

Child Feeding Community of Practice Webinar

August 29, 2019



Grab Your Healthy, Happy Families Educator Guide!



Zoom Audio

Computer speakers/microphone **OR** phone (not both)

***6 to mute/unmute phone –
please mute when not speaking**



Agenda

- Introductions
- Research You May Have Missed
- Questions From the Field
- Resources
- In the Classroom: Healthy Happy Families
 - Cooking with Kids

Research You May Have Missed: 'When kids pack lunch, its healthier, new study suggests'

- Question: Does parenting and child involvement predict lunch contents of packed lunches?
- Parenting and child involvement were found to be important predictors of fruits and vegetables in home packed lunches
- Why is this important:
 - Parenting skills are essential to implementing a healthy dietary home environment.
 - Children need to be involved in their decision making.

<https://www.sciencedirect.com/science/article/abs/pii/S0195666318301545>



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This material was funded by USDA's Supplemental Nutrition Program - SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

Research You May Have Missed: 'Teaching children to eat healthy: Repetition is key'

- Question: Does combining child centered messaging about food improve upon repeated exposure for increasing children's liking and willingness to try new foods?
- Messaging increased consumption while just repeated exposure increased liking and willingness to try.
- Why is this important:
 - Messaging that helps children understand how a food may benefit them could increase consumption.
 - Caregivers often do not know how to talk about food in this way.

[https://www.jneb.org/article/S1499-4046\(19\)30126-5/fulltext](https://www.jneb.org/article/S1499-4046(19)30126-5/fulltext)



Questions from the Field



Healthy Happy Families Website

Just added!

[Essentials of Helping a Child with Extreme Picky Eating](#)

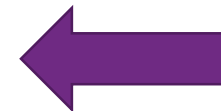
- Division of Responsibility
- Picky Eating
 - Application
 - Tips
 - Additional Resources**
 - Feeding Through the Ages
 - Setting Routines
 - Bribing with Food

Additional Resources

To read more about picking eating:

How to Handle Picky Eaters <http://www.zerotothree.org/child-development/health-nutrition/how-to-handle-picky-eaters.html#roleparents> (why does picky eating emerge in toddlers, what role parents play, what can parents do, what does not work, what about dessert)

Essentials of Helping a Child with Extreme Picky Eating (pdf)
<https://www.extremepickyeating.com/wp-content/uploads/2019/02/ExtremePickyEatingEssentials.pdf>



Healthy Happy Families Website

Feeding Guidelines for Infants and Young Toddlers: A Responsive Parenting Approach

Feeding Through the Ages

Application

Tips

Additional Resources

Setting Routines

Bribing with Food

Family Meals

Role Modeling

Overcoming Resistance

HHF Curriculum Resources

Home



To read more about ages and stages:

General:

<http://www.med.umich.edu/yourchild/topics/devmile.htm>

<https://www.healthychildren.org/English/ages-stages/Pages/default.aspx>

Healthy Portions for Preschoolers

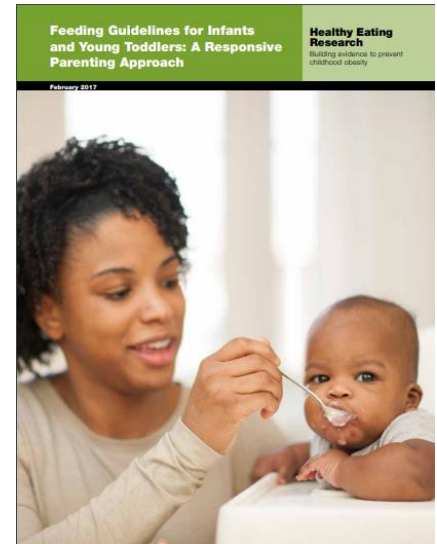
<http://articles.extension.org/pages/66145/healthy-portions-for-preschoolers>

Feeding through development:

Infants and Toddlers:

Feeding Guidelines for Infants and Young Toddlers: A Responsive Parenting Approach

<https://healthyeatingresearch.org/research/feeding-guidelines-for-infants-and-young-toddlers-a-responsive-parenting-approach/>



Discussion Questions

- A. What do you cook/bake with your child(ren)?

- B. Did you cook/bake with grandparents, parents, friends? What's your favorite cooking/baking recipe or memory from childhood?

Healthy, Happy Families
Class Series
“In the Classroom” Segment
Angela Asch
Yolo County



Healthy, Happy Families Class Series

*Series for caregivers of
typically developing children 2-5 years of age.*

Lesson 6: Cooking With Kids

Lesson Message: Cooking with kids is fun and helpful!

