

Florida Nutrition Training Guide

Nutrition Education Series

Workbook

for the

Preschool Child Nutrition Module

Revised December 2003



Staff Member: _____

Local Agency: _____

Supervising Nutritionist: _____

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Introduction to the Workbook for the Staff Member

After completing each assigned set of *Self-Check* questions in your *Workbook*, you should **immediately** correct your responses by using the *Answer Key to the Self-Check Questions* that follows the *Self-Check* questions.

If you do not know the answer to one of the questions, go back to the text to find the correct answer.

When you have finished reading/studying the *Module* and have completed and corrected your own *Self-Check* responses, go to the *Practical Activity* in this *Workbook* and complete the assignments there. Be sure to read the *Instructions for Doing the Practical Activity*, which can be found at the beginning of the *Practical Activity*.

When you complete the *Practical Activity*, turn in your *completed Workbook* to your Supervising Nutritionist who will, in turn, correct/evaluate your completed *Practical Activity*. Also, he/she will do a quick review of your *Self-Checks* for completeness.

Record all your answers directly in this *Workbook*.

Self-Check Questions

for the Preschool Child Nutrition Module

- 1) List 5 tips to give to parents to help assist in the development of healthy eating habits:
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
- 2) In the list below, put a check (✓) by the following phrases which are *desirable* qualities of eating utensils for young children:
_____ small, blunt-tipped spoons and forks
_____ sturdy, durable dishes
_____ plates and bowls with a “lip”
_____ small, unbreakable cups and glasses

Read the following statements concerning the development of food habits in young children. Place a “T” (for True) or an “F” (for False) in the space to the left of each of the following statements:

- 3) _____ Food habits acquired at an early age may influence later nutritional status.
- 4) _____ Food habits are inherited, not taught.
- 5) _____ Children tend to imitate eating habits of their parents.
- 6) _____ A 1-year-old child should be served adult-sized portions of food.
- 7) _____ Don’t force children to eat; healthy children will eat when they are hungry.

Stop now and check your answers against the Answer Key before proceeding to the next section. The Answer Key to the Self-Check Questions for the Preschool Child Nutrition Module begins on page 14 of this Workbook.

*The line that divides each group of Self-Check questions indicates that you should **STOP NOW** to check your answers before you move ahead to the next section of the Module.*

Circle the letter(s) of the phrase(s) that correctly complete(s) the following statements:
(There may be *more than one* correct choice.)

- 8) When introducing new food(s):
- a) offer one new food at a time
 - b) give the child a large serving so he/she can taste it several times during the meal
 - c) serve the food with another well-liked food
 - d) instruct the child to eat all of it
- 9) If a child dislikes a certain food, some possible alternatives are:
- a) prepare it a different way
 - b) serve only a small amount
 - c) combine the disliked food with some of his/her favorite foods
- 10) When a child occasionally refuses to eat:
- a) tell the child there will be no dessert unless his/her plate is clean
 - b) remove the food and let the child wait until the next meal or snack
 - c) punish the child
- 11) If a child goes on a “food jag” (requesting one food often):
- a) allow the child to have the food for a few days
 - b) don’t make an issue out of it
 - c) refuse to give it to the child
- 12) Indicate which of the following is a *parent’s* responsibility by writing “P” in the blank, and which is the *child’s* responsibility by writing “C” in the blank:
- a) _____ The types of foods that are served at a meal
 - b) _____ The amount of food that is eaten
 - c) _____ The time of day when snacks and meals are served
 - d) _____ The location where a child eats
-

Circle the letter(s) of the phrase(s) that correctly complete(s) the following statements:
(There may be *more than one* correct choice.)

- 13) Which of the following statement(s) is(are) true about the Food Guide Pyramid for preschoolers?
- a) It gives recommendations about the number of servings and serving sizes for each of the major food groups.
 - b) A child should eat an equal number of servings from each food group.
 - c) *All* children need to *strictly and precisely* follow the recommendations of the Food Guide Pyramid.
- 14) The Dietary Reference Intakes (DRIs):
- a) are divided into food groups.
 - b) are divided into individual nutrients.
 - c) The most important nutrients listed in the DRIs are protein, calcium, and vitaminA.

