

Raising A Healthy Eater Flipchart

Teacher's Guide

Support for Healthy Beginnings is provided by First 5 Shasta, Shasta County Public Health, and Shasta Head Start

Using the “Raising a Healthy Eater” Flipchart

This guide contains talking points that you can use with the “Raising a Healthy Eater” flipchart. You can use the flipchart in different ways, depending on your group of parents:

- Set up the flipchart near your parent sign in sheet. Flip to a new page once a week.

OR

- Show the nutrition video from the parent kit and then use the flipchart to reinforce key points from the video.

OR

- Show the nutrition video from the parent kit and then use the flipchart to answer any questions that parents have.

OR

- Show the nutrition video from the parent kit and then do some of the **brainstorming** activities from this guide

OR

- Do the entire flipchart presentation using this guide.

OR

- Do one section of the flipchart presentation (1. Introduce Children to a Variety of Healthy Foods; 2. Help Children Try New Foods; 3. Teach Children About Nutrition)

OR

- Do one page of the flipchart presentation (i.e. Whole Grains)

Flipchart page: 1
Introduction: Raising a Healthy Eater

Brainstorm:

Why are good nutrition habits important for children?

Long-term benefits

- The habits we form as children tend to stick with us for the rest of our lives – it is easiest to change habits at a young age (before age 10)
- Good nutrition habits help children and adults maintain a healthy weight
- Good nutrition habits decrease the risk for heart disease, diabetes, and cancer

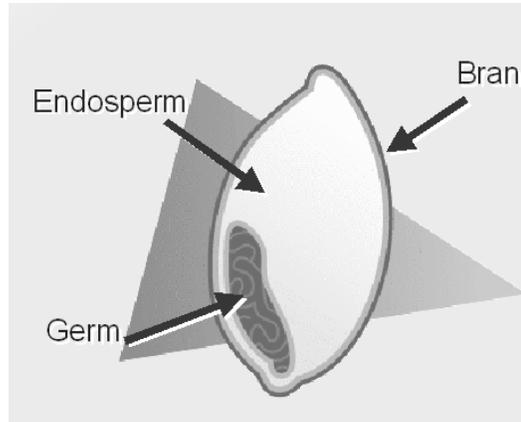
Immediate benefits

- Improved energy, appearance, growth
Note: can be linked to Go, Glow, and Grow concepts presented later in flipchart
- Decreased risk for deficiency diseases like iron deficiency anemia
- Improved school performance - better concentration, less absences due to illness

Flipchart page: 2

Introduce Children to a Variety of Healthy Foods: Whole Grains

Brainstorm: What is the difference between whole grains and refined grains?



Source: *Destination - Heart Healthy Eating*, General Mills

- Whole grains contain all three parts of the grain
- When grains are refined, two layers are removed (bran and germ)
- Most of the nutrients in a grain are in the two layers that are removed
- Some nutrients are added back into refined grains, but not all
- So, whole grains are more nutritious for children and adults than refined grains

How to find whole grains (refer to visuals)

- Look for the words “whole” or “whole grain” before the name of the **first** ingredient on the list.
- Look for foods that have at least **2 grams of fiber per 100 calories**.

Examples: whole wheat tortillas, whole wheat bread, whole wheat english muffins, brown rice, oatmeal, Cheerios[®], Wheat Chex[®]

Brainstorm: What type of whole grains have you eaten? Did you like them?

Flipchart page: 3

Introduce Children to a Variety of Healthy Foods: Fruits & Vegetables

Brainstorm: What is your favorite fruit or vegetable? What is your child's favorite fruit or vegetable?

1. Provides vitamins (such as vitamin A & C), minerals (ex. potassium), fiber and phytochemicals.

Tip: Eat the skins of fruits and vegetables for more fiber.

2. Eat a variety of **COLORS**

What are phytochemicals?

