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

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: '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.


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
Questions from the Field

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.
Healthy Happy Families Website

Just added!

Essentials of Helping a Child with Extreme Picky Eating

Additional Resources

To read more about picking eating:

How to Handle Picky Eaters [Link](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)

Healthy Happy Families Website

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

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
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

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.
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.
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
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.
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.
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
- Shred 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 yeast)
- 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, chewy, or crunchy?

If you need help, go to http://wecan.nhlbi.nih.gov or call 1-866-35-WIC-CAN.

**We Can** is a program from the National Institute of Health that offers resources for parents, caregivers, and communities to help children 2 to 5 years old stay at a healthy weight through eating right, including physical activity and reducing screen time.

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 él/ella también es una buena forma de lograr que presten una misión saludables.

Deje que ellos le ayuden
Usted puede mostrar a sus hijos cómo ayudarle a preparar comida. 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
- Poner las hojas de lechuga o verduras
- Poner la colador
- Llevar los ingredientes de un lugar a otro

**Los niños de 3 años de edad pueden:**
- Ensalzar las papas en papel de aluminio para hornear
- Amasar y dar forma a la masa
- Mezclar los ingredientes
- Poner los líquidos
- Agitar los líquidos en un recipiente cubierto
- Untar manteca o crema blanda

**Los niños de 5 a 6 años de edad pueden:**
- Medir los ingredientes
- Utilizar un bastidor de huevos

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

Permíte 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 sandwich. Utilice alimentos que sus hijos puedan comer sin correr el riesgo de adictarse.

Comience con:
- Un nuevo tipo de pan (de grano integral o cientos)

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.
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

Screenshot of CalFresh Healthy Living Yolo webpage

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.
Resources

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

Roman’s Cooking Show on YouTube
• https://youtu.be/o5j4XXSBUl4
• 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/

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.
Poll Question

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

A. Yes
B. No
C. Sort of
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
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

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.