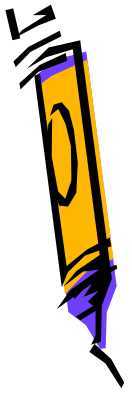
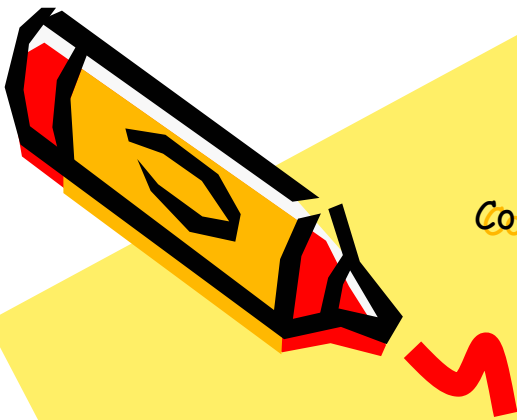


What  
happens  
when a  
banana  
sees a  
monster?

» *The  
banana  
splits!*





Cook's Network  
Meeting

# Healthy Eating and Menu Planning for Children

Jennifer Hopkins, Registered  
Dietitian



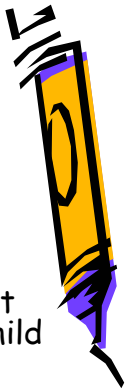
# TODAY'S MENU



- The importance of healthy eating for children
- The NEW Canada's Food Guide
- How to plan healthy meals and snacks based on Canada's Food Guide and the DNA
- Helpful resources



# Test your meal planning knowledge!

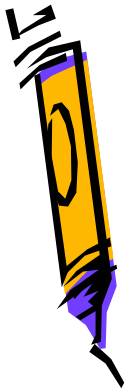


- 1) Menu plans should be posted or available at day care to let parents know what their child eats. True/False
- 2) A balanced meal consists of food from how many food groups? a) 1, b) 2, c) 3 or 4
- 3) Which foods can cause choking in children under the age of 3? Grapes/Hot dogs/Peanut butter
- 4) Raisins and dried fruit make a good snack. True/False
- 5) According to the DNA, a snack must consist of foods from at least how many food groups? a) 1, b) 2, c) 3 or 4
- 6) The new Canada's Food Guide recommends drinking how many cups of milk per day to meet calcium & vitamin D needs. a) 1, b) 2 c) 3

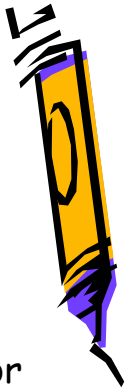


# Why is Healthy Eating Important for Children?

- To provide energy and nutrients needed to grow and be active
- To develop taste, acceptance and enjoyment of different foods
- To develop healthy food habits that will last a lifetime



# Division of Responsibility Theory (Ellyn Satter)

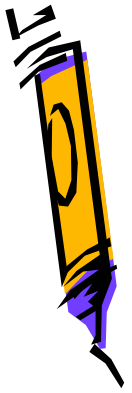


- The parent/caregiver is responsible for **what** foods are served, **when** and **where** meals and snacks are served
- The child is responsible for **how much** and **whether or not** to eat





## Tips to help children develop healthy eating habits



- Provide nutritious regular scheduled meals and snacks
- Trust a child's appetite. Children are able to determine when they are hungry or full.
- Never force or bribe child to eat, food should not be used as a reward or punishment
- Offer foods in a quiet environment
- Make meal times enjoyable
- Allow older children to help prepare meals
- Be a positive role model

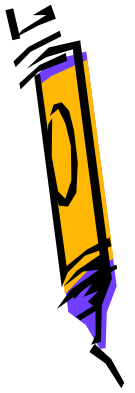


# Remember..

- Children are learning how to eat
  - eating with hands
  - "playing" with food
  - putting food in mouth and taking it out again are normal behaviours
- Children need to taste, smell and touch food!!



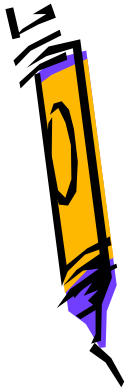
# Choosing and Preparing Nutritious Food



- What to offer?
  - How much food?
- Canada's Food Guide
- Day Nurseries Act



# 'New' Canada's Food Guide



- **Vegetables & Fruit** (variety and colour)
- Grain products (choose whole wheat cereals, breads, pasta, brown rice)
- Milk & alternatives
- Meat & alternatives (choose lean meats, vegetarian options more often)

→ *Now for children aged 2 and up!*



## How much to offer?

- How big is a preschooler's tummy?
- Provide small servings, offer seconds

### Grain products

$\frac{1}{2}$ -1 slice of bread

15-30g cold cereal

$\frac{1}{3}$ - $\frac{3}{4}$  cup hot cereal

$\frac{1}{4}$ - $\frac{1}{2}$  cup pasta or rice

$\frac{1}{4}$ - $\frac{1}{2}$  bagel, pita or bun



## How much to offer?



### Vegetables & Fruit



$\frac{1}{2}$ -1 medium-size vegetable or fruit

$\frac{1}{4}$ - $\frac{1}{2}$  cup fresh, frozen or canned  
vegetables or fruit

### Milk & Alternatives

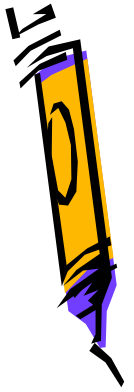
$\frac{1}{2}$  - 1 cup milk (whole milk <2 yrs)

