

Healthy Eating Workshop Handouts

Contents

1) Outline for Presenters

- a. Talking points for the workshop
- b. Copy of the presentation notes that accompany the slides in the PowerPoint.

2) Handouts for Trainees

- a. Slides
- b. Handouts for workshop activities

Keys to Success

- ⇒ **Work closely with the staff to adapt the workshops to their context and preferred approach**
- ⇒ **For instance, framing the discussion in terms of “healthy habits for life” may be more appropriate than “obesity”**
- ⇒ **Keep your workshop(s) interactive with lots of discussion**
- ⇒ **Work with Program schedules, but try to find uninterrupted time**

HEALTHY EATING WORKSHOP

(NOTE: Bold Headings are MATCHED to the Slide Numbers in Presentation)

2) Objectives

- a) Describe why good nutrition is so important to young children.
- b) Explain in detail the components of a child care environment that promote healthy eating.
- c) Describe the role of child care staff in helping shape children's eating behaviors.
- d) List some things staff can do in their classroom to help children develop healthy eating behaviors.

3) Review what we know about obesity and obesity prevention.

- a) In Michigan, about 1 in 3 low-income children ages 2-5 years are overweight or obese.
(Source: Michigan DHS WIC program)
- b) Being overweight is a risk to physical and mental health.
- c) Today we are going to discuss Nutrition which is a factor within our control to prevent children from becoming overweight

5) Brainstorm (Interactive Slide)

- a) How much do children seem to know about nutrition?
- b) What misconceptions do they have?
- c) Do you think parents are paying more or less attention to healthy eating than they used to?
- d) How willing are children to eat fruits and vegetables?

6) Healthy Eating in Child Care

What percentage of daily calories do most children eat at child care? **ANSWER** 50% to 75%

- i) Therefore, it is important that the foods served are nutritious.
- ii) Young children need to eat nutritious foods because their bodies are growing rapidly
- iii) Children learn healthy (or unhealthy) eating habits at a very young age.

7) What is "Healthy" Food?

Healthy Food and Beverages are nutrient rich:

8) Fruits and Vegetables are "nutrient dense", which means lots of nutrients but few calories

- a) Fruits and Vegetables that are dark and brighter in color have the most nutrients in them.

Can anyone name some dark bright fruits and vegetables?

Oranges, red peppers, spinach, broccoli, kale, carrots, sweet potatoes, pumpkin, tomatoes, berries

- b) It is easy to drink a lot of calories without knowing it. 100% juice contains vitamins but the whole fruit has even more and also tends to be more filling due to the fiber in the fruits.

9) Making Fruits and Vegetables Fun

What are ways to get kids to LOVE to eat their fruits and vegetables (or at least try them!)?

- a) Serve them creatively

Let kids make their own ants on a log for snack by spreading a thin layer of peanut butter on celery and put raisins on it

- b) Make it a game. See how many colors you can eat in one meal

- c) Make faces w/ cut up cucumbers and zucchini (eyes, nose), carrots (hair), and apple slices (mouths)

- d) Have a party for your senses. Let kids use all of their senses to discover and sample different fruits and vegetables.

- e) Try new and unusual fruits from different places (mangoes, starfruit, papaya, kiwi)
- f) Eat fruit and vegetables in front of the children and comment about how good they taste. Kids learn eating habits by example.
- g) Don't give up!! Some children need to be introduced to a food at least 10 times before they will try it.

