

## Workshop

# 2

# What's For Snack?:

## Nutrition to Support Healthy Growth



### Key Concepts

- Early food attitudes turn into lifelong eating habits.
- Obesity has lifelong consequences; getting the right amount of calories matters.

## Participants will . . .

1. Identify specific ways early care & education programs can encourage positive attitudes toward food and mealtime.
2. Describe healthy alternatives to snacks high in sugars or fats.
3. Name strategies for reducing added sugars and extra fats in food.

### *Prepare*

#### *Read*

- Chapter 1 from Rethinking Nutrition

#### *Gather*

- Copies of six handouts
  1. W2 PowerPoint slides
  2. W2 Healthy Bites Handouts
  3. W2 10 Tips Handout
  4. W2 Food Packaging Handout
  5. W2 Pre-Evaluation
  6. W2 Post-Evaluation
- Newsprint and marker
- Paper and pencils
- Registry Certificates

### *Timed Agenda*

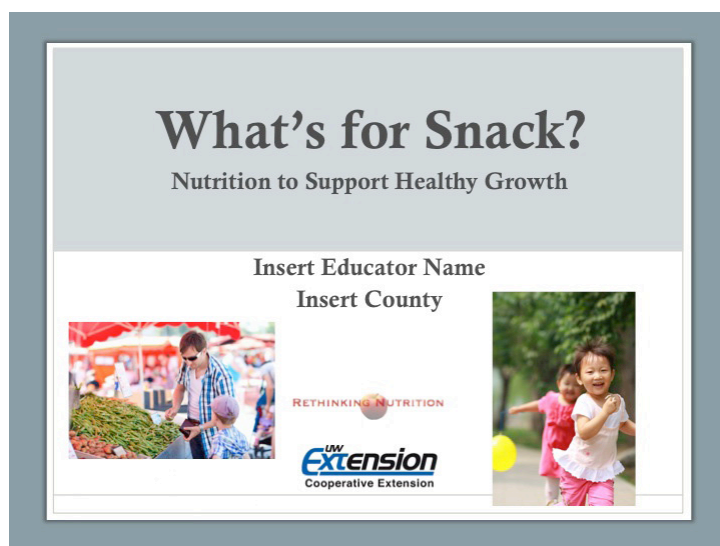
Activity	Minutes
Preparation	30-60
Introductions	15
Slides 1-8	25
Slide 9-12	20
Slides 13-16	40
Slide 17-20	20

#### *NOTE:*

*Workshops are designed to last a total of two hours. Recommended timing is also listed by each slide.*

#### Sources

1. Nitzke, S., Riley, D., Ramminger, A., & Jacobs, G. (2010). Nutrition to support healthy growth. Rethinking nutrition: Connecting science and practice in early childhood settings (pp. 1-31). Saint Paul, MN: Redleaf Press.



### *Introduction ~ 15 Minutes*

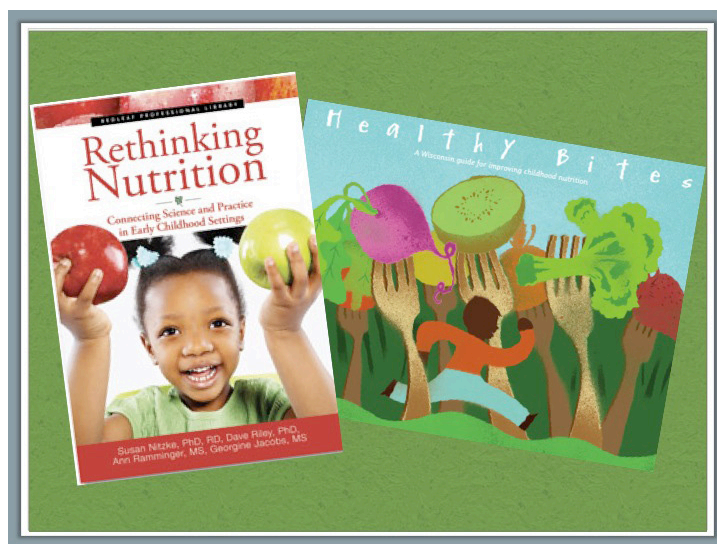
- **DO:** Have slide visible when participants arrive and leave up while completing introductions. As participants come in, have them complete the W2 Pre-Evaluation.
- **ASK:** Please introduce yourselves. Tell us your name, your program name, the ages of the children you work with, and the children's favorite snack.
- **DO:** Let each participant answer your question. You could write some of the information for all the group to see - for instance, a list of children's favorite snacks shared by participants.
- **TELL:** Today we're going to explore how early nutrition influences children's development and lifelong food preferences and habits.

