

Snacks and Nutrition Guided Notes

What is the purpose of snack time?

- To engage the children in _____ through the use of their _____
- _____
- To promote safe health practices though proper food preparation
- Critical thinking skills, language skills, problem solving, language, math, and science.
- Snack time helps to _____ the _____
- It _____ the eye and _____ the palate
- Also provides nourishment by supplying _____ nutritive elements while avoiding _____ calories
- Also keeps the child's mind and fingers busy
- _____
- Explain steps in _____, _____, and _____ manner one task at a time
- Also provide a demonstration or pictures of the steps
- _____
- **LET THE CHILDREN HELP!**

Purpose of Serving Healthy Snacks:

- Teaches and develops healthy eating habits
- Snacks round out the child's diet - not to replace meals
- A young child eats a little at a time and quickly uses up the food for energy
- They cannot go long hours without eating
- 3 meals with 2 or 3 snacks is acceptable or 6 small meals a day

Healthy Snacks and Meals Include:

- They provide _____ nourishment
- _____ in _____ calories
- Serve _____, _____, or _____
- Choose _____ over _____
- Serve _____

- Child sized _____, _____, _____, _____, etc.
- Make food look _____
- Children enjoy eating snacks more if the food isn't touching each other
- Serve a variety of _____, _____, _____, _____, _____, and _____

- 1) Mealtimes should be _____ and _____ times.
- 2) Variety is _____, but only introduce _____ new food at a time.
- 3) Set a good example, try new foods in front of children.
- 4) Allow children to have _____ if they are still hungry.
- 5) Food Jags are ok, and usually resolve themselves.
- 6) Do not _____ a child to eat, appetites vary from day to day.
- 7) Healthy children will eat when they are hungry.
- 8) A healthy diet depends on adequate play, rest, sleep, and regular meal times.
- 9) Use _____ as a guideline when feeding children.

Food and Nutrition Experiences

- Involves
 - _____
 - _____
 - _____
 - _____
- These activities help provide _____ that prepare children for an _____.
- Participating in food and nutrition experiences also builds feelings of _____, _____, and _____.

The Key:

- Presenting cooking activities in a positive way

- Promote happy and relaxed food and nutrition programs

- _____
- _____
- _____
- _____
- _____

Childhood Nutrition

- A child's nutrition is important to their _____.
- Proper nutrition can also prevent many _____, including becoming _____, developing _____ bones, and developing _____.

- _____

Promote Good Nutrition

- _____
- _____
- Buy _____ and low-fat meals, snacks and desserts, low fat or skim milk and diet drinks.
- Avoid buying _____ desserts or snacks, such as chips, regular soft drinks or regular ice cream.

Nutrition Advice

- Eat a _____ of foods
- Balance the food you eat with _____
- Choose a diet with plenty of _____, _____ and _____
- Choose a diet low in _____, _____ and _____
- Choose a diet moderate in _____ and _____
- Choose a diet that provides enough _____ and _____ to meet their growing body's requirements

Decrease Safety and Health Hazards

- _____
- _____
- Write short clear instructions when using recipe cards
- Place _____ and _____ on a tray before the activity begins
- Use large, stable, unbreakable bowls
- Have the children sit when using _____ utensils such as knives and peelers

Tasting Experiences

- _____
 - Comparisons
 - Food temperature and texture

Changing Appetites

- Is the child getting enough nutrients?
- Is the child eating too much at snack time?
- Is the child paying attention at mealtime?
- Is the child always tired at mealtime?

Refusing Foods

- Young children may refuse to eat at times for a number of reasons...
 - _____
 - _____
 - _____
 - _____

Setting the Table

- Children should be expected to set the table.
- Teach children to set the table
 - Wash hands
 - Wash the table
 - Set the table
- Place mats help children learn the space relationships of eating utensils

Seating

- Always sit _____ with the children at the children's eye level
- This provides _____ social interactions and manners can be modeled
- Words such as _____ and _____ can be reinforced
- Children can be encouraged to respect and care for others

Serving and Eating

- _____
- Serving dishes should be the proper weight and size to handle
- _____

Cleaning Up

- _____
- Place a utility cart and garbage can next to the eating area
- Have children take their plates to the cart and throw napkins and other disposable items in the trash