10) Whole Grains and Sugars

- a) Breakfast and snacks are often where providers could serve more whole grains. These are often the meals where high sugar items are served as well.
- b) Whole grain examples:
 - Oatmeal
 - Whole wheat or rye bread
 - Brown rice
 - Whole wheat pasta
 - Cereals – Cheerios, Raisin Bran, Wheat Chex, Shredded Wheat, Bran Flakes, low-fat granola
- c) Less healthy examples (fewer nutrients, empty calories):
 - High sugar/fat breakfast and snack examples:
 - Muffins/biscuits
 - Cereal/breakfast bars
 - Poptarts/Honey Buns
 - Cookies

11) Lean Meats, Beans and Legumes

- a) What are some other foods that the center could start serving that might be healthier than those served now?
 - Examples:
 - i) Instead of muffins – whole wheat English muffin, whole wheat toast, whole wheat mini-bagel, all with PB or low-fat cream cheese
 - ii) Instead of sugary cereal - Cheerios, Raisin Bran, Wheat Chex, Shredded Wheat, Bran Flakes, low-fat granola, oatmeal
 - iii) Instead of a breakfast bar – tortilla roll-up (spread cream cheese or PB and jelly on a tortilla and roll it up), low-fat/high fiber granola bar
 - iv) Cookies – graham crackers, whole wheat crackers
 - v) Poptarts – whole grain waffle or pancake,
 - vi) Chips -- whole grain pretzels, homemade chex mix with pretzels, wheat chex, cheerios..., a whole grain tortilla with a bean dip spread
- b) What are some barriers/benefits that you see in making these changes?

12) Beverages

- a) Water is the best choice for thirsty children. “Model” good habits for children by choosing water first.
- b) Soda and fruit drinks are full of sugar and “empty calories” (few nutrients, many calories) and studies show children who drink more soft drinks are more likely to be overweight.
- c) If you have a soda machine at the center, consider stocking it with healthier options like juice and water.

13) MYTHS

- a) Is whole milk best for all kids?
 - i) Under 2: whole milk or breast milk and Over 2: 1% or skim
- b) Is juice always the best option?
 - i) Whole fruits have more nutrients
 - ii) Under 6: 4-6oz a day of 100% juice
 - iii) Not a good choice to quench thirst

14) Menus and Variety

- a) Serving a variety of foods helps meet a child's nutritional needs
- b) Cycle menus of 3 weeks or longer may provide variety
- c) Sometimes kids are more willing to try a new food if it comes from another culture and is presented as something new and exciting.
 - i) Remember kids may need to see a food 10 times before they will actually try it.
- d) Including meals from a variety of cultures can make meals more fun and interesting for children.
- e) What is the variety of meals and snacks like at your center? Are there any easy ways to offer unique or new foods?

15) CACFP Comparison Grid

- a) This table shows a comparison between two CACFP reimbursable breakfast meals.
- b) The red column shows nutritional information about a "less healthy" meal.
- c) Let's compare these meals – notice how little it takes to serve 50 additional calories in one meal!
- d) Imagine the impact your Program can have by carefully and thoughtfully planning meals that maximize nutrients while watching calories.

16) Healthier Celebrations (CLICK for answer)

- a) Parties can take on a lot of different looks.
- b) How many calories are represented here?
 - i) If you take a party that has cupcakes, frosted cookies, chips and dip, and Hi-C –This party has **760 calories** - almost 1/2 of daily calorie needs for average 9 year old child.
 - ii) It would be like giving that child 9 tsp of butter and 19.5 tsp of sugar
 - iii) This party doesn't provide a child anything that they need to build a strong and healthy brain or body.

17) Healthier Celebrations (CLICK for answer)

- a) Let's take a look at a party has 100% healthier offerings. How many calories do you think are represented here?

295 calories

16% of daily calorie needs – not from discretionary category

Calcium

Fiber

Vitamin C

Phytochemicals

- b) Wow – what a difference this makes. This is only 38% of the previous parties calories and now have lots of nutrition to support a growing brain and body.
- c) Keep in mind that there are many parties held throughout the year (holiday celebrations, birthday celebrations for 25 or more students in the class). If only unhealthy foods and beverages are eaten at parties kids are doing a lot of unhealthy eating.

