

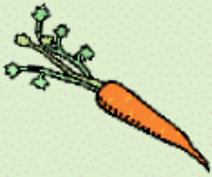
Physical Activity and Nutrition for Alaska's Kids



Setting the Table for Meals Together

Section 2: Module 4





You will learn

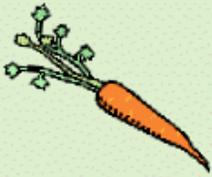
- Benefits of eating meals together
 - Nutritional benefits
- How to develop a routine to eat together
- Tips for handling the choosy eater
- Techniques to engage children in eating meals together



Eating Together



- Provide a sense of family
- Share family
 - values
 - cultural and ethnic heritage



Eating Together



Enable

- Communication
- Family connections
- Monitoring of children's
 - Moods
 - Behaviors
 - Whereabouts



Physical Activity and Nutrition

for Alaska's Kids



Eating Together



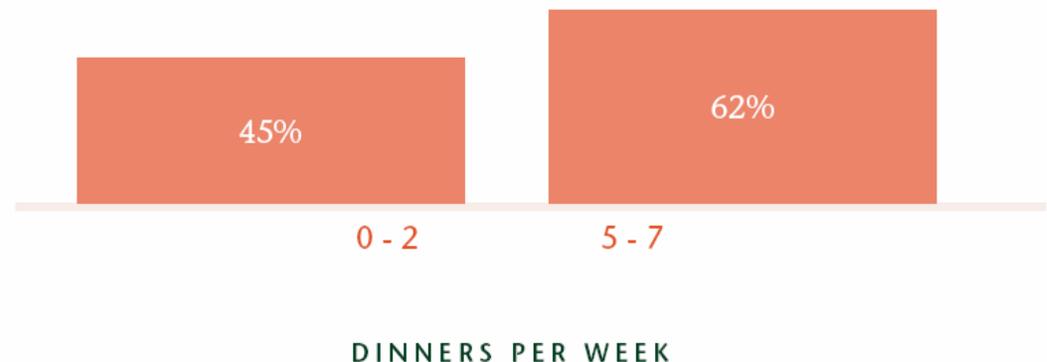
- Increases children's vocabulary
- Improves child's reading and writing



Eating Together

- “Protective factor” in the lives of teens
 - Increased well-being
 - Decreased risk of drug & alcohol use
 - Better social skills
 - Better grades

Figure 4a: **Percentage of Teens Who Get Mostly A's and B's in School**





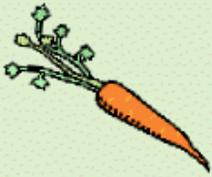
Physical Activity and Nutrition for Alaska's Kids



"I know that my son eats better when I sit down and eat with him."

Adults can model healthy eating

- Enjoying food
- Eating moderate portion sizes
- Tasting new foods
- Stopping when full



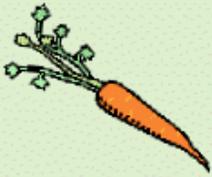
Physical Activity and Nutrition for Alaska's Kids



Meals Together = Healthier Diet



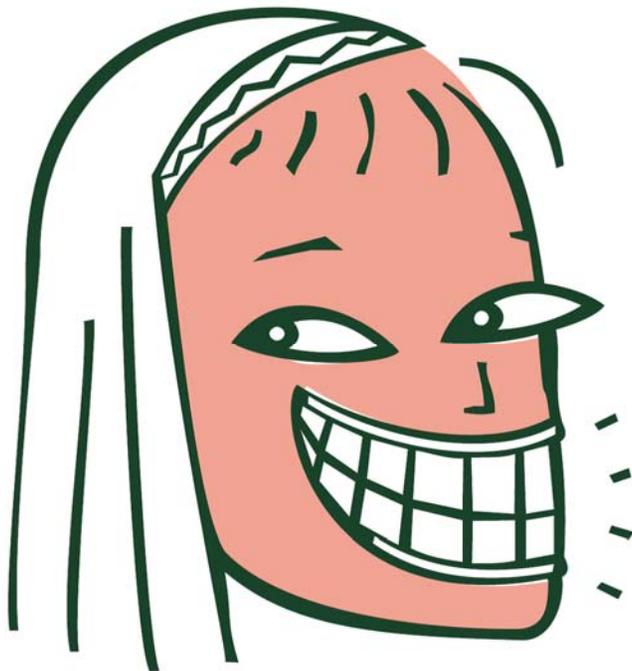
- Increases fruit & vegetable intake
 - Decreased risk of heart disease, cancer, diabetes & obesity



