

Nutrition for Kids

It Starts in the Kitchen!



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Nutrition for Kids

It Starts in the Kitchen!

Overview of Today:

- The well-nourished child
- Current state of child nutrition
- Taking a Positive approach
- Best strategies for Nutrition Education
- The importance of involving kids in food activities

Well Nourished Children are:

- Full of energy
- Eager to learn
- Growing and developing
- Healthy and Strong
- Happy and funny



Habits of Healthy Children:

- Eat breakfast every day
- Eat family meals several times each week
- Eat a variety of nutrient-rich foods at meals & snacks
- Participate in food-related activities (e.g. baking!)
- Participate in physical activity 60 minutes each day
- Limit screen time <2 hrs/daily; 0 for birth to two



Habits of Too Many Children

- Poor Eating Habits – not enough fruits and vegetables, whole grains or dairy servings
- Decline in physical activity/Too much “screen time”
- Frequent Fast Food Consumers
- Responders to advertising & media
- Portions are “out of control”

The Whole Grain Gap

- According to data from Project EAT (Eating Among Teens), both teens and young adults average slightly more than one-half serving of whole grains daily.
- The greater the intake of fast food, the lower the intake of whole grains among teens and young adults.
- The median intake of U.S. adults is about one-half serving or 8 g/day, compared with a recommendation to consume 48 grams/day.
- Less than 1% of the U.S. population consumes the recommended intake of 3 servings (48 g)/d and 20% of individuals report consuming no whole-grain products

<http://jn.nutrition.org/content/early/2013/03/19/jn.112.172536.full.pdf>

<http://www.ncbi.nlm.nih.gov/pubmed/20102850>

Childhood Obesity

Between 1971-2010, the prevalence of childhood obesity increased:

- From 4.8% to 12.1% among 2-5 year olds
(Update: Data reported 2/2014 - decline in 2011-2012 data to 8%!)
- From 4.0% to 18.0% among 6-11 year olds
- From 6.1% to 18.4% among 12-19 year olds

http://www.cdc.gov/nchs/data/hestat/obesity_child_09_10/obesity_child_09_10.htm

<http://www.cdc.gov/media/releases/2014/p0225-child-obesity.html>

Putting it into Practice

How do we educate kids and communicate the messages of healthy eating?



What I teach adults about feeding children:

Trust

Control

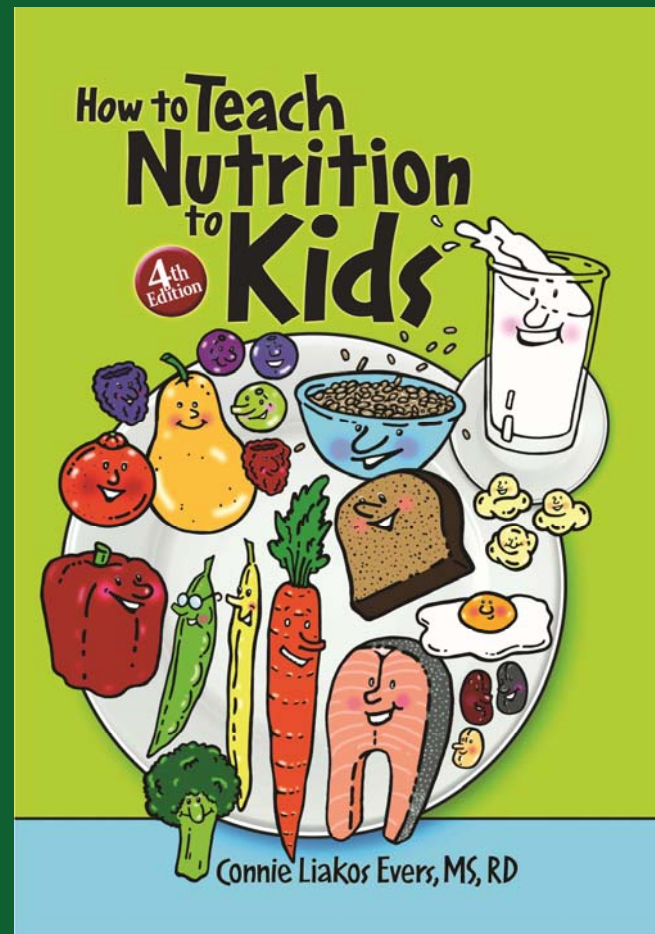
Relationship

A Positive Approach to Building a Feeding Relationship

Parents, caregivers and educators:

- Engage in positive role modeling
- Provide encouragement, offer choices and trust children to self-regulate food intake
- Present children with well-balanced meals and snacks served on a regular basis
- Promote shared family meals
- Bring Kids into the kitchen!