18 & 19) Feeding Practices

- a) What are meal times like here at the center or in your classroom?
 - i) Are they rushed?
 - ii) Do you have time to sit and talk with the children?
- b) Have you ever eaten until you were stuffed? Have you ever eaten when you weren't hungry?
- c) Research has shown that children do not do this unless they are being forced to finish their meal.
- d) Babies are born with a sense to eat when they are hungry and stop when they are full. Young children also have this internal regulation signal.
- e) Losing or overriding this signal can lead to overeating and weight problems.
- f) It is hard not to pressure a child who isn't eating much to eat more, but it is important to let kids listen to their own bodies. **CHILDREN WILL EAT IF THEY ARE HUNGRY!**
- g) It is also really important not to force children to eat or "clean their plates."
- h) Even encouraging children to make a "happy plate" or praising children who do, can teach children to override those signals of hunger and fullness, possibly leading to overeating and weight problems later in life.
- i) Together, we should offer children healthy foods and limit unhealthy ones. By offering only healthy foods, we are guaranteeing that the children make healthy choices in what they eat. It's the child's job to decide what and how much to eat!
- j) Try to schedule the day so that children don't have to rush through their meal. Use the meal as a time to talk about things that interest the children so that they associate eating healthy foods with happy times.
- k) It is very tempting to reward children for good behavior or help help them feel better about a hurt or disappointment by giving them a food they consider to be a treat. This might "work" for the short term, but it encourages habits that are very hard to break later in life, where we eat to reward ourselves or "soothe" our hurts. Try using stickers, pencils, or compliments as a reward instead of food.

20) Policies Make it Stick

- a) Consider establishing and implementing a policy that includes topics covered in the nutrition sections of the assessment, including foods/beverages offered, menu variety, feeding practices (including breastfeeding support), provider behaviors, healthy eating support and education.
- b) A **POLICY** is a written commitment to families you serve to follow guidelines according to standards of quality for health, safety and school success.

21) SCENARIOS: How can we help children avoid developing unhealthy habits?

- a) **Scenario 1: You notice Jose is pushing his food around on his plate, but really isn't eating anything. What do you do?**
Ask Jose if he feels full but don't pressure him into eating
- b) **Scenario 2: Maya has already had 2 servings of bread and asks for another one. What do you do?**
Ask Maya if she is still hungry. This will help her assess if she is eating out of hunger or habit.
- c) **Scenario 3: Steven quickly eats his French fries and asks for some more before having eaten any other food on his plate. What do you do?**
Encourage Steven to try the other foods on his plate before giving him more French fries
- d) **Scenario 4: It's Jimmy's birthday and his mom asks if she can bring in cupcakes. What do you tell her?**
Encourage Jimmy's mother to bring in a healthier birthday snack. Examples: low fat muffins, fruit with low fat dip; Encourage parents to bring in hats and fun plates or maybe do a craft with the children to celebrate)

e) **Scenario 5: Caregivers supervise meals. What is another way meals can be served and be used as learning opportunities?**

Are meals served family-style here at the center?

i) This is a good way to learn table manners and how to serve themselves

ii) Teachers can show healthy eating is fun by modeling healthy choices and helping to create a pleasant social environment at the table.

Staff try all foods and talk about how they like them and how everyone likes different foods.

Staff talk about the different colors and textures on the plate

f) **Scenario 6: Parents are sending messages that differ from those supported by your center. How do you encourage family engagement?**

If children hear the same health messages from parents and from child care providers they are more likely to listen.

Many adults would like to learn more about nutrition, and your center is a great place for parents and staff to learn!

Look for opportunities to provide nutrition education for staff and earn continuing education credits at the same time.

***REMEMBER Adults decide which foods to offer to children and children decide which foods to eat and how much.**

22*) Tying it all together - Review what we know about obesity and obesity prevention..

***NOTE: If facilitating the optional activity described below, present this slide at the end.**

22) OPTIONAL ACTIVITY: Improving CACFP reimbursable meals

23) List of Nutrition Standards

24) Example Cycle Menu for Week One

25) Week One Made Healthier

26) Example Cycle Menu for Week Two (Interactive)

27) Week Two Made Healthier



Eat Right, Grow Strong

Nutrition for Young Children






WORKSHOP OBJECTIVES

At the end of this workshop participants will be able to...