Fill in the correct answers in the blanks provided:

- 15) Name at least 2 nutrients supplied by the Milk, Yogurt, & Cheese Group:

- 16) A 2-year-old child needs approximately _____ **cups** (or _____ ounces) of milk each day. (Hint: 1 serving of milk for a 2-year-old child is $\frac{1}{2}$ cup.)
- 17) Two milk products which may be substituted for fluid milk are _____ and _____.
- 18) Serving sizes are _____ for young children ages 1 to 3 than for adults and older children.

Fill in the correct answers in the blanks provided:

- 19) Preschool children need approximately _____ servings from the Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group each day.
- 20) In the Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group, $\frac{1}{2}$ cup of cooked dry beans are equal to _____ ounce(s) of cooked lean meat. (Refer to Figures 4a and 4b in the module for this answer.)

21) Name 2 nutrients provided by foods from the Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group:

a) _____

b) _____

22) Two foods from the Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group which are often popular with children are _____ and _____.

Circle ***all*** of the correct answers:

23) Whole grain or enriched grain products in the diet are good sources of:

VitaminC

BV itamins

Energy(Calor ies)

Iron

Calcium

Fill in the blanks to accurately complete the statements:

24) _____, found in *whole grain* products, helps regulate digestion and elimination.

25) Preschool children need _____ to _____ servings of foods from the Bread, Cereal, Rice, & Pasta Group each day.

26) The serving size for children 1 to 3 years old is _____ slice(s) of bread, while the serving size for older children ages 4 to 5 is _____ slice(s) of bread.

27) List 3 types of foods from the Bread, Cereal, Rice, & Pasta Group that should be limited due to their high fat, sugar, and/or salt content:

a) _____

b) _____

c) _____

Fill in the correct answers in the blanks provided:

28) Vegetables and fruits are especially good sources of vitamin _____, vitamin _____, and _____ acid.

29) List 2 problems in overcooking vegetables (cooking them until they are mushy):

a) _____

b) _____

30) Fruit *drinks* are often fortified with vitamin C, but also contain a lot of _____.

31) Preschool children need a total of:

_____ to _____ servings of vegetables each day and

_____ to _____ servings of fruits each day.

32) Name at least 3 vegetables and 2 fruits which are excellent, good, or fair sources of vitamin A: (Refer to Figure 5 in this module.)

33) Name at least two vegetables and two fruits which are excellent sources of vitamin C: (Refer to Figure 5 in this module.)

In the blank to the left of the following statement, put a “T” if the statement is true and “F” if the statement is false:

34) _____ Parents should force their children to eat vegetables.

35) Certain raw vegetables and fruits, hot dogs, popcorn, nuts, and hard candies are among the list of foods which are not recommended for children under age 4, as they might cause _____.

36) List 2 ways that certain foods can be *changed* or *modified* to prevent food-related choking in young children:

Food

Modification

37) List 3 reasons why breakfast is important for a preschooler:

- a) _____
- b) _____
- c) _____

38) In the list below, put a check (✓) in the blank next to the foods and methods of food preparation which are *appealing* to young children:

- _____ mixed dishes (several foods mixed together)
- _____ bite-sized pieces of food
- _____ bright-colored foods
- _____ dry meat
- _____ very hot food
- _____ crisp vegetables
- _____ very spicy food

In the blank to the left of each of the following statements, put a “T” if the statement is true or an “F” if the statement is false:

- 39) _____ Snacks can be nutritious supplements to the preschooler’s diet.
- 40) _____ Snacks which are prepared at home and taken to eat between errands can be more nutritious and less expensive than vending machine snacks.
- 41) _____ The “timing” of snacks (that is, *when* to serve snacks) is important—a snack should be offered when children are hungry, but not so late that it spoils their appetite for the next meal.

