Nutrition for Kids
It Starts in the Kitchen!

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Overview of Today:

- The well-nourished child
- Current state of child nutrition
- Taking a Positive approach
- Best strategies for Nutrition Education
- The importance of involving kids in food activities
Well Nourished Children are:

- Full of energy
- Eager to learn
- Growing and developing
- Healthy and Strong
- Happy and funny
Habits of Healthy Children:

• Eat breakfast every day
• Eat family meals several times each week
• Eat a variety of nutrient-rich foods at meals & snacks
• Participate in food-related activities (e.g. baking!)
• Participate in physical activity 60 minutes each day
• Limit screen time <2 hrs/daily; 0 for birth to two
Habits of Too Many Children

- Poor Eating Habits – not enough fruits and vegetables, whole grains or dairy servings
- Decline in physical activity/Too much “screen time”
- Frequent Fast Food Consumers
- Responders to advertising & media
- Portions are “out of control”
The Whole Grain Gap

- According to data from Project EAT (Eating Among Teens), both teens and young adults average slightly more than one-half serving of whole grains daily.
- The greater the intake of fast food, the lower the intake of whole grains among teens and young adults.
- The median intake of U.S. adults is about one-half serving or 8 g/day, compared with a recommendation to consume 48 grams/day.
- Less than 1% of the U.S. population consumes the recommended intake of 3 servings (48 g)/d and 20% of individuals report consuming no whole-grain products.

http://jn.nutrition.org/content/early/2013/03/19/jn.112.172536.full.pdf
Childhood Obesity

Between 1971-2010, the prevalence of childhood obesity increased:

- From 4.8% to 12.1% among 2-5 year olds
  (Update: Data reported 2/2014 - decline in 2011-2012 data to 8%!)
- From 4.0% to 18.0% among 6-11 year olds
- From 6.1% to 18.4% among 12-19 year olds

http://www.cdc.gov/nchs/data/hestat/obesity_child_09_10/obesity_child_09_10.htm
http://www.cdc.gov/media/releases/2014/p0225-child-obesity.html
How do we educate kids and communicate the messages of healthy eating?
What I teach adults about feeding children:

- Trust
- Control
- Relationship
A Positive Approach to Building a Feeding Relationship

Parents, caregivers and educators:

• Engage in positive role modeling

• Provide encouragement, offer choices and trust children to self-regulate food intake

• Present children with well-balanced meals and snacks served on a regular basis

• Promote shared family meals

• Bring Kids into the kitchen!
How to Teach Nutrition to Kids?
Effective Nutrition Education for Children

The F.I.B. Approach

Fun/Engaging: The children are interested and actively involved in hands-on learning activities.

Integrated: Activities and strategies are integrated with meal service, across the curriculum and with the home and community environments.

Behavior Based: Children have the opportunity to "practice" good nutrition habits.
Effective Nutrition Education for Children

Promote a Healthy Body Image

Consider Readiness to Learn

Keep it child-directed

Take advantage of Teachable Moments

Strive for 50 hours/year¹

¹Sources


Nutrition: a part of every subject
Nutrition: a part of every subject

- Label reading
- Recipe adjustments
- Graphing nutrition goals/diet analysis

- Reading & Comprehending Recipes
- Reading nutrition storybooks
- Writing advocacy/policy letters

- Exploring Individual/Family Food Culture
- Studying world food cultures
- Exploring social justice issues around food

- Studying body systems (digestive, circulatory, etc.)
- Applying scientific method to explore nutrition issues
- Learning about plant science, soil, ecosystems
- Kitchen /Food science
Kids in the Kitchen

Cooking & baking projects give children:

- A boost in confidence
- Exposure to new and/or healthy foods
- Curiosity and the motivation to continue cooking and baking
- Skills such as measuring, planning, timing, budgeting, organization and sharpened math skills
- Adult-Child bonding
- Preparation for young adult life!
Tips for cooking/baking with young children

- Food-based activities are ideal for young children because all senses are stimulated.

- Make it fun and enjoyable. This is a good opportunity to interact in a fun, positive way.

- Integrate other educational concepts (e.g. reading story books with food themes, identifying colors and shapes, letters).

- Food activities are a good way to introduce children to new foods prior to serving them at meals or snacks.

- Include follow-up activities and simple recipes to try at home.
Exploring the Grains Group
Cooking Connection Lesson: Little Red Hen Bread

http://www.nfsmi.org/documentlibraryfiles/PDF/20131105042542.pdf
Grains from Seed to Bread
Do you know the story of 'The Little Red Hen'? The story begins with a grain of wheat (the wheat seed) and ends with a loaf of bread. Do you remember all the steps in between?
Directions:
1. Read 'The Little Red Hen.'
2. Color the pictures below.
3. Cut out the pictures, put them in the correct order and glue on another sheet.
Keep it child-directed
Keep it food focused
Welcome to Nutrition for Kids, hosted by registered dietitian, speaker, and author Connie Liakos Evers. To find out more about our books, handouts, or other resources, click on one of the topics above. For news, articles, blogs, tips, recipes, and more, be sure to check out our free Feeding Kids Updates.

Order books directly from 24 Carrot Press:

- Click here for secure, online shopping
- View our quantity discount schedule and terms.
- Download an order form for fax or mail orders.

Check out my books & resources:

- The Nutrition Education Toolkit is designed to help schools provide nutrition education to all students in all grades in elementary school. (Hint: Important if you are trying to achieve NYSAC status!)