- Describe why good nutrition is so important to young children.
- Explain in detail the components of a child care environment that promote healthy eating.
- Describe the role of child care staff in helping shape children's eating behaviors.
- List some things staff can do in their classroom to help children develop healthy eating behaviors.





Let's Review...

- In Michigan, about 1 in 3 low-income children ages 2-5 years are overweight or obese.
- Being overweight is a risk to physical and mental health.
- Michigan children are in crisis.
- Poor nutrition and physical inactivity contribute to weight gain.
- Healthy lifestyle behaviors are formed early in life.



"For many children, child care serves as a home-away-from-home and has the potential to positively influence their health."

University of North Carolina





Brainstorm

How willing are children to eat healthy foods?

Do you think parents are paying more or less attention to healthy eating than they used to?





Healthy Eating in Child Care

- Children may receive between 50% and 75% of their daily calories at the child care facility.
- Child care nutrition practices and policies can have widespread and long-term impact on healthy child development.
- Well fed, healthy children are better prepared to focus and learn in the classroom.





What is “Healthy” Food?

Healthy Food and Beverages are nutrient rich:

- Colorful Fruits and Vegetables
- Whole Grains
- Low-fat Dairy
- Beans and Legumes
- Nuts
- Lean meats





Fruits and Vegetables

- A variety of fruits and vegetables give children vitamins and minerals that keep children healthy and help them grow.
- 100% fruit and vegetable juices are good but less nutritious and filling than the foods themselves.





Making Fruits and Vegetables Fun

Ways to get kids to LOVE their fruits and vegetables (or at least try them!)

- Serve them creatively.
- Have a party for your senses.
- Incorporate them into lessons by trying fruits and vegetables from different places around the world.
- Set a good example.





Whole Grains

- Whole grains are a source of nutrients such as iron, magnesium, selenium, B vitamins, and dietary fiber.
- Fiber aids digestion and helps children feel full. Try and incorporate high-fiber whole grain foods at least once every day.
- People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.





Lean Meats, Beans and Legumes

- Most sausage, bacon, and hot dogs have a lot of fat, sodium, and calories.
- French fries and chicken nuggets are also high in saturated fat and calories.
- Look for lower fat baked options and serve the high fat versions less often.
- Consider occasionally replacing meat with beans for a low fat option with lots of fiber and protein.





Beverages

- Water is the best choice for thirsty children. Model good habits for the children by choosing water first.
- Avoid soda and fruit drinks that are full of sugar and “empty calories” (few nutrients, many calories).
- Serving low fat milk with meals and snacks provides calcium but doesn’t add many calories.





Beverage Myths

- ⊗ **Myth 1: Whole milk is best for all kids**
 - ☺ All milk regardless of the fat content is fortified with vitamin D.
 - ☺ All milk also provides calcium, potassium, phosphorus, protein and riboflavin.
- ⊗ **Myth 2: Juice is a highly nutritious beverage option and can be served often.**
 - ☺ Whole fruits have more nutrients
 - ☺ Not a good choice to quench thirst





Menus and Variety

- **Serving a variety of foods helps to meet a child's nutrition needs.**
- **Children may need to see a new food at least 10 times before they'll actually try it. Don't give up!**
- **Including food in your menus from a variety of cultures can make meals more fun and interesting for children.**



Food Component	Ages 3-5	Healthier Choice	Less Healthy Choice
1 Milk – fluid milk	½ cup	½ cup Skim milk	½ cup Skim milk
1 Fruit/Vegetable – juice ¹ , fruit and/or vegetable	½ cup	½ cup pear halves, packed in own juice	½ cup pear halves, packed in own juice
1 Grain/Bread ² -			
- Bread	½ slice	½ slice 100% whole wheat toast with 1 tsp. all-fruit spread	Low-Fat Frosted Strawberry Pop Tart 31g ³ *
- Cornbread or biscuit or roll or muffin	½ serving		
- Cold dry cereal	1/3 cup		
- Hot cooked cereal	½ cup		
- Pasta or noodles or grains	½ cup		
	Nutrition Parameters	Healthier Choice	Less Healthy Choice
		184 calories	239 calories
		0.5 grams	1.6 grams
		24.5 grams	30.3 grams
		3 grams	3.9 grams