Physical Activity and Nutrition for Alaska's Kids



Meals Together = Healthier Diet



- Increased calcium intake
 - Healthy strong bones & teeth
 - Proper bone growth
 - Prevent bone disease



Meals Together = Healthier Diet

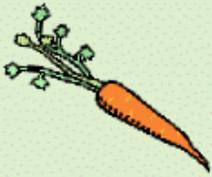


- **Less soda pop**
 - Less empty calories
 - Less sugar
- **Less fried food**
 - Less saturated fat



Choosy Eaters

- Fear of new things
 - New foods
- Food Jags
 - Only want to eat one food



Choosy Eaters

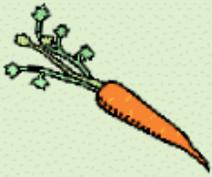
- **Repeatedly offer foods**
 - It can take up to a dozen times before a food becomes familiar
- **Encourage children to try each food**
 - Serve 1-2 Tablespoon portions



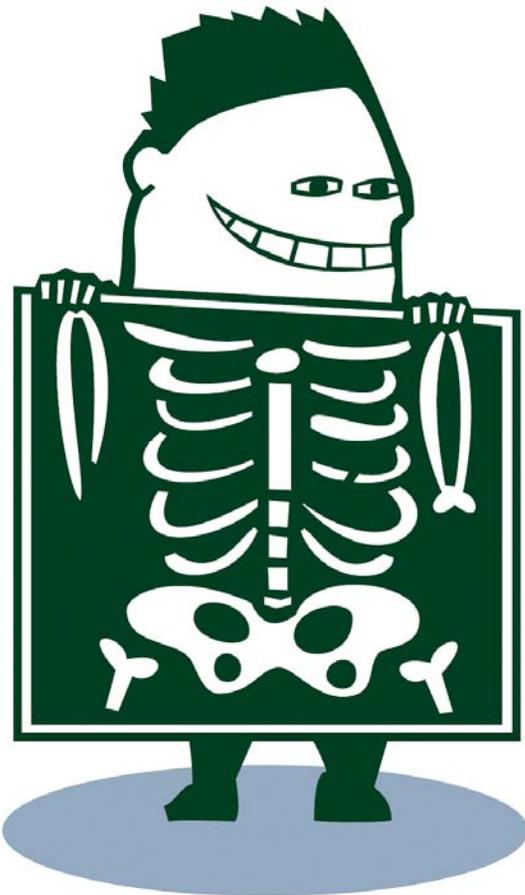
Physical Activity and Nutrition **for Alaska's Kids**



*Children need to taste
food up to 8-12 times
before it becomes
familiar to them.*



Choosy Eaters

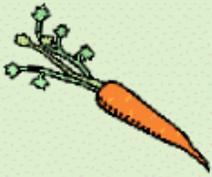


- Allow children to explore new foods
- Do not rush meals
- Do not use food to reward, bribe or punish



Make eating together a priority

- Start by adding one more to the list
- Set a meal schedule
- Require permission for absence from meals



Scheduling Meals

- **Be flexible with meal time or location**
 - Eat meal later or earlier
 - Eat your meal as a “picnic” before an event



Scheduling Meals

- Children participate in meal time even if they choose not to eat
- Consistently reinforce meal time behavior





Scheduling Meals



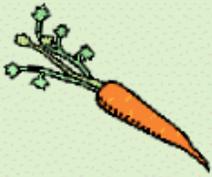
- Share meal tasks
- Keep mealtime prep simple, easy, and nutritious
- Involve children in meal tasks



Involve Children

Head Start Parent said:

“My 2-year-old will even try vegetables if she helps wash them.”