How to Teach Nutrition to Kids?





Effective Nutrition Education for Children

The F.I.B. Approach

Fun/Engaging: The children are interested and actively involved in hands-on learning activities.

Integrated: Activities and strategies are integrated with meal service, across the curriculum and with the home and community environments.

Behavior Based: Children have the opportunity to "practice" good nutrition habits.

Effective Nutrition Education for Children

Promote a Healthy Body Image

Consider Readiness to Learn

Keep it child-directed

Take advantage of Teachable Moments

Strive for 50 hours/year¹

¹Sources

U.S. Department of Education, National Center for Education Statistics, (2000). Nutrition education in public elementary school classrooms. NCES 2000-040. Retrieved from website: <http://nces.ed.gov/pubs2000/2000040.pdf>

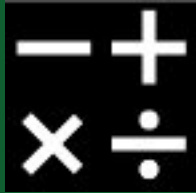
Lytle, LA. Nutrition Education for School-Aged Children. *J NutrEd*.1995;27:298-311.

Foster, G., Sherman, S., Borradaile, K., Grundy, K., Vander Veur, S., Nachmani, J., & ... Shults, J. (2008). A policy-based school intervention to prevent overweight and obesity. *Pediatrics*, 121(4), e794-e802. Retrieved from <http://pediatrics.aappublications.org/content/121/4/e794.full>

Nutrition: a part of every subject



Nutrition: a part of every subject



Label reading
Recipe adjustments
Graphing nutrition goals/ diet analysis



Reading & Comprehending Recipes
Reading nutrition storybooks
Writing advocacy/policy letters



Exploring Individual/Family Food Culture
Studying world food cultures
Exploring social justice issues around food



Studying body systems (digestive, circulatory, etc.)
Applying scientific method to explore nutrition issues
Learning about plant science, soil, ecosystems
Kitchen /Food science