Lesson Connection: Food safety and child nutrition



[Link to ANR Catalog Healthy Happy Families materials](#)

Healthy, Happy Families: Lesson 6

Main Concepts

Involving children in the kitchen:

- Teaches responsibility
- Teaches social, math, and language skills
- Increases self-esteem
- Increases fine motor skills
- Improves nutrition

What & How

Each HHF lesson has a nutrition education component.

For Lesson 6

- Sign in & welcome parents/caregivers.
- Describe the purpose and content of the day's class and subsequent classes, if a series is scheduled.

*Estimated time 5 min.

What & How

Ice breaker

- Introduce yourself & talk about your child if you have a child(ren) or reference your family and growing up.
- Ask parents/caregivers to share information about themselves and their child(ren).
- Ask if there are any questions or struggles they would like to share or cover before starting the topic.

*Est. time 5-10 min., depending on class size



What & How

Lesson Introduction (pg. 25-26 of Educator Guide)

- Use flip chart to highlight key points of lesson.
- Refer to *Educator Guide pps. 25 & 26* and the parent booklet for more tips and examples on the importance of why children need to learn cooking/food prep skills.

*Estimated time 10-15 min.



What & How

Lesson Activity (pg. 27 & 28 Educator Guide)

- Ask parents/caregivers to brainstorm

Small group or pair up, share out

- Reference the HHF website for more tips & talking points:

*Estimated time 10-15 min.

What & How

Parent Guide

- Reference & incorporate parent handouts into lesson
(*p. 13 & 14 in Parent Guide*).
 - Photocopy pages to give to parents
 - Go over the tips on page.
 - Send home handouts.
- *Estimated time 5-10 min.

Handouts

parent tips



Getting Kids in the Kitchen

Cooking with your kids is a good way to help them build healthy eating habits.



Get them interested

Most kids enjoy helping in the kitchen. While they help you cook, you can talk to them about healthy foods. Children like to eat food they make. This is a good way to get them to try new healthy foods.

Let them help

You can show your kids how to help you prepare meals. Here are ways that young kids can help in the kitchen:

2-year-olds can:

- Wipe tabletops
- Wash fruits and vegetables
- Tear lettuce or greens
- Break cauliflower or broccoli into pieces
- Carry ingredients from one place to another

3-year-olds can:

- Knead and shape dough
- Mix or pour ingredients
- Shake liquids in a covered container to mix them
- Apply soft spreads
- Put things in the trash

4-year-olds can:

- Peel oranges or hard-boiled eggs
- Mash bananas or cooked beans with a fork
- Cut parsley and green onions with kid-safe scissors
- Set the table

5 to 6-year-olds can:

- Measure ingredients
- Use an egg beater

Be sure to have kids wash their hands before and after helping in the kitchen. Be patient with spills and mistakes. Remember that the goal is to help your kids learn about healthy eating.

Let them be creative

Set out three or four healthy foods, and let your kids make a new snack or sandwich from them. Use foods your children can eat without choking.

Start with:

- A new kind of bread (whole grain or rye)
- Whole grain crackers or graham crackers
- Mini rice cakes or popcorn cakes
- Small bagels
- Small pieces of whole-wheat pita bread

Spreads could include:

- Fat-free or low-fat cream cheese or cheese spread
- Fat-free or low-fat peanut butter
- Bean dip
- Jelly with no sugar added

Toppings could include:

- Slices of apple or banana
- Raisins or other dried fruit
- Strawberries
- Slices of cucumber or squash
- Cherry tomatoes cut in small pieces

As you help your kids make the new snack or sandwich talk about why it is healthy. Point out each food group in the snack or sandwich. Explain that eating a mix of foods is good for you. Ask why the snack or sandwich tastes good. Is it sweet, juicy, chewy, or crunchy?

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 0-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, We Can!, and the We Can! logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

consejos para padres



Cocine con los niños

Despierte su interés

Cocinar con los niños es una buena forma de ayudarles a desarrollar hábitos de alimentación saludables. A la mayoría les gusta ayudar en la cocina, y mientras ayudan a preparar una comida les puede hablar sobre los alimentos saludables. A los niños les gusta la comida que ellos ayudan a preparar, y ésta también es una buena forma de lograr que prueben nuevas comidas saludables.



