



## Lesson 10

# Feeding Older Babies and Toddlers

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### Knowledge objectives

Students will recognize developmental signs that show when older babies and toddlers are ready for new textures and tastes; understand the responsibilities of parents and children in a healthy feeding relationship; and know how to prepare foods to minimize the risk of choking.

### Behavioral objectives

Students will prepare healthy snacks.

### Review of Lesson 9

Ask for two volunteers to act out each of the following situations in front of the class. Each pair should include information from Lesson 9 in its performance.

- Cory feeds her 9-month-old child whole hot dogs.
- Tanya gives her 3-month-old son cereal in his bottle to help him sleep through the night.
- When Dion opens a new jar of baby food to feed his daughter, the lid does not pop.
- Sarah feeds her daughter directly from the baby food jar and then stores it in the refrigerator until the next feeding.
- Tony heats jars of baby food in the microwave to feed his son.
- Justin feeds his daughter lots of baby food desserts because she likes the sweet taste.

### Doing the lesson

Your baby's first two years are a time of remarkable growth and change from crawling, to learning to walk, to finally becoming an independent toddler. During this period, your child will progress from being fed to feeding herself or

### Supplies needed

(also see activities for supplies needed)

- chalkboard or flip chart and markers
- *MyPyramid Poster\**
- optional: foods for optional child-size portions activity

### Core activities

- *Take a Taste for You and Your Baby*
- *Pick an Egg Review*

### Student handout

- *Teen Parents Newsletter: Feeding older babies and toddlers (N707)\**

### Teacher references

- [www.kidsnutrition.org/consumer/nyc/vol\\_2004\\_3/guidelines\\_ADA.pdf](http://www.kidsnutrition.org/consumer/nyc/vol_2004_3/guidelines_ADA.pdf)
- *Pick an Egg Review Answer Key*

### Advance preparation

- Optional: Contact guest speaker from WIC program or other community resource.

himself. It's important for you to understand your child's developmental signs so you can understand his or her readiness for new textures and tastes.

Give each student a copy of the *Feeding older babies and toddlers* newsletter and refer to the chart *Developmental Signs for Feeding Older Babies and Toddlers*. Ask if they have noticed any of these behaviors. What are some other behaviors they have noticed? What tips do they have for feeding older babies and toddlers?

### **Mealtime responsibilities for parents and children**

Your role as a parent continues to be critical in helping your child develop healthy eating habits for life. Attitudes and behaviors children develop about food will last a lifetime. It's important that we learn to recognize and respect the differences between our responsibilities and children's responsibilities at mealtime.

Parents' responsibilities:

- Offering a variety of healthy foods
- Setting a regular time and place for meals and snacks
- Creating a pleasant mealtime environment

Children's responsibilities:

- Choosing which foods to eat
- Deciding how much to eat, or whether to eat at all

Parents are *not* responsible for:

- How much a child eats
- Which foods a child eats

#### **Teaching tip**

These ideas may be new to some of your students. Many people still believe it's important for children to "clean their plates." Ask the class what habits children might develop if they are required to eat everything on their plates. For example:

- Eat when they're not hungry
- Ignore body clues that indicate they're full
- Refuse to eat certain foods

These habits could lead to overeating, obesity and other eating problems.

Remember to set a good example. Your child learns to eat by watching and imitating you. What are some ways you could model healthy eating behaviors for your toddler?

Be sure these points are mentioned:

- Eat a variety of foods from all the food groups
- Be willing to try new foods
- Drink milk
- Eat fruits and vegetables at meals and snacks
- Sit down for meals as a family without the TV or phone
- Show your child how to use a spoon or fork; then let her or him try it alone

### **Child-size portions**

Adult-size portions can overwhelm young children. Young children need the same variety of foods as adults but they need smaller portions. To make sure your young child gets the nutrients he or she needs to grow and develop properly:

- Serve a variety of healthy foods at each meal. (Point to the *MyPyramid Poster* and go through the five food groups.)
- Offer regular meals and snacks (three meals and two or more snacks a day).
- Offer small portions of food and let your child ask for more food if she or he is still hungry.

All of us want our children to be healthy so we may worry that they are not getting enough to eat. It helps to remember that:

- Older babies and toddlers have tiny tummies; they can't eat large amounts at one time.
- It's normal for children to eat small amounts of food some days and larger amounts on other days.

