

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

# Review

**Directions:** After watching “Happy Mealtimes & Healthy Kids”, answer the following questions.

## Here’s the Big Idea

1. When feeding children, what is the parents’ role? What does the child decide?

Parents decide:

The child decides:

2. Why are family meals important?
3. What happens when children graze and snack throughout the day?
4. What happens when children are pressured to eat more or less food?



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## Consider the Child

1. What are some reasons that food struggles happen?
2. How should children be served meals?
3. Small children should eat every \_\_\_\_\_ hours, while older children should eat every \_\_\_\_\_ hours.
4. How should new foods be served? How many times does it take for a child to like a new food?
5. How can children get involved with trying new foods?

## Family Meals

1. Where do children best learn how to eat?
2. How can family meals benefit children?

## Forbidden Foods

1. What are “forbidden foods”?
2. Why is rewarding a child for eating his or her vegetables with dessert a bad feeding practice?
3. Why shouldn’t parents overly control sweets?
4. What are some good tips regarding sweets?

## All Together Now

1. Identify the feeding rule that is broken in the first scenario.
2. Identify the feeding rules that are being broken in the second scenario.
3. Identify the feeding rules that are being broken in the third scenario.
4. Identify the feeding rules that are being broken in the fourth scenario.
5. What is the one exception to the “how much” rule?

## What To Offer

1. What is the suggested serving of grains?
2. What are the suggested servings of fruits and vegetables?
3. What is the suggested serving of dairy?
4. What is the suggested serving of meat or protein?
5. Snacks provide nutrition and serve as mini meals for children. Name three snack ideas you would feed your child.

# Snack Ideas For Kids

- Quesadilla – cheese melted inside a tortilla
- Ants on a log – peanut butter spread on celery with raisins
- Mini pizza – tomato sauce and cheese on a tortilla or English muffin
- Fruit with crackers and cheese
- Rice balls with carrots and dip
- Hard boiled eggs with orange slices
- Cereal with milk and banana
- ½ peanut butter sandwich
- Fresh or canned fruit

Ants on a Log



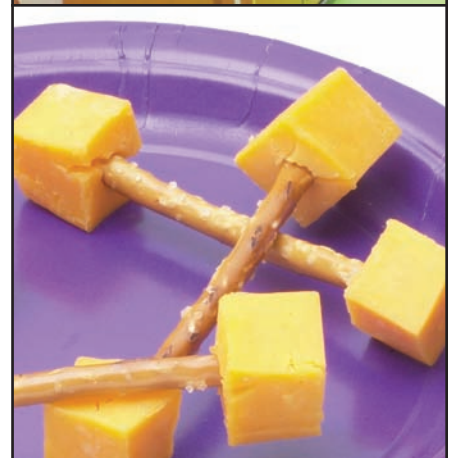
Apples and fruit yogurt dip

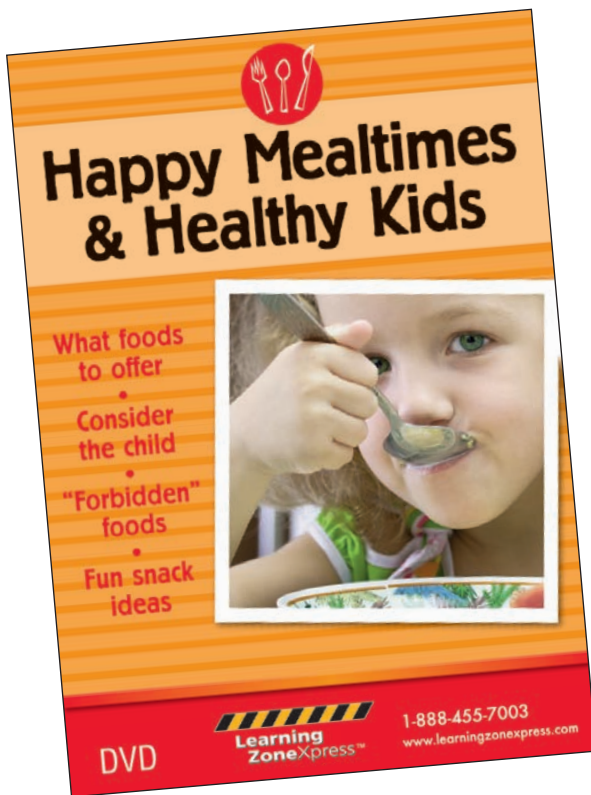


Canned peaches



Pretzels and cheese cubes





Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## TEACHER'S KEY

# Review

**Directions:** After watching “Happy Mealtimes & Healthy Kids”, answer the following questions.

## Here's the Big Idea

1. When feeding children, what is the parents' role? What does the child decide?

Parents decide:

- *When to serve foods*
- *Where to serve foods*
- *What foods to serve*

The child decides:

- *Whether (or not) to eat*
- *How much to eat*

2. Why are family meals important?

***Family meals are an important time for parents to bond with their children.***

3. What happens when children graze and snack throughout the day?

***When children graze and snack throughout the day, they tend to eat less well and grow less well and usually aren't as well nourished.***