## 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

### *Workshop Description ~ 1 Minute*

- **TELL:** Today's workshop is shown in orange and is one of four in a series about nutrition in early childhood education and care settings.
- **NOTE:** Facilitators, you can add more details regarding whether the other workshops will be offered. For instance, we offered workshop #\_\_\_ last month. If there is interest, we'll hold the other workshops in the months ahead. We have arranged Registry credit for each of these.



### *Workshop Description 2 ~ 1 Minute*

- **TELL:** This workshop series is based on *Rethinking Nutrition*, which was written by 2 professors at the University of Wisconsin along with 2 Wisconsin early care and education professionals. If you want to take a look at it, I'll have a sample copy up front after the workshop, and also some information on how to purchase a copy. Throughout the workshop, we also reference *Healthy Bites*, which was written in Wisconsin and focuses primarily on nutrition and supporting a healthier environment for children in the early care and education settings. *Healthy Bites* is available free online.
- **NOTE:** Facilitators, you may also want to pass the books around the room to allow people time to explore the books.

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



### *Early Nutrition Influences ~ 2-3 Minute*

- **ASK:** Why is nutrition important? You've got other issues to deal with that are big issues in childcare, right? So why nutrition?
- **DO:** Give participants a minute or so to shout out answers - possible answers may be: behavior, health, ability to focus.
- **TELL:** We have a responsibility to role model good nutrition to children and families. In fact, the habits and skills children learn about food and physical activity in your classrooms can have a lifelong impact.
- **READ:** slide.



### 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.



### *Lifelong Food Preferences ~ 5 Minutes*

- **READ:** slide title and first point.
- **ASK:** How early do you think we begin to form taste preference?
- **TELL:** Taste preference is formed even before babies taste solid food. Even before birth, the mother's diet introduces flavors to the baby via the amniotic fluid that surround the fetus and gets swallowed while the baby is still in the womb.
- **READ:** second point.
- **TELL:** Toddlers and preschoolers are at a critical stage for developing habits, preferences, and expectations regarding food and eating. Due to poor diets, many children are learning to prefer unhealthy foods. By age two, the average child's diet is too low in fruits and vegetables and too high in foods and beverages with added sugars, salty snacks and juice. For 25% of young children the only vegetable consumed in a day will be French fries.

## 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.



### *Strong, Healthy Bodies ~ 2-3 Minutes*

- **READ:** title and first point.
- **TELL:** Historically, early care and education providers have worried about malnutrition - children not getting enough to eat. However, today most infants and children consume more calories than they need each day. And, like malnutrition, over eating has health consequences.
- **READ:** second point.
- **TELL:** Since 1970, the number of 2-5 year olds who are considered obese has doubled. That means twice as many children are now identified as having the highest level of body fat for their height and age. Not only are more children obese and overweight but even overweight children may not be getting the nutrients they need to be healthy. Children who eat enough calories but don't eat enough vegetables, fruits, whole grains and low-fat proteins actually have some of the diseases of malnutrition (like failing eyesight or poor bone structure) while they look to be a healthy weight or even overweight.





### *Why Care About Nutrition ~ 2 Minutes*

- *READ:* first point.
- *TELL:* Obese children and adolescents are more likely to be obese as adults.
- *READ:* second point.
- *TELL:* Being overweight impacts children's self-esteem and self-image.
- *READ:* third point.
- *TELL:* Obese children are more likely than other children to develop a host of health problems, including asthma, type 2 diabetes, high blood pressure, and high blood cholesterol. Good nutrition can minimize the risk of obesity and its related health problems.



### *Learn Better ~ 2-3 Minutes*

- **READ:** title and first point on slide.
- **TELL:** While most brain development takes place before birth, young children's brains do continue to actively grow and develop during their first year and beyond.
- **READ:** last points on slide.
- **TELL:** For infants, breast milk or, if necessary, iron fortified formula is the best food for brain development. For older children, a diet that includes variety – grains, vegetables, fruits, meats, nuts, dairy – is best.