If you continue to offer a variety of healthy foods at regular meals and snacks, your child will get the nutrients he or she needs over time. Children do best with a routine, so serve meals and snacks at about the same time every day.

Limit high-calorie, low-nutrient foods like cookies and sugary drinks. If your child fills up on these foods, he or she won't have room for more nutritious choices. Don't offer young children food or juice between regular meals and snacks. Learning what hunger and fullness feels like may help your child avoid overeating, which can lead to obesity.

It's normal for toddlers to go through periods where they reject certain foods or only eat a few foods. Don't force your child to eat. Let him or her decide whether to eat or how much to eat. Just keep offering a variety of healthy foods, including foods you know your child likes.

If you are worried that your child is eating too little or too much, talk with your health-care provider. Refer students to *Help your child form healthy eating habits* on page 4 of the *Feeding older babies and toddlers* newsletter.

**Optional activity: Child-size portions**

Your students may find it helpful to see examples of how much food to offer older babies and toddlers. If you choose to do this activity in your class, assemble foods from each food group and let students practice serving amounts of food onto paper plates. Talk with the class about whether or not they think this is an appropriate amount. Use the general guideline of about a tablespoon of food for each year of age. Toddlers may eat about one-fourth of an adult portion, such as  $\frac{1}{4}$  slice of bread or  $\frac{1}{4}$  piece of fresh fruit. It's very important that students understand that these are only guidelines. A child's hunger is the best guide for how much food to offer. Offer a small amount of food and let children ask for more food. This will help them learn to eat to satisfy their appetite and help them achieve a healthy weight that is just right for them.

**What about milk?**

If you are breast-feeding, continue as long as you and your baby desire. If you are feeding formula, your health-care provider will probably tell you to switch to whole milk after your baby's first birthday. Be sure to use whole milk until your baby turns two. Babies and toddlers need the fat and calories that whole milk provides for growth and brain development.

**What should older babies and toddlers be eating?**

In addition to breast milk or formula, older babies and toddlers should now be eating a variety of healthy foods from MyPyramid. (Point to each food group on the *MyPyramid Poster*.) This will ensure that your baby gets the vital nutrients he or she needs. Refer to the *Nutrients Older Babies and Toddlers Need* chart in newsletter.

Say to students:

- No one food or food group supplies all the nutrients older babies and toddlers need.
- How many food groups are represented on this chart? (*All five*)

**What about water?**

Ask students if they have heard that it is important to drink plenty of water. This is also true for young children. It's important for them to learn to drink water when they are thirsty. You can help by making water available. Here are some tips:

- Offer your child water when she or he wakes up from a nap and after you change her or his diaper.
- Let your child take a cup of water to bed. Plastic cups with tops that won't leak are readily available.

- Put a glass of milk and water on the table for meals so your child can drink water for thirst and milk for hunger.

### **Prevent choking**

Infants and young children are the most likely age groups to choke on food. They remain at risk until about age 4, when they are able to chew and swallow better. Review choking information from Lesson 9 if necessary.

Never leave your child alone when he or she is eating or drinking. You need to be right there to help if your child gags or chokes while learning to eat lumpier foods. Encourage your child to eat slowly and not put too much food in her or his mouth at one time.

### **Reduce the risk of food allergies**

Continue to watch for allergic reactions like rash, diarrhea, upset stomach or difficulty breathing when introducing new foods. If you notice any of these symptoms, contact your health-care provider right away. Remember, these are the main foods that cause food allergies: eggs, wheat, citrus fruits and citrus juices, fish, shellfish, milk, soy, peanuts, and tree nuts (like walnuts or pecan).

### **Get fit with your child**

Just like healthy eating, it's important that you model an active lifestyle for your child. Being active helps your older baby or toddler develop thinking and communication skills and develop self-confidence. Set aside at least 30 minutes a day to play actively with your child. Here are some appropriate physical activities based on your child's stage of development. What are some other physical activities you like to do with your baby or toddler?

Crawler:

- Let your baby crawl all over you.
- Play peek-a-boo and hide-and-seek while crawling around.
- Move favorite toys around the room and encourage your baby to crawl after them.

Beginning to walk:

- Play "head, shoulders, knees and toes" to encourage flexibility, to help your baby identify body parts and learn the concepts of high, low, up and down.
- Play chase to enhance movement skills and increase your child's understanding of how to play with others.