Kids in the Kitchen

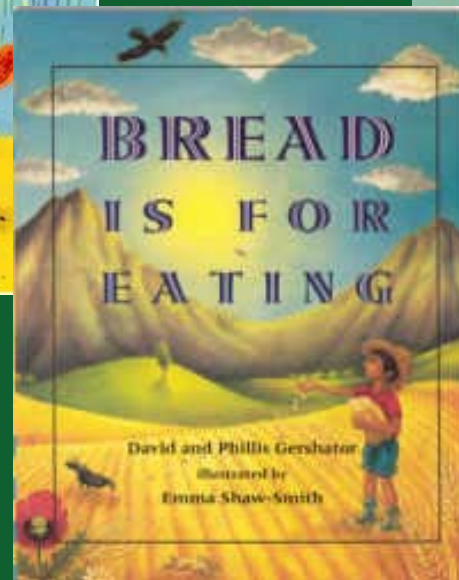
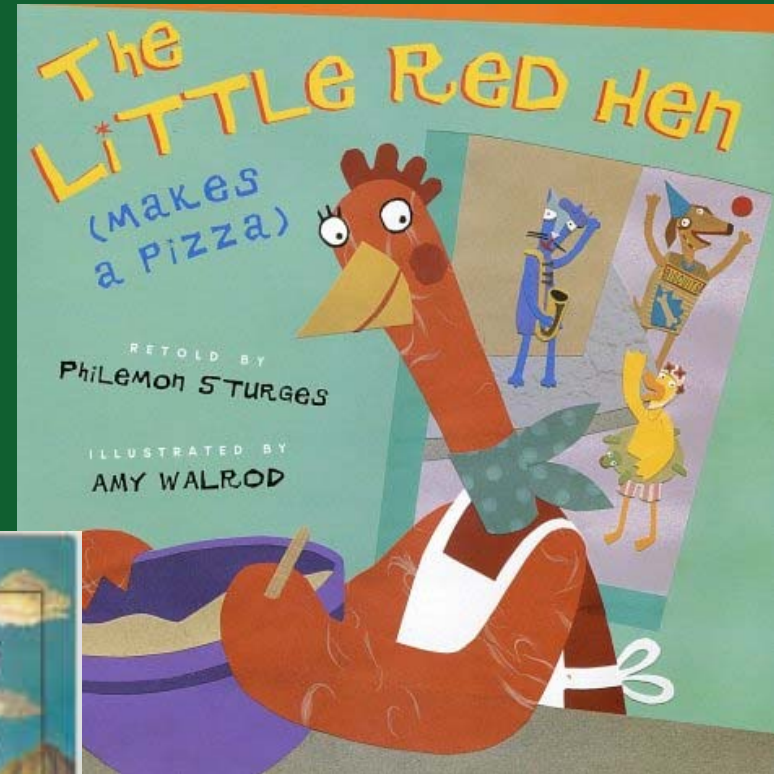
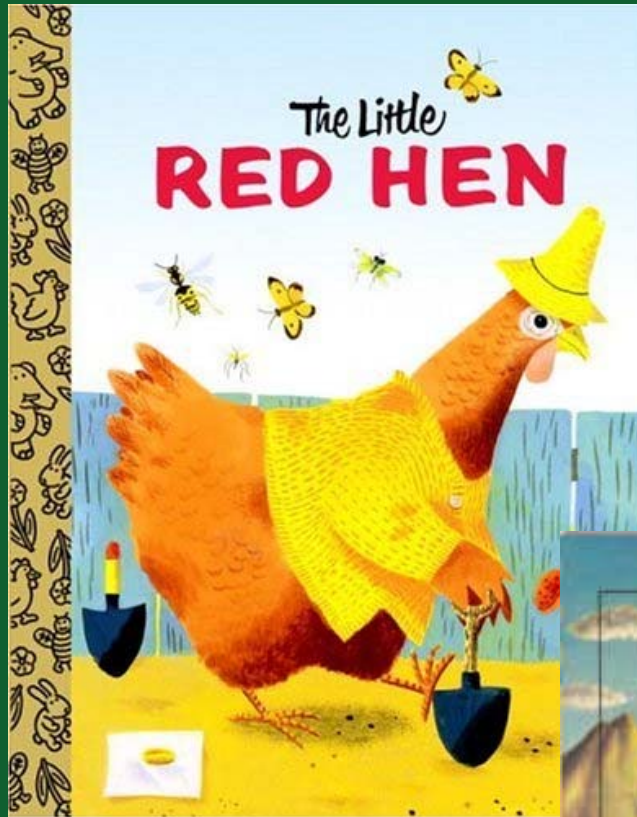
Cooking & baking projects give children:

- A boost in confidence
- Exposure to new and/or healthy foods
- Curiosity and the motivation to continue cooking and baking
- Skills such as measuring, planning, timing, budgeting, organization and sharpened math skills
- Adult-Child bonding
- Preparation for young adult life!

Tips for cooking/baking with young children

- Food-based activities are ideal for young children because all senses are stimulated.
- Make it fun and enjoyable. This is a good opportunity to interact in a fun, positive way.
- Integrate other educational concepts (e.g. reading story books with food themes, identifying colors and shapes, letters).
- Food activities are a good way to introduce children to new foods prior to serving them at meals or snacks.
- Include follow-up activities and simple recipes to try at home.

Exploring the Grains Group





Little Red Hen Bread

Lesson Overview

Children will listen to the story of *The Little Red Hen*. During the story, the teacher will point out the stages leading from wheat seed to bread. The children will then participate in a simple whole wheat baking activity.

Key Concepts

- Grains are seeds.
- Grain foods give your body energy.
- Eat foods made from grains everyday.



Lesson

Background

Grains are rich in B vitamins, iron, and complex carbohydrates, which are important for supplying energy to the body. Whole grains provide fiber and other nutrients important for good health. Examples of whole grains include whole wheat breads and cereals, oatmeal, brown rice, barley, and whole corn tortillas.