42) Name *two good snacks* from each of the following food groups:

Milk, Yogurt, & Cheese Group

- a) _____
- b) _____

Fruit Group

- a) Vitamin C-rich: _____
- b) Vitamin A-rich: _____

Bread, Cereal, Rice, & Pasta Group

- a) _____
- b) _____

Vegetable Group

- a) Vitamin C-rich: _____
- b) Vitamin A-rich: _____

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group

- a) _____
- b) _____

In the blank to the left of each of the following statements, put a “T” if the statement is true or an “F” if the statement is false:

- 43) _____ Offering desserts after every meal may establish a difficult habit to break.
- 44) _____ Children should be rewarded with dessert after they clean their plates.
- 45) _____ A child’s weight and height are often the best indicators of adequate caloric intake.
- 46) List 3 ways parents can increase the nutritional value of homemade desserts:
- a) _____
- b) _____
- c) _____
- 47) List 2 nutritious desserts:
- a) _____
- b) _____
-

Fill in the blanks to accurately complete the following statements:

- 48) One of the chief benefits of consuming adequate amounts of dietary fiber in childhood is in promoting normal _____.
- 49) Children should consume an amount of fiber per day which is equivalent to: _____ *grams of fiber for every 1,000 calories consumed per day.*
- 50) Healthy children, _____ years of age and older, should eat a heart healthy diet.

Circle all the correct answers:

- 51) A heart healthy diet is low in which of the following:
- | | | |
|-----------------|------------------|----------------|
| a) protein | c) saturated fat | e) total fat |
| b) carbohydrate | d) zinc | f) cholesterol |

52) Provide lower fat alternatives to the foods listed:

Lower fat alternative

- | | |
|---------------------------------|-------|
| a) whole milk | _____ |
| b) bologna | _____ |
| c) fried chicken | _____ |
| d) french fries | _____ |
| e) chocolate cake with frosting | _____ |
| f) creamed spinach | _____ |

53) Overweight in children may be defined by comparing Body Mass Index (BMI)-for-age when plotted on a growth chart. A BMI-for-age that is at or above the _____th percentile may indicate overweight.

In the blank to the left of each of the following statements, put a “T” if the statement is true or an “F” if the statement is false:

54) _____ Inappropriate eating patterns and insufficient activity are the most common reasons why people become and remain overweight.

55) _____ Excessive television watching may start a cycle of less activity and more eating, which can contribute to overweight.

56) List 4 practices which may *prevent* overweight in children:

- a) _____
- b) _____
- c) _____
- d) _____

57) When suggesting changes in the diet of an overweight child, it is usual to recommend a reduction in foods high in _____ and/or _____.

58) Eating is done in the context of a child’s environment and needs. List 4 attitudes or needs of the child or his/her family which might promote overeating:

- a) _____
- b) _____
- c) _____
- d) _____

In the blank to the left of each of the following statements, put a “T” if the statement is true or an “F” if the statement is false:

- 59) _____ Iron-deficiency anemia is the most common nutrient deficiency in children from 6 months to 3 years of age.
- 60) _____ Too much iron can be harmful for a child.
- 61) Two common dietary causes of iron-deficiency anemia are:
- a) _____
- b) _____
- 62) Three suggestions for parents in helping to prevent iron-deficiency anemia in their preschool children are:
- a) _____
- b) _____
- c) _____
- 63) Which of the following contains the most iron? Circle the letter of the correct answer:
- a) $\frac{1}{2}$ cup strawberries
- b) 1 slice enriched wheat bread
- c) 1 cup of milk
- d) 1 ounce of a highly fortified cereal, i.e., a WIC cereal
- 64) Which of the following is true about iron pills? Circle the letter of the correct answer:
- a) Too much can be poisonous for young children.
- b) They should be taken out of their original container and put in a separate bottle, which is bright red, to alert everyone of their danger.
- c) If a parent thinks their child has accidentally swallowed iron pills, the parent should wait until the child starts showing symptoms before taking him/her to the doctor.

65) List 3 symptoms of lead poisoning:

- a) _____
- b) _____
- c) _____

Circle ***all*** of the answers which are correct:

66) Which of the following actions can help prevent lead poisoning in preschoolers:

- a) Give regular meals and snacks in the day.
 - b) Let cold water run 30 seconds from the tap before use.
 - c) Remove food from cans before heating.
 - d) Don't store foods in opened cans.
 - e) Offer foods rich in iron.
-

In the blank to the left of the following statement, put a "T" if the statement is true or an "F" if the statement is false:

67) _____ Dental caries, or cavities, are the most prevalent disease for all age groups beyond infancy.

68) List four ways to prevent dental caries:

- a) _____
- b) _____
- c) _____
- d) _____

Circle the letter of the choice which accurately completes the following statement:

69) The only way to treat existing cavities is to:

- a) take aspirin and ignore them
- b) get them filled by a dentist
- c) stop eating sugar

70) Snacks that stick to your teeth will promote tooth decay. However, there are snacks which are not as likely to promote tooth decay. Name 2 of them:

71) Three majors ways of treating constipation are to have children increase: _____, _____, and _____.

