

Workshop 2 Handouts - 1

Cover Sheet

1. PowerPoint Slides Handout - 4 pages
2. Food Packaging Handout - 2 pages
3. Food Packaging Answers Handout - 2 pages
4. 10 Tips Handout - 2 pages

What's for Snack?

Nutrition to Support Healthy Growth

Insert Educator Name

Insert County



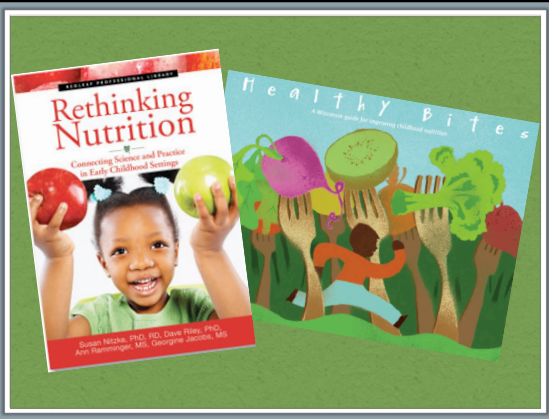
RETHINKING NUTRITION

UW Extension
Cooperative Extension



Rethinking Nutrition Workshop Series

1. **Yummy Carrot Sticks: How Children Learn to Like Nutritious Foods**
 - Avoiding food power struggles, Role modeling healthy eating
2. **What's for Snack? Nutrition to Support Healthy Growth**
 - Good nutrition, Lifelong food habits, Obesity
3. **Cupcakes for Lunch? Creating a Food & Nutrition Policy for Your Early Care & Education Program**
 - Nutrition policy, Family food practices
4. **Count, Read, Share: The Meal Table as a Learning Center**
 - Mealtime learning activities, Life skills, Social skills



Early nutrition influences children's intellectual and physical development and helps shape lifelong food preferences and habits.



Good nutrition impacts lifelong food preferences.

- Children's food preferences begin very early and continue to be shaped as children eat with their family and at early care and education settings.
- Caregivers should continue to offer children a variety of nutritious foods without forcing the children to taste them.



Good nutrition helps children grow strong, healthy bodies.

- Infants and toddlers need good nutrition to support physical development.
- Good nutrition is not only about calories.
 - Malnutrition vs. Obesity
 - The number of obese 2-5 year olds has doubled since 1970.



Why do we care about obesity?

- Obesity lasts a lifetime.
- Obese children have lower self-esteem.
- Obesity is linked with poor health.

Good nutrition helps children learn better.

- Infants and toddlers need good nutrition to support brain development
- Especially in infants . . .
 - Chronic undernourishment = Smaller brain & Fewer, less developed brain cells
- Especially in older children . . .
 - Hunger = Distraction and inability to focus on learning

What can we do in early care & education centers?

- Offer family-style meals with age appropriate serving utensils
- Serve a variety of nutritious fruits, vegetables, whole grains, lean proteins, water and milk.

What nutritious foods do you like to serve because kids like them and they are healthy?
 Why do you think they are a healthy choice?

What foods should kids eat?

- Water
- Milk
- Foods without added sugars and low fat
- Nutrient dense foods (lots of nutrients with fewer calories)
 - Fruits and vegetables!!!
 - Whole grains (bread, unsweetened cereal)
 - Protein foods (low-fat dairy, meats, fish, eggs or tofu)

What is good early childhood nutrition?

| | |
|--|--|
| <div style="background-color: #f0e68c; padding: 5px; border: 1px solid black;">0-6 Months</div> | <ul style="list-style-type: none"> • Breast milk or iron-fortified formula |
| <div style="background-color: #c8e6c9; padding: 5px; border: 1px solid black;">6-12 months</div> | <ul style="list-style-type: none"> • Breast milk or iron-fortified formula • Cereal, pureed vegetables, fruit and meat served on a spoon |
| <div style="background-color: #c8e6c9; padding: 5px; border: 1px solid black;">1-2 years</div> | <ul style="list-style-type: none"> • Small pieces of fruits, vegetables, meat, grains, and dairy • Minimally seasoned and sweetened |
| <div style="background-color: #c8e6c9; padding: 5px; border: 1px solid black;">2-5 years</div> | <ul style="list-style-type: none"> • Child sized portions of fruits, vegetables, meat, grains, and dairy • No or very few servings of foods high in fat, sugar or salt |



Fruits and Vegetables

- Provide vitamins and minerals that protect against disease
- High in fiber, which helps adults and children feel full longer
- Relatively low in calories (when prepared without added fats and sugars)
- Can help adults and children maintain a healthy weight

Whole Grains & Breads

- Whole grains contain bran, germ and endosperm – each part of the grain provides unique and important nutrients
- Provide minerals, antioxidants and B vitamins that help bodies convert food into energy
- Contain fiber that makes you feel full longer, decreases cholesterol, regulates blood sugar and helps to control weight

Protein: Meat & Meat Alternative

- Serve lean protein sources, such as 90% lean ground beef, chicken breasts, seafood, eggs, beans, nut butters or low-fat dairy
- Lean protein has less fat, fewer calories and less salt than processed, fried or pre-fried breaded meats
- Try adding vegetarian meals once per week
 - Well-planned vegetarian meals tend to be lower in cholesterol and saturated fat and higher in fiber and other vitamins and minerals.

