

TOPIC

Healthy Eating

AUDIENCE

Parents of Toddlers

TIME NEEDED

50 minutes

HEALTHY PEOPLE 2030 OBJECTIVES

- Overweight and Obesity - Reduce the proportion of children and adolescents with obesity - NWS-04

LEARNING OBJECTIVES

By the completion of the program,

1. At the completion of this lesson, at least 75% of participants will be able to define what healthy eating for a toddler is on the post-test.
2. At the completion of this lesson, at least 75% of participants will be able to list at least one healthy snack for toddlers is on the post-test.

MATERIALS NEEDED

- Powerpoint Presentation
- Internet with Wifi connection
- Access to Zoom with breakout rooms & chatbox enabled
- Appendix A- Pre-Test/Post-Test Questions
- Appendix B- Pre-Test/Post-Test Answers
- “Nutrition Tips & Healthy Eating for Toddlers” Video

PREPARATION

Prior to the session set up a zoom meeting and send out the zoom link to the intended audience. Next, load powerpoint slides on to the computer, have breakout rooms set up for the start of the lesson. Check to be sure chat boxes are enabled and internet connection is strong.

PROCEDURE:

1. Introduction

PowerPoint Slides 1, 2, 3, 4, (5 min)

1. Open up slide 1 and introduce yourself to the audience and tell them the topic for today.
 - a. Topic will be about healthy eating for toddlers.
 - b. Explain that in this presentation we will cover:
 - i. food groups, benefits of healthy food, meal ideas, and tips for parents.
Define toddlers as children who are 1, 2, and 3 year olds. Tell the parents what the workshop will be:
2. Go to slide 2 and explain the objectives for the lesson.
 - a. Participants will be able to define what healthy eating for a toddler is on the post-test.
 - b. Participants will be able to list at least one healthy snack for toddlers is on the post-test.
3. Go to slide 3 and state to the audience we will be having an open discussion as an icebreaker.
 - a. *What is healthy eating for a toddler?*
 - b. *What is at least one healthy snack for a toddler?*
4. Move to slide 4 and Introduce the topic of healthy eating for toddlers. Introduce choosemyplate.gov.
 - a. Healthy eating for toddlers are meals and snacks, that include a variety of foods from all the different food groups.
 - b. The choosemyplate.gov is a government run website that shows the recommended portions per plate. These recommendations apply not only to adults and children, but toddlers as well. [Choosemyplate.gov](http://choosemyplate.gov) recommends that half of the plate be filled with fruits, vegetables, grains, protein, and dairy.

2. Five Food Groups

PowerPoint Slide 5, 6, 7, 8, 9, 10,11 (15 minutes)

1. Go to slide 5 and list and define the 5 food groups. about how there are different food groups, which provide necessary vitamins, minerals, and other nutrients. They provide toddlers energy and help them grow.
 - a. There are 5 different food groups

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- i. Fruits: Sweet and fleshy creation that comes from trees and plants.
 - ii. Vegetables: Edible parts of plants that have roots, stems, or leaves.
 - iii. Protein: Essential nutrients for the body, often found in meats
 - iv. Grains: Wheat or tiny hard seed
 - v. Dairy: A food that is made from milk
 - b. Within these foods there are a variety of vitamins such as A, C, D, E, K, Folic acid, and B vitamins
 - c. Each vitamin has a job to do in the body and are vital for normal functioning
 - d. When one is deficient in a vitamin their body is unable to properly function and can lead to health issues
2. Go to slide 6. Talk about fruit, how to serve them, and give examples
 - a. As mentioned before fruits are sweet and fleshy creations that comes from trees and plants
 - b. A variety of fruits should be served, consisting of all colors of the rainbow
 - c. Servings from fruit should come from whole fruit (juice should be limited)
 - d. Fruits can be fresh, dried, frozen, or canned
 - e. Examples of fruit are: Strawberries, blueberries, honeydew, watermelon, apples, bananas, oranges, grapefruit, and pears
3. Talk about Vegetables, the ways to serve them, and give examples.
 - a. Remember that vegetables are the edible plants
 - b. Serving of vegetables should be colorful
 - c. Vegetables can be eaten fresh, frozen, or canned
 - d. Example of vegetables include: broccoli, kale, cauliflower, squash, tomatoes, onion, cucumbers, peas, and carrots
4. Talk about Grains, the ways to serve them, and give examples.
 - a. Grains are wheat or tiny hard seeds.
 - b. Choose a variety of whole grains.
 - c. Make healthy choices when choosing spreading options for grains such a toast.
 - d. Examples of grains: Rice, oats, seeds, and quinoa.
5. Talk about proteins, the variety to choose, and proteins to avoid
 - a. When it comes to protein, one should choose a diverse variety (lean meats, beans, seafood, ect.)
 - b. Over-processed proteins should be avoided such as store-bought chicken nuggets, fish sticks, and hotdogs
 - c. Some examples of proteins are Eggs, chicken, beef, and fish

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6. Talk about dairy, choices to make about dairy products, and give examples of dairy
 - a. Choose low fat and fat free milks. (Almond, 2% milk).
 - b. Low-fat yogurt and cheese provides calcium for toddlers
 - c. Blend dairy into smoothies with fruits as a healthy snack option.
 - d. Some examples of dairy are milk, cheese, and yogurt.