72) List 4 reasons for a child with diarrhea to be referred to a health care provider:

- a) _____
 - b) _____
 - c) _____
 - d) _____
-

73) Which of the following food-induced reactions is a reaction of the immune system:

- a) food hypersensitivity
- b) food intolerance
- c) food poisoning

In the blank to the left of each of the following statements, put a “T” if the statement is true or an “F” if the statement is false:

- 74) _____ A child always needs to eat a lot of an allergenic food before he exhibits symptoms.
- 75) _____ Once a child is allergic to a food, she/he will always be allergic to the food.
- 76) _____ The majority of infants who are allergic (hypersensitive) to milk will be able to tolerate milk by the time they are 4 years old.
- 77) _____ Food additives are a major cause of hyperactivity.

78) List 4 fish that should not be consumed by young children due to the high mercury content of these fish:

- a) _____
 - b) _____
 - c) _____
 - d) _____
-

79) Toddlers should accumulate at least _____ minutes daily of structured physical activity; preschoolers at least _____ minutes.

80) List 3 activities for toddlers to help build their large muscles:

- a) _____
- b) _____
- c) _____

81) List 4 roles for parents/caregivers in promoting physical activity in young children:

- a) _____
- b) _____
- c) _____
- d) _____

After checking your answers for Questions 79-81:

FIRST, go back to the *Preschool Module* and read “Part 5: Case Studies,” and then

✍ **GO TO** the “*Practical Activity for the Performance Objectives*” for the *Preschool Child Nutrition Module*, which is contained in this *Workbook*. Complete the *Practical Activity* according to the instructions provided throughout the *Practical Activity* section.

Answer Key to the Self-Check Questions

for the Preschool Child Nutrition Module

- 1) Any 5 of the list on page 12 of the Preschool Child Nutrition Module.
 - 2) You should have checked all four phrases.
 - 3) True
 - 4) False Food habits are taught, not inherited.
 - 5) True
 - 6) False Children 1 to 3 years old should be served smaller portions to allow the child the satisfaction of finishing the food.
 - 7) True
-

- 8) a, c
 - 9) a, b, c
 - 10) b
 - 11) a, b
 - 12) a) P
b) C
c) P
d) P
-

- 13) a
 - 14) b
 - 15) Any 2 of the following: calcium, protein, riboflavin, vitamin B-12, vitamin D.
 - 16) 2 cups, 16 ounces
 - 17) Any two of the following: yogurt, cheese, cottage cheese, custard, pudding, nonfat dry milk or evaporated milk (used in casseroles, soups, or diluted and used to drink).
 - 18) smaller (about $\frac{1}{2}$ to $\frac{2}{3}$ of the adult serving size)
-

- 19) 2 to 3 servings
 - 20) 1 ounce
 - 21) Any 2 of the following: protein, zinc, iron, vitamin B₁₂, niacin (there are other acceptable answers not covered in this module).
 - 22) Any 2 of the following: peanut butter, tuna, meat loaf, dry beans, hamburgers, chicken.
 - 23) You should have circled: iron, B vitamins, and energy (calories).
 - 24) fiber
 - 25) 6 to 8
 - 26) 1/2 slice, 1 slice
 - 27) sweet rolls, cookies, cakes
-

- 28) vitamin A, vitamin C, and folic acid.
 - 29) Overcooking vegetables destroys vitamins and they are not as well liked by children.
 - 30) sugar
 - 31) 3 to 5 servings of vegetables per day; and 2 to 4 servings of fruits per day.
 - 32) Check the list of fruits and vegetables that are excellent, good, or fair sources of vitamin A in Figure 5.
 - 33) Check the list of fruits and vegetables that are excellent sources of vitamin C in Figure 5.
 - 34) False Parents should not overreact to a child's refusal to eat, or to a child's food dislikes.
-

- 35) choking
- 36) Any 2 of the following are correct:
 - **Solid foods** that require a lot of chewing can be: cooked, pureed, mashed, finely chopped, or diced;
 - For children over age 2, spread a very thin layer of **peanut butter** on toast or crackers;
 - Cut **round-shaped foods** like grapes into small pieces;
 - Cut **cylindrical-shaped foods** such as hot dogs into thin lengthwise pieces first and then into smaller pieces.