- Phytochemicals are compounds in plants that fight disease
- Phytochemicals give fruits/vegetables their bright colors
- Different colored fruits and vegetables have different kinds of phytochemicals with different disease-fighting abilities
- This is why children and adults need fruits and vegetables from all 5 color groups: red, yellow/orange, green, blue/purple, and white!

3. Offer:

- Fresh
 - Tip: offer yogurt or lowfat ranch dressing as a dip with fruits/vegetables – children love to dip!
- Frozen
 - Tip: Children may prefer raw over cooked vegetables
- Low salt (sodium) canned vegetables
 - Tip: Rinse regular canned vegetables in a strainer under cold water to reduce added salt
- Fruit canned in 100% juice or water (has less sugar)

Tip: Rinse fruit canned in syrup in a strainer under cold water to reduce added sugar

4. Offer whole fruit instead of juice

- The American Academy of Pediatrics recommends that children drink no more than 4-6 oz. of 100% juice/day
- Excessive juice consumption is associated with weight gain, malnutrition, diarrhea, stomach problems and cavities
- **If you offer juice, offer 100% juice** (fruit drinks or "cocktails" do not have 100% juice)

Flipchart page: 4

Introduce Children to a Variety of Healthy Foods: Dairy/Meat Foods

Dairy Foods

1. Offer lowfat milk (1% or nonfat/skim) to children older than 24 months.

Why offer lowfat milk to children?

- Full fat milk contains saturated fat
- Saturated fat is bad for the heart
- It is much easier to switch to drinking a lowfat milk as a child than as an adult

Brainstorm: Has anyone switched to a lowfat milk as an adult? How did you do it? Was it hard?

2. If children can't eat dairy products, offer these sources of calcium:

- Fortified soymilk with added calcium + vitamin D
- Fortified orange juice with added calcium + vitamin D
- Tofu made with calcium
- White beans
- Broccoli
- Almonds
- Bok choy (Chinese cabbage)
- Garbanzo beans (chickpeas)

Meats/Meat alternates

Offer options that are low in saturated fat

- Why offer children options that are low in saturated fat?
 - Saturated fat is bad for the heart
- Examples: chicken/turkey, beans, fish, eggs, peanut butter

Brainstorm: What is your favorite recipe using chicken/turkey? Beans? Fish? Eggs?

Flipchart page: 5

Introduce Children to a Variety of Healthy Foods: Healthy Fats/Water

Healthy Fats: Children need omega-3 and omega-6 fat for brain and eye development

Sources of omega-3 fat:

- **Fish**
 - Give children about 1 serving (2-3 oz.) of fish per week
 - Children should not eat too much fish because of concerns about mercury and other contaminants
 - Best types of fish: chunk light tuna, wild caught salmon (most canned salmon is wild caught)
- **Flaxseed**
 - Found in the baking or bulk section of the grocery store
 - Has nutty flavor
 - Ground flaxseed can be sprinkled on yogurt/oatmeal or baked into bread/muffins/cookies
- **Tofu**
 - Found in the grocery store, in the produce or dairy sections (usually it is refrigerated)
 - Picks up the flavor of any dish - add cubes of tofu to casseroles, stews, and soups
 - Inexpensive source of protein - usually only about \$2.00/pound

Note: walnuts are also a good source of omega-3 fat – but nuts are a choking hazard for children under age 4 unless they are finely chopped

Sources of omega-6 fat include: soybean oil, canola oil, safflower oil, corn oil

Note: Olive oil also contains a type of healthy fat, but it is not a good source of omega-3 or omega-6 fats

Water

- Children need 2 cups of milk and *no more than* 4-6 oz. of 100% juice a day
- Offer milk and 100% juice at meals
- Offer water between meals and at snacks
- When children have enough water in their bodies, their urine should be pale yellow to clear
- Give children their own water bottle to make drinking water fun!