¹ Fruit or vegetable juice must be full-strength

² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole grain or enriched or fortified

³ Toaster Pastries may be credited for breakfast/snack only. For frosted toaster pastry, Ages 1-5: one serving = 31g or 1.1 oz

* A regularly sized toaster pastry = 50 g

Party One

- One cupcake A. 435 calories
- One frosted cookie B. 680 calories
- Chips and Dip C. 760 calories
- Hi-C box D. 905 calories

Party Two

- Wheat crackers A. 190 calories
- Reduced fat cheese B. 295 calories
- Cucumber slices C. 370 calories
- Blueberries D. 600 calories
- 100% juice box



Feeding Practices

- Gently encourage, but don't force children to try a bite of a new food.
- Forcing children to clean their plates can lead to overeating and weight problems.
- Offer healthy foods to children and then let them decide if and how much to eat.





Feeding Practices

- Make meal and snack time as stress free as possible and try to provide enough time to eat.
- Try to avoid using food to reward good behavior or make a child feel better about something.





Policies Make it Stick

What are the benefits of having a written policy?

1. Everyone knows what the rules are.
2. Parents know that their children's health and development is important to you and that you have thought about it and are doing something about it, and
3. Children know the boundaries.

(Source: http://depts.washington.edu/tvhealth/resources_prof.htm)





SCENARIOS





Let's Review...

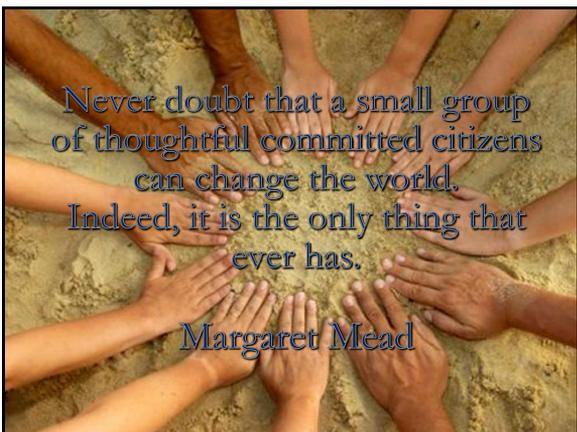
- In Michigan, about 1 in 3 low-income children ages 2-5 years are overweight or obese.
- Being overweight is a risk to physical and mental health
- Michigan children are in crisis.
- Poor nutrition and physical inactivity contribute to weight gain
- Healthy lifestyle behaviors are formed early in life.
- Child care providers play an important role in keeping children healthy and forming healthy lifestyle habits