37) Any 3 of the following are correct:

- Child has gone 10 to 12 hours without eating and his/her “fuel supply” is gone.
- Breakfast gives a child energy to start the day.
- The breakfast meal provides the body with food that helps brain function, increasing child’s attention and concentration.
- Breakfast contributes to the quality and quantity of a child’s daily dietary intake.

38) You should have checked (✓): bite-sized pieces of food; bright-colored foods; and crisp vegetables.

39) True Snacks can be nutritious additions to the diet. Snacks should be served in small amounts so that appetite for meals won’t be spoiled.

40) True A little planning before a trip can provide good nutrition. (And additional cash in your wallet!)

41) True

42) Refer to Figures 4a, 4b, and 5, and to the section under *Snacks: Snacks Which Supplement Meals*, for the correct answers.

43) True The “dessert habit” is hard to break.

44) False Desserts should *not* be used to bribe or reward.

45) True If a child’s BMI-for-age is within the normal range, and the child generally eats the foods specified in the Food Guide Pyramid, then there are probably enough calories in his/her diet.

46) Any 3 of the following:

Decrease sugars; *decrease* fats, substitute applesauce for fat

Increase (or add) any of the following: whole wheat flour, nuts, dried fruit, nutritious cereal, wheat germ, nonfat dry milk powder.

47) Any 2 of the following: fruit, frozen fruit juice on a stick, custard, pudding, ice cream, ice milk, frozen yogurt, vanilla yogurt with fruit, fruit-and-nut breads, homemade cookies (such as oatmeal cookies).

48) bowel movements

49) 14 grams of fiber for every 1,000 calories consumed per day

50) 2 years of age

51) c, e, f

52)

Lower fat alternative

- | | |
|---------------------------------|-----------------------------------|
| a) whole milk | lowfat milk or fat free milk |
| b) bologna | turkey, turkey ham, lean ham |
| c) fried chicken | baked chicken |
| d) french fries | baked, mashed, or boiled potatoes |
| e) chocolate cake with frosting | angel food cake |
| f) creamed spinach | plain spinach |

53) 95th

54) True

55) True

56) Any 4 of the following: educate parents about dangers of overfeeding and inappropriate uses of food; encourage regular physical activity; limit amount of high-calorie, low-nutrient foods readily available at home; turn off the television, video games, and computer games; encourage families to find non-food ways to interact and have fun; counsel parents to be in charge and take responsibility for their child's health. (Refer to the module, page 50, for a complete list.)

57) fat, sugar

58) Any 4 of the following: equating food with family status, generosity and/or hospitality; parent gets praise and self-esteem from cooking abilities; the thought that "plump" children are considered healthy; food being used as an escape, a defense, or a reaction to frustration.

59) True

60) True An overdose of iron can be deadly for a young child.

61) Common dietary causes of iron-deficiency anemia are:

- a) excessive milk intake and consequently a low intake of solid foods.
- b) low intake of iron-rich foods (and therefore a high intake of iron-poor foods).

- 62) a) restrict milk intake to a maximum of 16 ounces per day for children 1 to 3 years old. Children 4 to 5 years old may have 24 ounces of milk per day.
- b) limit foods low in iron (soft drinks, candy, pastries, snack foods); do not give tea or coffee.
- c) increased intake of iron-rich foods (whole grain and iron-enriched cereal products, dark green leafy vegetables, meats, dry beans and peas, dried fruit); encourage consumption of a good vitamin C source when eating high iron *plant* foods to increase iron absorption.

63) d

- 64) a Iron pills should be kept in the original container, out of reach and out of sight of the preschooler. Immediate action for a child who has swallowed iron pills is very important because it may prevent permanent damage in the child; waiting for symptoms to be evident may be too late.

65) Any 3 of the following: Damage to the brain, kidneys, central nervous system, and red blood cells. Mental retardation, convulsions, coma, death. Decreased ability to learn and develop. Tiredness or crankiness. Stomach pains. Lack of appetite. Stunting of growth.

66) a, c, d, e (Cold water should run 2 minutes before use.)

