**Child Nutrition Module**

**Learning Objectives**

**Upon completion of this module, WIC paraprofessionals will be able to:**

* Describe normal growth and development of children 1 to 5 years old
* Explain feeding guidelines for children, including self-feeding and division of responsibility
* Describe a healthy eating pattern for children
* Provide parents/caregivers with strategies for dealing with picky eaters
* Describe choking and poisoning hazards for children and identify prevention or solutions for each
* Be able to counsel parent/caregivers on oral health guidelines for toddlers and preschoolers
* Provide caregivers with strategies and tools to prepare healthy meals and snacks

**Child Nutrition Module**

**Assessment Activities**

**Assessment Questions**

1. Between ages 2 and 5, children on average grow \_\_\_\_\_\_\_\_\_\_ inches per year.
   1. 1.5
   2. 2.5
   3. 4
   4. 5
2. Between ages 2 and 5, children on average gain \_\_\_\_\_\_\_\_\_ pounds per year.
   1. 9 – 10
   2. 7 – 8
   3. 4 – 5
   4. 1 – 2
3. At what age should children stop using a bottle and be able to self-feed using a spoon and cup?
   1. 1 year
   2. 2 years
   3. 3 years
   4. 4 years
4. Please explain why some children **might lose some of their interest in eating** as they transition from infancy to toddlerhood.
5. At what age do children often first develop likes and dislikes and possibly refuse certain foods?
   1. 1 year
   2. 2 years
   3. 4 years
   4. 5 years
6. Please identify **two strategies for helping children ages 3 - 5 gain acceptance of fruits and veggies** and increasing their consumption of these foods.
7. Because every food group is important in a child’s health, \_\_\_\_\_\_\_\_\_\_\_\_\_ is the key to a healthy diet.
   1. Abundance
   2. Calories
   3. Cost
   4. Variety
8. Exercise is just as important as the foods children are eating. Physical activity will balance their food intake. The AAP recommends \_\_\_\_\_\_\_\_\_ minutes a day of medium to rigorous activity.
   1. 15
   2. 30
   3. 45
   4. 60

1. How big is the stomach of a typical child between the ages of 2 and 5?
   1. The size of his or her own fist.
   2. The size of a cantaloupe.
   3. The size of a watermelon.
   4. The size of a basketball.
2. For children between the ages of 1 and 5, a good rule of thumb for measuring food servings is:
   1. One cup of food per year of age
   2. One teaspoon of food per year of age
   3. One tablespoon of food per year of age
   4. One quart of food per year of age
3. Children should consume no more than \_\_\_\_\_\_\_\_\_\_ ounces of fruit juice per day.
   1. 2
   2. 4
   3. 8
   4. 12
4. Please list **two advantages of establishing regular meal times** for children.
5. Explain **three responsibilities of parents** concerning their children’s eating habits.
6. Explain **three responsibilities of children** concerning their eating habits.

*(three of the following)*



1. It can take up to \_\_\_\_\_\_\_\_ times of offering a new food before a child will try it.
   1. 4
   2. 6
   3. 8
   4. 10
2. Please list **three strategies** parents and caregivers can use to deal with children who are **picky eaters.**
3. List **two things parents should avoid** doing concerning their children’s eating habits.
4. Please identify **three types of food to avoid to reduce risk of choking** among children.

*(three of the following)*



1. Because children are particularly vulnerable to **food-borne illness,** it is recommended **to avoid what types of food**? Please provide **three** examples.
2. Provide **three strategies to recommend to promote safe food handling.**
3. A child’s first visit to the dentist should occur before his or her \_\_\_\_\_\_\_\_\_\_\_ birthday.
   1. First
   2. Second
   3. Fifth
   4. Tenth
4. How much toothpaste should young children use each time they brush their teeth?
   1. None
   2. The size of a pea
   3. The size of the head of the toothbrush
   4. Half a tube
5. Please identify two things parents and caregivers can do to promote dental health for their children.

**Child Nutrition Module**

**Assessment Activities**

**ANSWER KEY**

**Assessment Questions**

1. Between ages 2 and 5, children on average grow \_\_\_\_\_\_\_\_\_\_ inches per year.
   1. 1.5
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2. Between ages 2 and 5, children on average gain \_\_\_\_\_\_\_\_\_ pounds per year.
   1. 9 – 10
   2. 7 – 8
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   4. 1 – 2
3. At what age should children stop using a bottle and be able to self-feed using a spoon and cup?
   1. 1 year
   2. 2 years
   3. 3 years
   4. 4 years
4. Please explain why some children **might lose some of their interest in eating** as they transition from infancy to toddlerhood.

*Growth is slowing, so appetite decreases. Also, they are more independent and interested in the world around them.*

1. At what age do children often first develop likes and dislikes and possibly refuse certain foods?
   1. 1 year
   2. 2 years
   3. 4 years
   4. 5 years
2. Please identify **two strategies for helping children ages 3 - 5 gain acceptance of fruits and veggies** and increasing their consumption of these foods.

