

Teacher Guide: FEEDING YOUNG CHILDREN

Key Messages

- It is important to include all food groups in your child's diet everyday.
- Children should drink a variety of liquids each day. Choose milk and water most often.
- Dieting is not recommended for children because their bodies are still growing and developing. Encourage healthy eating and physical activity for all children.
- Choose healthful snacks low in sugar, salt and fat.
- Sit with your children when they are eating.

Objectives

Participants learn:

- the importance of choosing foods from all food groups when feeding children.
- how to choose healthful snack foods for children.
- the importance of parents sitting with children when they eat.

Suggested teaching materials:

- MyPyramid food group materials
- Pictures of healthful snack foods
- Feeding Young Children handout

ACTIVITIES

- Plan meals for family including foods your children will eat and new foods for them to try.
- Plan healthful snacks for your child.
- Discuss what foods cause choking and how to prepare foods to reduce risk of children choking.

Feeding Young Children

Some foods may cause children less than 4 years of age to choke: nuts, seeds, popcorn, hot dogs, whole grapes, hard candy, raw carrots, cough drops, chips, chewing gum, peanut butter, marshmallows, pretzels, raisins, cherries with pits, chunks of meat and raw celery

- Prepare foods so they are safer for your child to eat: cut grapes in four pieces, spread peanut butter thin or add apple juice to thin peanut butter before spreading, cut hot dogs and carrots the long way and grind meat or cut it up finely.
- Sit with your children when they are eating. Children should sit at the table rather than walking around when eating.

Daily Menu

Use this chart to plan a daily menu including snacks for your younger children.

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack



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University of Illinois Extension provides equal opportunities in programs and employment.
 This material was funded by USDA's Food Stamp Program.