Beverages

- Water
 - Encourage children to drink water often throughout the day
- Milk
 - Whole milk for children ages 12-23 months; 1% or fat-free milk for older children
 - Milk provides calcium, protein and vitamin D for bone growth and development.
- 100% Fruit and/or Vegetable Juice
 - Limit to 4-6 ounces per day including juice served at home.
 - Too much juice may be linked to weight problems and tooth decay

What foods should kids limit?

- Sweetened beverages (i.e., soda, Kool-Aid, fruit flavored beverages)
 - Eliminating these can help children stop overeating.
 - Even 100% fruit juice provides more sugar than whole fruits; Juice should be limited to 4-6 ounces per day
- Calorie dense foods (like chips and candy that have lots of calories in a small amount of food)
 - Children (and adults) served calorie dense foods are more likely to overeat.

Shun the Sweets & Snub the Salts

- To help infants and children learn to like a variety of tastes, minimize the use of salt, fat, and sweeteners that tend to make everything taste similar.
- Watch for “added sugar,” in other words, sugar not naturally occurring in the product (like an apple or milk) but added to a product (like a cookie or juice drink).



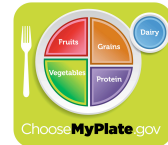
Sources for Learning about Nutrition & Finding Recipes

Nutrition Tips

- ChooseMyPlate.gov is a comprehensive website detailing the United States Department of Agriculture's recommendations for healthy eating.
 - Links to recipes can be found at <http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html>

Recipes

- United States Department of Agriculture Recipe Finder at <http://recipefinder.nal.usda.gov/>
 - Allows searches of recipes by food product
 - Shows cost per serving and per recipe



Development of this educational program was made possible by a generous donation from an alumna of the School of Human Ecology, UW-Madison.

W2 Food Packaging Handout

Meat & Meat Alternatives

Cheeseburger Macaroni (serves 5)

- 1 pound lean ground beef
- 1 tablespoon cornstarch
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon pepper
- 1 cup hot water
- 2 cups skim milk
- 1 1/2 cups elbow macaroni (or other small pasta)
- 1 cup shredded sharp cheddar cheese

Instructions

1. Brown ground beef in a large skillet or pot. Drain and return to pan.
2. Add in cornstarch, seasonings, hot water, skim milk and pasta. Stir to combine, and bring to a boil. Reduce the heat, place a lid on top, and simmer for 10 minutes, or until pasta is al dente, stirring a couple of times.
3. Turn off the heat and stir in cheddar cheese until melted. Let stand for 5 minutes, or until sauce is thickened.

What are the sources of protein (aka meat and meat alternatives) in Cheeseburger Macaroni?

How could you make Cheeseburger Macaroni vegetarian? (Use eggs or plant-based protein such as legumes/beans.)

How could you make Cheeseburger Macaroni fit My Plate better?

W2 Food Packaging Handout Beverages

| <i>Beverage 1</i> | <i>Beverage 2</i> | <i>Beverage 3</i> |
|---|--|---|
| <p data-bbox="186 363 589 919">INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP AND 2% OR LESS OF EACH OF THE FOLLOWING: CONCENTRATED JUICES (ORANGE, TANGERINE, APPLE, LIME, GRAPEFRUIT), CITRIC ACID, ASCORBIC ACID (VITAMIN C), THIAMIN HYDROCHLORIDE (VITAMIN B1), NATURAL FLAVORS, MODIFIED CORNSTARCH, CANOLA OIL, SODIUM CITRATE, CELLULOSE GUM, ACESULFAME POTASSIUM, NEOTAME, SODIUM HEXAMETAPHOSPHATE, POTASSIUM SORBATE AND SODIUM BENZOATE TO PROTECT FLAVOR, YELLOW #5, YELLOW #6</p> <p data-bbox="224 953 561 1041"><i>Is this 100% fruit juice?</i></p> <p data-bbox="230 1146 552 1276"><i>What non-juice sweeteners are in this beverage?</i></p> | <p data-bbox="617 363 1008 451">INGREDIENTS: ORANGE JUICE FROM CONCENTRATE (WATER, CONCENTRATED ORANGE JUICE)</p> <p data-bbox="654 953 992 1041"><i>Is this 100% fruit juice?</i></p> <p data-bbox="660 1146 982 1276"><i>What non-juice sweeteners are in this beverage?</i></p> | <p data-bbox="1047 363 1438 667">INGREDIENTS: PURE FILTERED WATER, CRANBERRY JUICE CONCENTRATE, PEAR JUICE CONCENTRATE, CITRIC ACID, NATURAL FLAVORS, SUGAR, SUCRALOSE, MALIC ACID, FD&C RED #40, FD&C BLUE #1, ACESULFAME POTASSIUM, POTASSIUM SORBATE, SODIUM BENZOATE</p> <p data-bbox="1084 953 1422 1041"><i>Is this 100% fruit juice?</i></p> <p data-bbox="1091 1146 1412 1276"><i>What non-juice sweeteners are in this beverage?</i></p> |