67) True

68) *Ways to prevent dental caries:*

- a) proper brushing of teeth and flossing
- b) healthy eating habits, including a nutritionally adequate diet and avoidance of cavity-causing foods
- c) drinking fluoridated water or taking a fluoride supplement (Parents should check with the child's health care provider or dentist to determine whether fluoride supplements are needed.)
- d) not putting a child to bed with a bottle or sippy cup filled with milk, juice, or sweetened liquid

69) b

70) Any 2 answers are correct: raw fruits*, raw vegetables*, cheese, yogurt, meat cubes or slices, unsweetened fruit juice, milk.

*Caution: These foods may cause choking in young children.

71) fiber, fluid, and physical activity

72) Any of the reasons listed on page 66-67 of the module are correct.

73) a Food hypersensitivity is a reaction of the immune system and is a true food allergy.

74) False Even a very tiny amount can result in allergic symptoms.

75) False About half of the children who have food allergies before the age of 3 will outgrow them in 1 to 7 years.

76) True The majority of infants who are allergic to milk will be able to tolerate milk by the time they are 4 years old. Since many children will outgrow their allergies, parents should check with their health care provider about re-trials with milk at a later date.

77) False Food additives are *not* a major cause of hyperactivity.

78) Shark, Swordfish, King Mackerel, and Tilefish (also known as Golden Snapper or White Snapper)

79) 30 minutes; 60 minutes

80) Any of the following are correct: dancing, riding toys, pushing and pulling, jumping, throwing, hopping.

81) Any of the following are correct:

- Be more active with the child.
- Provide the time, place, and equipment necessary for the child to participate in active play.
- Help children develop motor skills so they can enjoy physical activity throughout their lives.
- Limit television, video, and computer games to 1 to 2 hours per day.
- Try to find a child care provider that incorporates physical activity into the day.
- Offer activities, not food, as rewards.

You are now ready to:

Complete the final section of the Preschool Child Nutrition Module by reading “Part 5: Case Studies,” and then

✍ GO TO the “Practical Activity for the Performance Objectives,” which immediately follows this Answer Key in your Workbook. Complete the Practical Activity according to the instructions which are presented throughout the Practical Activity.

Practical Activity for the Performance Objectives

for the Preschool Child Nutrition Module

This *Practical Activity* directly relates to the Performance Objectives that you read at the beginning of this *Module*. Please read the Performance Objectives once again to familiarize yourself with what you will be doing in the following *Practical Activity*.

Instructions for Doing the Practical Activity

- This is an “open book” activity. Use any information from the *Preschool Child Nutrition Module* to help you complete this *Practical Activity*.
- **Record your answers directly in this *Workbook*.**
- You will **not** be “grading” your *Practical Activity* responses; your completed *Practical Activity* will be evaluated by the Supervising Nutritionist who will use an *Answer Key* that has been provided with his/her *Evaluation Materials*. If you answer at least 85% of the questions and assignments of the *Practical Activity* **correctly and completely**, this is considered acceptable completion of the *Practical Activity*. If you receive an “unacceptable” rating, then you will be asked to repeat the appropriate sections of the *Practical Activity* until they are done “acceptably.”

Materials Needed for this Practical Activity:

- this *Workbook*
- pencil/pen
- *Preschool Child Nutrition Module* for reference

After studying the *Preschool Child Nutrition Module*, you are aware that establishing healthy eating and physical activity habits is important for preschoolers. You have learned that the Food Guide Pyramid is a valuable tool to use when counseling parents of preschoolers about wise food choices for a healthy diet. You have also learned ways to prevent or deal with some common childhood eating problems and nutrition related problems.

This *Practical Activity* is designed to help you become more familiar with these concepts and issues and to prepare you to effectively provide basic nutrition counseling to low risk clients. Remember that you can refer to the *Module* to assist you as you answer the following *Practical Activity* questions.

Read the following case study about Janie Peters and then follow the instructions in the order they are presented to you.

Case Study of Janie Peters

Janie Peters is 3 years old. She came in for WIC recertification today. Janie is over the 95th percentile BMI-for-age. In addition, Janie’s mother—Mrs. Peters—appears to be overweight.

Janie’s parents have a difficult time getting her to bed in the evening. Coaxing her with cookies and milk before bedtime usually settles her down. After her cookies, she goes to bed, but frequently forgets to brush her teeth. Janie had 2 cavities at her last dental visit.