Toddler

- Take family walks.
- Walk on your tip toes and encourage your child to do the same; this helps with balance.
- Play horse by encouraging your toddler to gallop.
- Play follow the leader; walk, hop, skip, jump, march.

Do *Take a Taste for You and Your Baby* activity

The theme is snacks for kids. Suggested foods for tasting include PB Fruit Dip and Yo-Pops.

**Review of Lesson 10**

Do *Pick an Egg Review* activity

## Core activity

# Take a Taste for You and Your Baby

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Think of your child's snacks as mini-meals. Snacks are a good way for you and your children to get the nutrients you need each day.

### PB Fruit Dip

Makes 1 ¼ cups

**Equipment:**

- mixing bowl
- measuring cups
- small serving cups
- large spoon

**Ingredients:**

- ½ cup creamy peanut butter
- ¼ cup frozen unsweetened orange juice concentrate, thawed
- ½ cup plain, low-fat yogurt
- assorted fresh fruits

**Instructions:**

1. Beat together first three ingredients until fluffy.
2. Cover and chill.
3. Prepare fruit for tasting (wash, peel and slice fruit into bite-size pieces).
4. Spoon PB Fruit Dip into small cups for each student.
5. Serve with assorted fresh fruits for dipping.

Caution: Don't give to children under one year of age or with a family history of food allergies. Make sure fruit pieces are large enough to bite and chew – small pieces can cause choking.

### Yo-Pops

Makes 8 small popsicles

**Equipment:**

- mixing bowl
- large spoon
- popsicle molds or paper cups
- small plastic spoons

**Ingredients:**

- 2 cups low-fat plain yogurt
- 1 teaspoon vanilla
- 6 tablespoons (half of a 6-ounce can) frozen orange juice concentrate, thawed

**Instructions:**

1. Mix all ingredients together.
2. Pour into popsicle molds or paper cups. Put in the freezer.
3. When partially frozen, insert a plastic spoon into each popsicle.
4. Finish freezing and serve.

## Core activity

# Pick an Egg Review

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### **Purpose**

Helps students review Lesson 10.

### **Supplies needed**

- plastic eggs (one for each student)
- basket to hold eggs
- *Pick an Egg Review Questions* (H-30)

### **Teacher reference**

- *Pick an Egg Review Answer Key*

### **Advance preparation**

- Purchase the plastic eggs.
- Make a copy of the review questions. Cut the questions apart and put one in each egg.
- Put the plastic eggs in the basket.

- 1** Pass the basket of eggs to each student. Ask students to pick an egg. One at a time, ask them to read their questions out loud and give the answers. Classmates can help if the student cannot answer the question.
- 2** Continue until all eggs have been opened and all questions successfully answered.

# Teacher reference

## Pick an Egg Review Answer Key

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### 1. What is the parent's responsibility when feeding a child?

Parents are responsible for offering a variety of healthy foods, setting a regular time and place for meals and snacks, and creating a pleasant mealtime environment.

### 2. What is the child's responsibility when eating?

Children are responsible for choosing which foods to eat and deciding how much to eat or whether to eat at all.

### 3. What is one way to have a happy and positive mealtime with your child?

Anything from the *Help your child form healthy eating habits* list in the newsletter.

### 4. Should a child have skim milk at 1 year of age? Why or why not?

No. Children 1 to 2 years old need to drink whole milk. After the second birthday, low-fat milk is fine.

### 5. True or False: Children should be forced to eat everything on their plates because they need to eat foods from all of the food groups.

False. Forcing children to eat can lead to overeating, obesity and other eating problems.

### 6. True or False: Young children need the same variety of foods as adults, but they need smaller portions.

True.

### 7. True or False: It's normal for toddlers to go through periods where they reject certain foods or only eat a few foods.

True

### 8. Make sure your child gets at least \_\_\_\_\_ minutes of physical activity each day.

30

### 9. What kind of habits will children develop if we force them to clean their plates?

They may eat when they are not hungry, ignore body cues that tell them when they are full, or refuse to eat certain foods.

### 10. Why are hot dogs dangerous for young children?

They can cause choking.

### 11. True or False: A good time to offer a new food is at the beginning of the meal when children are hungry.

True.