Which of these juices would you serve in your Early Care & Education program? Why?

Meat & Meat Alternatives

Cheeseburger Macaroni (serves 5)

- 1lb lean ground beef
- 1 tablespoon cornstarch
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon pepper
- 1 cup hot water
- 2 cups skim milk
- 1 1/2 cups elbow macaroni (or other small pasta)
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Instructions

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3. Turn off the heat and stir in cheddar cheese until melted. Let stand for 5 minutes, or until sauce is thickened.

What are the sources of protein (aka meat and meat alternatives) in Cheeseburger Macaroni?

LEAN GROUND BEEF, SKIM MILK, SHARP CHEDDAR CHEESE

How could you make Cheeseburger Macaroni vegetarian? (Use a lean protein besides cheese.)

REMOVE LEAN GROUND BEEF AND REPLACE WITH BEANS OR TOFU

How could you make Cheeseburger Macaroni fit My Plate better?

ADD SOME VEGETABLES

USE WHOLE WHEAT PASTA

Beverages

| <i>Beverage 1</i> | <i>Beverage 2</i> | <i>Beverage 3</i> |
|---|---|---|
| <p>INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP AND 2% OR LESS OF EACH OF THE FOLLOWING: CONCENTRATED JUICES (ORANGE, TANGERINE, APPLE, LIME, GRAPEFRUIT), CITRIC ACID, ASCORBIC ACID (VITAMIN C), THIAMIN HYDROCHLORIDE (VITAMIN B1), NATURAL FLAVORS, MODIFIED CORNSTARCH, CANOLA OIL, SODIUM CITRATE, CELLULOSE GUM, ACESULFAME POTASSIUM, NEOTAME, SODIUM HEXAMETAPHOSPHATE, POTASSIUM SORBATE AND SODIUM BENZOATE TO PROTECT FLAVOR, YELLOW #5, YELLOW #6</p> <p style="text-align: center;"><i>Is this 100% fruit juice?</i> NO</p> <p style="text-align: center;"><i>What non-juice sweeteners are in this beverage?</i></p> <p>HIGHLIGHTED ABOVE</p> | <p>INGREDIENTS: ORANGE JUICE FROM CONCENTRATE (WATER, CONCENTRATED ORANGE JUICE)</p> <p style="text-align: center;"><i>Is this 100% fruit juice?</i> YES</p> <p style="text-align: center;"><i>What non-juice sweeteners are in this beverage?</i></p> <p>NO ADDED SWEETENERS</p> | <p>INGREDIENTS: PURE FILTERED WATER, CRANBERRY JUICE CONCENTRATE, PEAR JUICE CONCENTRATE, CITRIC ACID, NATURAL FLAVORS, SUGAR, SUCRALOSE, MALIC ACID, FD&C RED #40, FD&C BLUE #1, ACESULFAME POTASSIUM, POTASSIUM SORBATE, SODIUM BENZOATE</p> <p style="text-align: center;"><i>Is this 100% fruit juice?</i> NO</p> <p style="text-align: center;"><i>What non-juice sweeteners are in this beverage?</i></p> <p>HIGHLIGHTED ABOVE</p> |

Which of these juices would you serve in your Early Care & Education program? Why?

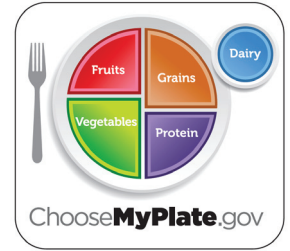
BEVERAGE 2 BECAUSE IT IS 100% ORANGE JUICE WITH NO ADDED SWEETENERS.

10 tips

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choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



10 drink water instead of sugary drinks

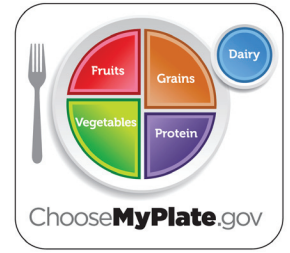
Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

10 tips

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kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children



Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

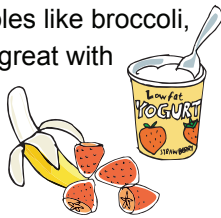
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

