



Child Appropriate Food

What does “Child-Appropriate” mean?

IN YOUR PACKET, answer the following question:



“Why is it important for foods to be child-appropriate?”

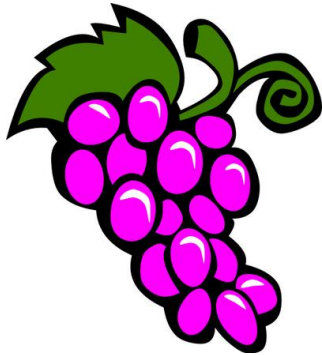
Why should food be child-appropriate?



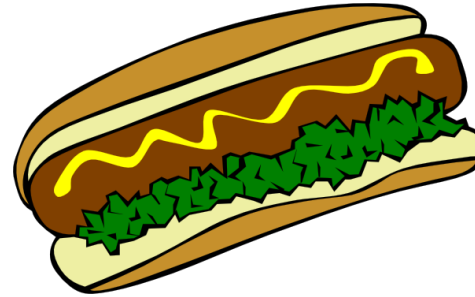
- ◆ Nutrients needed to grow properly.
- ◆ Help form healthy habits.
- ◆ Simple foods like milk, cheese, crackers, peanut butter, fresh and dried fruit, and vegetables are appropriate.
- ◆ Avoid foods that are high in fat/sugar. Kids can easily abuse these food items.

What are the two #1 CHOKING HAZARDS?

1-Grapes



2-Hot dogs



- ◆ These items are the size of their windpipe.
- ◆ When you feed these items, make sure to cut them up tiny!
- ◆ Choking is a top killer for children!

Make Eating FUN!

- ◆ It is important for children to have a good, healthy experience with food.
- ◆ When you have an especially picky eater, making mealtime fun can help you get the child to eat.



**What are some
ideas you have to
make food more
fun for kids?**



Painted Toast

- Involves kids in an Art Project
- Fine Motor Skills
- Creative Thinking
- Fun way to get kids to eat



Pumpkin Muffins



- Good for a fall theme, reinforces concepts

- Kids are able to be part of a “baking experience”

- Involves Senses: Smell, touch texture

- Math and Science Concepts





Silly Creations

- “Smiley Faces”

- Could use it as a tool to teach about teeth and oral hygiene

- Could talk about smiling and good attitudes

- “Ants on a log”

- Good source of protein

- Could teach about ants

- Could involve kids in the making of this snack





Homemade Popsicles

- Could load smoothie with fruit and/or vegetable servings
- Involving kids in the making process gives them ownership
- Basic science concepts: liquid turns to solid when cold



Green Eggs & Ham

- Books come alive!
- Reinforce literacy and gets them interested in books
- Different twist on food might get them excited foods they would otherwise not have been interested in
- Could be a great learning activity