(*two of the following)*

* *Engaging young children in picking out fruits and vegetables at the market*
* *Growing veggies in pots or small gardens*
* *Letting children help prepare fruits and veggies*

1. Because every food group is important in a child’s health, \_\_\_\_\_\_\_\_\_\_\_\_\_ is the key to a healthy diet.
   1. Abundance
   2. Calories
   3. Cost
   4. Variety
2. Exercise is just as important as the foods children are eating. Physical activity will balance their food intake. The AAP recommends \_\_\_\_\_\_\_\_\_ minutes a day of medium to rigorous activity.
   1. 15
   2. 30
   3. 45
   4. 60

1. How big is the stomach of a typical child between the ages of 2 and 5?
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   3. One tablespoon of food per year of age
   4. One quart of food per year of age
3. Children should consume no more than \_\_\_\_\_\_\_\_\_\_ ounces of fruit juice per day.
   1. 2
   2. 4
   3. 8
   4. 12
4. Please list **two advantages of establishing regular meal times** for children.

*(two of the following)*

*Eating at regular intervals which prevents grazing or skipping meals.*

*Eating at regular meal times results in healthier diets (provided caregivers feed a wide variety of foods)*

*Children raised with regular family meals are less likely to abuse drugs and have problems in school*

1. Explain **three responsibilities of parents** concerning their children’s eating habits.

(*three of the following)*

* *Select and buy nutritious food*
* *Make and offer nutritious, balanced meals and snacks*
* *Give the child food they can handle*
  + *Child-size portions*
  + *Cut into bite-size pieces*
  + *Avoid choking hazards*
  + *Cool hot foods*
  + *Use salt, sugar, pepper and spices in moderation*
* *Decide when meals and snacks are offered*
* *Insist the child be present at meals*

1. Explain **three responsibilities of children** concerning their eating habits.

*(three of the following)*

* + *Decide how much to eat*
  + *Decide what to eat from the foods served*
  + *Young children like:*
    - *Simple meals with food separated from each other*
    - *Finger foods*
    - *Foods with bright colors and varied shapes*
  + *Decide if they will eat*

1. It can take up to \_\_\_\_\_\_\_\_ times of offering a new food before a child will try it.
   1. 4
   2. 6
   3. 8
   4. 10
2. Please list **three strategies** parents and caregivers can use to deal with children who are **picky eaters.**

*(three of the following)*

* *Offer choices!*
* *Avoid being a “short order” cook or catering to a child’s likes*
* *Even if new foods are rejected, continue to offer them*
* *Try pairing new foods with a food you know your child likes*
* *Don’t make a big deal of an unclean plate, even if the child does not eat anything*
* *Don’t allow them to pick alternative foods or decide when they want their next meal.*

1. List **two things parents should avoid** doing concerning their children’s eating habits.

*(two of the following)*

*DO NOT:*

* *Use food as bribes*
* *Have sweets be in the regular snack routine.*
* *Pressure a child to eat.*

1. Please identify **three types of food to avoid to reduce risk of choking** among children.

*(three of the following)*

* *Small Hard foods: Nuts, seeds, popcorn, chips, pretzels, raw carrots, hard candy*
* *Slick Round foods: Whole grapes, large pieces of meat/poultry/hotdogs*
* *Sharp foods: Corn chips*
* *Sticky foods: Peanut butter, gum, taffy, caramels, marshmallows, jelly beans, etc*

1. Because children are particularly vulnerable to **food-borne illness,** it is recommended **to avoid what types of food**? Please provide **three** examples.

*(three of the following)*

* *Unpasteurized dairy products*
* *Raw or partially cooked eggs*
* *Raw or undercooked fish*
* *Unpasteurized juices*
* *Raw sprouts*
* *Honey (for children under 1 year of age)*

1. Provide **three strategies to recommend to promote safe food handling.**

*(three of the following)*

* *Wash hands prior to serving*
* *Avoid double dipping*
* *Throw away all uneaten food on a plate*
* *Check shelf life before serving*
* *Keep left overs no longer than 48 hours*

1. A child’s first visit to the dentist should occur before his or her \_\_\_\_\_\_\_\_\_\_\_ birthday.
   1. First
   2. Second
   3. Fifth
   4. Tenth
2. How much toothpaste should young children use each time they brush their teeth?
   1. None
   2. The size of a pea
   3. The size of the head of the toothbrush
   4. Half a tube
3. Please identify two things parents and caregivers can do to promote dental health for their children.

*(two of the following)*

* *Reinforce daily brushing and flossing*
* *Provide healthy snacks*
* *Limit the amount of sweets offered*
* *Dilute juice with water*
* *Say NO to sodas*
* *Set a good example*