Materials Needed

To teach the lesson:

- Book: *The Little Red Hen* (authors, publishers, and versions vary slightly, select a version where she makes bread, not cake)
- Optional: wheat seeds (source: bulk bins in natural food stores), dried wheat stalk (source: craft stores), whole wheat flour in a clear bag or container

To make bread:

- Frozen whole wheat roll dough (thawed) or whole wheat bread dough made from scratch (1 roll per child)
- Optional: dried fruit pieces such as raisins or dried cranberries*
- Waxed paper sheets for children's work space
- Cookie sheet, either a non-stick pan or a pan sprayed with non-stick cooking spray

*Dried fruit can be a choking hazard for children under the age of four. Tip: Grind dried fruits before adding to other ingredients for foods served to very young children.

Exploring the Grains Group

Cooking Connection Lesson: Little Red Hen Bread

<http://www.nfsmi.org/documentlibraryfiles/PDF/20131105042542.pdf>

Name _____ Date _____

Grains from Seed to Bread

Do you know the story of *The Little Red Hen*? The story begins with a grain of wheat (the wheat seed) and ends with a loaf of bread. Do you remember all the steps in between?

Directions:

1. Read *The Little Red Hen*.
2. Color the pictures below.
3. Cut out the pictures, put them in the correct order and glue on another sheet.



Start Smart Eating & Reading - Middle Years: Grains Call You Colored
Jointly prepared by 4-H Youth Development and Family and Community Development programs of the Oregon State University Extension Service and by the Oregon Department of Education.

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Exploring the Grains Group

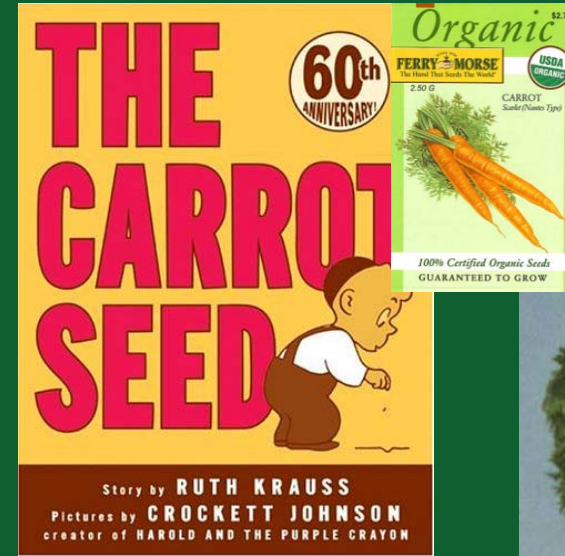
Source: Start Smart Eating & Reading

<http://extension.oregonstate.edu/catalog/html/4h/4h6830/4worksheets.pdf>

Keep it child-directed



Keep it food focused






Nutrition for Kids

Getting kids to eat right has never been this much fun!


[ToolKit](#) | [Teaching Nutrition to Kids](#) | [Brocc & Roll](#) | [Handouts](#) | [Stickers](#) | [Blogs/Updates](#) | [Garden](#) | [Just for Kids](#) | [About](#) | [Links](#) | [Speaking](#)

NEWS

 Is it time to push the reset button on family health habits? Read my 8 tips for going retro with your food habits.

 Download the free handout - Nutrition & Fitness for your Child: Ten Steps to Healthy Habits.



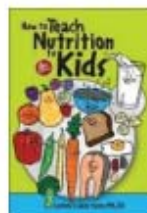
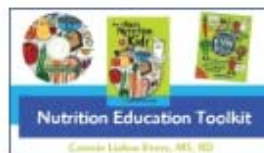
 The Nutrition Education Toolkit is designed to help schools provide nutrition education to all students in all grades in elementary school. (Hint: Important if you are trying to achieve HUSSC status!)



Welcome to Nutrition for Kids, hosted by registered dietitian, speaker and author Connie Liakos Evers. To find out more about our books, handouts or other resources, click on one of the topics above. For news, articles, blogs, tips, recipes and *more*, be sure to check out our free Feeding Kids Updates.