## 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 Can We Do? ~ 2 Minutes*

- **READ:** Read slide.
- **ASK:** What are “family style” meals? (Hear a few answers.)
- **TELL:** Yes, family style meals are when children and staff sit together at a table to eat snacks and meals. Typically, everyone eats the same foods – even serving the foods from serving bowls passed around the table. Sitting together to eat is important because children learn about what and how to eat through observation.

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?

*Kids need help making healthy choices ~ 10 Minutes*

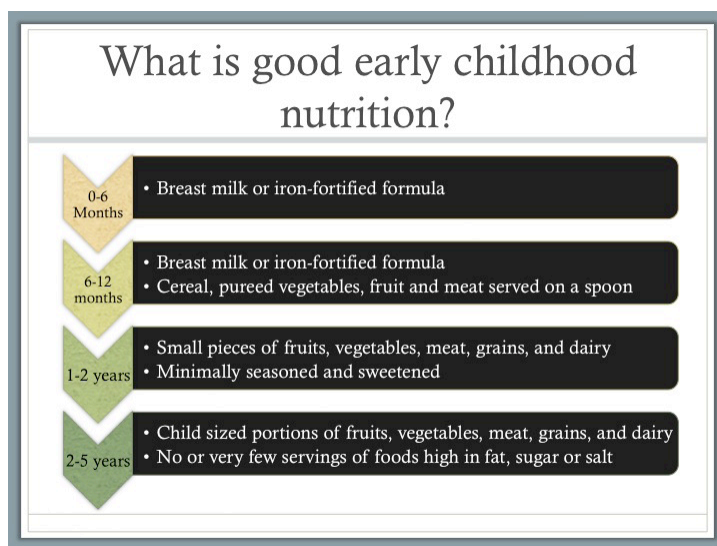
- **TELL:** We probably all wonder, “Well, then, what foods should I be serving for snack and lunch next week? How do I make the choice?”
- **READ:** slide and hear from participants.
- **ASK:** This is a great list but why don’t we serve foods from this list all the time? (Convenience, Expense, Not in control of the snacks we serve)
- **ASK:** How could you make it easier to serve these healthy foods?
- **NOTE:** If you feel uncomfortable deciding the health value of a snack or meal, you may want to read Chapters 1 and 2 of Rethinking Nutrition, read over ChooseMyPlate.gov, and check out Healthy Bites.

## 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 beans)

### *What should kids eat? ~ 3-5 Minute*

- **NOTE:** Slide is timed so only the question will show up at first.
- **ASK:** What foods should kids eat?
- After hearing a few responses, reveal rest of slide.
- **READ:** slide and link to what participants answered.
- **TELL:** For some children, the meal at their ECE program could be their most nutritious meal of the day. That means that your effort to make your meals nutritious is crucial for those particular children.



### *What Is Good Nutrition ~ 3-5 Minutes*

- **TELL:** Good nutrition for infants and children is pretty simple. They thrive best on foods as close to their natural state as possible – so foods with the least “processing.” For instance, frozen peach slices are less processed than peach leather or peach flavored fruit snacks. Here’s a basic list of the foods children should eat at different ages.
- **READ:** slide.
- **TELL:** We’ll be talking in much more specific detail about these foods throughout the rest of the workshop.