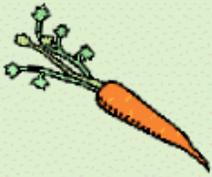


Involve Children

Preschoolers

- Mix or stir food
- Make sandwiches
- Spread soft spreads
- Tear lettuce
- Help to pour and measure
- Set the table

*Ask your child
what he or
she would
like to do to
help you*



Enjoy Meals Together

- **Create a relaxed setting**
 - Removing non-food items from table
 - Turning off the TV
 - Not answering the phone
 - Putting pets outside

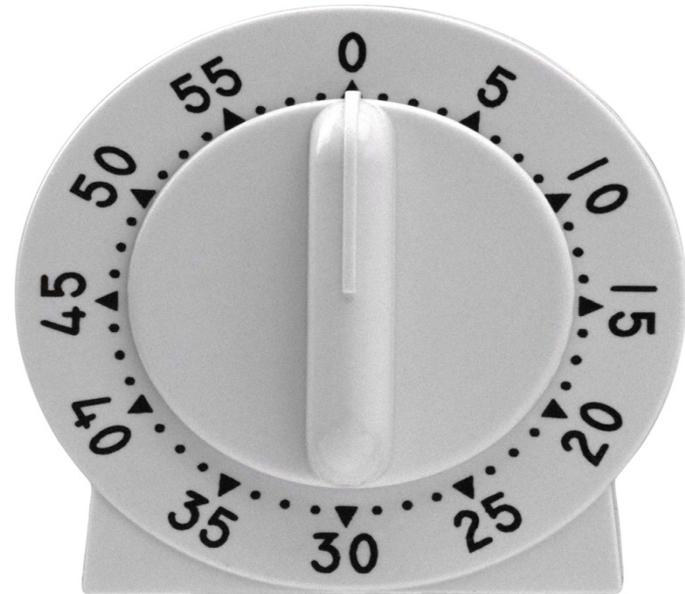


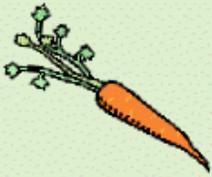


Enjoy Meals Together

Before Meal

- Give a 5-minute warning
- Everyone washes his or her hands





Engage Children

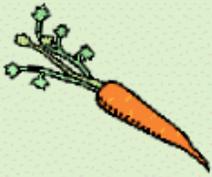
- Serve food that children can eat without help
- Allow children to serve themselves
 - Teaches motor skills
 - Teaches self regulation with portion size



Engage Children



- **Eat with children**
 - Model good eating
 - Talk about food traditions and cultures
 - Talk about texture, taste, & color of food



Engage Children

*“I’ve got to
practice what I
preach”*

Parent of Head Start
child

During the Meal

- Set a good example with respect, listening, and patience
- Talk about events, news, funny things

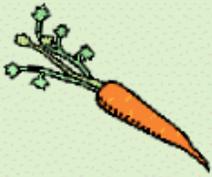


Meal Time Conversation

Starters & Games

- Bring an object to the table
- Tell stories about pictures
- Play word and memory games
- Fill a container with questions
- Play “Simon Says” at the table





Physical Activity and Nutrition for Alaska's Kids



TONGUE TWISTERS TO TWY

Yellow butter, purple jelly, red jam, black bread. Spread it thick, say it quick!

Yellow butter, purple jelly, red jam, black bread. Spread it thicker, say it quicker!

Yellow butter, purple jelly, red jam, black bread. Don't eat with your mouth full!

Chester Cheetah chews a chunk of cheap cheddar cheese. Bake big batches of bitter brown bread.

SLIDE

27

MODULE
FOUR



Engage Children

Clean-up:

- Team up for fast clean-up
- Music makes clean-up easier