Q & A





Fit, Healthy and Ready to Succeed



Play Read Learn Write Run Dream

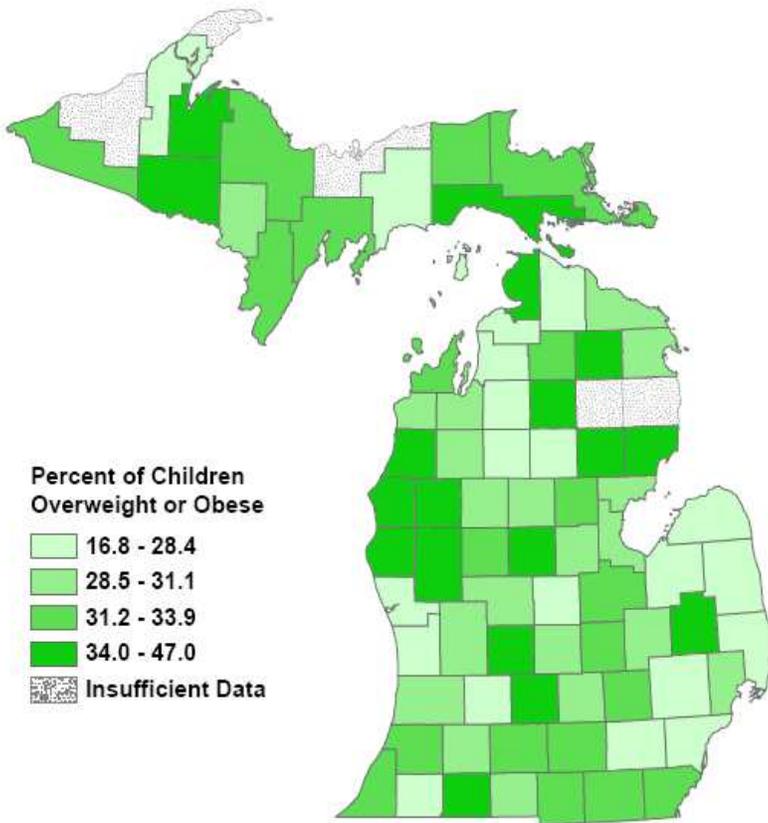


Healthy Kids, Healthy Michigan

Early Childhood Obesity Prevention

Health Risks Now and Later for Obese and Overweight Children

Percent of Children Who are Overweight* or Obese**
Aged 2 to <5, by County, Michigan, 2010¹.



*Overweight: >85th-95th percentile BMI-for-age
**Obese: ≥95th percentile BMI-for-age

1 in 3 children are obese or overweight before their 5th birthday².

In Michigan, among low-income children ages 2-5 years, an average of 16.3% were overweight and 13.3% were obese³.

Some experts warn that this is the first generation that will have a shorter life expectancy than their parents⁴.

Obese children are more likely to have high blood pressure, high cholesterol, and type 2 diabetes, which are risk factors for cardiovascular disease. Obese children are more likely to become obese adults⁵.

Research states that infant and toddler T.V. exposure was associated with obesity, language delay, inactivity, aggression and decreased attention span⁶.

Studies have concluded that preschool-aged children spend very little time in vigorous physical activity and the majority of their time is spent in inactivity⁷.

Simply replacing 6oz of "juice drinks" with water daily could potentially prevent 11 lbs of excess weight gain over the course of a year⁸.

Food Component	Ages 3-5	Healthier Choice	Less Healthy Choice
1 Milk – fluid milk	¾ cup	¾ cup Skim milk	¾ cup Skim milk
1 Fruit/Vegetable – juice ¹ , fruit and/or vegetable	½ cup	½ cup pear halves, packed in own juice	½ cup pear halves, packed in own juice
1 Grain/Bread ² - - Bread - Cornbread or biscuit or roll or muffin - Cold dry cereal - Hot cooked cereal - Pasta or noodles or grains	- ½ slice - ½ serving - 1/3 cup - ¼ cup - ¼ cup	½ slice 100% whole wheat toast with 1 tsp. all-fruit spread	Low-Fat Frosted Strawberry Pop Tart 31g ^{3*}
	Nutrition Parameters	Healthier Choice	Less Healthy Choice
	Calories	184 calories	239 calories
	Fat	0.5 grams	1.6 grams
	Sugar	24.5 grams	30.3 grams
	Fiber	3 grams	3.9 grams

¹ Fruit or vegetable juice must be full-strength

² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole grain or enriched or fortified

³ Toaster Pastries may be credited for breakfast/snack only. For frosted toaster pastry, Ages 1-5: one serving = 31g or 1.1 oz

* A regularly sized toaster pastry = 50 g

**OPTIONAL ACTIVITY
IF TIME PERMITS**

Let's Practice



- **BEVERAGES:** Milk , water, or limited 100% Fruit Juice (up to 4 oz.)
- **MILK:** Breastmilk or iron fortified formula for infants; whole milk for 1-2 year olds; and 1% or fat-free milk for children over 2.
- **FRUITS:** Fresh, frozen, dried (over 4 years of age) or canned. Unsweetened is the best choice. If it's canned, then in it's own juice or light syrup.
- **VEGETABLES:** Fresh, frozen, dried (over 4 years of age) or canned. If it's canned, no or low sodium.
- **MEAT AND MEAT ALTERNATES:** Lean meats, chicken,turkey, fish (no allergy and over 2), beans, hard-boiled eggs, low-fat cheese, peanut butter, nuts, seeds, and yogurt.
- **GRAINS/PASTAS/CEREALS:** Whole grain whenever possible.