Deje que ellos le ayuden

Usted les puede mostrar a sus hijos cómo ayudarle a preparar comidas. A continuación incluimos ideas para que los niños de distintas edades puedan ayudar en la cocina:

Los niños de 2 años de edad pueden:

- Limpiar las mesas
- Lavar con un cepillo y enjuagar las frutas y verduras
- Partir las hojas de lechuga o verduras
- Partir la coliflor
- Llevar los ingredientes de un lugar a otro

Los niños de 3 años de edad pueden:

- Envolver las papas en papel de aluminio para hornear
- Amasar y dar forma a la masa
- Mezclar los ingredientes
- Verter los líquidos
- Agitar los líquidos en un recipiente cubierto
- Untar mantequilla o cremas blandas

Los niños de 5 a 6 años de edad pueden:

- Medir los ingredientes
- Utilizar un batidor de huevos

Asegúrese de que los niños se laven las manos antes y después de ayudar en la cocina. Sea paciente con los derrames y errores. Recuerde que el objetivo es ayudar a que sus hijos aprendan sobre una alimentación saludable.

Permita que sean creativos

Ponga a la vista tres o cuatro alimentos saludables y deje que sus hijos se inventen y preparen un nuevo refrigerio o sándwich. Utilice alimentos que sus hijos puedan comer sin correr el riesgo de asfixiarse.

Comience con:

- Un nuevo tipo de pan (de grano integral o centeno)

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/cookwithchildren.pdf>



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What & How

- If time allows address questions or concerns as the lesson progresses – *and/or*
 - Offer contact information for following up
 - Continue conversation at next class meeting
- **Note: HHF classes range from 30-60 minutes**
 - Lessons can be taught one or two at a time.
 - Always start series with “Begin Healthy Habits Early” lesson (Lesson 1)
 - After that lesson order can be rearranged according to your community’s needs.

[Link to YouTube video Roman's Cooking Show](#)



Quarterly Newsletter

UCCE Yolo Fuel Their Minds Newsletter

“Fuel Their Minds” - available online

- ‘Parent Insert’ - English and Spanish
- Age appropriate and developmentally applicable

The screenshot displays a webpage with a sidebar on the left containing various program links such as 'Preschool Nutrition Education', 'Early Elementary Nutrition Education', and 'Parent Newsletter'. The main content area is divided into two columns: 'PRESCHOOL AGE' and 'ELEMENTARY AGE'. Each column features a search box and a 'Subscribe' button. Below these are lists of articles categorized by issue. For the preschool age group, articles include 'Benefits of Connecting Preschoolers with Nature', 'Sticking to the Division of Responsibility at Mealtime', 'Make a Shape with your Body', and 'Preschool SHINE Recognition Program'. For the elementary age group, articles include 'Nature Can Improve Academic Outcomes', 'Possible Health Risks of Sports Drinks', 'National Bike and Walk to School Day', 'Free Campus and Community Events', 'Attack Obesity Rates: Improve Drinking Water Access in Schools', 'Reduce the Risk of Foodborne Illness: Clean, Separate, Cook, & Chill!', 'How to Prevent Bullying in your Classroom', and 'K-6 Farm Tours at California State Fair Farm Stand'.

Screenshot of CalFresh Healthy Living Yolo webpage

Resources

HHF website: <http://ucanr.edu/sites/hhf/>

Roman's Cooking Show on YouTube

- <https://youtu.be/o5j4XXSBUI4>
- <https://youtu.be/K0IEOqLk87o>
- <https://youtu.be/DEDViKbDDms>

Chop Chop Kids Magazine

- <https://www.chopchopfamily.org/learn-to-cook/recipe>

Produce for Kids

- <https://www.produceforkids.com/meal-planning/>

NIH We Can Resources

- <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/nutrition.htm>

Image courtesy of: <https://www.inspiremore.com/2-year-old-bakes-cake/>



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Poll Question

After this presentation, do you feel better prepared to present this lesson?

- A. Yes
- B. No
- C. Sort of

Image courtesy of istockphoto.com



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Contact



alasch@ucdavis.edu

530-666-8731

<http://yolonutrition.ucanr.edu/>

<https://www.facebook.com/UCCECalFreshNutritionEducationProgramYoloCounty>

<https://www.instagram.com/calfreshhealthylivingyolo/>

Image courtesy of me



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Next Child Feeding CoP Webinar

January 23, 2020

12:30 – 2:00 PM

Amy Mobley, Ph.D., R.D.
University of Florida

Healthy Fathers, Healthy Kids

Father-focused Childhood
Obesity Prevention Program for
Low-income Families with
Preschool Aged Children