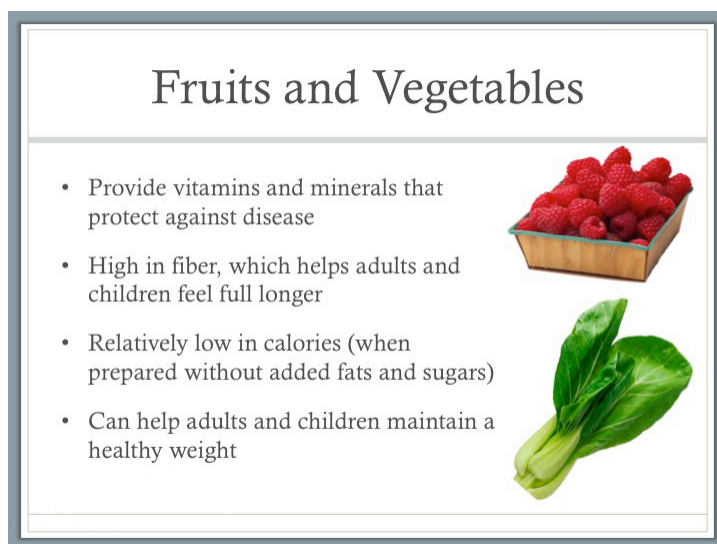




Image from <http://www.nyc.gov/html/doh/html/csi/csi-obesity.shtml>

## My Plate Planner ~ 3-5 Minutes

- **TELL:** One way to think about what food to serve is to think about a plate – a 7-inch plate for preschool-aged children. Divide that plate into quarters and fill  $\frac{1}{4}$  with protein,  $\frac{1}{4}$  with grains or starches and  $\frac{1}{2}$  with vegetables and fruits. By serving water and 6 oz. of fat free milk, you've got a healthy meal.



### *Fruits and Vegetables ~ 10 Minutes*

- **TELL:** Let's talk some more about what is on that plate. Half of the plate is filled with fruits and vegetables because eating a variety of fruits and vegetables is key to a healthy diet. Fruits and veggies can be fresh or frozen or canned in water or their natural juices.
- **READ:** slide
- **ASK:** What kinds of fruits and vegetables do you serve in your program?
- **TELL:** I'm going to split you into 3 groups. Group 1 is Green, Group 2 is Red and Group 3 is Orange. Take the next few minutes and come up with as many fruits and vegetables that are the same color as your group name. For instance, the White group could list cauliflower. (Give groups 3-5 minutes.)
- **ASK:** What fruits and vegetables were on each of your lists? (Hear from each group.)
- **TELL:** These are great lists. Green, red and orange fruits and vegetables are especially good choices to serve to children because they are packed with healthy nutrients. Some of these fruits and vegetables may be new to kids so think about introducing a new fruit and vegetable each week and then regularly serving it. The Healthy Bites book is a great resource we have here in Wisconsin about early care and education and nutrition. I'm going to give each of you a copy of the pages in it on fruits and vegetables.
- **DO:** Hand out Fruit & Vegetable Guidelines sheet from W2 Healthy Bites Handout.

## 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




### *Whole Grains and Breads ~ 10 Minutes*

- **READ:** slide.
- **TELL:** Remember a quarter of the plate should be filled with whole grains or breads. When deciding which grains and breads to serve, it is important to check the ingredients list for the words “whole” or “whole grain” before the grain ingredient’s name. The whole grain should be the 1st ingredient or the 2nd ingredient if water is listed first. (Hand out Whole Grain sheet from W2 Healthy Bites Handout.) If you look on the back of this handout, you’ll see a list of examples of whole grains; memorizing these whole grains is helpful because not all whole grains use the word “whole.” For example, brown rice and quinoa are both whole grains.
- **ASK:** At the beginning of this workshop, you all completed a form that asked you to identify the whole grains. Which whole grains do you remember identifying? What are some other examples of whole grains that you might serve?

### 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.




### *Protein: Meat and Meat Alternative ~ 10 Minutes*

- **TELL:** The last quarter of the plate should be filled with lean protein.
- **READ:** slide
- **TELL:** I'm going to hand out a recipe that has several sources of protein in it. Take a moment to identify the sources of protein in the recipe and then follow the directions to make the sources of protein in this recipe even healthier.
- **DO:** Hand out the W2 Food Packaging Handout and have participants complete the Cheeseburger Macaroni recipe side of the handout.
- **ASK:** How did this go for you? What was easy? What was hard?
- **TELL:** This sheet can serve as a guide to large variety of lean proteins you could serve.
- **DO:** Hand out Meat and Meal Alternative handout and Beverage handout from W2 Healthy Bites Handouts.