Mrs. Peters knows that Janie needs to eat vegetables but, because Janie’s father does not like vegetables, they are rarely served at home.

Mrs. Peters completed a 24-hour recall of Janie’s diet from the previous day. You note from the Nutrition Assessment form that Janie had eaten a kid’s meal at a fast food restaurant for lunch (fries, hamburger, soda) and drank whole milk for breakfast, dinner, and snack. She was given several sweet snacks during the day, including the cookies for her bedtime snack.

When asked what kind of things Janie likes to do, Mrs. Peters noted that Janie likes to play in the sandbox, ride her tricycle, and watch television. Mrs. Peters listed Janie’s top five television programs.

After reading the case study about Janie Peters, it is apparent that Janie may be developing some unhealthy eating habits, due in large part to choices being made by her parents. Name 3 major “problem areas” related to parenting and/or eating habits:

- 1) _____

- 2) _____

- 3) _____

What are 2 positive things that you will be able to discuss with Mrs. Peters regarding her parenting of Janie?

- 4) _____

- 5) _____

What 3 reasons can you give Mrs. Peters regarding why it is best for Janie NOT to continue being over the 95th percentile BMI-for-age?

- 6) _____

- 7) _____

- 8) _____

In your own words, how would you describe what it means to “control the rate of weight gain”?

- 9) _____

There are several *eating* suggestions you could give to help control or slow down the *rate* of Janie’s weight gain. Using information that you learned about the Peters family in the case study, discuss 3 specific recommendations about possible dietary changes for Janie (and the entire family):

- 10) _____

- 11) _____

- 12) _____

It is important to *offer* vegetables to Janie, even though they are not one of her father's favorite foods. Vegetables offer a variety of nutrients that are important for Janie's growth, including vitamin A, vitamin C, and folic acid. They are also a good source of fiber and are generally low in calories. This can help avoid constipation and help Janie fill up on lower calorie foods. Janie has the opportunity to learn good eating patterns now. By watching what her parents eat, listening to comments made, and seeing what foods are served, Janie can learn the message that vegetables are either desirable or undesirable, depending on what is communicated in the home.

Give 2 suggestions that might result in making vegetables more appealing to a family:

- 13) _____

- 14) _____

One of the important habits Janie needs to learn is to take good care of her teeth. Baby teeth are important for being able to eat a variety of foods safely, for correct spacing of the permanent teeth, and for self-esteem. In discussing the importance of limiting Janie's sweets in order to cut back on extra calories, it would be useful to discuss that this is important for dental health as well. Snacking on sweets several times in the day and at night before going to bed leaves sugar on the teeth for extended periods of time during the day and at night. With this long exposure to a supply of food, bacteria on the teeth produce acid over an extended period of time, which leads to the breaking down of the tooth enamel, and tooth decay.

List 2 recommendations about taking better care of Janie's teeth: (Refer to the Dental Caries section of the *Preschool Child Nutrition Module*.)

- 15) _____

- 16) _____

Give at least 2 specific recommendations you could give for increasing Janie’s physical activity:

- 17) _____

- 18) _____

-

You have just completed the *Practical Activity*! Turn in your completed *Workbook* to your supervising nutritionist. She/he will evaluate your *Practical Activity* responses by using the *Answer Key to the Practical Activity* for the *Preschool Child Nutrition Module*, which is included in the *Evaluation Materials for the Supervising Nutritionist*. (The supervising nutritionist will also do a quick review of your *Self-Check* answers to ensure that they were completed and appropriately “graded” by you.)

When the supervising nutritionist is done with evaluating your *Practical Activity*, she/he will set up an appointment with you to discuss the results. At this time, the supervising nutritionist will also set up a time for you to take the *Posttest* for the *Preschool Child Nutrition Module*. The supervising nutritionist will administer this test.

To prepare for the *Posttest*, you will want to review:

- the Knowledge Objectives listed at the front of the *Module*—remember that the *Posttest* questions are directly related to the Knowledge Objectives.
- the *Preschool Child Nutrition Module*.
- your completed *Workbook* of *Self-Check* answers and the *Practical Activity*.

Remember that the *Posttest* is **not** an “open book” test.

Notes



Florida Department of Health
Bureau of WIC and Nutrition Services

