provides cohesiveness and smooth flow. Visuals in logical order. Auditory portion precisely matched with visual portion.

## Overall Comments on Resource Reviewed

### A. Positive Points of the Reviewed Resource:

Volume 1: Feeding Your Baby (Birth to Age 1) Highly supportive of breastfeeding with sound guidelines regarding feeding at the breast, pumping, and breastmilk storage; Great footage to match the audio regarding signs of hunger and satiety in babies; Diversity of families pictured; Appropriate cautions about choking hazards, feeding cow's milk and honey to babies under 1 year, signs of food allergy, BPA in plastic bottles; Emphasizes early feeding habits lay the

groundwork for eating habits later in life; Correctly recommends beginning solid foods at around six months when baby shows signs of developmental readiness; Offers guidelines for homemade and store bought baby food; Portrays graduations in texture of baby food as baby grows; Encourages including babies in family meal time and being a positive role model as parents. Volume 2: Young Children Eating Right (Ages 1-5) Emphasizes early feeding habits lay the groundwork for eating habits later in life; Uses MyPlate for age 2 and above recommendations; Addresses appropriate feeding of 100% fruit juice, portion size and variety; Emphasizes that how much to eat is the child's decision thereby teaching children to recognize their body's cues; Provides tips for picky eaters and cautions not to use food as reward or punishment; All food groups' primary nutrients and related benefits to the body are highlighted; Contains tips on label reading and making better choices at fast food restaurants; Benefits of involving children in meal preparation and family meals; Recognizes value of teaching children how food is grown (gardening); Also contains information regarding physical activity and screen time recommendations for children.

#### **B. Points that Could Be Improved:**

Both Volumes 1 and 2 display containers of 2% reduced fat milk, whole milk and fat free milk accompanying the discussion of milk selection. The audio refers to lowfat milk, yet reduced fat milk is displayed. Displaying 1% lowfat milk container would have consistently supported the verbal recommendations. While Volume 1 is very supportive and informative about breastfeeding, the one thing that may have been stated differently is the reference to breastfeeding about every 1 to 3 hours. Current expert recommendations remind mothers to breastfeed on demand as often as baby shows signs of hunger rather than on any schedule. Volume 1 should have included a warning about the dangers of feeding nitrate containing vegetables before six months of age and having private well water tested for nitrates before using in formula or food preparation. In Volume 2 the Grains section displays refined grains first and whole grains second - would have improved message if whole grains were depicted as the grains of first choice. Volume 2 could have included more information regarding feeding the preschooler. Most of the video addressed toddlers.

#### **C. General Comments**

Highly recommended videos for parents. Thorough, current and accurate information on childhood nutrition from birth to age 5. Since the DGAs address children age 2 and older, Volume 1 and some of Volume 2 rely on other valid sources of information.

#### **D. Overall Summary**

The videos provide accurate, easy to understand information and the footage and graphics are very well done. The videos make use of the Red (stop) - Yellow (caution) - Green (go) concepts which are commonly used in nutrition education.

## **Reviewer Rating**

Any opinions expressed about any resource in this web site (either expressly or implied) are solely and completely the responsibility of the reviewer and do not necessarily represent the views or opinions of the Society for Nutrition Education.

***Highly Recommended***