## 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



### ***Beverages ~ 10 Minutes***

- **READ:** slide.
- **TELL:** Water and then milk are the most important beverages for children to drink. While 100% juice is a healthy choice, it is not as healthy as water, milk or whole fruits because it can be high in sugar. The USDA defines 100% Juice as either squeezed directly from the fruit or made from concentrated juice that is reconstituted with water. Juice cocktails and juice drinks have less than 100% juice.
- **TELL:** Look at the back of the W2 Food Packaging Handout. You'll see three juice labels. Which of these are 100% juice? What other sugars are in the less than 100% juice?
- **DO:** Have participants complete the Juice side of the W2 Food Packaging Handout and then talk as a group about their answers.

### 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.


### *What foods should kids limit? ~ 5 Minutes*

- **READ:** Read first point on slide.
- **ASK:** What are some examples of sweetened beverages, just so we are on the same page?" (Examples: Hi-C, Hawaiian Punch, lemonade, juice drinks, pop/soda, KoolAid)
- **READ:** Read second point on slide.
- **TELL:** There are "everyday foods" and "sometimes foods." We want to stress, and teach our families, that the children don't need calorie-dense, "sometimes foods" every day. It's a bad habit to get into.
- **Optional:** Share that the Robert Wood Johnson Foundation calculated in 2004 that 2-5 year olds consume about 7% of their daily calories in sugar sweetened beverages.



### 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).



### *Shun the Sweets ~ 5-8 Minutes*

- **READ:** slide.
- **TELL:** Sometimes we are told that some sugars, like honey, are better than other sugars. However, all forms of sugar have about the same nutritional value – they provide calories but not many nutrients.
- **ASK:** What are some beverages that might have added sugars? (juice, soda, chocolate milk) What are some proteins that might have added sugars? (yogurt) Grains or breads? (cupcakes, baked goods, cereal, bread) Fruits and Vegetables? (dried and sweetened fruits, canned in syrup)

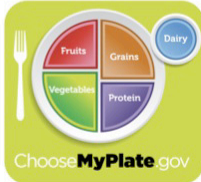
## Sources for Learning about Nutrition & Finding Recipes

### 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

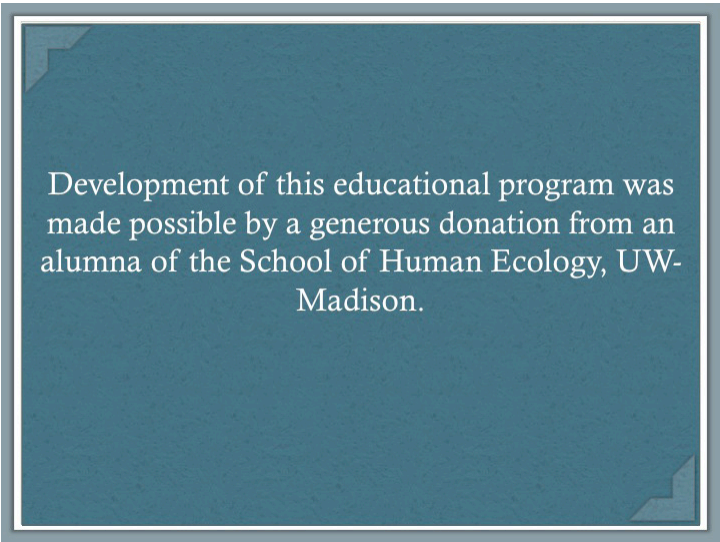
- United States Department of Agriculture Recipe Finder at <http://recipefinder.nal.usda.gov/>
  - Allows searches of recipes by food product
  - Shows cost per serving and per recipe



ChooseMyPlate.gov

### *Other Sources ~ 2 Minutes*

- TELL:** If you feel stuck about what food to prepare or what good nutrition is, these are great resources. The United States Department of Agriculture's website called ChooseMyPlate.gov has a lot of great resources including a recipe search. Chapters 1 and 2 in "Rethinking Nutrition" is also a good source for more details regarding children's diets.
- READ:** slide. Hand out W2 10 Tips handout.
- TELL:** I also have a handout for you all that offers 10 tips on how to choose a healthy plate easily and 10 tips on how to make fruits and veggies appealing to kids. Thank participants.



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

### *Sponsorship ~ 5 Minutes*

- **DO:** Show slide while handing out the W2 Post-evaluation Questionnaire.
- **TELL:** Please take a moment to complete this questionnaire. It is not a test! Your answers will just help us to continue improving these workshops. Thank you!