



A cooking and nutrition Fact Sheet

January 2011

Hungry Tummies - Feeding Children

You can lead a child to the table, but you can't make the child eat - nor should you!

Parents and caregivers supply the three "W"s of meals and snacks: what foods are offered, when and where they are eaten. The child decides which offered foods to eat and how much he or she is going to eat. (adapted from publications by Ellen Satter)

Feeding Children

- Provide regular meals and snacks. Offer a variety of foods.
- Provide safe and comfortable seating. Small children may need to be elevated to reach the table and food.
- Serve food in child size portions. They can eat more if they choose.
- Let the child serve part or all of the meal themselves.
- Encourage children to try new foods. Serving a new food with a favorite food may encourage tasting. It may take several tries (8 to 10) to accept a new food. KEEP TRYING.
- Don't force a child to eat.
- Food should not be used for a reward or punishment.
- Eat with children. They learn manners and eating behaviors from adults.
- Make meal times fun and interesting. Turn off the TV and eat together. Keep mealtime conflict free.

- Young children like plain, simple foods that can be finger-fed. Favorite foods are moist, smooth, crisp, mildly flavored and at room temperature.
- Snacks should be nutritious and satisfying but not offered too close to mealtimes.
- What appears to be finicky may be your child's attempts to be assertive, a natural part of growing up.
- Children are more likely to eat foods they helped prepare. Let them help plan a meal.
- At mealtime serve one food your child likes. Expect him/her to eat the same foods the rest of the family eats.

Most of all, relax. Enjoy your child and your time together.

Each of the following recipes are foods that children can help prepare with adult supervision. Try a new food with your child today.

Fruit Dip

- ½ cup creamy peanut butter
- ¼ cup thawed unsweetened orange juice concentrate
- ½ cup plain low fat yogurt

1. Mix peanut butter, thawed orange juice and yogurt in a jar. Close jar with a tight fitting lid and shake.
2. Chill. Serve with prepared fruit slices.

Raw Vegetables and Dip

Vegetables (carrots, celery, radishes, green pepper, cauliflower, broccoli, etc.)

2 Tablespoons milk or buttermilk

8 ounces lowfat cottage cheese

1 Tablespoon lemon juice

Dry onion soup or other spices (optional)

1. Wash and cut vegetables into bite sized pieces.
2. Mix lemon juice, milk, and cottage cheese together in small bowl.
3. Add dry onion soup mix or other spices to the dip for flavor (if using).

Mini Pizzas

Yield: 1 mini pizza • Serving: 1 mini pizza

½ English muffin

1 to 2 Tablespoons spaghetti or pizza sauce

2 Tablespoons shredded cheese (mozzarella or cheddar)

Other toppings as desired

1. Preheat oven to 400°F.
2. Top English muffin with sauce, cheese and other ingredients.
3. Place in oven for 3 to 5 minutes or until brown.

☆Microwave directions: Toast muffin; spread with sauce and cheese. Microwave 1½ to 2 minutes or until cheese melts.

Apple Smiles

1 apple

Peanut butter

Raisins or small marshmallows

1. Slice apple. Spread one side with peanut butter.
2. Top with raisins or small marshmallows for teeth.
3. Place another apple slice on top.

Sunshine Tacos

For each person:

1 flour tortilla

2 eggs, scrambled

Shredded cheese

Taco sauce (optional)

1. Cook scrambled eggs.
2. Warm tortilla in non-stick or lightly oiled skillet.
3. Remove from skillet. Top tortilla with cooked scrambled eggs and sprinkle with cheese. Fold and serve.

Monkey Juice

Yield: 1 pint

1 or 2 ripe bananas

½ teaspoon vanilla

2 teaspoons sugar

1 cup milk

1. Beat banana until creamy.
2. Add vanilla and sugar. Blend.
3. Stir in milk. Chill and serve.

☆Tip

- Banana can be mashed with a fork. Place banana in a jar with other ingredients. Cover with tight fitting lid. Shake to mix.

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