- Wash lemons, limes, and/or oranges, slice them into a pitcher of water, and add ice for a cool treat

Flipchart page: 6

Help Children Try New Foods

1. Try new foods with your child.

- Children like to watch and copy what adults do.
- Make a “no negative comments” at the table rule.

2. Be patient – allow children to try new foods at their own pace.

- Forcing a child to try a new food can create negative feelings about that food.

3. Offer new foods often – it may take 10-15 exposures to a new food before a child tries it/likes it.

4. Serve new foods with familiar foods.

- Serve food that a child is comfortable with (i.e. spaghetti) with a new food (i.e. asparagus)
- This means that you won’t have to be a “short-order” cook and cook a separate meal if your child decides not to try the new food

5. Compare new foods to familiar foods.

- Example statement: “Raw cauliflower is crunchy like raw broccoli. Look, they are also the same shape!”

6. Let children help you grow, buy, and/or cook new foods!

- Let children pick out a healthy new food at the grocery store.
 - Give children a choice between two healthy new foods: pineapple or asparagus?
- Involve children in cooking
 - This is one of the best ways to get children to try new foods - they love to eat what they make!
- Age-appropriate cooking skills to have children work on:
 - **Age 2 (big arm muscle skills)**: washing or scrubbing fruits and vegetables, carrying items to the table, dipping foods
 - **Age 3 (hand skills)**: pouring liquids with adult help, spreading with a butter knife, mixing with a spoon, shaking ingredients
 - **Ages 4 and 5+ (finger skills)**: cutting with a blunt knife, measuring ingredients, mashing ingredients, setting the table

Brainstorm:

Have you ever cooked with your child? What did you make? If you haven’t cooked with your child, what could you make together?

Flipchart page: 7
Teach Children About Nutrition: Go, Glow, Grow!

Children get excited about eating healthy foods when they understand that healthy foods help them to look and feel good.

The “Go, Glow, and Grow” concept helps children to understand what healthy foods do for their bodies.

Go foods = whole grains

- Go foods give us the energy that we need to run and play

Glow foods = fruits and vegetables

- Glow foods help us to have healthy hair, eyes, skin, and immune systems

Grow foods = meats, beans, nuts, eggs, milk, cheese, yogurt

- Grow foods help us to have strong bones and muscles and healthy blood

Flipchart page: 8

Teach Children About Nutrition: Sometimes vs. Everyday Foods

The other nutrition concept that preschoolers really understand is sometimes vs. everyday foods.

- Everyday foods are the foods that we've talked about so far in this presentation (go, glow, and grow foods) – we need to eat them often to be healthy.
- Sometimes foods do not contain much nutrition - we should only eat them once in awhile (i.e. a few times/month) because they don't help us to have healthy bodies.
- Examples of sometimes foods: hot dogs, chips, french fries, candy, cake, cookies, donuts

It is important to help children learn to set limits on the amount of sometimes foods that they eat. To do this:

- **Offer a choice between 2-4 everyday foods at meals and snacks.**
 - If your child asks for chips or fruit snacks at snack time, offer a choice between a few healthy snacks: “You can have an apple, a banana, or a glass of milk for snack.”
- **Stock your house with everyday foods instead of sometimes foods.**
 - If sometimes foods are in the house, you will eat them - and your child will ask you for them
- **Reward with love and time, not treats.**
 - Rewarding with food can become a lifelong habit that leads to weight gain
 - Try reinforcing positive behavior with hugs, stickers, or a weekly trip to the park
- **Limit TV time.**
 - Marketers target preschoolers with commercials because they are vulnerable to advertising.
 - Marketers place TV characters on the outside of the boxes for sometimes foods because they know your child will beg you to buy the box - no matter what is in it.

Brainstorm: What types of food commercials have you seen that seem to be aimed at children?

Flipchart Wrap-up

To help children develop healthy eating habits:

- Introduce them to a variety of healthy foods
- Help them try new foods
- Teach them about nutrition

Brainstorm: What is one thing that you will do differently after hearing this presentation?