4. What happens when children are pressured to eat more or less food?

***Pressure to eat more = eating less***

***Pressure to eat less = eating more***



## Consider the Child

1. What are some reasons that food struggles happen?
  - ***Parents worry about a child's size or that they are going to be unhealthy***
  - ***Child refuses to eat and the parent takes it personally (parents believe food equals love)***
  - ***Parents have a hard time saying no***
  - ***Some parents don't know what a child needs in terms of structure and support or nutrition***
2. How should children be served meals?  
***Children should be encouraged to serve themselves from the serving bowl rather than parents dishing their plates so they control how much they will eat. If a child is too young to serve him/herself, parents should start with a small amount – 2-3 tablespoons and serve more if the child is still hungry. Parents shouldn't pressure children to finish what is on their plate.***
3. Small children should eat every 2-3 hours, while older children should eat every 3-4 hours.
4. How should new foods be served? How many times does it take for a child to like a new food?  
***Parents should stay neutral when introducing new foods to children. Don't get frustrated or pushy. While most parents offer a new food 3 times, it can take 10-15 tries to see if a child will like a new food.***
5. How can children get involved with trying new foods?
  - ***Take children grocery shopping***
  - ***Let children help you choose produce***
  - ***Plant and tend to a garden (but remember, just because they help grow or cook a food doesn't mean a child will eat it)***

## Family Meals

1. Where do children best learn how to eat?  
***The place where children learn best how to eat is at the family table with parents or a loving family member. It provides structure and less pressure on the child.***
2. How can family meals benefit children?
  - ***Help kids eat the right amount***
  - ***Help kids learn to like new food***
  - ***Improves nutrition***
  - ***Do better in school***
  - ***Less likely to get in trouble***
  - ***Weigh what is healthy for them and be happier too***

## Forbidden Foods

1. What are “forbidden foods”?  
***“Forbidden foods” are sweets and treats.***
2. Why is rewarding a child for eating his or her vegetables with dessert a bad feeding practice?  
***Rewarding children for eating vegetables or other food with a dessert or a treat teaches children that the dessert is good and vegetables are bad.***
3. Why shouldn't parents overly control sweets?  
***Overly controlling sweets causes them to become the “forbidden food” and the child can become obsessed about it. The child will often eat more of that forbidden food when they have the opportunity.***
4. What are some good tips regarding sweets?
  - ***There is room in a child's diet for a variety of foods, including treats***
  - ***Variety is key to good nutrition***
  - ***It's OK to include high fat foods***
  - ***Serve child-sized portions of dessert; if still hungry, eat what is on the table from the meal***

## All Together Now

1. Identify the feeding rule that is broken in the first scenario.  
***Parent is taking over child's job of deciding how much of what food is on the table the child should eat.***
2. Identify the feeding rules that are being broken in the second scenario.  
***The child deciding what, when, and where foods are consumed, which are all jobs that belong to the parent.***
3. Identify the feeding rules that are being broken in the third scenario.  
***The parent is bribing the child to eat the stew in order to get dessert, making it less likely the child will learn to like stew. Using dessert as a reward makes children more likely to become obsessed with dessert and treats. The parent is also pushing the child to eat more, which is the child's job to decide.***
4. Identify the feeding rules that are being broken in the fourth scenario.  
***By not coming to the table to eat at mealtime, the child is taking over the parent's job of deciding when food is served. Children eat better at set times and places rather than a free for all. The parent also served the meal onto plates while children typically do better when they've served themselves.***
5. What is the one exception to the “how much” rule?  
***When serving desserts and treats, the parent gets to decide how much. (If child is still hungry, they can eat more food from the meal)***



## What To Offer

1. What is the suggested serving of grains?

***Try to serve 2 grains per day***

2. What are the suggested servings of fruits and vegetables?

***Try to serve 2 fruits and vegetables at meals***

3. What is the suggested serving of dairy?

***Try to serve 1 dairy at meals***

4. What is the suggested serving of meat or protein?

***Try to serve 1 meat or protein at meals***

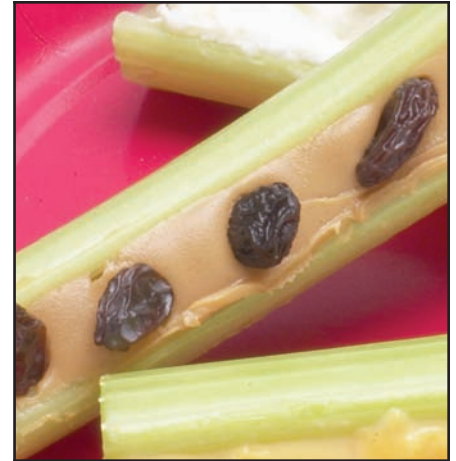
5. Snacks provide nutrition and serve as mini meals for children. Name three snack ideas you would feed your child.

***Answers will vary***

# Snack Ideas For Kids

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Apples and fruit yogurt dip



Canned peaches



Pretzels and cheese cubes