$\frac{1}{3}$ - $\frac{3}{4}$  cup yogurt

25-50g cheese



# How much to offer?



## Meat & Alternatives

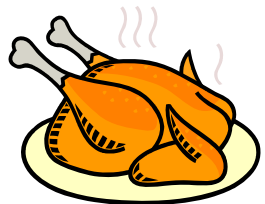
2-4 tbsp. chopped or cubed lean meats, fish or poultry

1 whole egg

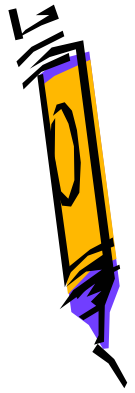
2-4 tbsp legumes (peas, beans, lentils)

1 tbsp peanut butter

$\frac{1}{4}$  cup (50g) tofu



# Day Nurseries Act- Children over 1 year



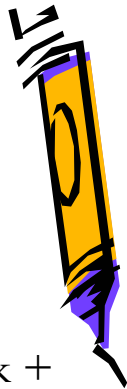
What are the requirements??

## SNACKS:

- Must contain 2 of the 4 food groups
- Should be served 2 hours before next meal
- Should be low in sugar and not sticky



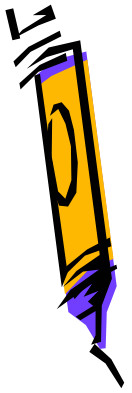
## A + Snack Ideas



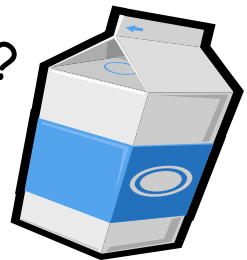
- Yogurt + fruit
- Cottage cheese + pineapple rings
- Cheese cubes + apple slices
- ½ sandwich (bread + meat)
- Small muffin + milk
- Tofu smoothie (silken tofu + banana + orange juice)
- Chocolate milk + orange segments
- Carrots + yogurt based dip
- Rice cake + hummus (chickpea spread)
- Pita toasts + salsa
- Boiled egg + whole wheat toast
- Graham cracker + cream cheese



# A + Beverages



- Offer milk at most meals
- Offer water more often
- Is chocolate milk ok?
- How much juice is ok?
- What about "drinks", "ades" and "punches"?



# Planning the Menu- 4 steps



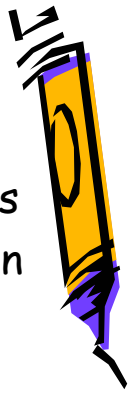
## 1. *Gather Menu Planning Tools*

- Day Nurseries Act, menu checklist
- Recipe file
- Old menus

## 2. *Select the lunch meal*

- a) Choose the meat or alternative for each dish of the week
- Choose a different meat or alternative for each day
  - Variety- beef, poultry, fish, cooked beans, lentils, peanut butter, tofu or eggs





### 3. *Add grain products*

- Read labels to choose whole grains
- Variety-wheat, oats, barley, brown rice, quinoa, couscous

### 4. *Select the vegetables*


- Choose orange and dark green more often (squash, carrots, sweet potatoes, spinach, broccoli)
- Fresh or frozen, raw or cooked

### 5. *Select the fruit*

- Fresh, frozen or canned (in juice)

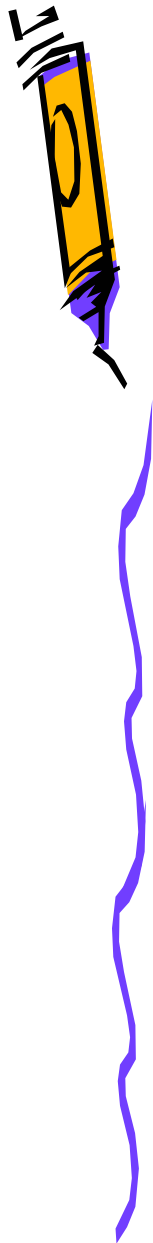
### 6. *Add milk and milk alternatives*



- 
7. Check menu against "Menu Checklist for Day Nurseries" - *choose snacks to 'fill in the gaps'*
  8. *Check Menu* for variety colour, texture, shape, raw vs. Cooked, "eye appeal"
  9. *Consider choking risks and allergies*
    - Cut food appropriately (especially grapes, raw carrots, pits from foods, seeds)
    - Appropriate substitutes for children with allergies
  10. Day Nurseries Act requires that you keep menus for 30 days



## Answers to Quiz



- 1) True
- 2) c) 3 or 4
- 3) All
- 4) False
- 5) b) 2
- 6) b) 2





Questions?

