

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After viewing each segment, answer the following questions.

MAKING FAMILY MEALS HAPPEN

1. What is one of the most important keys to feeding well? _____

2. Children who eat family meals on a regular basis are more likely to:

3. Family meals are more predictive of a child's success of not getting into trouble with alcohol, tobacco and drug use than what?

4. How can you make family meals happen?

5. What should you serve at family meals?

6. What is the Division of Responsibility in Feeding?

HELPING YOUR PICKY EATER

1. Why does picky eating matter?



3. What are some strategies for making eating out with children a success?

IS YOUR CHILD TOO BIG?

1. Labeling doesn't help make children healthy. What are some characteristics of children who are labeled overweight or obese?

2. Why is steady growth healthy growth?

3. What can you do if your child is gaining weight too rapidly?



4. What are some ideas that help children grow into the body that is right for them?

WHAT IF YOUR CHILD IS TOO SMALL?

1. How can you tell if your child is small and you should be worried?

2. Why are low-calorie and low-fat diets not adequate for children?

3. How can parents feed small, but healthy children?



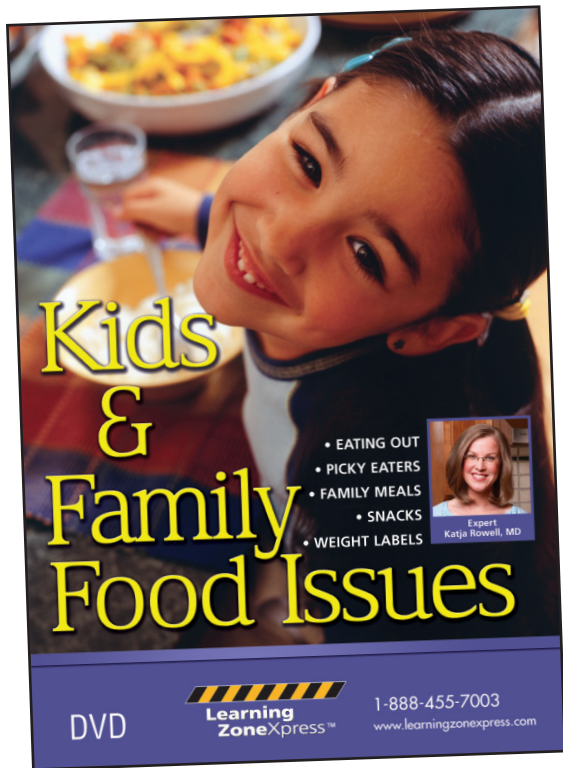
PLANNING SNACKS

1. Why are snacks important for children?

2. With regular, balanced and satisfying snacks, children will have what?

3. How should you plan for snacks?





ANSWER KEY

Review:

After viewing each segment, answer the following questions.

MAKING FAMILY MEALS HAPPEN

1. What is one of the most important keys to feeding well? **Family meals**

2. Children who eat family meals on a regular basis are more likely to:
Get a balanced intake of more fruits and vegetables
Drink less soda and more milk
Have stable and healthy weights
Less likely to diet or engage in disordered eating

3. Family meals are more predictive of a child's success of not getting into trouble with alcohol, tobacco and drug use than what?
Parent's education, parent's income or number of activities the child participates in

4. How can you make family meals happen?

Eat together

Limit distractions

Serve foods family style

Plan time for snacks and meals

5. What should you serve at family meals?

1 grain, like rice or pasta

2 choices from fruit and vegetables

1 protein

Bread

Milk and water

6. What is the Division of Responsibility in Feeding?

Parents decide what, when, and where to feed a child and the child decides how much and if to eat.

Children can be trusted to know how much to eat if you are feeding without pressure and providing family meals and structure.

HELPING YOUR PICKY EATER

1. Why does picky eating matter?

Picky eating is not just a phase that kids grow out of. It affects nutrition and behavior and it can be a major source of conflict. Picky eating is often a reason why parents give up on family meals.

2. How do parents often deal with picky eating?

Pressure

Bribe with dessert

One bite rule

Sticker charts

3. What can you do to help a child to try and like new foods?

Think of the food pyramid over several days, not every day

Have family meals

Don't pressure, reward, praise or bribe. It makes kids less likely to like new foods

Use the Division of Responsibility in feeding

Don't label your child as "picky" – have the expectation that they will learn to like new foods

Don't focus on who is eating what and how much. Don't focus on the food.

Don't give up. A food may need to be tried many times before a child likes it.

Structure meals and snacks and allow children to develop an appetite.

Don't short-order cook for kids.

FAMILY MEALS WHEN EATING OUT

1. What percentage of families go out to eat at least once a week? **70%**

2. How can you help your child eat well when eating out?

Eat together even if it's at a restaurant or take out. Sit together and enjoy the meal.

Avoid eating in the car. If it is fast food, go in the restaurant and eat.

3. What are some strategies for making eating out with children a success?

Choose family-friendly restaurants

Share a regular entrée and avoid the kid's menu altogether

Include at least 2 food groups and limit to 1 fried food option

Make up for fruits and vegetables at other meals and snacks

Split desserts into two portions

IS YOUR CHILD TOO BIG?

1. Labeling doesn't help make children healthy. What are some characteristics of children who are labeled overweight or obese?

Have lower self-esteem

Less likely to be physically active

More likely to engage in dieting or disordered eating

2. Why is steady growth healthy growth?

Consistent growth is an indicator that parents are doing a good job with feeding and the child will likely grow up at a healthy weight for them. A high BMI in childhood doesn't mean a child will grow up to be fat.

3. What can you do if your child is gaining weight too rapidly?

Stop focusing on weight and start focusing on behaviors.

Model and support healthy changes

4. What are some ideas that help children grow into the body that is right for them?

Eat breakfast and offer snacks and meals every 3-4 hours that include fat, protein, and carbohydrates

There are no bad foods; all foods have a place in a healthy diet.

Don't diet or talk badly about your own body

Don't restrict or put your child on a diet

Limit TV and computer time to about 2 hours/day and don't have a TV in the bedroom.

Eat family meals together.

Encourage physical activity.

WHAT IF YOUR CHILD IS TOO SMALL?

1. How can you tell if your child is small and you should be worried?

Review the grow chart from birth with a health care provider. Remember steady growth is healthy growth. If your child has grown consistently and is otherwise well, and the doctor has ruled out other concerns, your child is probably fine.

2. Why are low-calorie and low-fat diets not adequate for children?

Children have high-energy needs, so low fat and/or low-calorie diets may be too restricting.

3. How can parents feed small, but healthy children?

Be extra conscious of planning balanced meals and snacks.

Limit distractions

Offer fat, protein, and carbohydrate at all meals

Let children serve themselves and allow children to leave food on his/her plate.

Don't pressure or bribe

Use Division of Responsibility



PLANNING SNACKS

1. Why are snacks important for children?

Children have smaller stomachs and higher energy needs.

2. With regular, balanced and satisfying snacks, children will have what?

Balanced blood sugar levels

More energy

Better behavior and attention

Whine less

Have appetite for meals

3. How should you plan for snacks?

Serve snacks and meals every 2-3 hours for toddlers and preschoolers and every 3-4 hours for older children.

Snacks should include fat, protein, and carbohydrates

Plan snacks on the go and pack them in a soft cooler. Include a bottle of water or watered down fruit juice.

Plan snacks as little meals and limit grazing in between