7. Introduce the four questions to be discussed:
 - a. What is healthy eating for toddlers?
 - A variety of foods from all of the different food groups.
 - b. T/F: Frozen or canned foods should be avoided.
 - False
 - c. Which protein should be eliminated?
 - Chicken nuggets
 - d. T/F: Oats are a whole grain that is recommended.
 - True

3. How to Feed Your Toddler Healthy Food

PowerPoint Slide 12, 13, 14 (5 mins)

1. Talk about the benefits of healthy eating for toddlers.
 - a. Growth
 - b. Brain development and function
 - c. Organ function
 - d. Healthy weight
 - e. Strong bones and teeth (a diet with enough calcium and magnesium is essential for children).
 - f. Improved memory and gut health.

2. Explain how often a toddler should eat.
 - a. Toddlers need three meals throughout day and 2-3 healthy snacks
 - i. Breakfast
 - ii. AM snack
 - iii. Lunch
 - iv. PM snack
 - v. Dinner

3. Talk about the food that toddlers should avoid eating.
 - a. Avoid giving toddler that they can easily choke on or food that are high in sugar in salt to avoid too much sugar and salt intake.
 - Popcorn, whole grapes, nuts, and raw vegetables

- b. Sugary sweets
 - Cookies, cake, soda
- c. Salty foods
 - French fries, chips, hotdogs

4. Healthy Meals & Ideas

Powerpoint Slides 15, 16 (5 minutes)

1. Explain some healthy meals and ideas. Give some examples of healthy meals for breakfast, lunch, and dinner.
 - a. For each meal of the day: have two options of healthy meals and explain what food groups are covered.
 - **Breakfast:**
Oatmeal:
 - 1 oz of grains
 - ½ cup of fruit
 - ½ cup of dairy
Applesauce Topped Pancake:
 - 1 small pancake
 - ¼ cup of applesauce
 - ¼ cup of blueberries
 - ½ cup of milk
 - **Lunch:**
Soft taco:
 - 1 small tortilla
 - ¼ cup of salad greens
 - 2 Tbsp of chopped tomatoes
 - 3 Tbsp of shredded cheese
 - 1 oz of cooked ground beef or ¼ cup of refried beansBagel snake:
 - 1 mini whole grain bagel
 - ¼ cup sliced cherry tomatoes ¼ cup diced celery
 - 1 ounce tuna
 - ½ cup milk*
 - **Dinner:**

Chicken & potatoes:
 - 1 ounce chicken breast
 - ¼ cup mashed potato
 - ¼ cup green peas
 - ½ small whole wheat roll ½ cup milk*

Spaghetti & meatballs:

- 1/4 cup cooked pasta 2 Tbsp tomato sauce 1 meatball (1 ounce)
- 1/2 medium ear corn on the cob 1/2 cup milk*

2. Give examples of health snack options and ideas.

- a. Morning snack: Frozen Graham cracker sandwich, 1 graham cracker (2 squares), 1/4 cup mashed banana, 1/4 cup apple juice
- b. Afternoon snack: : 1/2 slice cinnamon bread, 1/2 large orange

5. Tips For Healthy Toddler Eating

PowerPoint Slides 17, 18, 19, 20 (10 minutes)

1. Explain to parents how health eating can be fun for toddlers.
 - a. Involve your toddler in food preparation
 - b. Cut food in fun shapes
 - c. Choose unique dishes and utensils
 - d. Make meals look bright and inviting (Add variety of fruits and vegetables)
2. Be a role model for your toddler. Explain the characteristics of modeling healthy eating habits for toddlers.
 - a. Parents can consume a healthy diet to encourage their child
 - b. Parents who model healthy eating tend to pass the traits on to their children.
 - Children will learn to eat healthy while they're younger which can help prevent many chronic diseases in the future
3. Slide 19: Nutrition tips and healthy eating for toddlers video. The video will talk about how tips on how to achieve healthy eating for toddlers, as well as address picky eaters
<https://youtu.be/o0bYidObUcs> (2 min)
4. Video discussion.
 - a. Ask questions aloud and ask students to enter answers in the chat or unmute to share answers.
 - i. What did you learn from this video?
 - ii. What food has your child not liked, but that you're will reintroduce to them?
 - iii. How are you going to use these tips when feeding you child?

- b. Give the participants a few minutes to brainstorm some meal ideas for their children.

6. *Post-Test & Conclusions*

PowerPoint Slide 21, 22, 23 (10 minutes)

1. Share post-test documents in the zoom chat box labeled Appendix B, “Post-Test Questions”.
2. Ask parents to answer post knowledge questions.
3. Read several responses out loud.
 - a. Review learning objectives from beginning of class.
 - b. Ask parents for any questions, comments, or concerns.
4. Thank parents for their time and participation (answer any questions participants may have)

Appendix A Pre-Test/Post-Test Questions

1. What is healthy eating for a toddler?

2. What is at least one healthy snack for a toddler?

Appendix B Pre-Test/Post-Test Answers

1. What is healthy eating for a toddler?

ANSWER: Healthy eating for toddlers are meals and snacks, that include a variety of foods from all the different food groups (or similar answers).

2. What is at least one healthy snack for a toddler?

ANSWER: Fruits, vegetables, crackers, cheese, milk, yogurt (or similar foods answers)