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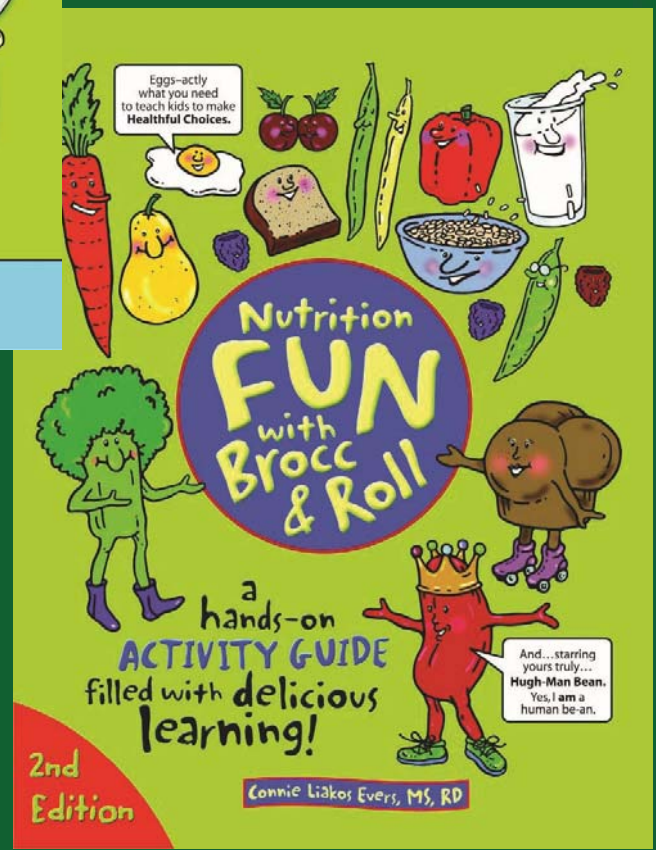
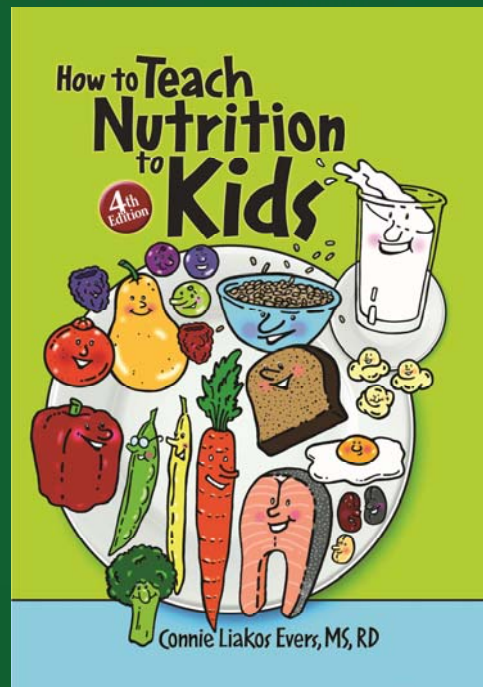
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Good for women and may make infants smarter! > Exercise During Pregnancy Can Boost Your Baby's Brain abonews.go.com/blogs/health/2... via @abc [Show Summary](#)

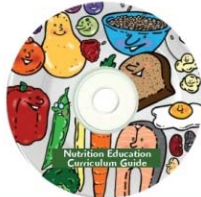
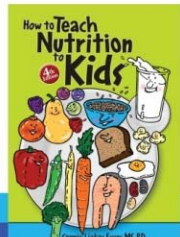

 **Connie Evers, MS,RDN** @nutritionkids 11 Nov
Free handout: Nutrition & fitness for your child: 10 steps to healthy habits > nutritionforkids.com: bit.ly/f33OaT

Tweet to @nutritionkids

Grade Level	Learning/Performance Standards	Required Learning Activities	Recommended Integrated Learning Activities	Supporting Food & Fun Learning Activities
1 st				
2 nd				
3 rd				
4 th				
5 th				
6 th	<p>Grade Level</p> <p>Learning/Performance Standards</p> <p>Required Learning Activities</p> <p>Recommended Integrated Learning Activities</p> <p>Supporting Food & Fun Learning Activities</p>	<p>Learning/Performance Standards</p> <p>Required Learning Activities</p> <p>Recommended Integrated Learning Activities</p> <p>Supporting Food & Fun Learning Activities</p>	<p>Learning/Performance Standards</p> <p>Required Learning Activities</p> <p>Recommended Integrated Learning Activities</p> <p>Supporting Food & Fun Learning Activities</p>	<p>Learning/Performance Standards</p> <p>Required Learning Activities</p> <p>Recommended Integrated Learning Activities</p> <p>Supporting Food & Fun Learning Activities</p>

Nutrition Education Curriculum Guide



Nutrition Education Toolkit

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