CACFP Making Menus More Nutritious Activity

Healthy Kids Child Care Center



Week 1

CACFP Child Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Milk Fruit/ Vegetable Grain/Bread Other	2% or whole milk Banana slices Ready-to-eat rice cereal	2% or whole milk Orange juice English muffin Scrambled egg	2% or whole milk Blueberries Waffle	2% or whole milk Honeydew melon cubes Danish	2% or whole milk Strawberries Plain bagel with cream cheese
Milk Fruit/vegetable Grain/bread Meat/meat alternate	2% or whole milk French fries Mixed-fruit cup Toasted cheese sandwich	2% or whole milk Green beans Peach wedges Roll Chicken nuggets	2% or whole milk Broccoli spears Pears Beef lasagna	2% or whole milk Carrot coins Applesauce Turkey hot dog and bun	2% or whole milk Tuna fish sandwich on white bread with lettuce and tomato Cantaloupe

CACFP Making Menus More Nutritious Activity

Week 1



New

CACFP Child Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Milk Fruit/Vegetable Grain/Bread Other	1% or fat-free milk Banana slices Oat grain cereal	1% or fat-free milk Oranges Whole wheat English muffin Scrambled egg	1% or fat-free milk Unsweetened Blueberries Whole grain waffle	1% or fat-free milk Honeydew melon cubes Raisin Toast Peanut Butter	1% or fat-free milk Strawberries Whole grain bagel with low-fat cream cheese
Milk Fruit/vegetable Grain/bread Meat/meat alternate	1% or fat-free milk Tomato soup Mixed-fruit cup in light syrup Whole grain toasted, low-fat cheese sandwich	1% or fat-free milk Green beans-no sodium Fresh Peach wedges Whole wheat roll Crunchy baked chicken	1% or fat-free milk Broccoli spears Pears in their own juice Lasagna with whole grain noodles and lean ground beef or turkey	1% or fat-free milk Carrot coins Applesauce unsweetened Turkey hot dog with whole grain bun	1% or fat-free milk Tuna fish sandwich on rye bread with spinach leaves and tomato Cantaloupe

Let's Practice



Week 2

CACFP Child Meal Pattern	Monday	Wednesday	Friday
Milk Fruit/Vegetable Grain/Bread Other	2% or whole milk Watermelon Toaster pastry	2% or whole milk Pineapple chunks Doughnut	2% or whole milk French Toast sticks with maple syrup Sausage
Milk Fruit/vegetable Grain/bread Meat/meat alternate	2% or whole milk Cheeseburger on bun with lettuce and tomato Potato salad	2% or whole milk Beef taco with hard tortilla shell Tater tots Peaches	2% or whole milk Pizza Mixed-fruit salad Cucumbers and peppers

Let's Practice



New Week 2

CACFP Child Meal Pattern	Monday	Wednesday	Friday
Milk Fruit/Vegetable Grain/Bread Other	1% or fat-free milk Watermelon Whole-wheat English muffin with sugar-free jam	1% or fat-free milk Pineapple chunks in it's own juice Whole wheat bagel with peanut butter	1% or fat-free Whole wheat French Toast sticks with mixed berries milk
Milk Fruit/vegetable Grain/bread Meat/meat alternate	1% or fat-free milk Lean ground beef or veggie burger on whole-grain bun with lettuce and tomato Potato salad - low-fat mayo	1% or fat-free milk Chicken taco with hard whole-grain tortilla shell Corn Fresh Peaches	1% or fat-free milk Whole grain English muffin pizza with low-fat cheese and veggies Mixed-fruit salad Unsweetened Cucumber and peppers